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Fire Chief Presents Special Achievement Awards

By PRESS OFFICER
PG County Fire/EMS

PRINCE GEORGE'S COUNTY, MD—Two individuals were recognized with the Fire Chiefs Special Achievement Awards recently. Prince George's County Fire Chief Marc S. Bashoor made these presentations on April 7 during a ceremony held at the First Baptist Church of Glenarden. Before making the presentations Bashoor stated, "I am honored to have the opportunity to recognize two individuals for my Special Achievement Award. The two highest awards that a Fire Chief has the honor of presenting are Unit Citations and the Fire Chiefs Special Achievement Award."



PHOTO COURTESY PGC FIRE/EMS
Battalion Chief Christian Wargo

which required organizational commitment as well as strong and professional leadership to pull off effectively."

The Fire Chiefs Special Achievement Award recognizes an individual's extraordinary performance or service which contributes significantly to the overall mission of the Fire/EMS Department.

"Our first recipient willingly accepted my challenge to coordinate a large scale, multi-jurisdictional training opportunity," Bashoor said. "The Market Place Project took on a life of its own, with roof and roll-up door cutting, long-attack-line-advance drills, explosives entry training, partition wall perforating, rapid intervention training and many more opportunities. These were rare opportunities presented to the department,

This Battalion Chief enthusiastically accepted to take on this responsibility. This was not a mandatory assignment—he could have taken the easy road and passed, but he did not. With the help of many others, he coordinated the effort which brought personnel from around the region, including Fire/EMS and Police Departments, K-9, Investigative teams and bomb squads. Over 1,000 personnel were afforded the opportunity to train for extended periods, days, nights, and weekends during the four month project. Making the award presentation Bashoor

See PGC FIRE/EMS Page A6



CAPITAL NEWS SERVICE PHOTO BY BRITTANY BRITTO
Gregory Sanders is a long time public transit advocate and the vice president of the Purple Line Now coalition. Here, he stands in front of a MARC train at the College Park Metro station, which he takes every day from his home in Ellicott City. His father, Harry Sanders, first proposed the Purple Line.

Board of Public Works approves \$5.6 Billion Purple Line Light Rail Agreement

By JESSICA CAMPISI
Capital News Service

ANNAPOLIS, MD—On April 6, 2016, Gregory Sanders put on a purple shirt and a purple tie, drove to Annapolis, and got a \$5.6 billion present for his 36th birthday: a light rail transit system.

From a young age, his father, Harry Sanders, was a transit activist in Montgomery County who led the campaign to build the Purple Line and co-founded the Action Committee for Transit in 1986.

But when Harry Sanders died in 2010, his son wanted to see the vision through.

The Maryland Board of Public Works voted 3-0 on Wednesday to approve a \$5.6 billion public-private partnership agreement for the Purple Line, a 16.2-mile, east-west light rail transit system with 21 stations between Bethesda and New Carrollton, giving Gregory Sanders "the best present he

could have asked for." "It's very personally meaningful," said Gregory Sanders, vice president of advocacy group Purple Line Now. "My father started working on this in the late 1980s, and along with

See PURPLE LINE Page A3

Council Unanimously Approves Legislation Prohibiting Fracking in Prince George's County

By PRESS OFFICER
PG County Council

UPPER MARLBORO, MD—The Prince George's County Council, during Council session on Tuesday, April 12, unanimously approved Council Bill 3-2016, legislation prohibiting hydraulic fracturing, more commonly known as fracking, in Prince George's County.

Hydraulic fracturing is a process used to extract natural gas by pumping millions of

gallons of water, sand and chemicals underground to break apart rock and release gas. Scientific evidence shows that chemicals used in fracturing may pose a threat to groundwater when waste fluids are handled and sometimes spilled on the surface.

Council Members Mary Lehman (D)—District 1, Deni Taveras (D)—District 2, Vice Chair Dannielle Glaros (D)—

See FRACKING Page A7

Coach Inducted Into Maryland High School Football Hall of Fame

By PRESS OFFICER
Capital News Service

UPPER MARLBORO, MD—Frederick Douglass High School Head Football Coach, Julius C. Pinkney receives a top honor. He is as an inductee into the Maryland High School Football Coaches Hall of Fame. The Maryland Football Coaches Association

selected Pinkney for his time, service, and dedication to football, as well as his promotion of the sport and the positive experiences he created for student athletes.

"Being inducted into the hall of fame is such an honor, and I am truly humbled by this

See COACH Page A5

Inaugural Municipal Appreciation Day Breeds Greater Support and Collaboration for Local Governments

By LORI VALENTINE
PGCEDC

LARGO, MD—On March 30, 2016, the Prince George's County Economic Development Corporation (EDC) hosted its First Annual Municipal Open House and Appreciation Day at its headquarters in Largo, Maryland. More than 50 municipal officials and economic development leaders came together to engage in an interactive discussion about key economic development initiatives and programs available through the EDC to support job seekers and enhance business development.

"We are 'Activating Prosperity' in every village, and every hamlet," said EDC President and CEO Jim Coleman. "We are celebrating prosperity in our County today by bringing in all of our mayors, town managers, council members and economic development leaders to talk about economic development and to first, share with them the wonderful resources we

have at the EDC. Secondly, we wanted get their feedback, as their partners, on how we can help them get their residents back to work and help their small businesses to grow and attract more businesses to the County. I'm glad to have each of them as part of my EDC 'posse.' Let prosperity ring!"

Thomas Himler, Deputy Chief Administration Officer for Budget, Finance and Economic Development and David Iannucci, Assistant Deputy Chief Administration Officer for Economic Development, top executives from County Executive Baker's office, and the Prince George's Arts and Humanities Council were also in attendance. After breaking bread with the municipal leaders with a country style breakfast, generously sponsored by CareFirst, Mr. Coleman told the attendees how forums like these are a vital part of the EDC's 'Activate Prosperity' initiative, which seeks to raise the awareness of the business and work-



PHOTO COURTESY LORI VALENTINE
left to right: EDC President & CEO Jim Coleman; EDC Chief of Staff Britta Vander Linden; EDC Development Manager Nichelle Holmes; Bladensburg Councilmember Walter Ficklin.

force development resources the EDC has at its disposal. By local jurisdictions taking an active role in implementing the resources the EDC has for business attraction, business expan-

sion, small business development and workforce training

See OPEN HOUSE Page A3

INSIDE

Cardin Convenes Stakeholders from All Parts of Maryland for Strategy Session on Epidemic of Heroin and Opioid Addiction

"It gives me hope that the federal government and the United States Congress seems to be willing to take meaningful action to address a problem that has devastated families both in urban and rural settings."

Community, Page A3

The Fair Housing Act, 48 Years Later

There is perhaps no more insidious and powerful method of enforcing racial inequality than housing discrimination. Housing determines access to education and transportation. It determines access to affordable, health food, and protection from crime. Yet housing discrimination remains pervasive.

Commentary, Page A4

Mikulski Leads Senate Democratic Women on Equal Pay Day to Urge Passage of Paycheck Fairness Act

It helps close the pay gap by empowering women to negotiate for equal pay, closing loopholes courts have created in the law, creating strong incentives for employers to obey the laws and strengthening federal outreach and enforcement efforts.

Business, Page A5

Movie Review: "London Has Fallen"

The story begins in London, where the British Prime Minister has passed away under mysterious circumstances. However, what starts out as the most protected event on Earth turns into a deadly plot to kill the world's most powerful leaders, devastate every known landmark in the British capital, and unleash a terrifying vision of the future.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

What should I know about artificial sweeteners before I opt for them for myself or my kids in place of regular ol' sugar?

—Gretchen Abdow, Philadelphia, PA

Features, Page A7

Towns and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301 735 3451

Patricia Speier, history teacher who visited 112 countries, dies at 72

Patricia Johnson Speier, long-time teacher at Largo High School and a Morningside election judge, died suddenly Dec. 24, 2015. She was 72.

She was born in Chicago, the daughter of Bert and Frances Johnson, and moved with her family to Florida, Oxon Hill and Edgewater, until in 1972 she settled on Pine Grove Drive in Morningside. She attended Oxon Hill Junior High and graduated from Oxon Hill High School. She continued her education at Anne Arundel Community College, Hood College in Frederick, earned her bachelor's at Bowie State and her master's at John's Hopkins.

She taught history for four years at Suitland Junior High before transferring to Largo High School, retiring after 26 years. Her interest in history, especially the Civil War, led her to volunteer at the Surratt House in Clinton.

She met her future husband, Peter Speier, during their time at Largo High School.

They became engaged, on their first overseas trip, at Spangenberg Castle, Germany, in Peter's mother's hometown, and were married in 1976 at the VFW in Morningside, the first wedding ever held there.

Patricia and Peter loved to travel and have visited 112 countries.

She is survived by her husband of 40 years, Professor Peter Speier, who teaches math at Prince George's Community College, and by a cousin, David Brookshire, of Arizona. And by all those students she taught over the years.

Neighbors

Ashby Harmon, of Skyline, was among Vietnam War veterans honored in ceremonies March 31 at the Senate Office Building in Annapolis on the occasion of AARP Maryland Veterans Legislative Day. He received a Vietnam Veteran Lapel pin and a handsome medallion bearing the words: "Maryland Hero * Service * Valor * Sacrifice."

Floyd Shields, of Skyline, had such successful knee surgery

recently that he's going to have the other leg done.

Sue Mason is searching the whereabouts of a Suitland High '62 graduate, Frieda Joan (Sappington) Pope, who used to live in Morningside, across the street from the Village Barn. She was last known to be in Arizona. If you have information, email me at muddmm@aol.com and I'll pass on the word.

Coming up

The Presidential Primary Election is Tuesday, April 26, 7 a.m. to 8 p.m. If I haven't gotten around to voting early, I'll cast my vote at Skyline School (perhaps for the last time, as Skyline is definitely closing).

Morningside Election Day is May 2. Polls will be open 8 a.m. to 8 p.m.

Suitland High Class of '63 has a reunion coming up June 17-18 in Annapolis at the DoubleTree Hotel. For information, call Carolyn Hartssock Fonner, 443-370-9677.

Changing landscape

Horace & Dickie's is opening on Allentown Road, across from Andrews. I did a search and learned that it is seafood carry-out. There are some great reviews for the fish and the chocolate cake, some not-so-great for the mac & cheese and the greens. However, most commented on the friendly service. Years and years ago that building opened as a Dutch Kitchen, or something similar.

County Executive Baker delivered remarks April 7 at the Grand Opening & Ribbon Cutting of the County Police Department's New Police Academy in Upper Marlboro.

Department stores are closing around the country: Walmart says it is closing 154 stores this year; Macy's is in the process of closing 40; and by June, Kohl's will shutter 18 stores. I wonder if any of these closures will be in Prince George's.

SHA closes entrance to Metro Park & Ride lot

On April 4 the State Highway Administration (SHA) temporarily closed the south entrance to the Branch Avenue Metro Park & Ride Lot A as part of a \$37 million Branch Avenue interchange construc-

tion project. All other entrances to Branch Avenue Metro Park & Ride lots will remain open during construction.

During closure, crews will install new storm-water management, construct a new traffic signal at Old Soper Road and perform road widening for a new access road from southbound Branch Avenue to the Branch Avenue Metro Station. Weather permitting, the new access road should be open to traffic in the fall.

Information about the tragedy in Morningside

Jody Nyers emailed about the 1951 plane crash in Morningside. She did a Google search, which sent her to Wikipedia. The pilot, who bailed out, was found not guilty because he was taking orders, as instructed, from six officers in the tower. The case is *Snyder versus United States*.

By the way, the tragic accident was on Lombardy Road, near its intersection with Allies. Lombardy later lost its name and became a part of Poplar Road.

May he rest in peace

My son, Brian McHale, died of brain cancer on April 11. Mass of Christian Burial will take place at St. Mary's Church in Fort Walton Beach, Fla., on April 22. I'll tell you about my dear Brian in a future column. In the meantime, remember him and all the McHales in your prayers.

Milestones

Happy birthday to Taylor Foster, April 22; Jim Reilly, David Titus and Barbara Sparks, April 23; Edna Lucas, April 24; Sue Stine McConkey-Mason, Daisy Young, Kenia Spivey and my grandson David McHale, April 25; G.A. DeFelice, April 26; Michael Call, Apr. 27; Rose Tiller, Beverly Gotshall Marquis, DJ Fowler and Jessica Phipps, April 28.

Happy anniversary to John and Ruth Anthony, Jr., on their 38th, April 22; Lewis and Trisha (Pitts) Woods, their 27th on April 22; Janet and Brian Spivey, April 23; Emanuel and Juanita Chaplin, their 53rd on April 26; and Jan and Cindy Smith, their 44th on April 28.

Brandywine-Aquasco

by Audrey Johnson 301 888 2153

ANNUAL GOSPEL PROGRAM

You are invited to attend our Annual Gospel Program Sunday, April 24, 2016 3:00 PM at Asbury United Methodist Church, 4004 Accokeek Road, Brandywine, Maryland 20613. Groups on the program are Unity, Jr. and The Voices of Harmony, Mighty Wonders, The Men of Grace Male Chorus and Bowie State Gospel Choir.

Dinners will be on sale from 11:30 AM-2:30 PM. Fish dinner cost \$12.00 and the chicken dinner costs \$10.00. Buy a Gospel ticket and dinner for \$18.00 or Gospel Program only for a donation \$10.00. Program is sponsored by Peter A. Gross Sr. Scholarship/Memorial Fund Inc. Contact Michele Chase 240-882-3369 or Ruby Hinnant 301-627-1235 to purchase tickets.

ANNUAL PRAYER BREAKFAST

Clinton United Methodist Church invite everyone to attend an Annual Prayer Breakfast in recognition of the National Day of Prayer Saturday May 7, 2016 at 8:30 AM. Theme is "Wake Up America." Speaker is

Peggy Ireland, CLM, music Chancel Choir, Clinton United Methodist Church and Men's Choir, Asbury UM Church, Brandywine, Maryland.

The church address is 10700 Brandywine Road, Clinton, Maryland 20735, telephone number is 301-868-1281. Rev. Dorothea Belt Stroman is the Pastor.

PGCPS STUDENT BUILT HOUSE

The 11th and 12th grade construction trade and Cisco students are awarded scholarships during an open house Thursday May 5, 2016, 11:30 AM-1:30 PM. Parents are invited to attend the open house at 8201 Student Drive, Clinton Maryland 20735. Video call <https://plus.google.com/hangouts/pgcps.org/pgcps-student>.

ST. PHILIP'S DAY

Time is approaching us again. Church members, friends and family are invited to join us in our worship service at 9:30 AM Sunday, May 1, 2016 at St. Philip's Church. Social hour immediately following service. It's a time to share our current thoughts, experiences, and ideas

ST. PHILIP'S CHURCH

It's our 2016 Saturday Casino Slots Fun Bus to Harrah's Slots Casino Chester, PA. Saturday, May 14, 2016. Bus will leave St. Philip's Church, Brandywine, Maryland at 9:00 AM and Clinton Park-N-Ride, Clinton, Maryland at 9:30 AM and returns at approximately 7:00 PM.

Fun package includes a \$30.00 slot play rebate with other amenities, oldies but goodies, 50/50 raffle and cake sales. Donation is \$45.00. There are absolutely no refunds. Purchase your ticket early so you won't be left out. Tickets must be purchased by May 7, 2016. Benefit: St. Philip's Church Annual Bull Roast. Point of contact for tickets are Doretha Savoy (301) 233-3136, Ernest Douglas (301) 888-1937 and Shirley Cleaves (302) 690-4260.

FREE BONE DENSITY SCREENING

MedStar Southern Maryland Hospital Center is offering a FREE bone density screening. This non-invasive test will inform you if you are at risk for osteoporosis or bone fractures. Call 301-374-9098 to reserve your spot.

Neighborhoods

Edwards Hosts Annual STEM Forum



PHOTO COURTESY THE OFFICE OF DONNA EDWARDS
Keynote Speaker, Mr. Dean Garfield, Chief Executive Officer of the Information Technology Industry Council with students from Eleanor Roosevelt High School and featured panelists at the 6th Annual STEM Forum

WASHINGTON, D.C.—Congresswoman Donna F. Edwards (MD-4) hosted her 6th Annual STEM Forum on Capitol Hill, an event focused on fostering growth and enhancing involvement in the fields of Science, Technology, Engineering, and Mathematics (STEM) amongst young people, as well as the inclusion of the arts (also known as STEAM).

This year's forum welcomed a variety of distin-

guished panelists and speakers as a way to engage with students and explain both the opportunities that exist in the STEM/STEAM fields and the ways students can take advantage of them. Forum participants included professionals from the public and private sector, students, and educators.

During Congresswoman Edwards' opening remarks, she observed, "We are missing talented young minds as inno-

Community Health Resources Commission Awards Grants To Expand Access to Health Care in Underserved Communities

ANNAPOLIS, MD—The Maryland Community Health Resources Commission announced today 15 grant awards totaling \$3.4 million to expand access in underserved areas, to reduce health disparities, and to help reduce avoidable hospital costs. These grants will increase the capacity of community-based safety net providers such as federally qualified health centers, free clinics, behavioral health providers, and local health departments. The programs are estimated to serve 35,000 Marylanders. An overview of the 15 grant awards is attached.

More than 60 organizations submitted applications requesting \$31.3 million in response to the Commission's Call for Proposals this year. Projects awarded this year will work to: (1) support comprehensive women's health services and reduce infant mortality rates; (2) increase access to dental care for low-income adults and children; (3) promote behavioral health services and help address the heroin and opioid epidemic; and (4) expand access to primary care services and promote management of chronic diseases.

"These projects will expand the capacity to deliver services in these underserved communities," commented John A. Hurson, Chairman of the Commission. "The Commission is looking forward to working with these grantees in the coming weeks and months." Since its inception in 2005, the Commission has awarded 169 grants totaling \$55.8 million, supporting programs in all 24 jurisdictions of the state. These programs have collectively served more than 260,000 low-income and uninsured or underinsured Marylanders.

"These grant awards align with Maryland's commitment to expanding healthcare access for all of our residents," said Dr. Howard Haft, Deputy Secretary of the

Department of Health and Mental Hygiene's Public Health Administration.

The Commission looks to support programs that are innovative and sustainable. It provides initial public funding, serving as an "incubator" to launch creative public-private partnerships to expand access for underserved populations. The initial grant funding has enabled grantees to leverage \$18.8 million in additional federal and private/non-profit resources.

For more information about the Community Health Resources Commission and the programs it supports, visit our page at <http://dhmh.maryland.gov/mchrc/Pages/Home.aspx> or contact Mark Luckner at 410.260.7046.

BGE Green Grants Program Opened April 1 for 2016 Applications

BALTIMORE, MD—Baltimore Gas and Electric Company (BGE) opened the 2016 Green Grants program to applicants on Friday, April 1. All 501c3 nonprofit organizations within the BGE service area that focus on conservation, education, energy efficiency, pollution prevention and community engagement are eligible to apply at www.bge.com/giving.

Grants range from \$1000 to \$10,000 and are available to both new and existing programs that clearly demonstrate a commitment to environmental improvements in the community and to enhancing environmental stewardship throughout BGE's central Maryland service area. Applications must be received by May 16, 2016.

"Since 2013, more than \$1,000,000 has been awarded to more than 100 organizations through our Green Grants program, helping our environmental partners throughout central Maryland positively impact the community," said Calvin G. Butler Jr., chief executive officer for BGE. "We're always excited to see the innovative ways that Green Grant recipients are bettering the environment and our communities."

in our 21st Century economy. In order to bridge the innovation gap, we need the inclusion of young people of color and girls as technological innovators. It all begins in the classroom with science, math, music, and art. When you have teachers connecting with students in a contemporary way, it leads to a brighter future."

The forum's Keynote Speaker, Mr. Dean Garfield, Chief Executive Officer of the Information Technology Industry Council, stressed the importance of future technological involvement, saying, "In the 21st Century, it is not enough to be a user, but [you must be] a driver of where technology goes."

The programming included panels on pre-college challenges to finding and forming STEAM talent, integrating art into STEM-STEAM through performance, building the next generation of the STEAM workforce, and integrating art into STEM-STEAM through drawing with a team from the Art Way Alliance.

As BGE marks its 200th anniversary this year and its role as the first gas utility in North America, we are proud of our long history of philanthropic giving and employee volunteering. Through the use of shareholder dollars, BGE supports programs that deliver measurable and sustainable impact in the areas of energy efficiency, the environment, education, economic and community development, and emergency response and safety.

BGE's corporate citizenship aligns with its parent company, Exelon Corporation. As part of Exelon's 2012 merger, Exelon and its subsidiaries are committed to maintaining an average of \$7 million in annual charitable giving in Maryland for the next 10 years. The BGE Green Grants program fulfills part of that commitment.

For more information on the BGE Green Grants program, visit www.bge.com.

Mark Cruz Appointed to the CUNA Marketing and Business Development Council Executive Committee

GREENBELT, MD—Mark Cruz, Assistant On-site Financial Services Manager for Educational Systems Federal Credit Union, was recently appointed to serve a one-year term as the Young Professional Advisor to the Credit Union National Association (CUNA) Marketing and Business Development Executive Committee.

The CUNA Marketing and Business Development Council is one of six councils that provide professional development to credit union leaders. Each council has an Executive Committee composed of credit union leaders in their area of expertise who volunteer to help others in their field develop professionally.

Mark was also recently appointed to a two-year term as a board member of the MD/DC Credit Union Association Young Professional

COMMUNITY

Practical Money Skills

By Nathaniel Sillin

When Changing Jobs, Should You Leave 401(k) Money Behind?

With the average American spending only 4.6 years at any given job, it's never been more important to have a plan for any retirement funds you've accrued at any employer.



A big problem that began during the 2008 recession but continues today involves loans, hardship withdrawals and complete cash-outs of 401(k) plans. A 2015 Boston College study (<http://crr.bc.edu>) reported that 1.5 percent of retirement assets "leak out" of 401(k) plans and personal IRAs each year, reducing an individual's wealth at retirement by about 25 percent.

Meanwhile, a 2014 Fidelity Investments study sounded a particularly urgent alarm about 401(k) cash-outs and workers under the age of 40. The mutual fund giant noted that 35 percent of all participants were simply cashing out their 401(k) assets when leaving a job. However, for workers aged 20-39—indeed, those with the longest savings horizons—that number jumped to 41 percent.

So what should you do? A great deal depends on your age, time to retirement and specific needs.

Start by taking an inventory of your retirement assets. Either alone or with the help of a qualified financial or tax expert, put together an official list of current and former 401(k) plans, personal IRAs or, depending on your years of work history, assets from traditional defined benefit retirement plans that were popular more than 20 years ago. Then see where you are.

Make sure you always review retirement options whenever you change a job. If an employer is highly motivated to get you on board, query the company about the retirement savings options that would fit the position you're interviewing for. Ask hiring managers in general terms about how well their retirement options have performed and if you would have the option of rolling over your 401(k) assets to that employer. If, for example, your prospective employer has a more generous matching feature than your current employer has, that could create a favorable environment for transferring those assets. If not, you may want to keep your money in your employer's existing plan or consider a rollover to a personal IRA with the features you're looking for. Ask plenty of questions.

Evaluate IRA choices carefully. If you are considering rolling your former employer's assets into a personal IRA, evaluate your tax situation, both Traditional and Roth IRA options and their performance and fee levels before you arrange for a transfer.

Go for the best-performing investment options that fit your needs and anticipated retirement date. Employer-based 401(k) plans generally disclose investment choices and investment fees (http://www.dol.gov/ebsa/publications/401k_employee.html). It may be a good idea to get qualified help to review those documents. Age is important. There's typically a 10 percent penalty if you withdraw money from a 401(k) or IRA before age 59 1/2. But if you lose or leave your job at age 55 or later (or earlier for certain public employees), you can generally take 401(k) withdrawals without penalty. An IRA rollover requires the account holder to be at least 59 1/2 years old before they can take a penalty-free IRA distribution. While keeping your money invested as long as possible is key to a successful retirement, withdrawal issues are also important to consider based on your age and time to retirement.

Invest on your own. It's important to do parallel personal retirement planning with any employer-based retirement options available to you. Again, get qualified help to assist you in evaluating the retirement savings and investment decisions you make on your own and at work.

Bottom line: Frequent job changing can derail anyone's retirement planning. Whether you roll over a former employer's retirement assets every time you switch or decide to keep your money in certain plans, get help if you need it.

CUNA from A2

Network. The Young Professional Network is focused on giving young professionals an opportunity to develop their skills to become future leaders of the credit union community as well as provide a venue to network and share their thoughts.

"It's my pleasure to congratulate Mark Cruz on his recent appointments and recognition within the credit union community," said Chris Conway, President/CEO of

Educational Systems Federal Credit Union. "We are proud to support the development of young professionals and to have our Credit Union represented among our industry's future leaders."

Earlier this year, Mark was selected to attend the CUNA Government Affairs Conference (GAC) as a "crasher" where he met credit union leaders and talked to senators, representatives, and their advisors about key issues. Mark wrote about his GAC experience on his blog.

**Proudly Serving
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Cardin Convenes Stakeholders From All Parts of Maryland for Strategy Session on Epidemic of Heroin and Opioid Addiction

By PRESS OFFICER
Office of Ben Cardin

ANNAPOLIS, MD—U.S. Senator Ben Cardin (D-Md.), a member of the Senate Finance Health Care Subcommittee, and Congressman John Sarbanes (Md.-03) recently gathered Maryland community leaders, medical professionals, social workers, law enforcement and members of the non-profit community for a strategy session on combating the national epidemic of heroin and opioid addiction. About 100 participants gathered at the Anne Arundel County Medical center to exchange ideas on how to reverse the uptick in heroin- and opioid-related deaths in communities across Maryland.

"Heroin and opioid abuse in Maryland is not a new problem. For years, communities have been ravaged by the externalities of addiction," said Senator Cardin. "It gives me hope that the federal government and the United States Congress seems to be willing to take meaningful action to address a problem that has devastated families both in urban and rural settings."



PHOTO COURTESY THE OFFICE OF BEN CARDIN

"I was proud to support and recently help pass the Comprehensive Addiction and Recovery Act of 2015, but our roundtable made it clear to me that there is still much work for federal lawmakers to do in order to give the medical professionals, law enforcement and community leaders the tools they need to tackle heroin and opioid abuse in our neighborhoods," said Senator Cardin. "One of the overarching themes I heard from participants was that the federal government must work on more flexible ways to reimburse those on the front lines of prevention and treatment. These organizations are committed to saving lives

and arbitrary caps should not limit their potential for success. I was heartened to hear support for the expansion of collaborative care models to allow Medicaid to provide matching funds to states to reimburse treatment costs as needed."

"Families in Maryland and across the country are being torn apart by the growing epidemic of opioid addiction and overdose," said Congressman Sarbanes. "By taking a comprehensive approach to this complex problem—and by bringing together medical professionals, behavioral health experts, law enforcement and local, state and federal officials – we can

improve addiction treatment and expand access to prevention services."

"We are supportive of the federal and local governments' efforts to put policies in place to improve intervention and access to treatment," said Ray Hoffman, MD, director of the AAMC Division of Mental Health and Substance Use. "Addiction and abuse problems are rampant throughout our communities—they do not discriminate. Addiction is a disease just like cancer or heart disease or diabetes and children, men and women deserve the same compassion, support and care that patients with other diseases receive."

Purple Line from A1

the love of great people, citizens, and elected officers, we've achieved it."

Purple Line Transit Partners, which was chosen as the project's contractor, offered a "competitive price and maximum value," Gov. Larry Hogan said. The agreement achieves \$550 million in savings for the state over the contract's lifetime, he said Wednesday.

The 36-year P3 agreement—including a six-year design and construction period and a 30-year operating period—with the Maryland Department of Transportation, the Maryland Transit Administration and the Transit Partners would be performance-based.

"This will act as an economic development catalyst to connect residents with jobs," Hogan said. "It's another sign of our shared commitment to fiscal responsibility and sound stewardship of taxpayer dollars. It's a giant step forward."

The Purple Line would run through Silver Spring and College Park and would include five stops on or near the University of Maryland's campus that would be free for students.

"People will understand why transportation is so important," said Comptroller Peter Franchot, a long-time Montgomery County resident and Purple Line supporter, who noted that areas such as College Park will benefit greatly from the light rail system.



CAPITAL NEWS SERVICE PHOTO BY BRITTANY BRITTO

Harry Sanders (left) and Gregory Sanders at Navy Yard Green Line opening Dec. 28, 1991.

"This will make communities more liveable. Everyone is suffering a lot of economic pain ... (and) this project is a practical step to dealing with that economic pain."

Critics of the Purple Line are skeptical of the noise disruption construction and operation will cause. Franchot noted another potential challenge could come from enforcing riders to pay to ride the light rail, as Purple Line stations won't have turnstiles.

"(Having fare enforcement officers) doesn't really work," Franchot said. "People are going to be jumping on these things left and right—and we want them to use it—but we also want them to pay."

Purple Line Now President Ralph Bennett said the next steps are closing the contract and getting the Federal Transit Administration to certify a "full funding grant agreement," which will lock in federal contributions of around \$2 billion to the project. \$990 million of federal reserves would come in the form of direct payments, while the remaining money would be Transportation Infrastructure Finance and Innovation Act loans, he said.

To supplement state funding, more than \$330 million in cash and contributions will come from Montgomery and Prince George's counties: Montgomery pledged to pay \$210 million,

and Prince George's County agreed to contribute \$120 million to the project.

Ground will be broken for the Purple Line by the end of 2016, according to David Iannucci, assistant deputy chief administrative officer for economic development for Prince George's County. He spoke at a panel event Tuesday, where community leaders discussed the future of College Park.

Maryland Secretary of Transportation Pete Rahn said at the board meeting Wednesday that service for the Purple Line should begin in 2022.

"Anybody who's been concerned about the project is elated right now," Bennett said. "It just feels so good."

Open House from A1

and placement in their communities, the EDC anticipates that home values will rise and median household incomes will increase through the creation of well-paying jobs for their residents in key industry sectors.

"It is a great time for municipal leaders to become more involved in what is going on in economic development in Prince George's County," said David Iannucci, Assistant Deputy Chief Administrative Officer for Economic Development for the Office of the County Executive of Prince George's County.

"Schools are improving dramatically, public safety numbers are spectacular, and year over year, we are increasing our job numbers exponentially. There are projects going on from north to south, and this is great news for the County and our municipalities. Municipal leaders here today can learn how the EDC can help their residents get their share of jobs at MGM, when it comes. We need your help in identifying the workers in your jurisdictions and provide them with the skills they need to become eligible for the jobs we fought so hard to get."

Municipal leaders were pleased with the open house and in particular the programs that the EDC Workforce Development Division presented such as: the One-Stop Career Center that provides job training skills and job placements to County residents; the Hire Prince George's initiative that provides financial assistance to County employer hiring County residents; and the Youth CareerConnect Program—the prestigious \$7 million grant that President Barack Obama presented in Prince George's County last year focused on students in three of Prince George's County Public Schools career

academies in the fields of health and bio-science and information technology. There was also great interest in the Arts and Humanities Council presentation on the importance of building up an arts community within each local jurisdiction.

"Arts and economic development can go hand in hand," said Rhonda Dallas, Executive Director of the Prince George's Arts and Humanities Council. "Public art can be transformative, as with a gateway community, or it can engage the small business com-

See OPEN HOUSE Page A5

COMMENTARY

Cong. Steny H. Hoyer House Democratic Minority Whip



Hoyer Introduces Information Technology Modernization Act

WASHINGTON, D.C.—Today, Congressman Steny H. Hoyer (MD-5) introduced a proposal sent to Congress last week by the White House for an Information Technology Modernization Fund (ITMF), an innovative new way to upgrade and modernize government technology and significantly strengthen cybersecurity. Text of the legislation can be found here and a section-by-section summary can be found here. United States Chief Information Officer Tony Scott's announcement can be found here.

"The legislation I introduced today is a major step toward transforming the way our government invests in upgrading its infrastructure to serve the American people more effectively and to keep their private information safe," said Congressman Hoyer.

"Over the past several years, I've made it a priority to make sure that Congress and the Administration have access to the latest, most innovative technology in order to make our government more transparent, more efficient in providing essential services, and more responsive to the people we serve," Congressman Hoyer continued. "This bill will rapidly upgrade our federal IT systems that are most in need of upgrading, either from being cybersecurity risks, inefficient, or costly to maintain. It will implement the upgrades using the latest best practices from our innovation economy in Silicon Valley and all across our country. The new upgrades will enable agencies to create new user-friendly apps and services, and will allow agencies

to share data to root out fraud and abuse. The ITMF model has a proven track record in the private sector of reducing long-term costs, and I hope Democrats and Republicans can work together to advance this legislation in the weeks ahead."

The ITMF is a novel proposal for the government, though it is one that has an already established track record of success in the private sector when it comes to modernizing services, increasing cybersecurity, and bringing costs down over the long-term. The bill authorizes a one-time investment of \$3.1 billion into a revolving fund to be overseen by an independent review board, which will examine proposals submitted by agencies and select the highest-impact, highest-priority upgrade projects to receive funding. The fund will then upgrade selected systems in a focused, rapid manner.

The ITMF will be self-sustaining. Once an agency has completed its technology upgrade, it will repay its funding amount back to the ITMF over time using savings achieved from making its technology system more efficient. As a result, the \$3.1 billion in initial seed funding is expected to address at least \$12 billion in projects over the first ten years and will continue beyond that point into the future in a self-sustaining way. Furthermore, experts at GSA, including the 18F group that is comprised of technologists who use the latest best practices of Silicon Valley, will ensure that all projects in the ITMF make use of those best practices, including shared services, cloud hosting, and agile development.

Marc Morial, President and CEO National Urban League



The Fair Housing Act, 48 Years Later

"Our nation is moving toward two societies, one black, one white—separate and unequal. This deepening racial division is not inevitable. The movement apart can be reversed. Choice is still possible. Our principal task is to define that choice and to press for a national resolution ... [It] will require a commitment to national action—compassionate, massive and sustained, backed by the resources of the most powerful and the richest nation on this earth. From every American it will require new attitudes, new understanding, and, above all, new will."

—Report of the National Advisory Commission on Civil Disorders (The Kerner Report), 1967

In January of 1966, Martin Luther King, Jr., and the Southern Christian Leadership Conference brought the civil rights struggle to the north.

"In the South," he said, "we always had segregationists to help make issues clear. ... This ghetto Negro has been invisible so long and has become visible through violence."

Following months of protests and marches, Chicago Mayor Richard Daley agreed to build public housing with limited height requirements, and the Mortgage Bankers Association agreed to make mortgages available regardless of race. Although King called the agreement "the most significant program ever conceived to make open housing a reality," he recognized that it was only "the first step in a 1,000-mile journey."

Indeed, throughout 1966 and 1967, the United States Congress repeatedly tried and failed to pass fair housing legislation. Tragically, King's assassination on April 4, 1968, was the catalyst for its passage.

Monday is the 48th anniversary of the Fair Housing Act, which outlawed discrimination in home sales or rentals based on race, religion, sex or national origin.

Whitney M. Young, the legendary activist who led the National Urban League throughout the 1960s, was instrumental in the Act's passage. "Open housing," as non-discriminatory housing policies were known at the time, was a key element in his expansion of the National Urban League's mission.

Outlawing discrimination, however, did not end discrimination, and nearly five decades later the nation still grapples with the issue. Just this week, the U.S. Department of Housing and Urban Development announced that blanket bans against people with criminal records may violate the Fair Housing Act. While the Fair Housing Act does not specifically prohibit discrimination against offenders, African-American and Latino people are disproportionately affected by such policies.

Last year, the U.S. Supreme Court ruled that any policy which results in discrimination against people of color—even if it is not intended to do so—is illegal.

Justice Anthony Kennedy wrote, "Recognition of disparate-impact liability under the FHA plays an important role in uncovering discriminatory intent: it permits plaintiffs to counteract unconscious prejudices and disguised animus that escape easy classification as disparate treatment."

There is perhaps no more insidious and powerful method of enforcing racial inequality than housing discrimination. Housing determines access to education and transportation. It determines access to affordable, health food, and protection from crime. Yet housing discrimination remains pervasive.

Minority home seekers are told about and shown fewer homes and apartments than whites, according to a HUD study, which means in higher costs for housing searches and limited housing options.

It also means segregation remains high. According to a Brookings Institution analysis, using zero as a measure for perfect integration 100 for complete segregation, most American cities segregation levels of between 50 to 70.

In his efforts to secure passage of the Fair Housing Act, Senator Edward Brooke, the first African American popularly elected to the U.S. Senate, shared his struggle to find a home after he returned from service in World War II. Like Dr. King, Sen. Brooke knew that the road to equality would be long.

"Fair housing does not promise an end to the ghetto," Brooke cautioned. "It promises only to demonstrate that the ghetto is not an immutable institution in America."

SOJOURNER TRUTH ROOM

Oxon Hill Library
6200 Oxon Hill Road
Oxon Hill, MD
301-839-2400

The Oxon Hill Library is built on the site of the Sojourner Truth Elementary School. The Sojourner Truth Room was established in 1967 and named in honor of the great activist for the rights of African Americans and women.

It contains a collection of books, periodicals, pamphlets, photographs, and other material on African American history and culture.

It is one of the two largest African American research collections in Maryland, comparable only to the State Library Resource Center in Baltimore.

The library is open to the public. Call for additional information and operating hours.

Open to the Public



Child Watch

by Marion Wright Edelman



Income Inequality: The Housing Struggle

"I was in Newark and Harlem just this week. And I walked into the homes of welfare mothers. I saw them in conditions—no, not with wall-to-wall carpet, but wall-to-wall rats and roaches ... [One mother] pointed out the walls with all the ceiling falling through. She showed me the holes where the rats came in. She said night after night we have to stay awake to keep the rats and roaches from getting to the children ... And the tragedy is, so often [poor Americans] are invisible because America is so affluent, so rich."

Dr. Martin Luther King, Jr. spoke these words during his last Sunday sermon on March 31, 1968 at Washington National Cathedral calling for support for a Poor People's Campaign. Almost fifty years later questions about how much poor Americans are forced to pay for housing—and what happens when they can't afford it—are back in the national spotlight. The new book *Evicted: Poverty and Profit in the American City*, by Harvard University sociology professor and Justice and Poverty Project co-director Matthew Desmond, is calling renewed and urgently needed attention to a tragic eviction cycle invisible to many but all too familiar to families trapped in the cruel prison of poverty.

Dr. Desmond found that in the face of stagnating or falling incomes and soaring housing costs eviction has become more commonplace in America than ever. He spent months in Milwaukee, Wisconsin living first in a trailer park and then in an inner city rooming house documenting the experiences of eight families he met. In a recent interview he explained: "Most Americans, if they don't live in trailer parks or in the inner city, think that the typical low income family lives in public housing or benefits from some kind of housing assistance, but the opposite is true." In reality, only one in four families who qualify for housing assistance receives it: three in four are forced to struggle on their own. Dr. Desmond says, "We've reached a point in this country where the majority of poor renting families are giving at least half of their income to housing costs and one in four are giving over 70 percent of their income

just to pay rent and keep the utilities on."

When Dr. Desmond met Arleen, a single mom with two boys, she was paying 80 percent of her income to rent a run down two bedroom apartment in Milwaukee: "I saw Arleen confront terrible situations. Should I pay my rent or feed my kids? Should I pay my rent or get the kids clothing they need for a new school year? Should I chip in for a funeral for when my sister dies?"

Arleen and her boys were evicted so many times as he followed her trajectory, they lost count. One time her son threw a snowball and hit a passerby, and that person retaliated by kicking in the door to their apartment. The landlord evicted Arleen's family because of the damage to the door. Dr. Desmond says Arleen then missed an appointment with a welfare caseworker because the letter about the appointment went to her old address. So she got evicted from the new apartment. The crises families face trying to pay for housing are "not just a consequence of poverty, but a cause of poverty" he says. He also noted Black women are often overrepresented in eviction proceedings, just as Black men are in prison: "Poor black men were locked up. Poor black women were locked out."

Last year, the Children's Defense Fund included in our Ending Child Poverty Now report an expansion of housing vouchers to all households with children below 150 percent of poverty whose fair market rent exceeds 50 percent of their income. Of the nine policy improvements to alleviate child poverty we proposed, this had the single greatest impact. It would reduce child poverty 20.8 percent and lift 2.3 million children out of poverty. How then do we build the political and public will to do what works?

Dr. Desmond also met Vanetta in Milwaukee who said in a recent interview: "I grew up in every shelter, basically, in Illinois and Milwaukee. I didn't have a stable place over my head. I didn't have proper food, or I didn't even know a few times how I was going to eat that night. We missed meals multiple nights, and it was hard. And all I ever wanted for my kids was not to put them through that." Her troubles started during the recession when her hours at the Old Country Buffet were slashed from five days to one day a week. Suddenly she had to choose between paying arrears to keep the electricity on or pay-

See WATCH, Page A24

The Prince George's Post

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BUSINESS

The American Counseling Association's Counseling Corner

Stress Eating and Your Waistline

Summer and bathing suit season are just around the corner and that has a lot of us looking in the mirror and wondering how we can make those excess pounds disappear.

While there are a number of reasons for being overweight (sure, you know most of them—poor food choices, excessively large servings, too much snacking, not enough exercise), one that is often over-looked is stress-related eating, one of the major reasons that people overeat.

Most of us live in a world full of stress. From national tragedies to family problems to traffic jams, we all face situations that add stress to our lives. And, unfortunately, many of us react to that stress by reaching for something to eat.

It's actually a natural reaction. Many foods can affect our moods and feelings. They may remind us of better, simpler times (think comfort foods), or may actually bring chemical reactions that make us feel better (think sugar high), at least for a short while. Over time, we learn that reaching for that candy bar takes our mind off our stress and actually leaves us feeling better. And so we do it.

But how can you avoid using food as a stress reliever?

Start by looking at when and why you're eating. Keep a diary for a few days of when you eat, what you eat and what you're feeling at the time. You may find that the times when you're snacking are the times when you're not feeling hungry, but simply stressed.

A next step is accepting that the food you're consuming is actually doing nothing to relieve your stress. Food doesn't make problems go away and it may even increase stress by leaving you feeling guilty about overeating and excessive weight gain.

Rather than reaching for more food, start analyzing the sources of stress in your life and what you might be able to do to reduce or manage that stress. Look to non-food related activities, like exercising, reading a book or just walking the dog. Spending time with friends or family can help, too. Often simply becoming aware of what triggers your stress-related eating is enough to help you avoid it.

It isn't easy to overcome stress-related eating, but it can be done. If your eating problem is a serious one that's affecting your health, consider consulting a professional counselor who specializes in this area.

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

Open House from A3

munity by messaging and branding. But having a cultural plan for a community needs to start at the municipal level and then bubble up. We have partnered with the Economic Development Corporation on several projects in the past and are looking forward to partnering with all of you in the near future."

The team from CareFirst, who sponsored today's event, congratulated the EDC on the success of its first Municipal Appreciation Day and was extremely impressed with the program presentation and the information that was provided.

"As a sponsor and a resident of Prince George's County, I was very excited and riveted to hear about all of the positive things that the EDC is doing in the County," said Denise Dunn, State and Municipal Account Executive, CareFirst. "This is not just on a local level; it is also on a global level. Based on what I have seen and heard, I will be sure to tell my friends

Coach from A1

accomplishment," said Pinkney. "I've coached at Frederick Douglass for almost 19 years and have forged close relationships with a lot of families in Upper Marlboro. The most rewarding part of my job is being able to see how my players progress as athletes and seeing how the sport of football has opened so many doors for them."

Pinkney attributes the life-changing effect football

who have small businesses in the County because the EDC has services that can be an excellent resource for them. I can't wait to spread the word."

Municipal leaders concluded the forum with a discussion on how they can individually engage the services of the EDC. There were several requests to have the EDC come to their jurisdiction and speak directly to their constituents.

"This was an amazing, phenomenal event. To bring the municipalities up to speed regarding the economic development that is going on in Prince George's County and the vision the County Executive and the EDC has to move municipalities forward is outstanding," said Council member Walter Ficklin, Town of Bladensburg. "With this type of collaboration and resources available to us, I believe that in the near future we will be a County that is recognized Statewide, nationally and internationally."

For more information about EDC programs and services, go to www.pgcedc.com.

had on his players to his passion for the sport, coaching success, plus an 18-year career as a coach. He began coaching at Frederick Douglass High School in 1998 with the junior varsity team and received several promotions, including to head coach in 2002.

Pinkney, along with two other inductees, will participate in the hall of fame induction ceremony on Saturday, April 16 at the University of Maryland Football Gossett Field House.

Mikulski Leads Senate Democratic Women on Equal Pay Day to Urge Passage of Paycheck Fairness Act

Paycheck Fairness Act Would Close Wage Gap Costing Women \$430,480 Over the Course of Their Careers

By PRESS OFFICER
Office of Barbara Mikulski

WASHINGTON, D.C.—U.S. Senator Barbara A. Mikulski (D-Md.), Dean of the Senate women and a senior member of the Senate Health, Education, Labor and Pensions (HELP) Committee, today to mark Equal Pay Day led Senate Democratic women and men in speaking out on the Senate floor to urge passage of the Paycheck Fairness Act, legislation she introduced which would help close the wage gap between women and men working equivalent jobs, costing women and their families \$430,480 over their careers.

Senator Mikulski was joined by Senators Mazie Hirono (D-Hawaii), Dick Durbin (D-Ill.), Elizabeth Warren (D-Mass.), Tammy Baldwin (D-Wis.), Jeanne Shaheen (D-N.H.), Ben Cardin (D-Md.), Patty Murray (D-Wash.), Maria Cantwell (D-Wash.), Amy Klobuchar (D-Minn.), Heidi Heitkamp (D-N.D.) and Kirsten Gillibrand (D-N.Y.).

"Middle class families need a raise in the family checkbook. Seven years ago we made a down payment towards equal pay by passing the Lilly Ledbetter Fair Pay Act to keep the courthouse doors open. I'm fighting to finish the job by stopping wage discrimination from happening in the first place," Senator Mikulski said. "Equal pay is not just for our pocketbooks, it's about family checkbooks and getting it right in the law books. The Paycheck Fairness Act ensures that women will no longer be sidelined, redlined or pink slipped when fighting for equal pay for equal work."

While women still make on average 79 cents to every dollar made by a male, the Paycheck Fairness Act builds on the promise of the Equal Pay Act, passed more than 50 years ago on June 10, 1963. It helps close the pay gap by empowering women to negotiate for equal pay, closing loopholes courts have created in the law, creating strong incentives for employers to obey the laws and strengthening federal outreach and enforcement efforts.

The legislation would require employers to demonstrate that wage gaps between men and women doing the same work have a business justification and are truly a result of factors other than gender. The bill would prohibit employers from retaliating against employees who share salary information with their co-workers.

The Paycheck Fairness Act would also strengthen the U.S. Department of Labor's (DOL) ability to help women achieve pay equity by requiring DOL to enhance outreach and training efforts to work with employers in order to eliminate pay disparities and to continue to collect and disseminate wage information based on gender. The bill would also create a competitive grant program to provide negotiation skills training programs for girls and women.



SCREEN SHOT COURTESY THE OFFICE OF BARBARA MIKULSKI
Senator Barbara Mikulski before the U.S. Senate urging the passage of the Paycheck Fairness Act.

The legislation builds on the historic Lilly Ledbetter Fair Pay Act signed into law by President Obama in 2009, which overturned the 180-day statute of limitations for women to contest pay discrimination. It was an important down-payment in ending the pay gap and keeping the courthouse doors open. The Paycheck Fairness Act will close the loopholes that allow pay discrimination to continue in the first place.

Senator Mikulski's remarks, as delivered, follow:

"I come to the floor today to join my colleagues in calling for equal pay for equal work for women. I just left an event with the President of the United States. He's right up the street at the Sewall-Beimont House. This is the home to the National Women's Party, in which so much organizing and strategizing took place to get women the right to vote.

"The President is there to declare that building as a national monument to commemorate the tremendous work that was involved in getting suffrage. Under the Antiquities Act, that is his right.

"But it's not only the building that we want to preserve. It's not only the records of the battle for suffrage that we want to preserve and be able to display. It's really what it stands for - the fact that women are included fully in our society.

"We had to fight every single day and every single way to be able to advance ourselves. Even when the men were in Philadelphia writing the Constitution, thinking great thoughts and doing great deeds, Abigail Adams was back in New England running the family farm, keeping the family together. She wrote John a letter saying, 'Don't forget the ladies. Because if you do, we will foment our own revolution.'

"In our country we call revolutions social movements, where ordinary people organize and mobilize to accomplish great deeds to move democracy forward. It took us over 150 years to get the right to vote in 1920. We're coming up on the anniversary of suffrage. But it's not only that we got the vote, it's what the vote

means. We want to participate fully in our society. We wanted to utilize our voice in terms of choosing leaders who will choose the right policies. And along the way we've been advocating those policies.

"In 1963, working with a President who was committed to civil rights, Lyndon Johnson, the Equal Rights Act was passed as a great step forward as one of three major civil rights bills. We thought that we had settled the issue. But oh, no. Fifty years later, we have only gained 19 cents. At that rate, it will take us to 2058 to get equal pay for equal work. That's not the way it's got to be. That's not the way it should be. And we need to make sure we eliminate the barriers and impediments that keep this from happening.

"When we women fight for equal pay, we are often sidelined, redlined, pink-slipped, harassed or intimidated. We're often asked, 'Why are you doing this?' And then we're often harassed for doing it.

"Now people might say, 'Well Senator Barb, didn't you take care of that when we passed the Lilly Ledbetter Fair Pay Act in 2009?' What the Fair Pay Act did kept the courthouse doors open so that we kept the statute of limitations open. But now we need to pass legislation to end the loopholes that are often strangleholds on women getting equal pay in the first place.

"Now, I know that I have legislation pending called the Paycheck Fairness Act. The Paycheck Fairness Act does three things.

"First of all, it stops retaliation for even sharing pay information in the workplace. Right now if you ask, you're forbidden to tell or you'll get fired. Or, if you're a wonderful man working side-by-side with a woman and you want her to know that as a nurse, as a computer software engineer, what your pay is and there's an in, she could get fired, he could get fired. This is wrong.

"We also want to stop employers for using any reason to pay women less. We're willing to compete. We're out there. More women are in college, more women are Phi Beta Kappas, and more women are getting ahead.

"Then we heard, 'He's got to be paid more because he's the breadwinner.' Well, what are we? Crumbs? If he wins the bread, we want to be winners too. Very often it is women, in the marketplace, who are now either the sole breadwinner or also a significant breadwinner. And the men, or the partner that they love, says, 'Hello, we want you to get equal pay for equal work as well.' So we don't want to hear, 'He's a breadwinner.' We don't want the crumbs anymore. We want to be paid equal pay for equal work.

"We also want punitive damages for women who are discriminated against. Back pay alone is not a strong enough deterrent.

"Now, I want my colleagues on the other side of the aisle to know that they have ideas. One of my colleagues spoke on the floor earlier today. I have such admiration for her. She is a fine Senator and she agrees with the thrust of the press conference we had. We faced this in the past, where we share the same goal, but we differ on means. My means, I must say, are the way forward. These means are the way forward because it solves the problem. Of course, we'll sit down and talk, have conversations and see what we could do, but at the end of the day we face this issue.

"It costs more to be a woman. Women pay more for everything. Women pay more in medical costs than men. Women pay a significant amount of money for child care. And, guess what? Women get charged more for dry cleaning. We have to pay more for our blouses being cleaned than men to have their shirts washed and pressed. Well, we're tired of being taken to the cleaners. We want equal pay for equal work.

"And we stand with the U.S. Women's National Soccer Team. They kick the ball around, but we're tired of being kicked around. So give us equal pay for equal work. Pass the Mikulski effort here to get equal pay for equal work. And I think we can move forward.

"Why should our women go to the Olympics winning the gold, when they don't get paid the gold? So it's time for a change, time for a difference and time for seeing what we can do."

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OUT ON THE TOWN

ERIC D. SNIDER'S
IN THE DARK

Movie Review

London Has Fallen

London Has Fallen
Grade: C
Rated R, a lot of harsh profanity, plenty of very strong violence
1 hr., 39 min

In 2013, there were two movies about the White House being attacked by terrorists. This was a popular thing to imagine back in those days. One of them, the death-filled but bloodless, PG-13 *White House Down*, was quite fun as mindless escapism. The other, *Olympus Has Fallen*, was a hard R with gratuitous, cruel violence that sucked some of the fun out of it.

Well, that one turned a bigger profit, so that's the one that gets a sequel—*London Has Fallen*, in which the same U.S. president and his favorite Secret Service agent are in England for a state funeral when all hell breaks loose. Though it's by a different director (Iranian-born Babak Najafi), the vaguely distasteful emphasis on death and carnage is still in place, now accompanied by a vaguely distasteful disregard for anything that isn't American. (You guessed it: hundreds of people die, including prime ministers and presidents, but don't worry, the Yanks make it out OK.) It's an especially tacky attitude for a movie set overseas. I mean, we're guests here. Can we not show a little respect for our hosts? The ones whose landmarks and civilians are being destroyed?

Pres. Benjamin Asher (Aaron Eckhart) and agent Mike Banning (Gerard Butler), joined by Secret Service chief Lynne Jacobs (Angela Bassett) and some expendables, are among the dozens of world leaders gathered to mourn the British prime minister's death when a massive, coordinated attack—one involving dozens of terrorists infiltrating numerous public agencies to carry out spe-



ROTTENTOMATOES

The sequel to the worldwide smash hit *Olympus Has Fallen*. The story begins in London, where the British Prime Minister has passed away under mysterious circumstances. His funeral is a must-attend event for leaders of the western world. However, what starts out as the most protected event on Earth turns into a deadly plot to kill the world's most powerful leaders, devastate every known landmark in the British capital, and unleash a terrifying vision of the future. Only three people have any hope of stopping it: the President of the United States (Aaron Eckhart), his formidable Secret Service head (Gerard Butler), and an English MI-6 agent who rightly trusts no one. © Focus

cific assassinations—decimates London. If Mike Banning hadn't unilaterally changed the president's schedule by 10 minutes, screwing up the U.K.'s security plans and ignoring the fact that there are 40 other world leaders with their own security details, he and Asher would be dead now. Good thing the rules don't apply to America or Mike Banning!

The people who behaved respectfully when they came to London for the funeral, like the heads of Germany, Japan, and France, are killed without a second thought. That's what they get. For a minute it looked like France's guy would survive, and I thought: Oh, this will be fun! The French president will join the American president and his Secret Service buddy to save the day! That'll be different from the way it played out in the first movie, where it was just Asher and Banning against—nope, never mind, they killed the French guy, too.

Anyway, the head terrorist in charge, Barkawi (Alon Aboutboul), is mad at the United States for a drone attack a couple years ago that missed him but wiped out family members at a wedding party. (It's telling that the film's returning screenwriters, Creighton Rothenberger and Katrin Benedikt, went to the trouble of giving Barkawi a legitimate reason to be upset, only to have Asher and Banning ignore it. Oh, there might be some nuances here? SCREW YOU AND YOUR NUANCES, TOWELHEAD!) While Vice President Morgan Freeman, Gen. Robert Forster, Secretary of State Melissa Leo, and others watch helplessly via satellite from the situation room back in D.C., Asher and Banning scamper through London killing terrorists and trying to reach safety.

Despite the TV-quality CGI, the initial attack sequences are intense and breathless. Indeed, when the movie is just doing its

bare-bones action thing, it's fine. It's the close-up details of Banning shooting and/or stabbing people (so much stabbing), and his cavalier attitude toward it, that's disquieting. (After he slices a guy up just so his terrorist brother can hear him scream over a walkie-talkie, Pres. Asher says, "Was that really necessary?" Mike Banning's gruff reply: "No." U-S-A! U-S-A!) That's not to mention the fact that there's also a lot of talking, and the dialogue is weak, and Gerard Butler's repressed Scottish accent still sounds like an American speech impediment.

The problem with "Olympus," which is magnified in "London," is the lack of self-awareness: the filmmakers don't seem to realize how obnoxious they're being. I don't mind a movie that crosses the line on purpose. It's when the movie is blithely unaware that the line exists that it loses its flavor for me.

PGC Fire/EMS from A1

said, "For his tireless efforts as the Market Place Coordinator, I am honored to present Battalion Chief Christian Wargo with the Fire Chiefs Special Achievement Award.

Chief Bashoor also selected a second recipient for his Special Achievement Award. In doing so, he stated, "It is unusual that I present a 2nd Fire Chiefs award within a given year. It is equally unusual that this award will be presented to a civilian employee who works for a different County government agency."

After the tragic Christmas Eve and Christmas day fatal fires in 2014, the program now known as Adopt-a-Neighborhood was developed. The program compliments our long established smoke alarm programs, with a proactive door-to-door campaign aimed at ensuring all homes in the county have working smoke alarms and carbon monoxide detectors where needed.

One of the Departments historic problems with smoke alarm efforts has been tracking where alarms have been installed and more importantly, not installed. With advances in technology there had to be a new hi-tech effort to accomplish this. After a couple of meetings with the County Of-



PHOTO COURTESY PGC FIRE/EMS
Senior GIS Analyst
Teddy Hailegeberel

fice of Information Technology and their talented staff the "right guy" was identified who had the talent and thankfully the time to help the Department leap to that hi-tech place. The ARCGIS application was developed and used with some refinements. This app is downloaded onto smart phones and updates performed on site by firefighters.

Although it may never be "complete" the program is now being used at many of our 45 stations with paid, volunteer and civilian members using the application as we go door to door. Existing GIS data is used to track our door to door campaigns, including real time recordings of installations, fail-

ures, and rejections—the real-time database provides an instantaneous capacity for follow-up that did not exist before to ensure neighborhoods are completely protected. The development of this program has revolutionized our record keeping efforts and significantly reduced the amount of time spent managing the program and measuring effectiveness.

The program is also directly responsible for convincing several businesses to contribute to the adopt-a-neighborhood program. After developing the program, OIT personnel have accompanied us on at least three of our weekend community events.



PHOTO COURTESY PGC FIRE/EMS
Back row: Fire Chief Bashoor, Deputy Fire Chief Ben Barksdale, Deputy Fire Chief James McClelland.
Front row: Patrick Callahan (County OIT) Teddy Hailegeberel, Battalion Chief Christian Wargo

The Edge of Sports

by DAVE ZIRIN

Los Angeles Rams Owner Wanted Players to Still Be Classified as St. Louis Workers



We have, at long last, reached the point where Rams owner Stan Kroenke finally evinces a modicum of shame. It didn't come when the billionaire real estate baron took his NFL team out of St. Louis while sticking the cash-strapped city and state with a \$129 million bill for what is still owed on the team's stadium. It didn't come when he rejected \$500 million in taxpayer money to stay in St. Louis, saying, "I couldn't sit there and be a victim." It certainly didn't happen when he treated St. Louis like an old septic tank, even though he is a such a son of "the Gateway of the West" that his very birth name, Enos Stanley Kroenke, is a tribute to St. Louis Cardinal heroes Enos Slaughter and Stan Musial. But now it has finally come.

There is apparently one thing about St. Louis that Kroenke still loves, and that is the state's threadbare workers' compensation laws. He just attempted to have his players remain employed under Missouri's workers' comp laws, even though the team has relocated to California. It was shameful. Kroenke wanted the California Dream while also having that hard-right Missouri legislature watching his pocketbook. Luckily, the NFL Players Association caught him in his devious act. The subsequent publicity proved too much for Kroenke, and all right, maybe it wasn't shame, but for once he actually buckled and said that the players on the Rams would now be classified as California workers, since, you know, they're in California.

DeMaurice Smith, executive director of the NFLPA, said to me:

At least we didn't have to go to court over this one. As always, when they want something from us, we are called "business partners," but every player needs to know that a union is something that has to remain vigilant in protecting every player's rights. With the NFL lately, we seem to be adversaries every day.... Workers' compensation is a right of every American worker and is not just for athletes. When the owners of professional sports teams actively try to circumvent this right, or try to rewrite legislation that carves out athletes from this right, our union will always fight back.

This move by Kroenke seemed bizarre, so I phoned Bill Fletcher, longtime union official and onetime assistant to former AFL-CIO president John Sweeney, to ask about how common it is. He said:

When corporations relocate, they are governed by the law of the state to which they relocate. In fact, this is one of the reasons that many corporations relocate! For instance, a textile company that leaves New Bedford, Massachusetts, and moves to Columbia, South Carolina, is governed by the laws of South Carolina. Even if there was a pro-worker business, they could not say that, despite the fact that South Carolina is a right-to-work state, that the company will be governed by the laws of Massachusetts, which does not permit so-called right to work. I can see no legitimate justification for the position originally taken by the management of the St. Louis Rams. There may be circumstances where the headquarters of a company is in one state and some of their operations are in another, but even then the operations are governed by the law of that jurisdiction. The stand taken by the management of the St. Louis Rams is outrageous. It reminds one of the so-called yellow dog contracts that workers were forced to sign in the 19th and early 20th centuries, in which they were, in effect, ordered to abdicate their rights to join or form a trade union in order to secure employment. What the Rams management appeared to be doing is a 21st-century version of such economic blackmail.

The part of this story that is so gobsmacking is the fact that Kroenke went down this route at all. He's like Montgomery Burns, poised to block out the sun, but unable to resist stealing candy from a baby. Or Donald Trump amid a quest for the greatest prize in politics, taking the time to fight lawsuits levied by disgruntled students hoodwinked into taking classes at Trump University. He is about to be handed 300 acres of prime Los Angeles real estate to build "the most expensive stadium in history," but it wasn't enough. This has been described as "an unforced error" by Kroenke. The city of Los Angeles, the NFLPA, and everyone in the Rams organization will need to be vigilant. From what we know of Kroenke's history and character, there will be more "errors" to come.

Calendar of Events

April 21, — April 27, 2016

GEICO Gecko Series: Butterfly, The Story of a Life Cycle

Date and Time: Thursday, April 21, 2016, 10:15 am & 12 noon
 Description: Each stage of the journey is brought to life by giant puppets, fun songs, and dances. Science takes center stage in this microscopic look at the insect world. Hudson Vagabond Puppets, known for an amazing, untraditional, larger-than-life puppetry and masks, examines the life cycle of the monarch butterfly. The amazing metamorphosis from egg to caterpillar to adult butterfly culminates in an incredible 1,500-mile round-trip journey to Mexico.

Join the butterfly as she learns about her unique place within the animal kingdom. Curriculum Connections: Science, Music, Theater, Dance & Arts
 Cost: \$8/person; \$6/person (groups 20 or more)
 Free to Title I Schools in Prince George's County
 Ages: Recommended for grades Pre-K-5
 Location: Publick Playhouse
 5445 Landover Road, Cheverly, MD
 Contact: 301-277-1710; TTY 301-699-2544

Seniors: Earth Day Clean Up

Date and Time: Friday, April 22, 2016, 10 am–12 noon
 Description: In celebration of Earth Day, help clean up the area around our Center. We'll provide all the gloves, trash bags, and tools, you just have to bring your helping hands and a willingness to make the grounds around the Center trash free. Healthy snacks will be provided to those who help.
 Call John E Howard Senior Activity Center to sign up.
 Cost: Free
 Ages: 50 & better
 Location: John E. Howard Senior Activity Center
 4400 Shell Street, Capitol Heights, MD
 Contact: 301-735-2400; TTY 301-699-2544

Xtreme Teens: Xbox One Mortal Kombat Tournament

Date and Time: Friday, April 22, 2016, 7–10 pm
 Description: Teens will compete in an XBOX One Mortal Kombat gaming tournament. Show off your skills, the winner of the tournament get a prize.
 Cost: Free
 Ages: Ages 13-17
 Location: Glenarden/Theresa Banks Complex
 8615 McLain Avenue, Glenarden, MD
 Contact: 301-772-3151; TTY 301-699-2544

Nature Hike

Date and Time: Saturday, April 23, 2016, 9:30–11:30 am
 Description: Enjoy a naturalist-led, woodland nature hike through our beautiful woodlands, swamp and tidal marsh conservation trail. In addition, patrons will learn about local flora and fauna.
 Cost: Resident: \$2; Non-Resident: \$3
 Ages: All ages welcome
 Location: Patuxent River Park
 16000 Croom Airport Road, Upper Marlboro, MD
 Contact: 301-627-6074; TTY: 301-699-2544

Kayak Kaper

Date and Time: Saturday, April 23, 2016, 1–4 pm
 Description: Explore the natural beauty and cultural history of the 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

Under the Sea STEAM Discovery

Date and Time: Saturday, April 23, 2016, 1–4 pm
 Description: Travel on an underwater adventure to learn about exotic places, unique sea creatures, and beautiful oceans. Your entire family can create STEAM experiments and activities.
 Cost: Free
 Ages: All ages welcome
 Location: Southern Regional Technology & Recreation Complex
 7007 Bock Road, Fort Washington, MD
 Contact: 301-749-4160; TTY 301-699-2544

Celebrate Earth Day at Montpelier!

Date and Time: Saturday, April 23, 2016, 1 pm
 Description: Enjoy the beauty of Montpelier's grounds as flowers blossom while creating a fun, creative, and educational Earth Day activity for the whole family.
 Cost: Free
 Ages: All ages welcome
 Location: Montpelier Arts Center
 9652 Muirkirk Road, Laurel, MD
 Contact: 301-377-7800; TTY 301-699-2544

Pitch, Hit and Run Event

Date and Time: Sunday, April 24, 2016, 1–4 pm
 Description: Major League Baseball Pitch Hit & Run (PHR) is an exciting skills event. This program provides boys and girls the opportunity to compete in four levels of competition including Team Championship events at all 30 Major League ballparks and the National Finals at the MLB All-Star Game.
 Cost: Free
 Ages: 7-14
 Location: Prince George's SportsPark
 13200 Woodmore Road, Mitchellville, MD
 Contact: 301-446-6800; TTY 301-699-2544

Riversdale Chamber Music Society Concert

Date and Time: Sunday, April 24, 2016, 2:30–3:30 pm
 Description: The Society presents "5x5": Five Musicians-Five Filmmakers-Five Minutes. Five filmmakers working independently share their reflections of Sergei Prokofiev's 1924 Quintet for Oboe, Clarinet, Violin, Viola, and Bass. After the show, mingle with musicians and enjoy refreshments.
 Cost: FREE
 Ages: All ages welcome
 Location: Riversdale House Museum
 4811 Riverdale Road, Riverdale Park, MD
 Contact: 301-864-0420; TTY 301-699-2544
 riversdale@pgparks.com

EARTH TALK ... Are Artificial Sweeteners the Answer to Our Problems With Overindulging in Sugar?

Fake Sugar No Cure-All for Our Dangerous Addiction to Sweetness

Dear EarthTalk:

What should I know about artificial sweeteners before I opt for them for myself or my kids in place of regular ol' sugar?
 —Gretchen Abdow,
 Philadelphia, PA

These days, it's incredibly easy to consume a huge daily dose of sugar. Grabbing a non-fat, grande latte at Starbucks before work will start your day off with 18 grams of sugar. A Chobani Strawberry-on-the-Bottom yogurt with an 8-ounce can of Sprite in the afternoon will add 41 grams; and a 32 ounce bottle of Gatorade and an Almond & Apricot KIND bar at the gym shovels in another 65.5 grams. Consuming these common foods and beverages will bring your daily sugar intake to a total of 124.5 grams.

"Our ancestors probably consumed 20 teaspoons (100 grams) of sugar per year and we now consume that much per day," says Dr. Sandy Seeman, a naturopathic doctor who also works at Campbell's Nutrition in Des Moines, Iowa. "We cannot continue to consume this amount of sugar and not have it impact our systems. Something has to change."

To avoid tooth decay, obesity, diabetes and other ailments associated with excess sugar intake, Americans have turned to artificial sweeteners, including aspartame (Equal), saccharin (Sweet 'n Low), sucralose

(Splenda), acesulfame potassium, neotame and others. But the potential dangers of such sweeteners have been controversial since the 1970s, when saccharin was linked with bladder cancer in laboratory rats. According to the U.S. Food and Drug Administration (FDA), more than 30 human studies have since shown that those results were irrelevant to humans and that saccharin is safe for human consumption.

The FDA stands by the safety of the sweeteners it approves, referring to aspartame on its website as one of the "most exhaustively studied substances in the human food supply," with 100-plus studies supporting its safety. The FDA also says that more than 90 studies support the safety of acesulfame potassium, while some 110 studies were reviewed in approving sucralose, 113 for neotame, and 37 for advantame.

"About the only way this stuff could harm you is if you were run over by a truck that was delivering it," reports Josh Bloom, Director of Chemical and Pharmaceutical Sciences at the American Council on Science and Health (ACSH), when discussing the recent FDA approval of advantame on his blog.

But according to Dr. David Ludwig, an obesity and weight loss specialist at Boston Children's Hospital, artificial sweeteners are far more potent than table sugar and high-fructose corn syrup, and overstimulation



CREDIT: UWE HERMANN, FLICKRCC

Americans consume as much sugar in a day as our ancestors consumed in a year—and our health is suffering as a result. But artificial sweeteners may not be a healthier substitute.

of sugar receptors from frequent usage may limit tolerance for more complex tastes, that is, people who routinely use artificial sweeteners may start to find less intensely sweet foods (such as fruit) less appealing and unsweet foods (such as vegetables) downright unpalatable. In other words, overuse of artificial sweeteners can make you shun healthy, filling and highly nutritious foods while consuming more artificially flavored foods with less nutritional value.

New York Times bestselling author Dr. Mark Hyman suggests that if you have a desire for something sweet, have a little sugar, but stay away from "fake" foods. "Sugar-containing foods in their natural form, whole fruit, for example, tend to be highly nutritious—nutrient-dense, high

in fiber and low in glycemic load. On the other hand, refined, concentrated sugar consumed in large amounts rapidly increases blood glucose and insulin levels, triglycerides, inflammatory mediators and oxygen radicals, and with them, the risk for diabetes, cardiovascular disease and other chronic illnesses."

CONTACTS: Campbell's, www.campbellnutrition.com; FDA, www.fda.gov; ACSH, www.acsh.org.

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Send questions to:
earthtalk@emagazine.com.

Fracking from A1

District 3, Todd Turner (D)—District 4, and Mel Franklin (D)—District 9, proposed the legislation in direct response to the detrimental economic, environmental, and public health effects of fracking on Prince George's County and its residents.

"By passing a fracking ban without exception, Prince George's County is once again leading the state and the nation in efforts to protect our quality

of life, and the health of our planet," said Council Member Lehman. "Now it's up to the Maryland General Assembly to follow our lead and ban fracking in the state of Maryland once and for all."

Environmentalists, public health advocates and citizen activists have expressed a growing concern over the adverse effects of fracking on drinking water supplies, and the production of potentially dangerous methane and greenhouse gas

emissions. Home to over 4,500 wells used for water, irrigation and farming, Prince George's County faced significant risk of contamination and environmental hazards resulting from fracking activity.

Council Member Turner, chair of the Council's Transportation, Housing and Environment (THE) Committee, says with this action, the Council has taken a proactive stance to protecting communities from this unproven and unsafe practice.

"I am glad to join with my Council colleagues in sending a strong message that we consider the fracking process as one that can create detrimental consequences to our community and our environment.

With the adoption of Council Bill 3-2016, Prince George's County becomes the first jurisdiction in the state of Maryland to impose a combined countywide ban on fracking and the transport of fracking waste.

IT PAYS TO ADVERTISE!

The Prince George's Post

CALL

Brenda Boice
301 627 0900

Prince George's County
Department of the Environment
sponsors for one day only

MULCH madness

A Source Reduction Event

Learn to reduce water usage, prevent soil erosion and reduce the use of herbicides in your home gardens by applying mulch.

RESTRICTIONS:

- Prince George's County residents only
- Only non-commercial vehicles, 3/4 ton maximum weight
- No business vehicle signage will be permitted; all commercial signs should be covered or removed prior to entering the site

SOURCE REDUCTION TIPS

Use mulch to suppress weed growth and provide nutrients. Overly Fertilize! Use a mulching mower to finely shred your mowed grass and leave it on the lawn. Start in a backward compost pile.

8 a.m. to 1 p.m.
SATURDAY APRIL 23 2016

Prince George's County Yard Waste Composting Facility
6601 S.E. Crain Highway, Upper Marlboro
(Free Crain Highway, proceed on Roadway Spray Brown Road to Facility)

A mulch loader will be available to load mulch into pickup trucks.
Citizens and residents transporting mulch by car should bring their own containers and shovel or pitchfork.
This mulch is primarily derived from the Christmas tree collection. For more information, please call County Click 3-1-1.

ONCE-A-WEEK TRASH COLLECTION

Starting in May 2016, Prince George's County-contracted residential curbside trash collection will move to once-a-week pickup. Some benefits of the new collection overhaul include:

- ▶ Trash and recycling will be picked up on the same day, resulting in one trip to the curb each week;
- ▶ Yard trim collection will move to Monday from Wednesday;
- ▶ Moving to once-a-week trash pickup will save the County \$6 million;
- ▶ Residents will receive a new, wheeled trash toter with secure lid for free; and
- ▶ Residents receiving County-contracted trash and recycling collection will receive two door hangers notifying them of the new collection day.

Visit onceaweek.mypgc.us or contact CountyClick at 3-1-1 for more information.

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