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Prince George's County Launches Child Care Safety Awareness Campaign

By Press Officer
PG County Government

LANDOVER, MD—Prince George's County Executive Rushern L. Baker III, State's Attorney Angela Alsobrooks, Police Chief Henry P. Stawinski, Colonel Darrin Palmer, Chief Assistant Sheriff, Betty Hager Francis, Deputy Chief Administrative Officer for Health, Human Services and Education, Gloria Brown, Director of the Department of Social Services, and Jennifer Hoffman, Acting Director of the Prince George's Child Resource Center, along with a team of local partners and nearly 100 children, launched the "Who's Watching My Child?" Child Care Safety Awareness campaign on Thursday, April 14, 2016, at Watkins Regional Park in Upper Marlboro, Maryland. The campaign coincides with Child Abuse Prevention Month, which is observed nationally in April. It was developed in response to recent tragedies related to children's harm at the hands of caregivers, and to provide information about child care resources in Prince George's County.

The Child Care Safety Awareness campaign is designed to inform parents of what to look for when allowing someone to care for their children, and will empower families to keep their children safe by providing resources and greater awareness of the importance of choosing appropriate

child care. "This year during Child Abuse Prevention Month, it is our goal to raise more than just awareness. We are working to increase the community's ability to keep children safe," said Prince George's County Executive Rushern L. Baker III. "Law enforcement is doing its part by arresting and prosecuting individuals who commit crimes against children. It is now time for the community to do its part by being vigilant in knowing who is caring for our babies. We hope this campaign helps to increase the community's ability to protect our most innocent and vulnerable citizens."

"Over the last two years, we have seen five children killed at the hands of their mothers' boyfriends after the child was left with them because the mother felt she had no other childcare options," said State's Attorney Angela Alsobrooks. "That is why it is so important that we have these resources available for families who cannot find or afford safe childcare. We must do better for our children and for their parents and with today's announcement, we are taking the first step towards doing that."

"As a prevention oriented, strategy-based police department, it is our goal not to investigate these cases once we learn of them, it is to prevent

See **AWARENESS** Page A5



CAPITAL NEWS SERVICE PHOTO BY BRITTANY BRITTO

The home of Wise Lampkin, 84, who has lived in his house on Riverdale Road in Maryland for the past 20 years, and will be required to relocate to make way for the Purple Line. One house next to Lampkin's is already demolished.

Homeowner Forced to Relocate Due to Purple Line Plans

By BRITTANY BRITTO
Capital News Service

RIVERDALE, MD—Wise Van Lampkin's home sits on Riverdale Road, tucked between the memories of two neighbors. To the east, there is only a vacant lot, sprinkled with straw. To the west, the house is stripped of its siding, windows shattered.

Lampkin's, a welcoming yellow house with wooden shutters, will be vacant soon.

His home, which he bought in April 1995, belongs to the Maryland State Highway Administration, to make way for the state's newest transit project, the Purple Line.

The Purple Line will be a 16.2-mile double track light rail with 21 stops running from Bethesda in Montgomery County to New Carrollton in Prince George's County.

The \$5.6 billion transit project will connect to the red,

green and orange Metro lines, as well as all three MARC Train lines and Amtrak, and is projected to create more than 23,000 jobs within the state over six years, according to Gov. Larry Hogan's administration. The state transit administration plans for trains to begin running in the spring of 2022.

But in the process, more than 150 homes will be impacted.

According to the Maryland Transit Administration's August

2013 Purple Line impact statement, a total of 25 single-family homes in Maryland are being fully acquired by the State Highway Administration to make way for the light rail line, meaning residents in the area will have to relocate and look for new places to live.

More than 120 residential properties, including apartment

See **RELOCATE** Page A3

EDC 'Activates Prosperity' Through Advocacy at Thirsty Thursday Networking Event

State Senator Muse and Council Member Patterson Among the Dignitaries Networking with More Than 150 of the EDC 'Posse'

By LORI VALENTINE
PGCEDC

TEMPLE HILLS, MD—On April 21, State Senator C. Anthony Muse (Dist. 26) was the guest speaker for the Prince George's County Economic Development Corporation's (EDC) "Thirsty (for Business) Thursday" (T4BT) networking event. EDC President and CEO Jim Coleman brought his 'posse' of more than 150 business owners to the Infuse Restaurant in Temple Hills for the April T4BT. "Thirsty for Business Thursday" is well known for its ability to highlight fine dining and entertainment venues in the County and for its dynamic guest speakers who share priceless nuggets of information that give local companies an edge on the competition in this region. Senator Muse gave the capacity crowd a brief overview of what the Maryland General Assembly did to enhance business development and retention during the 2106 legislative session.



PHOTO COURTESY LORI VALENTINE

Left to right: Britta Vander Linden, Chief of Staff, PGCEDC; Bernadette Walker, Community Manager, Perfect Office Solutions; Obie Patterson, County Council Member, Dist. 8; C. Anthony Muse, State Senator, Dist. 26; Nicholas Majett, Chief Administrative Officer, Prince George's County; Chiko Abengowe, Founder and CEO, Perfect Office Solutions; Jim Coleman, President and CEO, PGCEDC; Nichelle Holmes, Development Manager, PGCEDC)

"This is how we roll in Prince George's County," said Coleman. "We put our business owners face to face with our local elected officials so they can talk directly to them about the issues that matter to them most. That's 'Activating Prosperity' through advocacy and one of the ways to truly

make a difference in your business's bottom line."

Infuse Restaurant, along with Perfect Office Solutions, NAI Michael Companies and Berman Enterprises graciously sponsored this evening's event.

See **EVENT** Page A5

Second Year Cinco De Mayo Soberride Launched to Deter DUI in PG County

By Press Officer
WRAP

UPPER MARLBORO, MD—Preparing to combat that time of year when, according to the National Highway Traffic Safety Administration (NHTSA), over one-third (33.8%) of all U.S. traffic deaths involve drunk drivers,* free cab rides will be offered to would-be drunk drivers throughout Prince George's County, Maryland next week and on the Mexican holiday, Cinco de Mayo (May 5th).

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the 2016 Cinco de Mayo SoberRide® program, now in its second year after being inaugurated in 2015, will be in operation beginning at 4:00 pm on Thursday, May 5, 2016 and continue until 4:00 am on Friday, May 6, 2016 as a way to keep local roads safe from impaired drivers during this traditionally high-risk holiday.

During this 12-hour period, area residents celebrating with alcohol may call the toll-free SoberRide phone number

1-800-200-TAXI (8294) and be afforded a no-cost (up to a \$ 30 fare), safe way home. AT&T wireless customers can dial #WRAP for the same service.

Last year, over 160 (164) persons in the Washington-metropolitan area used WRAP's first new holiday SoberRide offering in nearly two decades. The charity also offers its SoberRide program on St. Patrick's Day, Independence Day, Halloween and the winter holidays

See **SOBERRIDE** Page A3

University of Maryland to Provide Hearing Aids to MD Residents in Need

By Press Officer
UMD

COLLEGE PARK, MD—The University of Maryland Hearing and Speech Clinic is teaming up with the Lions Club organization to provide free hearing aids and fittings for low-income residents in Maryland and Washington, D.C.

According to the National Institutes of Health, approximately 37.5 million American adults report some trouble hearing. Yet only about 15 percent of adults who could benefit from wearing hearing aids has ever used them. Some of the biggest barriers include stigma and cost as hearing aids are not traditionally covered

by Medicaid or other forms of health insurance.

Through this new partnership, the UMD Hearing and Speech Clinic is reconditioning hearing aids collected through the Lions Hearing Aid Recycling Program and distributing

See **HEARING AIDS** Page A5

INSIDE

USDA Tips for Reducing Food Waste and Preventing Illness

Last year, USDA launched the FoodKeeper app to help combat this cause of waste. The FoodKeeper is available for Apple and Android devices and allows users to set up automatic notifications when foods and beverages are nearing the end of their recommended storage date.
Community, Page A3

Recognizing All of America's S/Heroes

Kudos to the Treasury Department which has announced that Harriet Tubman's face will grace the front of the redesigned \$20 bill, making her the first woman in more than a century and first African American ever to be represented on the face of an American paper note.
Commentary, Page A4

Talk of Restrictions Watched Closely in Trade-Busy Maryland

"Under Trump's trade plans, we would see higher prices, reduced spending power, fewer jobs, and a weaker economy, both here at home and abroad, according to the analysis," Harrison said. "Of course, that's the last thing our country and the global economy need right now."
Business, Page A5

Movie Review: My Big Fat Greek Wedding 2

Vardalos' screenplay seems stuck between two ideas. She wants to revisit every single character from the first movie, for the fans ... but it often feels like she's rushing through them, checking them off a list just so she can say she did it.
Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

What ever happened to the radical environmental group Earth First!?!? Are they still around and what other groups are leading the charge when it comes to so-called "radical environmentalism" these days?

—Betty Jones,
Irvine, CA

Features, Page A7

Towns and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301 735 3451

Brian McHale, McNamara '75, engineer and musician, dies at 58

My son Brian died of brain cancer on April 11 at his home in Fort Walton Beach, Florida. Last week my family and I traveled there to attend his funeral at St. Mary's Church.

He was born Brian Kennedy McHale on August 25, 1957, in Mill Valley, Calif., and moved to Skyline at the age of 10 months when his dad, John McHale, was transferred to FBI Headquarters in Washington.

The fifth of seven children, he grew up in a busy household, and started school at Irene Smith's Morningside Co-op Kindergarten, at the old Town Hall. He went on to St. Philip's School, where he was an altar-boy. He played softball for the Morningside Recreation Council, coached by his dad, and basketball with the Camp Springs Boys' Club. He was a Scout with Troop 282, at Bells U. M. Church.

Brian attended Bishop McNamara High School where he was captain of the track and cross-country teams.

His first job was helping clear the grounds of Mount Airy, the Upper Marlboro manor built by the Calvert family in 1725 and then due for renovation. He got his first paycheck—and poison ivy. The following summers he worked the snack bar at Andrews Officers' Club swimming pool.

After graduation in 1975, he headed off to the University of Notre Dame, earned a degree in electrical engineering and went to work for Boeing. His first assignment was in Wichita. Later transfers took him to Philadelphia, Patuxent River NAS, Edwards AFB and finally Fort Walton Beach, as an avionics engineer for the V-22 Osprey. He retired in June 2015, with 35 years' service.

Brian was always involved with music, beginning with school bands. Later, he per-

formed with other bands, sang with or directed choirs at several churches, and did gigs at local pubs. He never went anywhere without a guitar. He also composed music, including The Mass of St. Malachy, which was sung beautifully by the choir at his funeral.

His father died in 2004. Survivors include his wife of 25 years, Carol; siblings, Kathleen, Mike, Therese, John, Elaine and Sheila; a host of nieces and nephews, and about a dozen guitars.

He also leaves me, his mom, without her favorite rival at Scrabble.

Graduations

Donald Thompson, grandson of former Skyline residents Corbin and Bobbie Thompson, and son of Roy and Patty Thompson, will graduate from UMBC in information systems and history. He has a job waiting for him at NASA.

I have three grandchildren graduating this spring: Leah, from Towson University, and Claire, from Eleanor Roosevelt High School, daughters of Sheila and John Mudd of Laurel; and Rose, from Adelphi University, daughter of Elaine and Luke Seidman, of Crownsville.

Call or email me at mudm@adelphia.net with information about the graduates in your family.

Changing landscape

County officials gathered April 20 to celebrate the new Dave & Buster's at the Ritchie Station Marketplace. It opened to the public on April 25.

The County Planning Board has approved \$300,000 worth of grants for 13 properties in Prince George's to be rehabilitated and restored. Among them: St. Barnabas Episcopal Church, Leeland, Upper Marlboro; Epiphany Episcopal Church, Forestville; Chapel of the Incarnation, Brandywine;

Wagner House, Accokeek; Brookfield of the Berrys, Upper Marlboro, and Cheltenham United Methodist Church.

According to a *Washington Post* story, "there are more than 550 million blue crabs in the Chesapeake Bay, an increase of more than a third over this time last year and one of the highest counts of the past two decades." I'm already planning a crab feast.

Coming up

May 14—The Surratt Society offers "Chillin' While Colored: 19th-Century African American Places of Leisure," with Patsy Fletcher of the Historic Preservation Division for the District of Columbia. The presentation is free, and begins at 4 p.m. The Surratt House is at 9118 Brandywine Road in Clinton. For information, call 301-868-1121.

Milestones

Happy birthday to Dorothy Lipka and Morningside Councilman Todd Mullins, April 30; Kathryn Deaver, Ann Lacey, Ernestine Taylor Wood, Dante Ross Jr. and Janet Booth Kaye, May 2; my daughter Sheila (McHale) Mudd and Lori Williams, May 3; India Goodall and Ruby Haines, May 4; Donald Young, Jim Henderson and Marlyn Meoli, May 5; Elsie Dent and Gretchen Ennis, May 6; Dwight Holloway Jr., May 7; Florine Clark, May 8; Brandi Jeter and Buddy Ramsey, May 9; Gladys Locks, Shirley Eppard and Elijah Thomas, May 10; Virginia Stine and Carolyn Flaherty Fogle, May 11; and Kyle Dameron, May 12.

Gov. Larry Hogan issued a proclamation declaring May 6 as Fallen Heroes Day in Maryland. Flags will be flown at half-staff at the State House and all state facilities. Fallen Heroes Day honors police, firefighters, and others who risk their lives protecting us.

Brandywine-Aquasco

by Audrey Johnson 301 888 2153

AN EVENING OF JAZZ AND RELAXATION

Celebrate with dad, husband and significant other Saturday, June 18, 2016 from 6:00 PM-8:00 PM. You will enjoy Jazz Music featuring vocalist Anita King and friends at Family Life Center New Hope Fellowship parish 15601 Brooks Church Road, Upper Marlboro, Maryland 20772. Rev. Constance Smith is our Pastor. Donation is \$35.00. There will be door prizes, hors d'oeuvres and punch will be served. Tickets available: Eventbrite.com, Church Office (301) 888-2171 or Dottymae (301) 372-8986.

PUBLIC COMMUNITY MEETING

Please join Delegate Susie Proctor Public Community Meeting Tuesday May 10, 2016 from 7:00 PM-9:00 PM at Gwynn Park Middle School Cafeteria 8000 Dyson Road, Brandywine, Maryland 20613.

Come and meet Ronnie Gathers, director Prince George's County Parks and Staff. Get updates on the Southern Area Aquatic & Recreation Complex (SAARC). There will be questions and input from the community. Councilman Mel

Franklin and delegates from District 26, 27 A, 27B and 28 have been invited.

YOUTH PROGRAMS

M-NCPPC Department of Parks and Recreation, Prince George's County offers year round fun for children, youth, and teens. Day camps, pre-school programs, after-school programs, Xtreme Teens programs, sports programs, nature programs, arts programs and many more. Call 301-699-2255, TTY 301-699-2544 for more information.

BADEN COMMUNITY CENTER

Join Ms. Jonnetta for a fun evening of dance, shake, spin and shuffle. If you are just learning, need to brush up on favorite steps, or want to learn new ones, line dancing is great fun and exercise offered on Wednesdays \$7 class drop-in-fee anytime. Line Dance is offered May 11-June 15 \$40/\$48 (1645645), June 22-July 27 \$40/\$52 (1650992) and August 3-September 7 (1650993). Thursday make up day at 7:00 PM. The address is Baden Community Center 13601 Baden-Westwood Road, Brandywine, Maryland 20613.

Telephone number is 301-888-1500 TTY 301-203-6030 or www.pgparcs.com.

BIRTHDAY GREETINGS

Happy birthday to Renata Contee, Elandra Dorsey, Jackie Gibson, Jina Jackson, Andrienne Johnson. John Johnson, Linda Johnson, Dorothy Magruder, Angeliq McAlpine-Gilliard, Emily Newman, Alvin Pinkney, Hattie Shivers, Shenell Tolson, Maxine Wallace, Patricia Washington and Chantel Wright who are celebrating their birthdays in May.

CAR SHOW

Quartermasters Racing Team presents a car show (cars, trucks, tractors, motorcycles) and a day of fun, good food and music Sunday, July 17, 2016. The location is 20605 Aquasco Road, Aquasco, Maryland in the large field next to Adam's Funeral Home. Registration is 9:00 AM-12 noon.

Entry fee is \$20 for car, driver and one passenger. Spectators fee is \$5.00. For more information, contact (301) 653-6710 or (301) 633-3536. Not responsible for any liability issues or damages while on premises. No alcohol, drugs, pets or glass containers.

Neighborhoods

Edwards Denounces Proposed Bill to Restrict School Meals Program

WASHINGTON, D.C.—Congresswoman Donna F. Edwards released the following statement addressing a draft child nutrition reauthorization bill which would severely restrict schools' ability to provide free meals to low-income students.

"Recognizing the direct correlation between nutrition and learning, one of my first actions in Congress was to get Maryland added to the After-school Suppers Program," Edwards said. "We know that a link exists between students receiving proper nutrition and being able to concentrate and learn at school. Since 2010, the Community Eligibility Provision (CEP) has provided schools in high-poverty areas with the means to cut through the red tape when it comes to feeding students. Over 200,000 students and families in Prince George's and Anne Arundel Counties, and 800,000 in Maryland, benefit from CEP. Children experiencing hunger are more likely to have lower test scores, more likely to repeat a grade, and more likely to have disciplinary problems. Limiting CEP eligibility is simply creating additional burdens for already struggling schools in high-poverty areas.

"It is important that our children receive healthy and nutritious meals during their critical years of development. When parents struggle financially to support their families and put food on the table, it's a no brainer to support a program that helps provide food to students. Our children's health and education must be a top priority and the thought of restricting school meals programs singles out low income families and is a non-starter."

Chris Conway Named President of the Education Credit Union Council Board of Directors

GREENBELT, MD—The Education Credit Union Council (ECUC) named Chris Conway as President of its Board of Directors during its 2016 Annual Meeting in March, held in Glendale, Arizona. Chris Conway is the President/CEO of Educational Systems FCU, a member of the ECUC.

The ECUC is a national association of credit unions whose focus is on serving the education community which is made up of public school systems, community colleges and universities. There are approximately 90 credit unions affiliated with the ECUC.

Educational Systems FCU has a long history of serving the ECUC. The Credit Union's Chair, Rosemary Brinkley, and Vice Chair, Eva Chesley, have each previously served as presidents of the ECUC Board of Directors. Chris was named to the ECUC Board of Directors in 2014 and served as Vice President in 2015.

"I am honored to serve as the President of the ECUC Board of Directors," commented Chris Conway. "ECUC and its member credit unions share a common passion for our core purpose of serving the education community."

Chris Conway has worked for credit unions that serve



Congresswoman
Donna F. Edwards

the education community for over 25 years and has been the President/CEO of Educational Systems FCU since 2007. As an advocate for financial literacy, Chris sits on the Maryland State Department of Education's Financial Literacy Education Advisory Council. He was also awarded the Judith A. Burgin Memorial Professional of the Year Award in 2011, and again in 2015, by the MD/DC Credit Union Association.

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 in Maryland.

After 40 Years Major Maryland Piano Dealer Closes Flagship Store



COLLEGE PARK, MD—The 32,000 square foot store specialized in late-model, brand-name, pre-owned pianos at discounted prices, catering to professionals as well as beginners. The company normally reconditions and restores 20 to 30 pianos every month, but the company said its sales have been lagging. Owner Nick Margaritas said that since the onset of the recession, new piano sales have been dropping rapidly and are only half of what they were in 2008. Another indicator that things are not what they once were is that sales for the 2015 Christmas season—a peak time in the industry—were the softest seen in years. Couple that with the blizzard of 2016, and the decision to close an operation that was simply "too big to succeed" was an easy one, said Margaritas. Top brands such as Steinway, Baldwin, Yamaha, Kawai and others must be sold prior to the projected closing date of April 30. The Baltimore Showroom and Piano Service Center that has been in operation since 1974 will, however, remain open. For more information, visit www.pianomansuperstore.com.

Blame it on kids who can download music from iTunes with a swipe of the finger. Maybe it's the fact that society as a whole, while still

in love with music, would rather watch TV than gather around a piano. Whatever the reason, piano sales have been less than grand for decades, as fewer people take up the instrument. With an average cost of \$16,000 for a new grand piano, it's easy to understand why those who are interested in piano might opt for a less expensive electronic keyboard or buy used. According to the National Association of Music Merchants, the best year for new piano sales was more than a century ago; more than 364,500 pianos were sold in 1909 when U.S. population was only 90 million. Today? Our population has more than tripled while piano sales have reportedly plummeted to an all-time low. Only 30,000 new pianos were sold in 2015. "Computer technology has just changed everything about what kids are interested in," said Larry Fine, a Boston-based piano technician. "People are interested in things that don't take much effort, so the idea of sitting and playing an hour a day to learn piano is not what kids want to do." Which is why stores like Piano Man's Piano Superstore in College Park, Maryland, is being forced to close its doors.

U-Store Laurel Offers Moving Options with U-Haul Partnership

LAUREL, MD—U-Haul Company of Maryland, Inc. is pleased to announce that U-Store Laurel has signed on as a U-Haul neighborhood dealer to serve the Laurel community.

U-Store Laurel at 13303 Baltimore Ave. will offer U-Haul trucks and support rental items.

Hours of operation for U-Haul rentals are 9 a.m.-6 p.m. Monday-Saturday.

Reserve U-Haul products at this dealer location by calling (240) 547-4443 or visiting <https://www.uhaul.com/Locations/Truck-Rentals-near-Laurel-MD-20707/029131/> today.

U-Store Laurel partners Bernard Fenterswald and Richard Sellers are proud to team with the industry leader in do-it-yourself moving and self-storage to better meet the demands of Prince George's County.

U-Haul and U-Store Laurel 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.

U-Store Laurel 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.

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Call Brenda Boice 301 627 0900

COMMUNITY

Practical Money Skills

By Nathaniel Sillin

Working Out on a Budget

It's true—good health really does save money.

A Towers Watson survey (<https://www.towerswatson.com/en-US/Press/2012/11/research-shows-prevention-is-key-to-reducing-health-care-costs-for-all-employees>) noted that employee wellness programs saved employers an average of \$100 in health care costs per worker. So if you're going to get healthy, do it the smart way and make well-researched spending decisions throughout the year. Here are a few tips at the starting line.



Do a little heavy lifting with your budget first. Whatever your goals, check your overall finances to see what bad health behaviors might be costing you now in terms of immediate everyday costs or long-term impact on medical bills. You might find that a successful fitness plan can return hundreds of dollars—and possibly thousands—to your budget.

Pick a workout you like. If you loved swimming or jogging as a kid, such sports might be a good place to restart your fitness regimen. Restart your fitness habits modestly but consistently with activities you like. If they require a facility, test it out for a few days to comparison-shop. If they're offering specials, read the fine print carefully and try to stay away from long-term membership commitments if you can.

Don't overlook your community. Check out taxpayer-supported facilities and activities you're already paying for in your community to see what they offer. Community centers are great resources for inexpensive or free classes. You might be surprised how many free public tennis courts, swimming facilities and other recreational spaces are available in your city or town. Also take advantage of any regional, state or national parks that are near you. There's no greater motivation to stay active than getting outside.

Find buddies. You've seen them when walking or driving past a park or other locations around town—people who run together, walk together or dance together. Joining a fitness group doesn't have to cost any money at all; you might make new friends and you'll hopefully challenge and keep each other motivated.

You don't need all the latest gear. Unless you need specific clothes or equipment for protection or safety, raid your closet to save on your fitness plan. Keep it cheap and focus on improving your health. Consider setting workout milestones and reward yourself with a new purchase after hitting your goals.

Adjust your commute. If you have access to public transportation, take the bus or train more often—you'll automatically walk more to and from your destinations. If you do drive, park at the farthest end of the lot to add a short, cost-free workout into your daily schedule.

Prepare your own meals. Working out is important to getting healthy, but eating properly can help you achieve results faster. One of the most effective ways to improve a diet—and save money while doing it—is resolving to prepare more meals at home (<http://www.practicalmoneyskills.com/calculators/lunch/>). Also, commit to selecting more healthful options whether you are at home or dining out. There are almost limitless resources in libraries and online to learn about quick, healthy food preparation and smart food shopping.

Bottom line: Working out on a budget doesn't always require added expenses. There are many inexpensive or free options to meet both health and financial goals in your neighborhood, at work and many other places.

Soberride from A1

leading up to and including New Year's Eve.

Local taxicab companies throughout the Washington-metropolitan area provide this no-cost service to local residents age 21 and older who otherwise may have attempted to drive home after drinking.

"According to government figures, over a third of U.S. highway deaths on Cinco de Mayo involve drunk drivers," said Kurt Gregory Erickson, WRAP's President. "Worse, nearly a fifth of these drivers involved in fatal crashes had blood alcohol concentration levels of .15 or higher."

Soberride is offered in the District of Columbia; throughout the Maryland counties of Montgomery and Prince George's; and throughout the Northern Virginia counties of Arlington, Fairfax, (eastern) Loudoun and Prince William.

Sponsors of this year's Cinco de Mayo Soberride campaign include AAA Mid-Atlantic, Anheuser-Busch, Constellation Brands, Diageo, District of Columbia Association of Beverage Alcohol Wholesalers, Enterprise

Rent-A-Car, Foundation for Advancing Alcohol Responsibility, Giant Food, Glory Days Grill, MillerCoors, Red Top Cab of Arlington, Restaurant Association Metropolitan Washington, Volkswagen Group of America and the Washington Area New Automobile Dealers Association.

Participating taxicab companies include: Alexandria Yellow Cab; Barwood; Fairfax Yellow Cab; Loudoun Yellow Cab; Northern Virginia Checker Cab; Red Top Cab; Silver Cab of Prince George's County; Yellow Cab of D.C.; and Yellow Cab of Prince William County.

Founded in 1982, the non-profit [501(c)(3)] Washington Regional Alcohol Program (WRAP) is a coalition of diverse interests using effective education, innovative programs and targeted advocacy to end alcohol-impaired driving and underage drinking in the Washington, DC metro area. Through public education, innovative health education programs and advocacy, WRAP is credited with historically keeping the metro-Washington area's alcohol-related traffic deaths lower than the national average.

USDA Tips for Reducing Food Waste and Preventing Illness

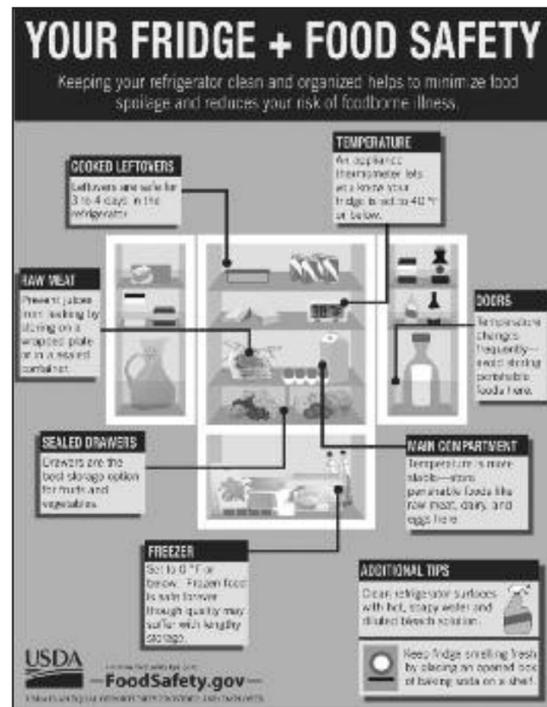
By PRESS OFFICER
USDA

WASHINGTON, D.C.—Did you know USDA has an app that can help you save money and help the environment? Or that there are some simple steps you can take in the kitchen to help you serve safer food and to help you reduce resource use and utility bills? This spring, the U. S. Department of Agriculture's (USDA) Food Safety and Inspection Service (FSIS) is issuing food safety recommendations to help consumers reduce foodborne illness, resource use, and unnecessary spending.

The USDA's Economic Research Service (ERS) estimates that 133 billion pounds of food in the available food supply goes uneaten each year. The estimated value of this food loss is \$161 billion using retail prices. Simple actions such as cleaning your oven, allowing your refrigerator to properly circulate air, and downloading the free FoodKeeper app can help you reduce your risk of foodborne illness, your impact on the environment, and the cost of your bills.

The FoodKeeper

The birthdate of a family member may stick in your mind, but are you able to remember when you bought all the items in your refrigerator? Every year, billions of pounds of food go to waste in the U.S. because consumers are not sure of its quality or safety. Last year, USDA launched the FoodKeeper app to help combat this cause of waste. The FoodKeeper is available for Apple and Android devices and allows users to set up automatic notifications when foods and beverages are nearing the end of



GRAPHIC COURTESY USDA/FSIS

their recommended storage date.

By helping users understand how items should be stored in the refrigerator, freezer, and pantry, the application empowers consumers to choose storage methods that extend the shelf life of their items. It offers valuable advice about more than 400 food and beverage items, including various types of baby food, dairy products, eggs, meat, poultry, produce, seafood, and more. Cooking advice is also offered to ensure users prepare products in ways that eliminate foodborne bacteria.

Your Refrigerator

Your refrigerator is your first line of defense in the fight

against foodborne illness. Keeping items below 40°F reduces the growth of illness causing pathogens and helps to keep items fresher, longer. But if your refrigerator is over packed, it can cause problems for both your health and your wallet.

An over-packed refrigerator cannot properly circulate air, meaning some storage zones may not be keeping proper temperature. If food is not stored at the proper temperature, it can increase your risk of illness and cause your refrigerator's motor to run constantly, increasing utility bills.

Don't stack foods tightly or cover refrigerator shelves with any material that prevents air

circulation from quickly and evenly cooling stored items. Leave at least an inch on all sides of items for cold air to circulate around them, and be sure not to block air vents. To check the temperature of your fridge, place an appliance thermometer at its warmest location, generally the middle of the door and wait 5 to 8 hours. If the temperature is above 40°F, adjust the temperature control down. Check again after 5 to 8 hours, and repeat as necessary until your refrigerator is at a safe temperature.

Lastly, your kitchen is a high-traffic area where dust accumulates quickly. The front grill of your refrigerator should be kept free of dust and lint to permit free airflow to the unit's condenser.

Cooking

Cooking food to a safe internal temperature is the only way to destroy bacteria and other pathogens that can cause foodborne illness.

- Whole cuts of beef, pork, lamb and veal should be cooked to 145°F. For safety and quality, allow meat to rest for at least three minutes before carving or consuming.
- Ground beef, pork, lamb, and veal should be cooked to 160°F.
- All poultry should be cooked to 165°F.

In addition to offering health benefits, using a food thermometer can prevent overcooking. When using the oven or burners, make sure heating surfaces are clear of food debris. This will ensure an even distribution of energy for optimal heating, also reducing energy costs.

Relocate from A1

units, will undergo partial acquisitions, meaning portions of the properties, such as front yards, can be taken—permanently or temporarily—for construction purposes.

Riverdale will be one of the hardest hit.

Twenty-two homes in the Riverdale area will be fully acquired before preliminary construction is set to begin later this year to make way for the line, which will lead to a new station—Riverdale Park. More than half are already sold and vacant, and some have already been demolished, making way for major construction that will most likely begin later this year, according to the Maryland Department of Transportation.

At least 20 owners in Riverdale have already settled with the state—including Wise Lampkin. West of Lampkin's home, the owner settled in January 2015 for around \$155,000, according to state property tax records. To the east, the owner of the neighboring home settled in August 2014 for \$149,000.

In mid-October, Wise Lampkin signed over his property for \$131,000. The sale was finalized in November, according to property records, but it was not without a struggle.

The 84-year-old has lived on Riverdale Road for two decades.

His home was the base for holidays and events for him and his family of 12—including his wife, eight daughters and two sons. It was a safe haven for his nephew and two daughters who once lived there. It was the reason he and his wife stayed together, Lampkin said.

Now, Lampkin lives alone. His wife died 2011. His 10 chil-



CAPITAL NEWS SERVICE PHOTO BY BRITTANY BRITTO

Wise Lampkin, 84, of Riverdale, Maryland, received a notice in the mail from the Maryland Transit Administration about a year ago. The letter told him that his property would be taken by the state to make way for a public transit project, the Purple Line. The state bought the home in November, intending to demolish it. Lampkin was still living there in April and doesn't want to leave.

dren, the youngest one now in her 40s, have all grown up.

The two-bedroom, one-bathroom home is modest in size, but it was something he wanted to pass on to his children.

"I want them to have something we had," Lampkin said before the settlement was made.

The senior citizen, who works at a nearby car dealership as a lot attendant, said he has been pouring himself into the home since he bought it in 1995.

"I've been spending money on this house," Wise Lampkin said, pointing to the pavement,

which he installed himself years ago with a pick and shovel—"the old-fashioned way."

It would hurt him to move, he said, "but they're going to do what they got to do."

If worse comes to worst he will move in with his daughter Betty Lampkin, he said. She takes care of him.

The 59-year-old, who lives in Washington, is the oldest of Wise Lampkin's eight daughters and acts as his caretaker.

Late last year, she sat outside the Riverdale home in a silver car, out of earshot of her father,

who she said gets visibly upset whenever anyone brings up the Purple Line and his home.

"It just tore him down mentally. He's so discombobulated. It's just sickening," Betty Lampkin said of her father, who in his old age, is forgetful and displays early symptoms of dementia.

Betty Lampkin, who visits her father regularly, initially had no idea that her father's house was in jeopardy. She hadn't seen the many envelopes that had been arriving at the house, and her father wasn't reading them.

"He didn't think about half the mail—he wasn't looking at it. He wasn't opening it. That should have told (the Maryland Transit Administration), 'Okay, we're not getting a response from this person. We need to do more research.' They didn't do any research. They just kept sending correspondence and not getting any answer. That should've raised a red flag," Betty Lampkin said.

Had they come to see him, Betty Lampkin said, her father would have called her and she could have jumped in a long time ago. She only learned about the transit plans in summer of 2014 through her nephew who found the envelopes. Since then, the process since has been an inconvenience, she said.

Busy with a family of her own and searching for steady employment, Betty Lampkin is working to finish her associate's degree, a feat she nearly gave up on after her mother's death in 2011.

On top of it all, Betty Lampkin has never owned a home.

"I'm in school, and I can't get my stuff done because I'm work-

COMMENTARY

Barbara A. Mikulski

United States Senator for Maryland



Mikulski, Cardin Introduce Librarian of Congress Nominee Dr. Carla Hayden at Senate Rules Hearing

Senators Recommended Dr. Hayden for Librarian of Congress to President Obama

WASHINGTON, D.C.—U.S. Senators Barbara A. Mikulski and Ben Cardin (both D-Md.) today at a hearing before the Senate Committee on Rules & Administration introduced Dr. Carla Hayden to fill the vacancy of Librarian of Congress. If confirmed, Dr. Hayden will be the 14th Librarian of Congress, and the first woman and first African-American to hold the position.

"I was proud to recommend Dr. Carla Hayden to President Obama and am so pleased that she has been nominated as the next Librarian of Congress," Senator Mikulski said. "When I consider nominees for the executive branch, I have three criteria: competence, commitment to the mission of the agency, and integrity. Dr. Hayden not only meets these standards, she exceeds them. While it will be a loss for Baltimore and the Enoch Pratt Free Library, it will be America's gain."

"For more than two decades, Dr. Carla Hayden has overseen one of the crown jewels of Baltimore, the Enoch Pratt Free Library. She is a cultural treasure to our city and a long-time defender of the free flow of information, civil rights and privacy protections," said Senator

Cardin. "I was proud to recommend her to President Obama for a groundbreaking nomination to become our Nation's top librarian."

Dr. Carla Hayden

Dr. Carla Hayden, of Baltimore, Maryland, has been the Director and CEO of the Enoch Pratt Free Library since 1993. Previously, she worked as a library service coordinator for the Museum of Science & Industry in Chicago and taught as an assistant professor at the University of Pittsburgh. Dr. Hayden returned to the Chicago Public Library, where she became the deputy commissioner and chief librarian before joining the Enoch Pratt Free Library as CEO. She received the Lippincott Award in 2013, and is the first African American to receive the Librarian of the Year award in 1995. In 2010, she was nominated by President Obama and confirmed by the Senate to serve on the National Museum and Library Services Board and National Foundation on the Arts and Humanities. She received her B.A. from Roosevelt University and her Masters and PhD from the University of Chicago Graduate Library School.



Clarice Smith Performing Arts Center

Open to the Public

PHOTO CREDIT: UMD

CLARICE SMITH PERFORMING ARTS CENTER

The Clarice Smith Performing Arts Center is a vibrant community of artists, students and audiences, where great work happens both on- and offstage. We present approximately 1,000 events each year spanning all performing arts disciplines. Transformative performances, workshops, lectures, dialogues and other events featuring visiting artists from around the world, as well as students and faculty from the university's academic departments of music, dance and theatre, allow for unparalleled engagement. The Clarice Smith Performing Arts Center at Maryland is located at the corner of Route 193 (University Blvd.) and Stadium Drive on the campus of the University of Maryland.

Child Watch

by Marion Wright Edelman



Recognizing All of America's S/Heroes

Every day I wear a pair of medallions around my neck with portraits of two of my role models: Harriet Tubman and Sojourner Truth. As a child I read books about Harriet Tubman and the Underground Railroad. She and indomitable and eloquent slave woman Sojourner Truth represent countless thousands of anonymous slave women whose bodies and minds were abused and whose voices were muted by slavery, Jim Crow, segregation and confining gender roles throughout our nation's history. Although Harriet Tubman could not read books, she could read the stars to find her way north to freedom. And she freed not only herself from slavery, but returned to slave country again and again through forests and streams and across mountains to lead other slaves to freedom at great personal danger. She was tough. She was determined. She was fearless. She was shrewd and she trusted God completely to deliver her, and other fleeing slaves, from pursuing captors who had placed a bounty on her life.

"'Twa'nt me. 'Twas the Lord. I always told Him, I trust You. I don't know where to go or what to do, but I expect You to lead me. And He always did... On my underground railroad, I never ran my train off the track and I never lost a passenger," she was quoted as saying. No train, bus or airline company can match this former slave woman's safety record. And few of us could match her faithful partnership with God, determination to be free and willingness to help others to be free without thought about self-sacrifice.

Frederick Douglass wrote to Harriet Tubman on August 28, 1868 eloquently summing up her life and that of so many Black women throughout American history: "The difference between us is very marked. Most that I have done and suffered in the service of our cause has been in public, and I have received much encouragement at every step of the way. You, on the other hand, have labored in a private way. I have wrought in the day—you the night. I have had the applause of the crowd and the satisfaction that comes of being approved by the multitude, while the most that you have done has been witnessed by a few trembling, scared, and foot-sore bondmen and women, whom you have led out

of the house of bondage, and whose heartfelt 'God bless you' has been your only reward. The midnight sky and the silent stars have been the witness of your devotion to freedom."

Now the entire nation will pay public homage to Harriet Tubman's devotion to freedom, and also honor Sojourner Truth and other great women and Dr. Martin Luther King, Jr. who never stopped demanding and working to assure that America lives up to its declared creed of freedom, life, liberty, pursuit of happiness and equality for all.

Kudos to the Treasury Department which has announced that Harriet Tubman's face will grace the front of the redesigned \$20 bill, making her the first woman in more than a century and first African American ever to be represented on the face of an American paper note. And it's wonderful that she will not be alone. Sojourner Truth and women suffragette activists and leaders will be featured on the back of the \$10 bill. Great contralto and opera singer Marian Anderson, for whom I was named and about whom great conductor Arturo Toscanini said "yours is a voice such as one hears once in a hundred years," will be featured on the back of the \$5 bill. First Lady Eleanor Roosevelt

arranged for Marian Anderson to perform at the Lincoln Memorial before 75,000 in 1939 after the Daughters of the American Revolution refused to let her sing at Constitution Hall because she was not White. Mrs. Roosevelt and Dr. King will grace the back of the \$5 bill rounding out the inspiring group of determined moral warriors who expanded the civil and human rights of women, people of color and all of us.

Treasury Secretary Jacob Lew said he had an "aha" moment after recognizing the groundswell of public response to his announcement that the Treasury Department was considering changing the design of the \$10 bill. To so many people these new treasury bills will be much more than pieces of paper. For too long and for too many money has been the most powerful symbol of what we value as a nation. Harriet Tubman, Sojourner Truth, Marian Anderson, Eleanor Roosevelt, Elizabeth Cady Stanton, Alice Paul, Susan B. Anthony, Lucretia Mott, and Martin Luther King, Jr.—their faces on American currency will send powerful messages about what—and who—we Americans are, value and strive to become. The new bills also will

See WATCH, Page A16

Marc Morial, President and CEO

National Urban League



The Fight for \$15: Lifting Communities from Poverty by Raising the Minimum Wage

"We find our population suffering from old inequalities, little changed by vast sporadic remedies. In spite of our efforts and in spite of our talk, we have not weeded out the over privileged and we have not effectively lifted up the underprivileged. Both of these manifestations of injustice have retarded happiness. No wise man has any intention of destroying what is known as the profit motive; because by the profit motive we mean the right by work to earn a decent livelihood for ourselves and for our families."

—President Franklin D. Roosevelt, State of the Union Address, January 4, 1935

Day in and day out men and women all over our country work hard at their jobs—but hardly have anything to show for it.

As the debate over income inequality and narrowing the ever-widening wealth gap continues to dominate our national and political conversations, private corporations and states are taking matters into their own hands, bridging the dueling divides of income and opportunity by increasing the minimum wage.

Target is reportedly raising employee wages to a \$10 minimum in May. This would be the second wage hike in a year for the retail giant. Only a few weeks ago, the governors of New York and California signed bills that would gradually increase their states' minimum wages to \$15—the highest in the nation.

In the face of the Congress' refusal to increase the federal minimum wage, these gestures from private enterprise and legislative offices reflect a new reality in our post-recession economy: jobs are coming back, but, for the most part, they aren't the kinds of jobs that pay a living wage. Very often, they are not the kinds of jobs that serve as a platform to better paying work. And they are the kinds of jobs that predominately employ young people, minorities and women—the most vulnerable members of our low-wage, slow growth recovery economy.

What was a Franklin Roosevelt era labor law meant to put a floor on poverty in America has become a low ceiling barring millions of American workers from present and future prosperity.

For 10 years, the National Urban League has advocated for a federal minimum wage hike tied to the Consumer Price Index, which tracks inflation by observing changes over time in consumer pricing for a variety of goods. If prices are going up—and they are—wages that don't reflect these hikes in prices translates into working-class employees never getting ahead and being forced to make difficult choices to survive, provide for themselves and their family.

The current federal minimum wage stands at \$7.25. President Barack Obama, during a State of the Union address, said, "Let's declare that in the wealthiest nation on Earth, no one who works full-time should have to live in poverty." Well, on \$7.25 an hour, you can bet they will. In fact, if the minimum wage kept pace with inflation, the current minimum wage would be \$19. We support a \$15 minimum wage, tied to inflation.

With more Americans surviving on minimum wage than at any other point in our history, to ignore the issue of wages is to ignore the problem of income inequality, and to ignore the struggles of men and women left behind as the economy recovers. While I applaud the initiative taken by states and businesses to provide employees with living wages, we must put an end to the "vast, sporadic remedies" condemned by President Roosevelt.

The current patchwork of state minimum wages is not a solution. Congress needs to do its job. Republicans supported minimum wage increases under President George W. Bush, but have blocked all efforts to raise it since then. Rather than condemn a generation to a lifetime of poverty, let's afford them the opportunity to earn living wages and climb the economic ladder of opportunity and success.

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BUSINESS

The American Counseling Association's Counseling Corner

Don't Let Change Overwhelm You

Getting older shouldn't mean suffering from depression. Many people find their senior years full of adventure, excitement and a variety of joyful activities.

But all of us, especially as we age, will at some time experience extreme sadness. Changes brought on by aging, such as reduced physical abilities, increased health issues, or being more isolated, can all increase worry and melancholy.

A common cause of sadness, among seniors, is the loss of someone dear to us, whether a spouse, a relative or a close friend. The grief we experience over such a loss is actually a natural, healthy response that helps us face the future.

Grieving becomes a problem when it keeps a person from enjoying life in general. There's no clear timetable for how long grief should endure. For some people there may be a sad week or two, and for others it might take months to accept a loss. But when that grieving seems unending, it's actually depression. It's not always an easy condition to recognize.

However, there are signs that indicate when grief has crossed over to depression. The most noticeable is that the pain seems to be unrelenting, refusing to diminish with the passage of time.

It's also telling when all signs of joy in the person's life seem to be gone. He or she can't laugh at a funny joke, doesn't brighten in response to a hug, and can't appreciate the beautiful things around them, such as a pretty sunset or a young grandchild.

Someone suffering from depression is often tired all the time, stops being interested in friends and favorite activities, and may withdraw socially. Eating and sleeping problems are common, and increased use of alcohol or drugs can occur.

If you, or someone close to you, has experienced a painful, heartbreaking loss and is beginning to exhibit signs of hopelessness, it is important to get help quickly. Depression can not only negatively affect health, but is a common cause of suicide.

There are a number of tests that can help pinpoint depression, along with a variety of methods for treating it. A family physician or professional counselor can offer advice on how to approach the problem. Depression is not a mental health issue that simply goes away or that will cure itself. Seek help quickly.

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

Event from A1

Local business owners from all over the County continue to make it their business every month to come out to network with government, non-profits and other local businesses in a relaxed and collaborative atmosphere. Yesterday's event provided an opportunity for local companies to find out what type of funding would be coming to Prince George's County from the State of Maryland and how they shouldn't sleep on the opportunity to get a piece of that funding for their businesses.

"My job is to be a partner with the County to ensure that Prince George's County receives its fair share of funding from the State," said State Senator C. Anthony Muse. "While Prince George's County will receive from the State \$27.5 million in capital funding for the Prince George's Hospital Center, \$15 million for the new Regional Medical Center, \$1 billion for public schools, \$6.3 million for business assistance, and \$13.7 million for financing small businesses, there is still more to do to ensure that all of our businesses can prosper in this new economy. When business does well, everyone does well. My job is not complete until all are prosperous

and major contracts in the County hire directly in our neighborhoods."

Council member Obie Patterson was also in attendance and welcomed the EDC and "Thirsty for Business Thursday" to Council District 8.

"We need more functions like this (T4BT) to allow our businesses to dialogue and network and form real partnerships. That's how we get things done in Prince George's County," said Council member Patterson. "Development projects like MGM have a greater significance in the County thanks to the work my colleagues on the Council and in the General Assembly continue to do to ensure that local impact money—money set aside from the MGM proceeds to assist minority and women-owned businesses within a five mile radius of the resort—gets to the companies that need it most."

The next opportunity to network with Jim Coleman and his 'posse' will be on May 19th when "Thirsty for Business Thursday" heads to Romano Vineyard and Winery, 15715 Bald Eagle School Road in Brandywine, MD. This event will be held from 5:30 p.m. to 7:00 p.m. RSVP to Nicole Edwards at 301-583-4650 or naedwards@co.pg.md.us.

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Talk of Restrictions Watched Closely in Trade-Busy Maryland

By JOELLE LANG, AUBURN MANN and TROY JEFFERSON
Capital News Service

WASHINGTON, D.C.—Presidential candidates in both parties are proposing changes to international trade policies that could have dramatic impacts not only on the United States in general, but also on busy trade centers like Maryland.

Republican Donald Trump has proposed a 45 percent tariff on exports to the United States.

More broadly, Trump has lambasted the Obama administration for making poor trade deals with China and other nations, agreements that the New York real estate tycoon insist should be scrapped for pacts more favorable to the United States.

On the Democratic side, Vermont Sen. Bernie Sanders has attacked former Secretary of State Hillary Clinton for supporting numerous trade agreements that he claims are costing Americans jobs and harming the global environment.

Trade is a closely-watched issue in Maryland, which hosts its presidential primary on Tuesday, along with Connecticut, Delaware, Pennsylvania and Rhode Island.

Baltimore is home to the 13th-busiest port in the United States and could feel the impacts of more restrictive trade policies, according to a 2015 Logistics Management study.

The Port of Baltimore generates \$2.9 billion in personal income, while contributing \$310 million in state, county and municipal tax revenue annually, according to the Greater Baltimore Committee. The port conducts business with countries on six different continents.

In 2014, Greater Baltimore collected \$12 billion from exports of goods and services, according to the Greater Baltimore Committee's Baltimore Metro Export Market Assessment of 2015.

The port of Baltimore directly generates 14,600 jobs, as well as 108,000 jobs statewide linked to port activity, according to James White, the executive director of the Maryland Port Administration.

"Without a healthy, vibrant and bustling Port of Baltimore, many of those jobs would be lost," White wrote in *The Daily Record's* 2015 report.

Trump uses trade as a prime example of why, in his view, the United States "doesn't win any more."

"The 45 percent tariff is a threat. It was not a tax, it was a threat. It will be a tax if they don't behave," the businessman explained at a March 10 debate.

"Take China as an example. I have many friends, great manufacturers, they want to go into China. They can't. China won't let them," Trump continued. "We talk about free trade. It's not free trade; it's stupid trade. China dumps everything that they have over here. No tax, no anything."

In 2014, the most recent year data is available, the Port of Baltimore held the record for the fourth year in a row for handling more autos—a half million—than any U.S. port. The port added Fiat and Mazda to its client list in 2014.

The Baltimore port is also ranked first for its handling of farm equipment and machinery, imported forest products and imported machinery, according to the report.

Baltimore hosts one of two eastern U.S. ports with a 50-foot deep shipping channel and berth that can handle some of the world's largest container ships.

Fred Mason, the president of the Maryland and District of Columbia AFL-CIO, called Trump's assertions nonsensical and stressed the importance of free trade.

"America needs a strong manufacturing base to be an equal partner in world trade," Mason said. "If we enter into trade agreement that our so lopsided until they only benefit one country, as we see with the proposed TPP (Trans Pacific Partnership), that's not fair."

Maryland is headquarters to many large companies engaged in international trade, including Under Armour and Black & Decker.

Based in Baltimore and dependent on the port for exports, Under Armour saw its sales sky-

rocket this past year, but could possibly feel the pinch of Trump's trade policies.

The 20-year-old company is worth \$500 million and its clothing products are sold in over 60 countries, including China. International net revenues made up 12 percent of total revenues for the fourth quarter of 2015, according to the company's January

Under Armour did not return phone calls and emails seeking comment for this story.

If Trump's trade policies were enacted, the nation would go into a recession, according to a study by Moody Analytics for the *Washington Post*. The country would lose four million jobs and 3 million would not be created, the study said.

Sanders is an avid critic of international trade agreements like the Trans-Pacific Partnership and the 24 year-old North American Free Trade Agreement (NAFTA), which established essentially unfettered trade among the United States, Canada and Mexico.

Sanders' website refers to the TPP as "a disastrous trade agreement designed to protect the interests of the largest multi-national corporations at the expense of workers, consumers, the environment and the foundations of American democracy."

The Trans-Pacific Partnership is a 12-country free trade agreement between the United States, Canada and 10 countries in the Asia Pacific region, which was drafted in 2015 and signed on Feb. 9.

During a Democratic primary debate in New Hampshire on Feb. 4, Sanders attacked Clinton's stance on free trade, particularly the TPP, and referred to his consistent opposition to any recent trade deals.

"I was on the picket line in opposition to NAFTA. We heard people tell us how many jobs would be created," said Sanders. "I didn't believe that for a second because I understood what the function of NAFTA, CAFTA (Central American Free Trade Agreement), PNTR (Permanent Normal Trade Relations) with China, and the TPP is: it's to say to American workers, hey, you are now competing against people in

Vietnam who make 56 cents an hour minimum wage. This is an area where the secretary (Clinton) and I have disagreements."

Clinton, who originally supported the TPP while serving as secretary of state during President Barack Obama's first term, now is against it.

During the same debate she explained: "I did hope that the TPP, negotiated by this administration, I was holding out hope that it would be the kind of trade agreement that I was looking for. Once I saw the outcome, I opposed it."

Clinton still is ultimately for trade at some level. "We have to trade with the rest of the world," she said. "That's the way the global economy works."

J.D. Harrison, senior editor of digital content for the U.S. Chamber of Congress' online forum, Above The Fold, argued that Trump's plans to tax imports from Mexico and China would cause serious trouble for the economy.

"Under Trump's trade plans, we would see higher prices, reduced spending power, fewer jobs, and a weaker economy, both here at home and abroad, according to the analysis," Harrison said. "Of course, that's the last thing our country and the global economy need right now."

Harrison suggests that instead of implementing new restrictions, the United States should be opening more doors for international business.

"We should be tearing down trade barriers, not putting up more in place," he said.

In the United States, trade supports 41 million jobs and boosts the average annual American household income by \$13,600, according to U.S. Chamber of Commerce data.

Even so, some voters are in support of Trump's ideas about trade. At a rally Wednesday for Trump in Berlin, Md., Kathy Richardson, a retired state worker, said that America needs someone with Trump's business acumen.

"We need someone like him for trade—he's really good at making deals with other countries," Richardson said. "He stands up for America." (CNS reporter Rebecca Rainey contributed to this report.)

Awareness from A1

them from happening in the first place," said Chief of Police Henry P. Stawinski. "Where your children are concerned, we ask parents to be nosey, ask questions, and call authorities with any concerns."

Colonel Darrin Palmer, Chief Assistant Sheriff, added, "What a great opportunity parents have today to become ed-

ucated, have resources available, and become connected with information on licensed child care providers."

Gloria Brown, Director of the Prince George's County Department of Social Services, stated, "It is time for us to be proactive and it is imperative that parents make every effort to ensure the safety of their children. Whether you are leaving to go to work or leaving to

run an errand, always stop and ask 'who is watching my child?' It goes well beyond just knowing the person's name. If the person caring for your child has displayed anger issues or disciplined your child without your knowledge or permission, you must STOP—assess Safety, assess Trust, Observe the environment and have a backup Plan that does not place your children in harm's way."

The Prince George's County Department of Social Services provides referrals to licensed child care providers at 877-261-0060 or visit the website at www.marylandfamilynetwork.org for more information about child abuse prevention programs and activities during the month of April and throughout the year, contact 301-909-7073 or email us at pgcdss@maryland.gov.

Hearing Aids from A1

them to patients in need. Students in the Department of Hearing and Speech Sciences gain critical hands-on experience through the program as they assist in evaluating patients and fitting them with the devices.

"It's a win-win," said Dr. Paula Schauer, assistant clinical professor in the Department of Hearing and Speech Sciences. "Our students get really

valuable training and we're able to work collectively to provide this program that's so important to the community."

The UMD clinic is assisting qualified residents from Calvert, Charles, Montgomery, Prince George's and Saint Mary's counties, as well as Washington, D.C. People interested in applying to receive hearing aids through the program should contact the clinic directly at 301-405-4218.

About the Hearing and Speech Clinic at the University of Maryland:

The Hearing and Speech Clinic at the University of Maryland provides speech, language, and hearing services for individuals of all ages with a wide variety of disorders. It is operated by the Department of Hearing and Speech Sciences as both a training and research facility of speech-language pathology

and audiology. Services are provided by students who are working towards their Master's degree in speech-language pathology or their Doctoral degree in audiology. These students are closely supervised by experienced faculty members who are certified by the American Speech-Language and Hearing Association (ASHA) and licensed by the Board of Examiners of the State of Maryland.

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OUT ON THE TOWN

ERIC D. SNIDER'S
IN THE DARK

Movie Review

My Big Fat Greek Wedding 2

My Big Fat Greek Wedding 2
Grade: C
Rated PG-13, some very tame suggestive material
1 hr., 34 min

My Big Fat Greek Wedding was a genuine phenomenon in 2002, an under-the-radar indie comedy whose word-of-mouth kept it in theaters for 51 weeks, earning \$368 million worldwide. That it should result in a sequel is no surprise. That the sequel should come out 14 years later and have the stink of a slapped-together rush job is where the surprise happens.

Nothing has changed since we last saw the Portokalos family, except that Toula (Nia Vardalos, also the screenwriter) and her non-Greek husband Ian (John Corbett) now have a 17-year-old daughter, Paris (Elena Kampouris), who's a senior in high school and embarrassed by her enormous smothering family. Toula's father, Gus (Michael Constantine), is still spraying Windex on everything, claiming Greek origin for all common words, and pestering unmarried females in his family (including Paris) to find Greek husbands. He and his wife, Maria (Lainie Kazan), still have a Greek restaurant.

But hold the phone, guess what? It turns out that due to a clerical error, Gus and Maria were never actually legally married! (There was a sitcom based on *My Big Fat Greek Wedding*—it ran for seven episodes in 2003—but no, this is not a plot from it.) It would be a simple thing to have a little ceremony and make it official, but Maria, responding to a primal instinct in movie characters to manufacture conflict where there is none, says she won't do it unless Gus proposes all romantic-like, which he didn't do the first time. Gus is stubborn, thinks Maria is



Gold Circle Entertainment and HBO present a Playtone production of *My Big Fat Greek Wedding 2*, the long-awaited follow-up to the highest-grossing romantic comedy of all time. Written by Academy Award (R) nominee Nia Vardalos, who stars alongside the entire returning cast of favorites, the film reveals a Portokalos family secret that will bring the beloved characters back together for an even bigger and Greeker wedding. Kirk Jones (*Nanny McPhee*, *Waking Ned Devine*) directs the next chapter of the film that will be once again produced by Rita Wilson and Playtone partners Tom Hanks and Gary Goetzman. Paul Brooks and Steven Shareshian return to executive produce alongside Vardalos and Scott Niemeyer. Universal Pictures will distribute the comedy domestically and in select international territories.

being silly, refuses to propose. Then they both get over it and start planning the wedding, only to have Maria contrive another obstacle on the day. (That one gets sorted out, too.)

The film's plot, to the extent that it has one, is marked by that kind of lackadaisical storytelling. Every conflict that arises is weak to begin with, and then resolved posthaste. Gus has an ancient quarrel with his brother (Mark Margolis) back in Greece; the brother shows up and their differences are settled in seconds. Toula and Ian are worried that Paris will want to go to college someplace far away from home; she does; they're OK with it after all. Cousin Angelo (Joey Fatone) isn't married yet; turns

out it's because he's gay; no one cares. John Stamos and Rita Wilson appear as a local newscaster and his wife, but are given nothing to do.

Vardalos' screenplay seems stuck between two ideas. She wants to revisit every single character from the first movie, for the fans ... but it often feels like she's rushing through them, checking them off a list just so she can say she did it. In the big picture, she wants to please the fans. But when it comes to the details, she doesn't know how. Overall, she seems to have taken a page from the Adam Sandler book of filmmaking: never mind the script, just get a bunch of your friends together and have fun!

And there is some fun to be had here, some sweet moments and a few soft chuckles amid the big, broad, stereotypical performances (which are bigger, broader, and stereotypical-er than before). Vardalos still reacts to her ludicrous family with appealing exasperation, but the character isn't as funny now that she (Toula, not Vardalos) has had her odd-duck appearance and quirky personality smoothed over. She was the heart of the first film; here she's just a supporting character. It's not worth reviling, but neither is it worth seeing. As a movie, it's a simpleton. If it were a person, it would require a caretaker and would not be able to live alone, bless its heart.

Relocate from A3

ing on this. This is new," Betty Lampkin said of this transition with her father and the home. "I don't know how to do this. It's like having a newborn baby."

There were several papers to sign and the option to go to court to appeal and request more money in the settlement, but ultimately, Betty Lampkin said, she and her father had no choice. They were told they would have to give up the property voluntarily or involuntarily.

"There was no compassion at all," Betty Lampkin said.

After settling in October, the family initially had until mid-January to move out, but yet to find a home, Betty Lampkin prolonged her father's stay, hoping to keep him until the last minute possible. In December, Betty Lampkin said, she was given 30 days notice, but in January, she still wasn't ready. She communicated with the transit administration and set a March deadline for herself. But now April is here, and Betty is still looking for a new home for her and her father.

"I don't have any place for him to sleep, and they're pushing me hard," Betty Lampkin said.

But the Maryland Transit Administration recognizes that property acquisitions put pressure on businesses and homeowners. It is often a part of any important state project involving construction, Sandy Arnette, Maryland Transit Administration spokeswoman, said.

"Maryland Transit Administration carefully follows all federal and state laws and offers fair market values during property acquisitions. We also work closely with all property owners to ensure they are treated in a fair and equitable manner," Arnette said.

Betty Lampkin tried to do what she could to fight for the house. She hired an attorney—a friend of a friend—but she said it wasn't worth it; not only because the house would be lost to the state regardless, but because the attorney disappeared.

"I called and left her messages, and she never returned my messages," Betty Lampkin said.

To get her father to sign the papers to relinquish the property was one of the most difficult things she ever had to do, Betty Lampkin said.

"To take him out of his environment and revamp his whole life, it has been an emotional rollercoaster ride for me, and especially for him," Betty Lampkin said. "He just felt like he was being taken advantage of."

"My wife is gone. My house is gone. Now I don't have anything," he would say to her.

"That's all he knows since my mother was living there," Betty Lampkin said.

Mindy Fullilove, a psychiatrist and professor of clinical psychiatry at Columbia University's school of public health, said that the sense of loss that a family feels when being forced to move is more than just grief and pain.



CAPITAL NEWS SERVICE PHOTO BY BRITTANY BRITTO

Next door to Wise Lampkin's home on Riverdale Road in Maryland sits an empty house with windows shattered. The house's siding has also been removed to avoid possible asbestos poisoning, according to the Maryland Transit Administration. The person who lived here settled with the state in early January 2015.

Moves like Wise Lampkin's can shake up core psychological processes for the homeowners.

Fullilove has studied the effects of moving and urban renewal for the past 20 years and said she believes that though public transit is a legitimate public taking for the greater good, governments should be more mindful of the eminent domain process and how moving affects residents in the long term.

For people like Wise Lampkin, a house is not just a house—it's a way of life, Fullilove said.

"A house is located in a neighborhood and city. The people you know are connected to a house. All of those things are

interconnected ... In a way, when you lose a space that you lived in with a (significant other), you lose the memories," Fullilove said.

Many people, especially those older in age, feel especially disoriented after being relocated, said Fullilove, referring to this process as a part of orientation psychology.

"It's a process where we know where we are in a space. We know where things are that we need, both in the house and neighborhood. It shakes you up and everything you think

The Edge of Sports

by DAVE ZIRIN

Kevin Turner Dies From ALS, the NFL Does Not Give a Damn



I first met Kevin Turner for an interview in New York City in 2011. At 42 years old, he walked into the room looking like a slightly older version of the top-shelf athlete that he was as a running back at the University of Alabama and during his eight-year career in the NFL. He had a shaved head, which thinly disguised his receding hairline, and some white in his mustache and stubble, but other than that looked like someone who could credibly take the field the next day. Before the interview started, I couldn't help myself. I said to him, "No one would ever look at you and think that you have been diagnosed with ALS."

He smiled at me and took his hands out of his pockets and said, "Yeah, but there's this." His fingers were curled up into themselves, as if he was double-crossing both digits. He then demonstrated the amount of effort it took for him to pick up a pencil. Without an ounce of self-pity, he said to me, "This is just the beginning." It was. Over the next five years, ALS robbed Kevin Turner of his bodily control joint by joint, yet he never lost either his fierce dignity or his courage. In fact, Kevin Turner's willingness to be as public as possible about the condition of his body and take on the NFL is really one of the more courageous acts we've seen in this sports world. He said to me, "I am very confident that head trauma—concussions—play a part in ALS symptoms. Maybe we can get to the point where we can say who may be predisposed to ALS if they have a lot of head trauma."

Turner was then lead plaintiff in a lawsuit levied against the league, which resulted in a \$765 million class-action settlement. Some players believed that this amount was not enough, but Turner argued that to appeal it meant that people in his situation, dealing with crippling medical bills on a regular basis, would leave this world before assistance could help their families.

Now Kevin Turner is dead, and his passing really does make me wish fiercely for an afterlife. Not only because he was a beautiful person, but because there are people we should want to meet their maker and explain what the hell happened to Kevin Turner as a result of malignant institutional neglect. There is NFL Commissioner Roger Goodell, the sort of person who will do the ice-bucket challenge to fight ALS, while denying the very clear science showing that there is a connection between CTE and the crippling disease; a man who when asked about the dangers of football earlier this year smirked and said, "There's risk in sitting on your couch."

There is Arizona Cardinals Coach Bruce Arians. The very day that Kevin Turner died, Arians, who is a media darling for playing the old-school tough guy, echoed his bosses—which is probably the least "tough guy" action imaginable—and bellowed, "People that say, 'I won't let my son play [football]' are fools. We have this fear of concussion that is real, but not all of those statistics, I think, can prove anything."

Then there is Jerry Jones. The morally bankrupt Dallas Cowboys owner—who doubles as the league's most consistently awful and unfireable general manager—opined this week about the relationship between chronic traumatic encephalopathy and football, saying, "No, that's absurd."

They make these denials even though in 2014 the league quietly agreed to facilitate, as Ken Belson in *The New York Times* described, "an open-ended commitment to pay cash awards to retired players who have dementia and other conditions linked to repeated head hits, according to documents filed in the United States District Court for the Eastern District of Pennsylvania." They make these denials even though the NFL finally admitted to Congress earlier this month that links exist between their sport and CTE.

Most pointedly, they make these denials the very week that the *Times*, in a devastating report, showed how the NFL has cooked the concussion books. The *Times* demonstrated that "more than 100 diagnosed concussions" were omitted from NFL studies from 1996–2001. These doctored studies were used by the NFL to argue in numerous medical journals and under oath to Congress that there was no connection between their sport and long-term brain injuries like the ALS that killed Kevin Turner. If this kind of doctored science and manufactured negligence bears a strong echo to the tobacco industry, that is no accident. Despite NFL lawyers' telling the *Times* that Big Tobacco is "perhaps the most odious industry in American history," it hasn't stopped them from sharing "lobbyists, lawyers and consultants." The *Times* also showed personal correspondence, dinner invitations, and a "request for lobbying advice" between Big Tobacco and Big Football.

See KEVIN TURNER Page A7

See RELOCATE Page A7

Calendar of Events

May 5,—May 11, 2016

Seniors: Mother's Day Luncheon

Date and Time: Thursday, May 5, 2016, 12:30–2 pm
 Description: Enjoy a special day just for moms with delicious food and a live performance by the internationally renowned 'Ray Apollo Allen & the Apollo One Band.'
 Participants will also have an opportunity to win a Maryland-National Capital Park & Planning Commission gift card, a Ray Apollo Allen CD, or an autographed Ray Apollo Allen picture. Pre-registration is required. Please call the center to do so.
 Cost: Resident: \$10; Non-Resident: \$12
 Ages: 60 & better
 Location: John E. Howard Senior Activity Center
 4400 Shell Street, Capitol Heights, MD
 Contact: 301-735-2400; TTY 301-699-2544

Platinum Movie: Hand Dancing for Seniors

Date and Time: Friday, May 6, 2016, 11 am
 Description: A 30-minute film on the popular dance form Hand Dancing is followed by a brief panel discussion with noteworthy dancers, and a showcase by the National Hand Dance Association Classic Hand Dancers who present hand dance styles from the 50s and 60s.
 After the showcase, the hand dancers will come off stage and engage seniors in freestyle dances of the 60s such as The Jerk and The Twist.
 Cost: \$10/Person
 Ages: 60 & better
 Location: Publick Playhouse
 5445 Landover Road Cheverly, MD
 Contact: 301-277-1710; TTY 301-699-2544

Xtreme Teens: Mother's Day Craft

Date and Time: Friday, May 6, 2016, 7–10 pm
 Description: Make your mother a card or picture frame for her special day. We have all the supplies you need.
 Cost: Free with M-NCPPC Youth ID
 Ages: 10–17
 Location: Bladensburg Community Center
 4500 57th Avenue, Bladensburg, MD
 Contact: 301-277-2124; TTY 301-699-2544

Café Groove: Teen Open Mic at Marlow Heights CC

Date and Time: Friday, May 6, 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!
 Cost: \$3/person
 Ages: 10–18
 Location: Marlow Heights Community Center
 2800 St. Clair Dr., Marlow Heights, MD
 Contact: 301-446-3232; TTY 301-699-2544

Xtreme Teens: Pajama Skate

Date and Time: Friday, May 6, 2016, 7–10 pm
 Description: Bring a friend and come dress in your pajamas for the Pajama Skate Night.
 Cost: Free with M-NCPPC Youth ID
 Ages: 10–17
 Location: Community Center
 6120 Sargent Road, Chillum, MD
 Contact: 301-853-2005; TTY 301-699-2544

Pen & Pose: A Workshop in Yoga and Writing

Date and Time: Saturday, May 7, 2016, 11 am
 Description: In this workshop, we'll use breath work, poses, mindfulness techniques, and writing exercises to connect with our bodies, mind, and spirit. Wear comfortable clothing, and bring a yoga mat and your favorite notebook and pen.
 Cost: Free
 Ages: Ages 18 & up
 Location: Montpelier Arts Center
 9652 Muirkirk Road, Laurel 20708
 Contact: 301-377-7800; TTY 301-699-2544

Kayak Kaper

Date and Time: Saturday, May 7, 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: Ages 18 & up
 Location: Patuxent River Park
 16000 Croom Airport Road, Upper Marlboro, MD
 Contact: 301-627-6074; TTY: 301-699-2544

Xtreme Teens: Movie Night

Date and Time: Saturday, May 7, 2016, 7–10 pm
 Description: Tonight teens will watch a new movie release with their Xtreme Teens family. Come early to vote on tonight's movie.
 Cost: Free with M-NCPPC Youth ID
 Ages: 10–17
 Location: Deerfield Run Elementary School Community Center
 13000 Laurel-Bowie Road, Laurel, MD
 Contact: 301-552-1093; TTY 301-699-2544

Mother's Day Tours

Date and Time: Sunday, May 8, 2016, 12 noon–3:30 pm
 Description: Bring your mother, grandmother, or another special lady for a free guided tour during open hours. Limited to one free tour per paid admission.
 Cost: \$5/adult; \$4/senior; \$2/student; Free for children 4 & under
 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 ... What Ever Happened to Earth First?

Radical Environmentalists Still Out There Fighting the Good Fight

Dear EarthTalk:

What ever happened to the radical environmental group Earth First!? Are they still around and what other groups are leading the charge when it comes to so-called "radical environmentalism" these days?

—Betty Jones,
Irvine, CA

Car bomb injuries, prison terms, and death were among the perils protestors with the Earth First! (EF!) movement faced throughout the 1990s. EF! formed in 1979, in response to what they called an increasingly corporate, compromising and ineffective environmental community. Throughout the 1980s and '90s, small EF! groups throughout the U.S. and other countries have taken part in protests that may have included road blockades, activists locking themselves to heavy equipment, tree-sitting, destruction of machinery and tree-spiking. Tree-spiking, which was advocated by EF! co-founder Dave Foreman in his book *Ecodefense*, involves hammering a nail into the trunk of a tree to discourage logging as a result of chain saw destruction. In 1987, California mill worker George Alexander was nearly killed when the bandsaw he was operating was shattered by a possible tree spike. This

led many EF! groups to reject this form of "ecotage" entirely.

In 2008, the Federal Bureau of Investigation (FBI) stated that they consider eco-terrorists, along with animal rights extremists, among the most serious domestic terrorist threats in the United States today. One group the FBI specifically named was the Earth Liberation Front (ELF), who they consider to be a "loosely-organized movement whose adherents engage in crimes like arson, fire bombings, vandalism, intimidation, assaults, stalking, etc." ELF, which formed in 1992, received national attention in 1998 after they burned down a Vail Ski Resort in Vail, Colorado that resulted in an estimated \$26 million in damages.

"Terrorism is terrorism, no matter what the motive," FBI Director Robert S. Mueller said. "There's a clear difference between constitutionally protected advocacy—which is the right of all Americans—and violent criminal activity."

A study published in 2014 revealed that attacks related to eco-terrorism from 1970 to 2012 reached a peak of 163 incidents a year by 2001, but after 2003, the frequency declined, and by 2012, there were next to none. The decline in attacks coincided with stricter post-9/11 law enforcement policies against acts of eco-terrorism.



CREDIT: STEPHAN RIDGEWAY, FLICKRCC
Sea Shepherd Conservation Society is one of the groups on the front lines of radical environmental activism these days.

Today, groups like Greenpeace and Sea Shepherd Conservation Society—while not attempting illegal acts that earn them the label of an FBI domestic terrorist threat—still gain widespread publicity for their bold and aggressive tactics to achieve their campaign goals. Paul Watson, founder of Sea Shepherd, dispels accusations that they are an eco-terrorist organization, however, stating that they have no basis in fact. Watson has said that Sea Shepherd is not a protest organization, but rather an interventionist organization that intervenes against illegal activities, like the poaching of whales from a whale sanctuary.

"I was invited to give a lecture at the FBI Academy in Quantico,

Virginia in August 2009 where one agent remarked that Sea Shepherd walked a very fine line with the law," Watson detailed on the group's website. "My answer was, and he did not dispute it, is that there is nothing wrong with walking a fine line as long as the laws are not broken."

CONTACTS: Earth First!, www.earthfirst.org; Greenpeace, www.greenpeace.org; Sea Shepherd Conservation Society, www.seashepherd.org

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

Relocate from A6

you know about the world," said Fullilove.

A home closely relates to a person's identity, and that sense of belonging and orientation for a healthy life is not optional, Fullilove said.

The Maryland Department of Transportation has spent \$19.3 million on property acquisition for the Purple Line through October 2015, according to Maryland Transit Administration. An estimated total of \$263.5 million has been budgeted for property acquisitions between the 2016 and 2021 fiscal years.

The Maryland Transit Administration has declined to comment on negotiations that are still in process, but a relocation assistance program document provided by the

Maryland Transit Administration said that the owner of a home may be eligible to receive payments to help purchase a replacement home as well as assistance with any moving costs or increases in mortgage payments if asked to relocate.

Betty Lampkin has said that the state has offered to pay off Wise Lampkin's home loan along with his moving costs and storage for up to two years.

And though Betty Lampkin can put some of the settlement money toward a house, she said, her father still wants his space and independence.

"He wants this house—that's it. He doesn't want to move with anybody."

But neither of them have a choice, Betty Lampkin said.

Wise Lampkin currently pays around \$800 a month for his

home, a deal Betty Lampkin said would be hard to find elsewhere. But now, he is living on a ghost street of vacant homes.

According to Betty Lampkin, the transit administration has expressed concerns about her father being alone on the block, since he is one of the last residents left on Riverdale Road, and his home is surrounded by vacant properties.

"They think they are doing people a favor by making sure he's in a safe environment," Betty Lampkin said, but really, the Maryland Transit Administration is putting her under immense amounts of stress.

The final decision for the Purple Line was made April 6 at the state Board of Public Works meeting where the \$5.6 billion contract was approved.

"It's putting pressure on my family to uproot my home and his, because I don't have the space. They just care about putting the (Purple Line) in there," said Betty Lampkin, noting that moving out this month is not practical. She will be putting it off as long as she can to buy time, she said.

Betty Lampkin still has to find a home. She has to choose the storage unit for her father and send the bill to the transit administration. She has to get estimates from at least two moving companies, and then she has to wait for the state, which will make the final decision. Only then can she and her father pack up the house and the memories and start anew.

"I'll be glad when it's over," Betty Lampkin said.

Kevin Turner from A6

The *Times* reporting, which has the NFL scurrying to buy a full-page ad in the paper to issue a rebuttal, shows that this is not only a "league of denial" but a league built on lies and broken lives.

Kevin Turner and I stayed in contact, remaining friends. The Kevin Turner I knew was willing to spend his last years raising awareness about the connections and fight back. He started The Kevin Turner Foundation to provide "education, support, and

medical resources" for families dealing with the ALS that comes from high-concussion sports.

"Jesus says that in this world there will be trials and tribulations, but be of good cheer, for there is something after this," he said to me. "I wanted to make something bright out of something that wasn't so bright and maybe help somebody else along the way. I really think that that's what I'm here to do now."

He did help, not that the NFL wants you to know about his

work. When Kevin Turner passed, there was no statement from the league. There was not even an original article on its website, NFL.com. Instead, it just posted a reprinted report from the Associated Press. Instead, we had to hear Jerry Jones, Bruce Arians, and, through his silence, Roger Goodell effectively scoff at Kevin Turner's work and the last years of his life. Perhaps Goodell is being quiet because he is working on his acceptance speech for an honor he is being given by the

Jacksonville Sports Medicine Program called the Leadership in Sports Health, Safety & Research Award. This is not a joke. To see Roger Goodell so honored concurrent with Kevin Turner's death is to bear witness to the sports version of seeing Henry Kissinger win the Nobel Peace Prize. It also confirms, as if we needed more evidence, that we might love watching the NFL, but—as Michael Jackson put it—they don't care about us.

SAVE THE PLANET

Earth Day is April 22. You can show your love for the environment beyond April 22 and celebrate Earth Day every day! Participate in various environmental events throughout Prince George's County and motivate others to take these small steps to reduce their impact on the planet. For more information, visit environment.mypgc.us.

- ▶ Walk or bike to school and work when possible;
- ▶ Recycle glass bottles, aluminum cans and paper;
- ▶ Buy produce from a local farmers market;
- ▶ Volunteer to participate in a local community cleanup event; and
- ▶ Reduce food waste by donating nutritious, safe and untouched food to food banks.

Prince George's County Seeks Volunteers as an Initiative of the Department of the Environment, Recreation, Parks and Planning. Official County Services to promote food safety and sustainability in our community.