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PHOTO BY LORI VALENTINE

Left to right: Charles Wheeler, Executive Vice President and Chief Technology Officer, Five Star Consulting Group; Nichelle Holmes, Development Manager, PGCEDC; Jim Coleman, President and CEO, PGCEDC; Councilmember Mel Franklin, D-9; Joann Romano, Co-Owner, Romano Vineyard and Winery; Joe Romano, co-Owner, Romano Vineyard and Winery; Marie Purkert, Director of Business Development, Christopher Consultants, LLC; Eric Henderson, Board Member, PGCEDC; Britta Vander Linden, Chief of Staff, PGCEDC.

## EDC 'Activates Prosperity' Through Matchmaking at Thirsty Thursday Networking Event

By LORI VALENTINE  
PGCEDC

BRANDYWINE, MD—Over 100 entrepreneurs and small business owners traveled to beautiful South County for the May edition of the Prince George's County Economic Development Corporation's

(EDC) 'Thirsty (for Business) Thursday' (T4BT) networking event. Last night's event was held at the Romano Vineyard and Winery and featured County Councilmember Mel Franklin and Beltsville Agricultural Center Director Dr. Ellen Harris as special guests. Councilmember Franklin and

Dr. Harris both talked about the importance of agri-business in the region and the importance of small businesses getting involved to preserve it in the rural tier.

"We're here to make you successful," said EDC President and CEO Jim Coleman. "Our 'Thirsty Thursday' events

bring our small businesses face to face with the movers and shakers in Prince George's County so that they can become multi-millionaires. Whether they need assistance from our EDI Fund, like the Romano's

See NETWORKING Page A6

## Corps of Engineers Seeks Comment on Plan to Restore Aquatic Habitat in PG County

By PRESS OFFICER  
PG County Government

LARGO, MD—The U.S. Army Corps of Engineers, Baltimore District, in cooperation with the Prince George's County Department of the Environment, is seeking comments for a 30-day period, beginning June 1, 2016, on a plan to restore aquatic habitat in previously-degraded streams along six sites in the Anacostia Watershed in Prince George's County.

The tentatively selected plan is to restore three sites in the Northwest Branch, through Northwest Branch Park and near the Mall at Prince George's and down to near Chillum Park; and to restore three sites in the Northeast Branch from south of Interstate Highway 495 North in Berwyn Heights through Indian Creek Park and Anacostia River Park near College Park Airport. The combined restoration will restore approximately 7 miles of in-stream habitat, 4 miles of fish passage on the Northwest Branch, and connect 14 miles of previously-restored habitat from other restoration projects.

View the full report: <http://go.usa.gov/cJwx9>; Información está disponible en Español: <http://go.usa.gov/cS9Se>.

The 86-square-mile portion of the Anacostia River watershed in Prince George's County accounts for almost half of the total watershed area. Human de-

velopment and alteration in the watershed have led to severe stream habitat damage, including excess sediment and erosion; physical blockages for fish movement; poor water quality; and loss of wetlands and forests along the Anacostia River and its tributaries.

"With our plan, we are hoping to turn some of these problems around," said Anna Compton, Baltimore District project manager. "Through restoration, we can help the habitat for the critters that live in these streams. As a part of this proposed plan, we hope to increase fish health, movement and spawning areas, and, therefore, increase fish abundance and diversity."

Historically, the watershed had more than 50 fish species. Now, it is limited to just 20 to 30 fish species.

Poor water quality and degraded habitat adversely affect fish abundance, biomass and diversity in the watershed, according to research. About 95 percent of stream miles in the entire Anacostia River watershed are estimated as falling under very poor to poor categories relating to fish and the invertebrates living at the bottom of the streams.

Alewife and blueback herring are species of concern. They travel from the sea to the

See HABITAT Page A3

## Capital Area Food Bank Announces Free Summer Meals for Children in PG County

Funded by USDA, Meals Will be Provided to Eligible Children Free of Charge

By PRESS OFFICER  
Capital Area Food Bank

WASHINGTON, D.C.—Summer is a hard time for children who rely on school meals to receive the balanced nutrition they need to thrive. Continuing its commitment to providing access to good food in every community, the Capital

Area Food Bank has announced that it will once again provide free summer meals to eligible children throughout the Washington metro area. The Free Summer Meals Program (FSMP), for which the food bank will be an acting program

See MEALS Page A3

## Alice Ferguson Foundation Leads Cleanup of 334,952 Pounds of Trash

Community Comes Together for 28th Annual Potomac River Watershed Cleanup

By PRESS OFFICER  
Alice Ferguson Foundation

ACCOKEEK, MD—On June 9th, the Alice Ferguson Foundation (AFF) released results from the recent Potomac River Watershed Cleanup, which they have coordinated for the past 28 years. Drawing from

results collected on AFF's Trash Network, nearly 10,000 volunteers collected 334,952 pounds of trash at 265 sites throughout the watershed in Maryland, the District of Columbia, Virginia and West Virginia.

"I am incredibly proud of the

See TRASH Page A5

## MGM National Harbor Unveils Sophisticated Suite Collection

Contemporary Design Inspired By Resort's Location and Natural Surroundings

By PRESS OFFICER  
MGM National Harbor

NATIONAL HARBOR, MD—MGM National Harbor has revealed the designs for its premier suite offerings at the \$1.3 billion resort, set to open in the fourth quarter of 2016. Complementing the modern elegance of the resort, the suite designs—developed by Studio GAIA—draw inspiration from the forest and water elements native to the Maryland area and feature stunning views of the surrounding landscape.

"We spent a great deal of time conceptualizing our suite experience to ensure guests not only enjoy the level of luxury MGM Resorts offers at our properties worldwide, but also creates a seamless connection to our beautiful surroundings," said MGM National Harbor General Manager Bill Boasberg. "I'm confident our guests will appreciate the thoughtful detail in every suite, including tower-



PHOTO COURTESY MGM NATIONAL HARBOR

The Executive Corner Suites' bedroom features a plush sofa and views of the surrounding skyline.

ing windows with amazing views of the Capital Region."

The collection of 74 suites at MGM National Harbor will provide guests with an elevated experience at the luxury 308-room resort. Each suite,

ranging in size from 588 to 3,210 square feet, will feature distinct location, size, layout and amenities, resulting in a unique guest experience specific to each suite type.

Upon arriving to their suite,

guests will be greeted by a refreshing environment and dazzled by the natural light glistening through floor-to-ceiling

See MGM Page A5

### INSIDE

#### Maryland Department of Environment Releases Healthy Beaches Progress Report

Maryland beaches were open for swimming with no health-based advisories nearly 99 percent of the time last summer, a new report by the Maryland Department of the Environment shows.

Community, Page A3

#### Class of 2016: Beating the Odds

College enrollment and attainment rates have been steadily increasing in our country across racial and ethnic groups, but the problem is not that there are not enough people enrolling in college. The problem is that there are not enough people finishing college.

Commentary, Page A4

#### HUD Awards \$9.7 Million for Local Homeless Programs in Maryland

These Continuum of Care (CoC) grants support the Obama Administration's efforts to end homelessness and build upon the \$37.2 million in funding HUD awarded to Maryland in the first round of funding in March.

Business, Page A5

#### Movie Review: The Meddler

A year or so after her husband's death, Marnie has followed her daughter out to Los Angeles. Lori is here to become a television writer; Marnie is here because she has no family back East beside in-laws, her husband left her plenty of money, and she might as well live near her daughter.

Out on the Town, Page A6

#### Earth Talk

Dear EarthTalk:

Which current artists, bands and music festivals are leading lights when it comes to reducing their environmental footprints and spreading awareness about sustainability?

— Jim Greenville,  
Brewster, NY

Features, Page A7

# Towns and NEIGHBORS

## In and Around Morningside-Skyline

by Mary McHale 301 735 3451

### Celebrate the 4th with parade and fireworks in Morningside

The Town of Morningside invites you to their 36th annual Independence Day Celebration, which begins at 11:30 a.m. on July 4 with a parade from the Morningside Firehouse and marches its way to VFW Post 9619. I'll be watching and waving from beneath the big tree at the Suitland Road Baptist Church.

Then at dusk there'll be a great fireworks display near the Town Hall. Come, spread your blanket or set up folding chairs and enjoy Morningside's wonderful gift to the community.

It may not be too late for you to enter your vintage car or Cub Scout troop in the parade. For information, call the Town Hall at 301-736-2300.

### Academia

Betty Cottrell, of Skyline, reports that her granddaughter, Nicole Haynes, graduated June 20 from Falls Church High School. She'll be headed to the University of California at Berkeley to study Community Planning. She is the daughter of Kristin (Cottrell) and Richard Haynes of Annandale.

Annemarie Beran, granddaughter of Dolores Steinhilber and daughter of Paula, both formerly of Skyline, graduated from high school with a diploma and an associate's degree. She'll continue her education at Christopher Newport University in Newport News, Va. At 6'1", she was a basketball star and will continue to play in college.

Tech. Sgt. Collin Meisel, of Joint Base Andrews, has been awarded the McCourt Scholars scholarship to Georgetown University's McCourt School of Public Policy.

Crossland High Class of 1966 has an Aug. 6 reunion coming up. Email Phil Saverino at save66@yahoo.com.

Oxon Hill High Class of '76 plans an Oct. 7-8 reunion. Email kellymclgh@aol.com or go to OHHS76reunion.myevent.com.

Columnist John Kelly of the Washington Post will run your

school reunion in his column. Email him at john.kelly@washpost.com and include the name of the school, class year, date of reunion and contact info. Put "Reunion" in the subject heading.

### Coming up

**July 4:** The annual Morningside Independence Day Parade, beginning at 11:30 a.m. Come back for fireworks at dusk.

**August 9:** The annual Golf Tournament, sponsored by the Forestville Pregnancy Center, will be held at Lake Presidential Golf Course. The fee is \$125, which covers breakfast, snacks, refreshments during the day, lunch, door prizes and more. There are four Hole-in-One holes with a chance to win \$10,000. You can register your foursome online through GiveDirect or at [www.forestvillepregnancycenter.org](http://www.forestvillepregnancycenter.org).

**September 24:** The National Museum of African American History and Culture open on the Washington Mall.

### Changing landscape

Suitland Bowl, at 4811 Silver Hill Road, has been under new management since last fall. Many aspects of the place remain the same: the retro decor (powder-blue and mauve, with "mod-ish graphics") and the jukebox which still cranks out beloved tunes, although it is now digital. The Bowl offers both duckpin and traditional bowling. For information, call 301-699-6772.

To mark the 30th anniversary of the Heavy Metal Parking Lot at the now-gone Capital Centre, the University of Maryland has mounted an exhibit in the Clarice Smith Performing Arts Center. Among the artifacts is a chunk of the actual Capital Centre parking lot. It rests on a pillow of blue velvet in a Lucite display case.

### Visit the Dr. Samuel A. Mudd House Museum

Summer visiting hours at the Dr. Mudd House are Wednesday and Saturday, 11 a.m. to 4

p.m., and Sunday, 12 noon to 4 p.m. Tours start on the hour and half-hour; the last tour begins at 3:30. To reach the Dr. Mudd House, go south on Rt. 5 to Poplar Hill Road to Dr. Samuel Mudd Road. It's about 20 miles from Morningside.

Admission is \$7 for adults, \$2 for ages 6-16, free for 5 and younger, and for members. This year the season runs through Nov. 20. For information, go to <http://drmudd.org>. If you go, be sure to visit the outbuildings—the farm-machinery barns, the Civil War mini-museum, and the visitors' center. By the way, there is a very nice gift shoppe.

### Jean Connell, Congressional administrative assistant

Jean O. Connell, 87, a longtime resident of Auth Village, died at her home in Edgewater on June 17. She was born in Washington, daughter of James and Mary O'Connor, and graduated from St. Cecilia's Academy. She served as an administrative assistant with the U.S. Congress from 1948 to 1982.

Her husband of 45 years, Bernard Connell, died in 1995. Survivors include her children, Patrick, William, Mary and Cathy, 10 grandchildren and three great-grandchildren. Mass of Christian Burial was at Our Lady of Perpetual Help Church with burial at Cheltenham.

### Milestones

Happy birthday to Ruth LaBelle and Jordan Foster, July 1; Sharon Simms, Matthew Clark and Megan Frostbutter, July 2; Gloria Grapevine, Pat Richardson Conlon, Sarah Booth and Jack Hay II, July 3; Grace Caruth, Matthew Ryan White and Nya Nichols, July 4; Jean Ihrig and Timothy Hollowsky, July 5; Chrissy Bennett and Marie Goli-hew, July 6; Father Kevin Cusick, Charles "Tony" Haley, Sue Richards and Rev. Dr. Kelvin McCune, July 7.

**A GLORIOUS  
4TH OF JULY  
TO ALL MY READERS!**

## Brandywine-Aquasco

by Audrey Johnson 301 888 2153

### BADEN ELEMENTARY SCHOOL

Baden Elementary School held their Fifth Grade Recognition Ceremony on Friday, June 10, 2016 at Baden Elementary School in Baden, Maryland. Guest speakers were Senator Mike Miller and Delegate Mrs. Susie Proctor. Makayla Eugene, daughter of Curtis and Stephanie Eugene who resides in Brandywine, Maryland, was Class Valedictorian. Madison McLaughlin and Micah Sam sang "I was Here," by Beyoncé. "See You Again," sung by Charlie Puth. Congratulations to all the fifth graders on your accomplishments. Special thanks to Principal Huff, teachers, custodial staff, parents, and students at Baden Elementary.

### BRANDYWINE NORTH KEYS CIVIC ASSOCIATION

There will be no meetings in July and August. Monthly meetings are scheduled to resume on September 21, 2016. The meeting on September 21, 2016 will begin the Association's year for 2016-2017. Please keep in mind your annual membership dues of \$30 required to be paid for the new year.

### PARKS & RECREATION SAARC'S PROJECT

On May 10, 2016 Mr. Mitchell President of Brandywine-North Keys Civic Association and several members attended the meeting at Gwynn Park Middle School regarding the SAARC'S PROJECT. The meeting to update the community on the project was requested and arranged by Delegate Susie Proctor. Parks and Planning informed us that the groundbreaking for the SAARC'S project will take place in the fall of 2016.

### PGCPS BACK-TO-SCHOOL FAIR

PGCPS Back-to-School Fair will be held Saturday, August 6, 2016 from 10:00 AM-1:00 PM (Sabado, Agosto 6, 2016 from 10:00 AM-1:00 PM) at Show Place Arena in Upper Marlboro, Maryland. For additional information about the fair, please call 301-952-6001. Sponsor/vendor information please call 301-952-6095 or e-mail [clandis@pgcps.org](mailto:clandis@pgcps.org) (mail to: [clandis@pgcps.org](mailto:clandis@pgcps.org)).

### ANNUAL BULL ROAST

St. Philip's Church will have

their Annual Bull Roast on Saturday, July 16, 2016 from 12 noon-until. Everyone is invited to come to a day of fun, food, line dancing and fellowship. Chicken and fish dinners will be \$13.00, beef dinners \$14.00, and rib dinners \$15.00. Combo dinners are \$18.00 which includes any two meats (beef, chicken, ribs, or fish). All dinners include green beans, corn on the cob, baked beans, sweet potatoes, potato salad and roll. Sandwiches include hot dogs with chips and drink for \$2.50; chicken sandwich is \$6.00, fish sandwich \$7.00, rib sandwich is \$9.00, beef sandwich is \$8.00. Single hot dogs are \$1.25 and chips are \$.50. Side orders cost \$1.50 (green beans, potato salad, baked beans, sweet potatoes, corn on the cob (2); water and sodas are \$1.00. We will also have a bake sale.

Free admission for everyone. There will be fun activities for the kids: water slide, moon bounce, basketball, horse shoes and line dancing. Location: St. Philip's Church, 13801 Baden Westwood Road, Brandywine, Maryland 20613-8426. Telephone number is 301-888-1536.

## Neighborhoods

### Hospital's Golf Invitational Raises \$170,640 to Support Community Health Programs and Technology Enhancements

LANHAM, MD—Doctors Community Hospital held its 21st annual golf invitational on May 16 in Queenstown, Maryland. This fundraiser generated \$170,640 in support that will help the hospital acquire new medical technology and provide community health programs. With a focus on assisting underserved, uninsured and underinsured Prince George's County residents, these community health programs promote disease prevention and health improvement.

Doctors Community Hospital Foundation organized the golf invitational. All tax-deductible donations funded new hospital equipment as well as community outreach programs that provide free health services and education. One such program is the Wellness on Wheels (W.O.W.) mobile health clinic.

A collaboration between the Prince George's County Health Department and Doctors Community Hospital, W.O.W. travels to various locations throughout the county and provides free health services to people ages 18 and older. Some of its services include diabetes, cholesterol and blood pressure screenings. Additionally, medication reviews and education are offered.

As stated by Robyn Webb-Williams, vice president, Doctors Community Hospital Foundation, "We are honored by the outpouring of support from local residents, businesses and organizations that share the hospital's dedication to serving this great community. Their thoughtful donations will help Doctors Community Hospital provide more area residents with life-saving preventative health screenings and education—regardless of their ability to pay. From free diabetes screenings to financial assistance for those who need rehabilitation services after having a heart attack, we will continue to help people maintain or improve their health."

Ms. Webb-Williams mentioned that the next fundraising event will be the "A Better Me" fashion show on September 15 at the Oxon Hill Manor in Oxon Hill, Maryland. It will feature breast cancer survivors who will model various fashions as well as share their stories of strength and hope. All funds will support Doctors Community Hospital's free mammogram and breast care programs. Another event will be its annual gala on November 12 at the Ritz-Carlton in Tysons Corner in McLean, Virginia.

The premier sponsor of the golf invitational was Carrollton Enterprises. Some of the other key sponsors included Doctors Regional Cancer Center; Doctors Community Hospital Medical Staff; Genesis Healthcare; Medline Industries; The Meltzer Group; Tele-Tector of MD, Inc.; Iron Bow Technologies; AAA Transport/All American Ambulance and Transport; American Diabetes Association; Armstrong; Donohue, Ceppos, Vaughan & Rhodes;

Carefirst; Continuum Health Alliance; CR Goodman Associates, LLC; Diagnostic Imaging; Emergency Medicine Associates, PA, PC; Gilbane Building Company; Ironmark, KPMG; Leach Wallace and Associates, Magnolia Plumbing; Medline Industries; Miles and Stockbridge; NAI The Michael Companies; Optivior Technologies, LLC; Pepco Holdings, Inc.; Prince George's Community College; The Snyder-Ervin Group of Morgan Stanley; Professional Healthcare Resources, Inc.; Technical Specialties; The Snyder-Ervin Group at Morgan Stanley Smith Barney; VarcoMac Electrical Construction Company; Washington Gas Services/WGL Energy; and VarcoMac Electrical Engineering.

For more information about upcoming fundraising events or to make a donation, please contact Doctors Community Hospital Foundation at 301-552-8670, [DCH-foundation.org](http://DCH-foundation.org) or [foundation@DCHweb.org](mailto:foundation@DCHweb.org).

### BGE Continues to Accelerate Modernization of Natural Gas Infrastructure through Its STRIDE Program

More than 63 neighborhood and single street gas upgrade projects throughout region in 2016

BALTIMORE, MD—BGE continues to modernize the natural gas system serving customers in central Maryland, replacing more than 52 miles of gas mains in the first two full years under the company's Strategic Infrastructure Development and Enhancement (STRIDE) plan. Another 45 miles of gas mains are projected to be replaced by BGE this year. BGE accelerated the pace of replacement of gas equipment following passage of Maryland's STRIDE law in 2013 and the Maryland Public Service Commission's approval of BGE's accelerated plan in March 2014.

"Our commitment to serving customers with a safe and reliable natural gas system includes a major modernization initiative to install durable new natural gas pipes in communities throughout central Maryland," said Stephen J. Woerner, president and chief operating officer of BGE. "Our STRIDE plan enables us to begin work on more streets and neighborhoods and increase the number of gas mains we systematically and proactively replace."

STRIDE allows gas utilities to recover some costs of pipeline modernization work as the work is being done, making it possible to replace more aging equipment sooner. BGE invested more than \$145 million (about \$55 million in 2014 and \$90 million in 2015) and is projecting the 2016 investment to be approximately \$113 million.

BGE's 2016 STRIDE plan includes 63 separate projects ranging from BGE Operation Pipeline projects that proactively upgrade whole neighborhood gas systems, to projects replacing gas mains along single streets. The plan also includes area-wide programs to replace thousands of service and riser pipes that con-

nect customers' gas meters to the gas mains. Nearly 12,000 service pipes and risers were addressed in the first two years of the program, with nearly 8,000 additional services included in the program in 2016.

STRIDE projects are located throughout central Maryland, including Baltimore City, Baltimore County, Anne Arundel County, Harford County, Prince George's County, Carroll County and Howard County. Maps of Operation Pipeline neighborhood-wide gas system upgrade projects are available at [bge.com/OperationPipeline](http://bge.com/OperationPipeline).

Natural gas infrastructure modernization has a positive economic development impact for the regional economy and workforce. More than 700 gas infrastructure modernization jobs have been created across Maryland since implementation of STRIDE.

Modernizing the natural gas system in central Maryland and investing in infrastructure are some of the many ways BGE is working to move smart energy forward. Safe and reliable energy is smart energy. For more information on BGE's STRIDE program, visit [bge.com/gasprojectupdate](http://bge.com/gasprojectupdate).

### WSSC's Small, Local and Minority Business Enterprise Director Receives "Supplier Diversity Executive of the Year" Award

LAUREL, MD—Towanda Livingston, Director of WSSC's Small, Local and Minority Business Enterprise Office, was awarded the Supplier Diversity Executive of the Year Award by Minority Enterprise Advocate Magazine (MEA).

The recognition was part of MEA's 11th Federal Business Forum & Technology Business Executives Awards Luncheon, which took place today at Walter E. Washington Convention Center in Washington, D.C.

The event celebrates and recognizes individuals demonstrating dedication and excellence in their industry. Livingston was honored, alongside six other honorees receiving the special award in their respective professions.

"I am grateful and honored by MEA's recognition" said Livingston. "I share this award with my entire team. It is because of their tireless work that WSSC is successfully creating and building relationships that help the growth of small, local and minority businesses across our region."

WSSC's SLMBE program is designed to ensure small, local and minority firms are afforded the opportunity to participate in contracting opportunities in the areas of architecture and engineering, construction, procurement and professional services.

Companies interested in doing business with WSSC should visit WSSC's website and register on the WSSC Supplier Portal to view and receive opportunities. Registration is completely FREE. Visit [wsscwater.com/SLMBE](http://wsscwater.com/SLMBE) for more information.

# COMMUNITY

## Practical Money Skills

By Nathaniel Sillin

### How to Research and Reduce Healthcare Costs

Whether you're planning a future procedure or navigating care after a sudden illness or accident, smart consumers have a plan in place to avoid hidden costs and billing errors common to our ever-changing healthcare system. You should too.



The Affordable Care Act (<http://www.hhs.gov/healthcare/>) (ACA) made it possible for all Americans to get some form of healthcare coverage regardless of their medical history. That's the good news. The bad news is that everyone's personal health circumstances and solutions are different, and we're still far away from the day when the coverage we buy—either individually or through our employers—can prevent us from getting unexpected bills for services and procedures our insurer didn't cover or errors made in the billing process.

It's also important to know that many health insurers are adjusting to the reality of universal coverage by narrowing the assortment of doctors in their networks, leaving more patients at risk of "surprise" (<http://kff.org/private-insurance/issue-brief/surprise-medical-bills/>) bills if they are treated by practitioners outside their insurer's network.

There are some helpful resources—both public (<https://www.medicare.gov/coverage/surgery-estimating-costs.html>) and private (<https://healthcarebluebook.com/>)—which have emerged that price health procedures. Using those resources can help avoid some major out-of-pocket healthcare expenses. It's also essential to determine what practitioners may be in or out of network, particularly if it's an emergency.

So what can you do to prevent these unexpected health costs? If you are not on Medicare, (<https://www.medicare.gov/what-medicare-covers/index.html>) which tends to have more standardized pricing and coverage, you need to question practitioners (or their billing departments) and price-comparing procedures the way you would any major purchase. Depending on your local medical resources, you may have the option to conduct your research online. Here are some ways to begin.

**Know how you're covered for both emergencies and non-emergencies.** It's easier to plan for a hip replacement you'll need in six months than for emergency surgery after an accident or sudden illness, but it's important to think through how your coverage works in both situations:

- **Emergency:** Emergencies are a challenge to price because it's tough to know which practitioners and services you'll actually need. The key is to make a plan for emergencies. Speak to your insurer now—and consult your primary care physician—to confirm that you have a good range of in-network emergency doctors at the hospital of your choice. If not, you might want to think about switching plans during your next enrollment period. Put an easy-to-find "in case of emergency" card in your wallet next to your health insurance card that makes your preferred hospital visible to first responders or other helpers. Also, list your primary care doctor's and your health care power of attorney's ([http://www.practicalmoneyskills.com/personalfinance/experts/practicalmoneymatters/columns\\_2016/0606\\_Estates.php](http://www.practicalmoneyskills.com/personalfinance/experts/practicalmoneymatters/columns_2016/0606_Estates.php)) contact information. Finally, make sure the person you designate as your health care power of attorney has access to your insurance and physician network information so he or she can guide your care more affordably if you're incapacitated.

- **Non-emergency:** If your doctor is recommending a particular in-hospital or outpatient procedure in the coming weeks or months, you've got time to plan, so do it. Query your physician or his or her billing department about the cost of the procedure and what other practitioners (such as an anesthesiologist) might be involved. Then spend equal time speaking with your insurer about what you've learned and how extensively the procedure in question will be covered. Make sure you understand if your insurer covers the procedure on an inpatient (hospital) or outpatient (office) basis — some insurers are reportedly cutting back ([https://www.washingtonpost.com/business/economy/employers-push-limit-of-obamacare-by-excluding-outpatient-surgery-in-plans/2016/01/21/94537954-bbc5-11e5-99f3-184bc379b12d\\_story.html](https://www.washingtonpost.com/business/economy/employers-push-limit-of-obamacare-by-excluding-outpatient-surgery-in-plans/2016/01/21/94537954-bbc5-11e5-99f3-184bc379b12d_story.html)) on outpatient coverage.

**Know your deductible.** The latest annual Kaiser Foundation employer health benefits survey (<http://kff.org/health-costs/press-release/employer-family-health-premiums-rise-4-percent-to-17545-in-2015-extending-a-decade-long-trend-of-relatively-moderate-increases/>) indicated some whopping figures for health care deductibles—the out-of-pocket total you have to pay before the bulk of your health coverage kicks in. For example, if you have a \$3,000 deductible that you haven't touched this year, that's the initial out-of-pocket amount you're going to have to pay for any big procedure. Keep that figure in mind as you continue your research on medical options. That's why it's important to keep such amounts in an emergency fund or, if you have the option, set aside in a health savings account (<https://www.irs.gov/publications/p969/ar02.html>) where you can keep funds not only for the deductible, but for other potential out-of-pocket health costs.

**Review bills closely.** One recent study (<http://abcnews.go.com/GMA/story?id=127077&page=1&version=meter+at+1&module=meter-Links&pgtype=article&contentId=&mediaId=&referrer=&priority=true&action=click&contentCollection=meter-links-click>) has reported significant errors

## Maryland Department of Environment Releases Healthy Beaches Progress Report

By PRESS OFFICER MDE

BALTIMORE, MD (May 25, 2016)—Maryland beaches were open for swimming with no health-based advisories nearly 99 percent of the time last summer, a new report by the Maryland Department of the Environment shows.

The Department's Maryland Healthy Beaches 2016 Progress Report states that monitored beaches in Maryland were open without an advisory 98.7 percent of the time last summer, marking the fourth straight year that the rate exceeded 98 percent and the 11th consecutive year that the rate was 96 percent or greater.

"The Department of the Environment partners with local governments to make a day at the beach a fun and healthy time for Maryland families," said Maryland Secretary of the Environment Ben Grumbles. "Beach conditions are monitored from Western Maryland lakes to the Ocean City surf, with updated information readily available on the Maryland Healthy Beaches website and through smartphone apps. We also urge everyone to follow the website's do's and don'ts for swimmers to stay healthy and waters to keep clean."

The report describes Maryland's beach monitoring program and efforts to make information on beach conditions readily available. It also describes how the Department is working with Salisbury University and the State of Delaware on new "source" tracking research to determine whether pollution at selected beaches is from humans or animals to help refine the understanding of water conditions at those locations.

The Department of the Environment works with local health departments to make sure water quality is monitored. The Department sets water quality standards and assures conformity in the program statewide. Prior to the start of beach season on Memorial Day, local health departments collect water samples from beaches and perform surveys to identify any nearby pollution sources that might adversely affect water quality. If any pollution sources are found they are corrected when possible.

Local health departments determine where, when and how often a beach is sampled. The health departments continue to collect water samples during the season. Samples are sent to the Maryland Department of Health and Mental Hygiene laboratory for analysis. When fecal bacteria

standards are exceeded, the results are reported to local health departments so that beach managers can issue an advisory. An advisory is a recommendation against swimming or activities where submersion under water is likely. Beaches are only closed when the waters are affected by a sewage spill or overflow or other harmful contaminants.

Beach advisories and closures are shared with the public through vehicles that include the Maryland Healthy Beaches website ([www.MarylandHealthyBeaches.com](http://www.MarylandHealthyBeaches.com)). That website provides color-coded status reports on beaches throughout the state and daily updates on rainfall, which causes runoff that can affect water quality. Swimmers can also receive information through Maryland Healthy Beaches smartphone applications and by signing up for email or text alerts.

Although swimming in natural waters is not risk-free there are several things you can do to reduce the likelihood of getting sick.

- Avoid swimming near storm drains along the beach and within 48 hours of a heavy rain event, or until the water clears.
- Try not to swallow beach water.
- Shower or bathe

- after swimming.
- Dogs may not be allowed at some beaches. Dispose of dog waste properly (bring small plastic bags with you.)
- Avoid swimming if you feel ill or have open cuts or sores. If water contact can't be avoided, cover your open cut or sore with waterproof bandages.
- If they are available, use diaper-changing stations in restroom facilities, or change diapers away from the water's edge.
- Remember to properly dispose of used diapers.
- Wash your hands with soap and warm water after using the bathroom or changing diapers.
- Take all trash with you offsite in a bag.
- Volunteer in local beach cleanup efforts.
- Do not feed seagulls or other wildlife.
- When boating, use an approved marina pump-out station for boat waste disposal.
- Report any unsafe or unhealthy conditions to a lifeguard or beach manager.
- Visit the Current Conditions page on [marylandhealthybeaches.com](http://marylandhealthybeaches.com), or your county website, for water quality information.

### Habitat from A1

river specifically to spawn; however, they are currently only using 10 to 20 percent of their natural range due to blockages and poor habitat.

The proposed plan removes fish blockages on Northwest Branch and Sligo Creek, providing the alewife and blueback herring access to their historical range on Northwest Branch, as well as access to higher-quality habitat upstream. The proposed habitat restoration will also support diversity and abundance of native fish and other resident fish species.

"This plan provides substan-

tial environmental improvements for the habitat within the recommended sites and contributes to a comprehensive watershed restoration strategy," noted Adam Ortiz, Director, Prince George's County, Department of the Environment. "Beyond the direct environmental benefits, we also hope to connect residents living in these areas back to their streams through recreational fishing and educational opportunities."

Prince George's County is the non-federal sponsor for this project. The Corps and the County evenly split the \$1.8 million study costs.

Comments will be accepted

until July 1, 2016, and may be sent via email to [CENAB-CC@usace.army.mil](mailto:CENAB-CC@usace.army.mil) or mail to:

U.S. Army Corps of Engineers, Baltimore District  
Attn: Angie Sowers  
10 South Howard St.,  
Ste. 11000  
Baltimore, Md. 21201

\* Please have mail postmarked by July 1, 2016.

Following review of the public comments, a more detailed design and plan will be published for public comment in 2017.

"We strive for resilient, cost-effective and sustainable

approaches to manage our water-resource challenges," said Col. Ed Chamberlayne, Baltimore District commander. "We looked at various sites in Prince George's County to optimize improvements. Through connecting proposed projects to existing restoration projects like at Paint Branch and Northwest Branch, we are able to extend the benefits of these projects, as well as enhance federal investments."

This plan is in alignment with the 2010 interagency Anacostia Restoration Plan that identified more than 3,000 projects for implementation within the watershed.

### Meals from A1

sponsor, is funded by the US Department of Agriculture.

Over 128,000 residents of Prince George's County struggle to get the food they need; of those, 15% are children. Food insecure children are more likely to experience stomachaches, headaches, colds, ear infections, and fatigue. They are sick more

often, recover more slowly, and are more likely to be hospitalized.

During the school year, The Capital Area Food Bank operates afterschool and weekend meals programs called Kids Cafe® and Weekend Bag. Both of these programs fill meal gaps, supplementing school-based federal free or reduced price breakfasts, lunches, afterschool snacks and dinners.

Meal service is extended in the summertime with many sites offering daily breakfasts, lunches, snacks and suppers. Additionally, the CAFB's Weekend Bag program provides bags of pantry staples and fresh produce for children and their families over the weekend when school is out of session.

Children who are part of households that receive Supple-

mental Nutrition Assistance Program (SNAP) or Temporary Assistance for Needy Families (TANF) benefits are automatically eligible to receive free meals. (To be eligible to receive free meals at a residential or non-residential camp, children must meet the income guidelines listed below for reduced-price meals under the National School Lunch Program.)

Meals will be provided at the following sites and times:							
Site Name	Street Address	City	Zip Code	Lunch/Supper		Breakfast/Snack	
Central Gardens	13 Cindy Ln.	Capitol Heights	20743	5:00 PM	5:30 PM	9:30 AM	10:00 AM
Danbury B/A Care Center	5501 Silver Hill Rd	Forestville	20747	3:30 PM	5:00 PM	7:30 AM	8:30 AM
EXCEL Freedom School	7910 Scott Rd	Hyattsville	20785	12:00 PM	12:30 PM	8:00 AM	8:30 AM
GapBuster Inc.	6200 Sheridan St.	Riverdale	20737	1:15 PM	2:15 PM	8:00 AM	8:45 AM
Glenarden Woods	7941 Johnson Ave	Glenarden	20706	5:00 PM	5:30 PM		
Glenreed Millwood Townhomes	3201 Reed St.	Glenarden	20706	4:00 PM	5:30 PM	9:00 AM	9:30 AM
Community Center	1418 Karen Blvd	Capitol Heights	20743	4:30 PM	5:00 PM	9:00 AM	9:30 AM
Mount Calvary Catholic School	6704 Marlboro Pike	Forestville	20747	12:00 PM	12:30 PM	4:00 PM	4:30 PM
Pleasant Homes	6810 Greig St.	Seat Pleasant	20744	5:00 PM	5:45 PM	9:00 AM	10:00 AM
Queenstown	3103 Queens Chapel Rd.	Mt. Rainier	20712	4:00 PM	5:00 PM	9:00 AM	10:00 AM
Summer Ridge	1837 Belle Haven Dr.	Landover	20785	4:45 PM	5:30 PM	9:30 AM	10:00 AM

# COMMENTARY

**Barbara A. Mikulski**  
*United States Senator for Maryland*



## Mikulski Announces FY17 Spending Bill Makes Important Investments in the Health and Well-Being of Our Men and Women in Uniform and Their Families

WASHINGTON, D.C.—U.S. Senator Barbara A. Mikulski (D-Md.), Vice Chairwoman of the Senate Appropriations Committee, today announced the Committee-passed fiscal year (FY) 2017 Department of Defense (DoD) spending bill includes \$6 million for Operation Live Well, which aims to support the health and well-being of military members across the county. This funding includes \$3 million to continue the work of the Healthy Base Initiative, supporting healthy living for those in uniform, civilians and family members on military bases.

In the next step of the appropriations process, the bill will move to the Senate floor for a vote, which has not yet been scheduled.

“The Healthy Base Initiative helps our military and their families be fit for duty as the best fighting force and best family support that they can be,” Senator Mikulski said. “I led the way in getting Fort Meade partnered in the Healthy Base Initiative to serve as a model healthy base worthy of our military families. At Fort Meade, no longer will being healthy just mean the absence of illness, it will mean whole body wellness. By providing our men and women in uniform, their families and civilian personnel with health and wellness services, we will help them build and sustain healthy lives.”

The success of the Healthy Base Initiative at select military installations has led to an expanded military health program—Operation Live Well. As a leader in the program and as the Healthy Base Initiative enters this next phase, the results of the Fort Meade demonstration program are being used by DoD and turned into healthy living solutions for military members across the country.

According to the DoD, obesity and tobacco use by U.S. military health care beneficiaries add more than \$3 billion per year to the DoD budget in health care costs and lost duty days.

In 2013, Senator Mikulski announced that Fort Meade had been designated as a partner in the Healthy Base Initiative. Senator Mikulski led the charge for Fort Meade to be included in the demonstration project, which focused on improving nutritional choices, increasing physical activity, encouraging obesity reduction, decreasing tobacco use, reducing stress and contributing to whole body wellness on military bases.

Fort Meade expanded the availability of healthy choice farmers markets, created on-base walking trails, and enhanced tobacco-free designated zones. These healthy living enhancements are accessible to the entire Fort Meade community of 56,000 men and women who work there as one of Maryland’s largest employers.



*The Carousel at Watkins Park*

*Open to the Public*

PHOTO BY LEGUSTA FLOYD, JR.

### ANTIQUÉ CHESAPEAKE CAROUSEL & MINIATURE TRAIN

Watkins Regional Park features an authentic, hand-carved, hand-painted, 80-year-old carousel which has a rare combination of 45 animals including a kangaroo, jackass, goat, and seahorse. Do not miss the train as it passes through the lovely, wooded surroundings nearby. The park is located at 301 Watkins Park Drive, Upper Marlboro, MD. The carousel and train are open Memorial Day–Labor Day, Tuesday–Sunday from 10 a.m.–7 p.m. For more information call 301-218-6761.

## Child Watch

by Marion Wright Edelman



## The Crucial Need to Expand the Non-White Teacher Pipeline

*“If not for the teachers that I had at PS 276 in Canarsie and Mark Twain Junior High School in Coney Island, New York, I would not be alive today. Maybe I’d be in jail today. But those teachers, they chose to invest in me and to see hope and possibility. Folks could have said, ‘Here’s a young African-American, Latino male student going to New York City Schools with a family in crisis. What chance does he have?’ They could’ve given up on me, but they didn’t. They chose to make school this place that was amazing and inspiring and engaging every day. This is what you can bring to students ... That sense of possibility, that sense of hope, that opportunity to be a child, that opportunity to love and enjoy learning. That is the power that we have as educators, and I hope you will seize that moment. That you will see potential in each of your children.”*

—Secretary of Education John B. King, Jr., speaking at the Children’s Defense Fund Freedom Schools® National Training

The Children’s Defense Fund (CDF) has just completed a week of national training for nearly 2,000 college students and recent graduates preparing to teach in CDF Freedom Schools summer literacy programs across the country. Most come from the communities they serve and are role models for the children they serve. It is hard to dream of college and what you can be in the future if you don’t see it and we are so proud of the young, energetic, hardworking and committed servant leaders who spend very long hours preparing to serve more than 11,000 low-income children when they return home to 95 cities and communities in 27 states, the District of Columbia and the U.S. Virgin Islands. I hope many or most of them will become public school teachers who love, respect, and set high expectations for every child in their care. Since 1995 more than 17,000 college-aged students, public school teachers and juvenile detention personnel have come to CDF–Alex Haley Farm for training to teach in summer Freedom Schools. Many have gone on to become teach-

ers, principals, administrators, college professors and more.

They are filling a great need. Secretary of Education John B. King, Jr. was among the extraordinary leaders who spoke to and inspired them this year. As our first Puerto Rican-African American Secretary of Education he spoke movingly of losing his mother at 8 and his father at 12 and how caring teachers saved his life and put him on the path to success. He graduated from Harvard University, Columbia University’s Teachers College, and Yale Law School. He stressed the crucial importance of building a strong multiracial and multicultural teacher pipeline to inspire and guide all of our children—especially those who are poor and non-White. Students of color constitute a majority in our schools but teachers of color constitute only 18 percent of their faculties. Unless we are able to encourage many more talented students and teachers of color to enter and stay in the profession, this “mismatch” will only get worse. In a *Washington Post* Op–Ed Secretary King noted, “We have strong evidence that students of color benefit from having teachers who are positive role models, as well as from the changes in

classroom dynamics that result. Teachers of color often have higher expectations for students of color, are more likely to use culturally relevant teaching practices, are more likely to confront racism in their lessons and, yes, also serve as advocates.”

On May 6 Secretary King and the U.S. Department of Education held a National Summit on Teacher Diversity where education leaders, researchers, policymakers, teachers, and students spoke about the value of a diverse teaching force. Researchers noted that Black and Hispanic children in schools with high concentrations of Black and Hispanic teachers are less likely to be suspended, more likely to be recognized as better students and be placed in academically gifted classes, and more likely to graduate on time than those who attend schools with fewer diverse teachers.

Teachers and students shared personal examples of how having shared experiences could bolster child self-esteem and performance. Jahana Hayes, the National Teacher of the Year from Waterbury, Connecticut, grew up in poverty and became

See WATCH, Page A12

**Marc Morial, President and CEO**  
*National Urban League*



## Class of 2016: Beating the Odds

*“Education is a precondition to survival in America today. Investing in children is not a national luxury or a national choice. It’s a national necessity.”*

—Marian Wright Edelman, Founder and President, Children’s Defense Fund

Congratulations, graduates. Whether you’ve walked across a stage to receive your high school diploma and begin your journey into a new world of independence, or you finally have your college diploma and are ready to step out into a world outside of lecture halls and dorms, you deserve much congratulations on your achievement.

Today, you are set to begin a new chapter in your life. Celebrate and bask in your well-deserved feeling of accomplishment now, because tomorrow is a new day and there is much work to be done.

Two years from now, it is projected that over 60 percent of all jobs will require some college education. As you prepare to become a part of the American workforce with your degree securely in hand, our nation faces a looming crisis because we are not producing enough men and women like you: graduates.

College enrollment and attainment rates have been steadily increasing in our country across racial and ethnic groups, but the problem is not that there are not enough people enrolling in college. The problem is that there are not enough people finishing college. And from among those who do attain that now vital postsecondary degree, large racial divides in degree attainment persist. If we, as a nation, do not commit to figuring out what it takes to graduate from college, we risk diminishing the lives of our citizens, who are more likely to find better and better-paying work with a degree. We risk the loss of critical skills and training that will keep our national economy prosperous and thriving. And we risk our country’s ability to remain competitive in the global, 21st century workforce.

At the National Higher Education Summit hosted by the National Urban League and USA Funds, a nonprofit corporation that enhances preparation for, access to and success in postsecondary education, panelists addressed many of the

obstacles that derail college completion for students of color. Many young men and women who dream and work hard to one day be in your shoes may see their dream deferred or discontinued because of financial need, academic unpreparedness and perhaps even coming from a non-college-going culture.

When you translate those barriers to obtaining a college degree into hard numbers, the statistics are sobering. Over the period from 1990 to 2014, the gap between whites and Blacks attaining a bachelor’s or higher degree widened from 13 to 18 percentage points, and the gap between whites and Hispanics widened from 18 to 26 percentage points, according to a study by the National Center for Education Statistics.

As long as large numbers of students of color remain ill prepared to navigate and succeed in our postsecondary system of education, we will continue to have an urgent, national conversation about income inequality. The lack of financial aid that doesn’t drown students in future debt, the lack of high-quality teachers in K-12 in communities of color and the lack of guidance from professionals about the college experience is a recipe for disaster that will continue to trap our nation’s future into poverty. You see, when a young man or woman is denied access to opportunity through education, we all lose.

The solutions to college attainment and completion will be both economic and social—from providing students with grants and low-interest loans, to providing better teachers in our grade schools and middle schools and providing academic remediation for students who need support with college courses. A college educated populace and workforce is a national imperative that requires the across-the-board support and collaboration of all stakeholders, from families to education professionals, employers and politicians.

Despite whatever obstacles you may have faced, you have earned a degree that is promised to reward you with a life you may not have had without that diploma. You have worked hard to be given access to jobs and opportunities that your degree merits. You have beat the odds. Now go out and change the world!

## The Prince George’s Post

The Prince George’s Post  
 P.O. Box 1001 15207 Marlboro Pike  
 Upper Marlboro, MD 20772-3151  
 Phone: 301-627-0900 • Legal Fax: 301-627-6260  
 Email: pgpost@gmail.com  
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<b>Publisher/Senior Editor</b> Legusta Floyd	<b>Editor</b> Michal W. Frangia
<b>General Manager/ Legal Advertising Manager</b> Brenda Boice	<b>Typesetter/Page Layout</b> Jennifer Sheckels
<b>Legal Advertising Assistant</b> Robin Boerckel	<b>Staff Writer</b> Christina Williams
	<b>Web Manager</b> Kyler Quesenberry

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# BUSINESS

## The American Counseling Association's Counseling Corner

### Developing a First Aid Kit for Stress

While most of us have first aid supplies for physical injuries, it's also possible, and a good idea, to put together a first aid kit for stress.

One part of our stress first aid kit is short term stress antidotes that use our five senses. With sight, for example, you can use your eyes to focus on things that relax and calm you. Maybe it's simply looking out the window at nature, or looking through some favorite pictures, say from that relaxing vacation last fall.

Sound can also be a good means of reducing stress. Listening to some favorite, slow, relaxing music or other soothing sounds is always a good stress reducer.

And yes, your nose can also help. The variety of scents available in candles, air fresheners, lotions and aromatherapy oils can all soothe. Scents like lavender and apple tend to calm, while lemon and peppermint help to energize many people.

Taste is another way to find short term relief from stress. There's a reason why comfort foods have earned that name.

And touch? While a soothing massage may be the ultimate stress reducer, simply stroking your pets, taking a relaxing bath or shower, or exchanging hugs with someone close to you are all good ways to use touch for fighting stress.

Other approaches to fighting stress take more effort but produce long-term relief. Things that make your heart feel happy are some of the most effective. That usually means connecting with others and finding acts of kindness that make you feel better.

Tied to that is identifying activities that help you feel good about yourself and your place in the world. It might be volunteering, helping a sick friend, or taking up a craft or some other activity that allows you to be creative.

Some people find that developing a more spiritual side to their lives is a great way to reduce stress. That can mean formal religion, but can also mean spending more time in nature or getting involved in community activities where you find you are able to contribute and do good.

We live in a time when stress is a common affliction that most of us face. While there may be no way to make all the stress of daily living disappear, being aware of the stress you face and taking simple steps to help you better handle it will certainly make life easier.

*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*

### Practical Money Skills from A3

in medical bills, particularly for hospital stays. Keep in mind that the price-comparison exercise doesn't stop on the way in to a procedure. You need to keep an eye on pre- and post-procedure bills from practitioners, hospitals and your health insurer for accuracy. If you see an error, contact the appropriate party or parties immediately to correct the problem.

**Bottom line:** There are very few industries going through as much change as healthcare. Universal coverage is good, but it's important to know exactly what it pays for before you need it. Set aside time to think through your health issues and do your research to help reduce healthcare costs that can impact your overall budget. Learning to save money now can preserve your budget later.

### ATTENTION GOLFERS! Christmas in April needs you!!

Help Us Celebrate 28 Years in the County!

Andrews Air Force Base  
September 26, 2016 all day—  
The Courses at AAFB

Prince George's County Christmas in April is sponsoring its 27th Annual Christmas in April • Prince George's County Susan Denison Mona Golf Tournament on September 26, 2016, at The Courses at Andrews Air Force Base. All profits from the tournament go toward funding the 2017 program, which renovates the homes of elderly and disabled residents of Prince George's County at no cost to the homeowner.

*Golfers and sponsors are needed!*

Please call 301-868-0937 to register for the tournament. Fees include a buffet, cart, tee and green fees, prizes, refreshments on the course, and more.

Your participation will enable Christmas in April to repair the hearts and homes of 90 needy families in 2017. Please call soon as space is limited.

## HUD Awards \$9.7 Million for Local Homeless Programs in Maryland

By PRESS OFFICER  
HUD

PHILADELPHIA, PA—Today, U.S. Department of Housing and Urban Development (HUD) Secretary Julián Castro awarded \$9.7 million to 33 local homeless housing and service programs across Maryland. These Continuum of Care (CoC) grants support the Obama Administration's efforts to end homelessness and build upon the \$37.2 million in funding HUD awarded to Maryland in the first round of funding in March. View a complete list of local homeless projects awarded funding.

"We know how to end homelessness, and these grants support local programs that are proven to prevent and end homelessness as we've come to know it," said

Secretary Castro. "As we continue to make progress toward ending homelessness in this country, HUD is challenging communities to use more cost effective solutions to help those experiencing homelessness."

"This additional funding will support new efforts to provide permanent supportive housing and rapid re-housing solutions for those experiencing homelessness in Maryland while also helping to sustain existing local programs," said Jane C.W. Vincent, HUD's Regional Administrator of the Mid-Atlantic region.

The competition to award FY 2015 CoC grants was the most competitive ever, both locally and nationally. This is consistent with HUD's policy goals as well as Congressional direction to stringently review performance, in-

crease competition for CoCs, and not simply fund renewals in the FY 2015 CoC competition.

HUD strongly encouraged local applicants to prioritize their funding request very carefully, using a mix of performance data and local needs. In addition, applicants were encouraged to submit projects that were based on research-driven approaches and supported the nation's goals to prevent and end homelessness. As a result, local CoCs eliminated a combined \$124 million in renewal funding from lower performing projects in order to apply for new housing projects.

Ultimately, the awards made today, and those awarded in March, will help us achieve the bold goals established in 2010 by President Obama and 19 federal agencies and offices that form the U.S. In-

teragency Council on Homelessness (USICH) in the nation's first-ever comprehensive strategy to prevent and end homelessness, Opening Doors: Federal Strategic Plan to Prevent and End Homelessness. This means continuing the progress made in reducing the number of people experiencing homelessness and setting a path to ending homelessness in this country. HUD estimates there were 564,708 persons experiencing homelessness on a single night in 2015. Since 2010, local communities around the country reported an 11 percent reduction in overall homelessness, a decline of more than 72,000 persons. During that same time, veteran homelessness fell by 36 percent; chronic homelessness declined 22 percent; and family homelessness declined by 19 percent.

### MGM from A1

windows. Functionality and clean lines are paired expertly with light-colored wood elements and warm earth tones to create a sophisticated, soothing feeling that embodies the overall architectural vision of MGM National Harbor.

Blending contemporary designs with natural materials, the resort's stylish spaces will encourage guests to relax and connect with nature. Thoughtful artistic touches will be featured throughout the resort including its suites, showcasing distinctive pieces of artwork inspired by the historic Maryland and Washington, D.C. area, adding to the overall ambiance of the resort.

**Executive Suites:** The 588-square-foot Executive Suite will serve as an extension of the standard guest room, offering a luxurious retreat reminiscent of the cozy feel of an old-world sailing yacht with wood millwork throughout. Customized lighting will allow guests to curate their own settings at the push of a button. An executive desk will provide an efficient workspace for those traveling on business while a separate seating area is ideal for hosting cocktails and conversation. A king-sized bed set into the wall will maximize the suite's layout, while a spacious bathroom completes the elevated experience. The Executive Suite also will function as a connector to the opulent Chairman Suite and can be reserved in conjunction with the resort's top suite offering.

**King Suite:** Measuring 797 square feet, the King Suite will be efficiently designed as an ADA-accessible space with open floor plans and thoughtful amenities. A soothing accent wall will highlight the main living room, while a streamlined bathroom design with an open shower will allow for easy movement throughout the space.

**Corner Suites:** With spectacular wraparound views, the

958-square-foot, one-bedroom Corner Suite will impress with a roomy layout and luxury apartment feel. Complete with a separate living room, integrated media center, sofa and large desk, the space will flow seamlessly to the bedroom through a sliding door, where guests will be pleasantly surprised to find a TV that appears to be floating in air.

**Executive Corner Suites:** Taking the suite offerings to the next level is the 1,465-square-foot Executive Corner Suite. In addition to a living room, couch and large desk, bonus amenities in this selection will include a traditional four-person dining area and an inviting plush round sofa in the bedroom—a great place to unwind and soak up stunning views of the Washington, D.C. skyline.

**Capital Suites:** High tech and high style converge in the one-bedroom, 1,536-square-foot Capital Suite. A grand entrance opens into the center of the expansive living room outfitted with an oversized sectional, 75" HD LCD TV and floor-to-ceiling windows with vistas of the suite's namesake. Off the palatial main space will be a small library and reading room in addition to a fully stocked bar and bonus powder room. On the opposite side, the swanky master bedroom will feature a window wall, clean designs and warm, calming color schemes.

**Presidential Suite:** At 2,462 square feet, the Presidential Suite will exude contemporary luxury with opulent amenities designed to entertain. A six-person dining table, bar and well-appointed seating area will allow for any type of social or business gathering while spacious bedrooms on each end of the suite will provide a relaxing retreat, complete with unique



PHOTO COURTESY MGM NATIONAL HARBOR  
The living room in the Chairman Suite features a state-of-the-art TV and a floor-to-ceiling wood panel accent.

standalone oval tubs in each master bathroom. The all-glass wall offers a distinct view of the Potomac River, while a vibrant statement wall in the main living area sets an animated tone.

**Chairman Suite:** Upon entering the extravagant 3,210-square-foot, two-bedroom Chairman Suite via large double doors, guests will be welcomed with a remarkable glass façade that provides a stunning vantage point overlooking the nation's capital and its monuments. A large living room with a state-of-the-art TV will be accented by an elegant, dark panel that runs from the floor to the ceiling, while the main room will flow into a kitchen, bar and full-size dining room. Acting as a focal point of the space, a light-hued wood wall will feature an abstract piece of art produced by a Maryland-based artist, infusing local culture into the design. Refined columns will accentuate the space, while the wood and warm color palette will produce a harmonious feeling throughout. Adjacent to one of the two bedrooms in the suite will be a secluded library and reading area, complete with a sectional couch, built-in desk and bookshelf. Guests will find

the Chairman Suite's hidden gem in the lavish master bathrooms, where standalone oval bathtubs are situated in front of floor-to-ceiling windows offering spectacular views in an intimate environment.

### Suite Amenities

Reflecting the resort's commitment to sustainability and conservation, building materials will be primarily locally sourced, with particular emphasis on the beautiful, light-colored wood that is utilized significantly throughout all rooms and suites. Additionally, suites will be equipped with auto-adjusting temperature and lighting capabilities to save energy when guests are not present. Advanced technology will enable guests' temperature and lighting preferences to be saved and activated as they enter and exit the room. Bathrooms will integrate sustainable features including custom, polished-chrome water-saving fixtures as well as LED lighting in the mirrors.

Wi-Fi and Bluetooth technology will be standard throughout all rooms and suites, enabling guests to conveniently stay connected to family, friends and business colleagues while on the road.

### Trash from A1

work we were able to do this year to clean up our watershed," said Lori Arguelles, Alice Ferguson Foundation's Executive Director. "As the largest regional event of its kind, the Cleanup provides a transforming experience that engages citizens and community leaders and generates momentum for change. I want to thank all of our partners and volunteers for their efforts and commitment to making the Potomac Watershed healthy, clean and trash-free."

A wide range of litter was removed during the cleanup—including 16,116 plastic bags, 1,003 tires, 14,280 cigarettes, 11 bicycles, car parts and even a bowling ball.

The announcement comes during the first annual Chesapeake Bay Awareness

Week, a joint effort by Maryland, Pennsylvania and Virginia to draw national attention to the history and importance of the nation's largest estuary. The Potomac is one of the largest rivers that flows into the Bay, and littering is a widespread problem in the area.

The annual Potomac River Watershed Cleanup is one of many of the Alice Ferguson Foundation's programs designed to promote environmental sustainability in the region and connect people to the natural world. The Foundation's Regional Litter Prevention Campaign empowers communities to "Take Control, Take Care of Your Trash," and has reduced littering behavior by over 30 percent when comparing target areas before and after the campaign began in 2011.

"What you do every day matters more

than what you do only once in a while," said volunteer Keenan Williams from Charles County, MD.

Several hundred organizations and groups partner in the Cleanup each year, including Alliance for the Chesapeake Bay, Anacostia Watershed Society, C&O Canal Association, Charles County Public Works, City of Alexandria, DC Department of Energy and Environment, Fairfax County Government Center, Friends of Accotink Creek, Friends of Little Hunting Creek, Interstate Commission on the Potomac River Basin, Joint Base Andrews, Montgomery County Parks and Planning, National Park Service, Prince George's County, Prince William Soil and Water Conservation District, Reston Association, Rock Creek Conservancy and Rock Creek Nature Center.

# OUT ON THE TOWN

ERIC D. SNIDER'S  
IN THE DARK

## Movie Review

### The Meddler

The Meddler  
Grade: B+  
Rated PG-13, one F-word,  
graphic meddling  
1 hr., 40 min

The first line of dialogue in *The Meddler* is “Anyway.” It’s the title character speaking, Marnie (Susan Sarandon), a recently widowed Mom from New Jersey with nothing to do with her time now but leave long, discursive voice mails for her daughter, Lori (Rose Byrne). Well-meaning, generous, and interested in everyone she meets, Marnie is the kind of lovably garrulous person who starts conversations with “anyway,” as if she’s been talking to you forever and was merely distracted, momentarily, by something else.

This is a big, happy smile of a movie, written and directed by Lorene Scafaria (*Seeking a Friend for the End of the World*) with autobiographical affection and a wonderful sense of humor. Though the title and scenario may suggest a broad comedy about a cartoonishly overbearing mother, it’s actually a tender, sympathetic portrait. To the extent that the film reflects Scafaria’s own life (like Lori, she’s a New Jersey native whose father was an Italian immigrant), it suggests she loves her mom, lengthy voice mails and all.

A year or so after her husband’s death, Marnie has followed her daughter out to Los Angeles. Lori is here to become a television writer; Marnie is here because she has no family back East beside in-laws, her husband left her plenty of money, and she might as well live near her daughter. Besides, as she says more than once, Southern California is “like living on Main



ROTTENTOMATOES

**With a new iPhone, an apartment near the Grove, and a comfortable bank account left to her by her beloved late husband, Marnie Minervini has happily relocated from New Jersey to Los Angeles to be near her daughter Lori, a successful (but still single) screenwriter, and smother her with motherly love. But when the dozens of texts, unexpected visits, and conversations dominated by unsolicited advice force Lori to draw strict personal boundaries, Marnie finds ways to channel her eternal optimism and forceful generosity to change the lives of others—as well as her own—and find a new purpose in life.**

Street in Disneyland!”

This proximity means not just multiple pointless phone calls from a worrying mother (“Did you get my message about the serial killer?”), but actual drop-in visits, too. Lori, busy with work and nursing her wounds after being dumped by a TV star (Jason Ritter), doesn’t have the time or patience for it. Mom needs a hobby. Or a boyfriend. Or both.

Potential suitors include a fellow Brooklynite (Michael McKean) and a retired cop named Zipper (J.K. Simmons, doing a Sam Elliott impersonation), both respectful and age-appropriate. But Marnie—and this is the key to the whole

thing—hasn’t fully processed her husband’s death. The headstone that she’s been discussing with her husband’s rowdy Italian brothers hasn’t been ordered yet, nor have his ashes been distributed. Marnie avoids anything that hints of moving on, and instead throws herself into Lori’s life and the lives of the people around her.

She helps Lori’s lesbian friend, Jillian (Cecily Strong), plan and pay for her wedding, despite hardly knowing her. She encourages Freddy (Jerrod Carmichael), the nice young man who works at the Apple Store, to go to community college, and gives him a ride to class when he takes her advice.

Meanwhile, she meets with a therapist (whose comments are a little on-the-nose) ... mostly to talk about Lori, not herself.

Sarandon and Byrne make for a relatable mother-daughter combo, perfectly capturing the dynamic between a parent and an adult child, fraught with impatience and exhaustion but ultimately full of love. The supporting cast is good too, but it’s really Marnie’s journey we’re following, and Sarandon is so endearingly funny and authentic that only an ardent mother-hater could fail to be moved by her. This should have been the year’s big Mother’s Day film, and *Mother’s Day* should have been incinerated.

## Networking from A1

did to expand their business or are looking to upgrade their business plan, the EDC is a One Stop Shop for connecting businesses to success.”

“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. Councilmember Franklin encouraged attendees to partner with the Economic Development Corporation, the County and each other and to consider investing in agri-business, particularly in the rural tier.

“I remember when the Romano’s started this incredible business with nothing more

than innovation and faith,” said Franklin. “Through their partnership with the County and the residents who have worked to make this winery a success, they have created a great economic destination in South County. But we need to create other agri-businesses; more bed and breakfasts, more wineries to be truly successful. You are in the right place with the right people to make this happen for you today.”

The Romano Vineyard and Winery is a family owned business that is celebrating its fifth year of producing a quality variety of commercial wines. Thanks to the \$145,000 assistance from the County’s Economic Development Incentive Fund, this family farm has expanded its production and is transforming Prince George’s County with quality boutique wines.

“We appreciate everything the EDC has done with us with the EDI Fund and we have definitely put it to work,” said Joann Romano, Co-Owner of Romano Vineyard and Winery. “We have invested in a tasting room, expanded our initial vineyard and planted another vineyard last year. We are growing, and we need people to spread the word. There is a vineyard in Prince George’s County and we would love to see them here.”

Also along the lines of agri-business, Prince George’s County is home to the Beltsville Agricultural Research Center, the USDA’s largest scientific installation. The Beltsville Research Center is one of the 14 federal agencies located in Prince George’s County that collectively solicit more than \$100 billion in procurements to small businesses annually.

“The Beltsville Agricultural

Research Center, one of the gems of Prince George’s County provides research and education to the American public on healthy crops, plants and natural resources,” said Dr. Harris. “We are continuously looking for small businesses to work with to enhance our knowledge and technologies and we look forward to hearing from local businesses in Prince George’s County.”

Romano Vineyard and Winery, along with Christopher Consultants, LLC, Five Star Consulting Group, NAI Michael Companies and Berman Enterprises graciously sponsored this evening’s event.

For more information about the County Economic Development Incentive Fund (EDI), contact Ebony Stocks, EDC Fund Manager by email at [epstocks@co.pg.md.us](mailto:epstocks@co.pg.md.us) or by phone at 301-583-4650.

## The Edge of Sports

by DAVE ZIRIN

### Interview With Rio’s Dr. Rodrigo Brindeiro on Controlling Zika and the Olympics



As the eyes of the world turn to Rio de Janeiro, host of this summer’s Olympic Games, a discussion has exploded about the Zika virus and its potential threat to athletes and tourists, as well as the possibility of a global pandemic. To get the facts, we went to Dr. Rodrigo Brindeiro, director of the Biology Institute at the Federal University of Rio de Janeiro—one of the leading research institutions in Brazil. Dr. Brindeiro, a molecular biologist and geneticist, is part of the team at the university’s Laboratory of Molecular Virology that is currently studying both how the Zika virus affects fetal brain development and potential treatment options. We spoke to him at his laboratory. This interview has been edited for clarity.

**Can you give a threat assessment of Zika? How widespread is it? How dangerous is it? And who is most at risk?**

We are just now gathering all of the information about this global threat. The virus was first identified in 1947 when it was discovered in the Zika forest in Uganda. Very few knew about it. They just knew that it was a mild virus. Then it spread epidemically in the 1970s to West Africa and then Southeast Asia. Various Zika-related syndromes including microcephaly [abnormal smallness of the head, a congenital condition associated with incomplete brain development] were found in fetuses and babies, but reported instances were very low and they thought it was not directly related to the presence of the virus. Only when they made a retrospective kind of analysis did they find that there was this relationship. It must be noted that microcephaly is only one aspect of this syndrome. It includes a whole series of neurological disorders. And that happened in widespread fashion only in Brazil.

There were so many other theories about what was causing high incidence of microcephaly: trying to say that it was not because of the Zika virus, but because of pesticides and insecticides, and things like that. But it’s not that, and we can prove the relationship between Zika and microcephaly because there were cases of pregnant women with twins in the northeast of Brazil. One was absolutely healthy and the other has microcephaly. If it was about chemicals, this would not happen ... In Brazil, as in many other places, it wasn’t required to report cases of microcephaly to public-health officials. Now it is. So when Zika came, we didn’t have the baseline to compare the frequency of microcephaly happening because of Zika or not. For a pregnant woman that is exposed to Zika virus, there is a 30 percent chance that the fetus will develop the disease. There is much we don’t know, for example we know nothing about infants, infected after they were born. But we know that there is possibility of something very severe.

For adults, Zika infection normally gives a rash and a mild fever or the infected will show no symptoms at all and it will just go away in several days. But for 5 percent of those infected, you can have the development of neurological complications like meningitis, encephalitis, or myelitis. And you have some severe cases for example here in the University Hospital with elderly people developing these kinds of neurological disorders.

**So why did it take root in Brazil and explode in such a way? You said it was in Uganda. Uganda also has inequality, standing water, poor sewage—all the things that you hear people speak about with regards to the spread of Zika. Why in Brazil has it taken off as it has?**

The population of Uganda is not dense and the spread of Zika is a population-density issue. This kind of virus is spread through the mosquito and that happens in densely populated big cities where you don’t have the sanitary control to control the spread of the mosquito. But this mosquito does not go very far. They fly roughly 100 to 200 meters. With the low density of population, it’s harder to have this spread. In [heavily populated] suburban [Rio] areas like Mesquita, Nova Iguaçu, Duque de Caxias, you have the problem, because the mosquito can spread it rapidly.

**What did you think of the idea that the Olympics should be canceled because of Zika?**

I would not say that [the Olympics should be canceled], for many reasons. First of all, if somebody is infected with Zika, they have a 40 to 60 percent chance of developing the

IMMUNIZATION  
COUNTDOWN  
AUGUST 23. ALL STUDENTS. ALL SCHOOLS.  
.....  
CUENTA REGRESIVA  
PARA VACUNARSE  
23 DE AGOSTO. TODOS LOS ESTUDIANTES. TODAS LAS ESCUELAS.

# Calendar of Events

June 30 — July 6, 2016

## Track: Summer All-Comers Meet

Date and Time: Friday, July 1, 5:30–7:30 pm  
Description: All-Comers Meets are recreational level track meets. All participants are placed in heats with runners of similar age. Ribbons are awarded in each heat for each event. Participants are permitted to compete in a maximum of four (4) events. Spikes are allowed but the maximum size is ¼ inch.  
Cost: FREE  
Ages: 6 & up  
Location: Prince George's Sports & Learning Complex  
8001 Sheriff Road, Landover, MD  
Contact: 301-583-2400; TTY 301-699-2544

## G.E.A.R.: Patriot Dessert Workshop

Date and Time: Friday, July 1, 2016, 7:30–10 pm  
Description: Join us for a night of delicious treats. Tonight ladies will make their own treats dedicated to Independence Day. Bring a friend and let's get creative.  
Cost: Free with M-NCPPC Youth ID  
Ages: 10–17  
Location: College Park Community Center  
5051 Pierce Avenue, College Park, MD  
Contact: 301-441-2647; TTY 301-699-2544

## 35th Annual Invitational Sculpture Exhibition

Date and Time: Through Sunday, July 31, 2016, 10 am–5 pm  
Description: This annual exhibition of three-dimensional works and installation pieces will take place in the Main Gallery at Montpelier Arts Center.  
Cost: Free  
Ages: All ages welcome  
Location: Montpelier Arts Center  
9652 Muirkirk Road, Laurel, MD  
Contact: 301-377-7800; TTY 301-699-2544

## 4th of July Ice Cream Social

Date and Time: Saturday, July 2, 2016, 11 am–1 pm  
Description: Celebrate the 4th of July with a wonderful ice cream social featuring music, roller skating, and face painting. Admission price includes two tickets good for ice cream. Ice cream tickets are available at the front desk of the Deerfield Community Center.  
Advanced registration and payment is required by Monday, June 27th. No refunds unless the event is cancelled.  
Cost: Resident \$3; Non-Resident \$4  
Ages: All ages welcome  
Location: Deerfield Run Community Center  
13000 Laurel-Bowie Road, Laurel, MD  
Contact: 301-953-7882; TTY 301-699-2544

Sunset Music Series: The Earth Wind & Fire Tribute Band  
Date and Time: Wednesday, July 6, 2016, 6:30–8:30 pm  
Description: The Earth, Wind & Fire Tribute Band is a group of talented musicians and vocalists, who have a love and appreciation for the musicianship of Earth, Wind and Fire.  
This tribute band's roots primarily lie in gospel music, but they truly bring to life the magic of R&B, funk and jazz sounds that embody Earth, Wind and Fire.  
From the funky and "earthy" grooves to the sophisticated and complex lyrics and orchestrations, the Earth, Wind and Fire Tribute Band will continue to keep the music alive so that everyone will know that the elements...Earth, Wind & Fire, will live on forever!  
Rain location: Harmony Hall Regional Center,  
Fort Washington, 20744  
Cost: Free  
Ages: All ages welcome  
Location: Cosca Regional Park  
1100 Thrift Road, Clinton, MD  
Contact: 301-203-6003; 301-699-2544

Jazz on the Lawn: Seth Kibel  
Date and Time: Wednesday, July 6, 2016, 7–8 pm  
Description: Bring a blanket or lawn chair, pack a picnic, and enjoy some of the area's top jazz musicians. In the event of rain, concerts will move inside. This week delight in the sounds of the Seth Kibel Quartet. Their variety of jazz and swing will surely get your toes tapping!  
Cost: Free  
Ages: All ages welcome  
Location: Riversdale House Museum  
4811 Riverdale Road, Riverdale Park 20737  
Contact: 301-864-0420; TTY 301-699-2544  
riversdale@pgparks.com

Wellness: Walk and Talk with the Doc:  
Suitland Community Center  
Date and Time: Thursday, July 7, 2016, 7:30–8:30 am  
Description: We know that walking is one of the best ways to stay healthy. It is also one of the best ways to connect with others! A local health care professional will lead a group walk, share wellness tips, and answer your questions. No registration is required. Just grab your tennis shoes and join the fun!  
Cost: FREE  
Ages: All Ages  
Location: Suitland Community Center  
5600 Regency Lane, Forestville, MD  
Contact: 301-446-6800; TTY 301-699-2544

Safe Summer: Night of Champions  
Date and Time: Thursday, July 7, 2016, 10 pm–12 am  
Event Description: Calling all WWE fans! Battle other participants with your favorite WWE Superstar on the Xbox One. Winners take home a trophy.  
Ages: 13 & up  
Fee: FREE  
Location: Glenarden / Theresa Banks Complex  
8615 McLain Avenue, Glenarden, MD  
301-772-3151; TTY 301-699-2544

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# EARTH TALK ... Musicians and Festivals Go Green

Dear EarthTalk:

Which current artists, bands and music festivals are leading lights when it comes to reducing their environmental footprints and spreading awareness about sustainability?

— Jim Greenville,  
Brewster, NY

The music industry has indeed come under fire in recent years for the huge amount of plastic waste it generates at outdoor concerts and festivals each summer. The 2015 Bonnaroo Music and Arts Festival, for one, generated some 679 tons of waste over just four days. Aside from their irresponsible disposal after the fact, these single-use plastics are also fossil fuel-intensive to produce to begin with. But recent acknowledgement of this issue by the industry has resulted in actions by fans, bands and entire festivals.

Musician Jack Johnson has led the charge on this initiative, championing the elimination of disposable plastics on his tour, as well as partnering with several environmental groups to found the Sustainable Concerts Working Group. This organization created a blueprint for making tours more sustainable, listing actions to take by both the band and the fans. Their website has a long list of goals, followed by specific actions to achieve them—for example, reducing carbon dioxide (CO<sub>2</sub>) emissions by switching to renewable energy sources, more efficient lighting and biofuel-powered transportation.

Many other musicians are also working to green up their industry. The Dave Matthews Band has taken significant steps to neutralize its environmental impact via its Bama Green Project, which educates fans around the world about paths toward sustainability. The band travels in a biodiesel tour bus and eats locally. Pop icon Adele has publicly championed the charity, Drop4Drop, which provides local, clean water to impoverished areas of the world. Rock band Phish founded the group WaterWheel in 1997 to focus on clean water and urban gardening. Meanwhile, U2 has worked closely with Greenpeace since the 1990s, helping them with protest campaigns from nuclear reprocessing in England to the destruction of forests in Russia. And punk rockers Green Day live up to their name by partnering with the Natural Resources Defense Council (NRDC) to raise awareness about American dependence on foreign oil.

While individual musicians have found success in mitigating environmental impact, some have also taken larger-scale actions. Dave Matthews, Maroon 5, Willie Nelson, The Roots, Sheryl Crow and others founded the Green Music Group (GMG) in 2004 to help change the industry as a whole. The group has four core principles with which they hope to incur a paradigm shift: create a community of environmentally conscious musicians and fans; facilitate "large-scale greening" of the music industry



CREDIT: MARINA COELHO, FLICKRCC

**Dave Matthews' Bama Green Project attempts to educate fans around the world about steps toward sustainability, while his band travels in a biodiesel bus and eats locally to reduce its environmental impact.**

through touring, development and public service campaigns; give environmental nonprofits a megaphone for their cause; and position musical leaders as voices for change. GMG has already made 80 major tours sustainable while reaching over 10 million fans in just over 10 years. Music festivals are also starting to follow suit. Bonnaroo recently partnered with the Plastic Pollution Coalition to encourage attendees to bring their own reusable containers, rather than giving out thousands of plastic cups. The Outside Lands Music Festival only uses biodegradable containers. Other festivals have completely eliminated the use of plastics; instead offering discounted products in return for reusable stainless steel containers. With this trend gaining momen-

tum every year, music fans around the world can be optimistic that the music industry will continue on this road to sustainability.

CONTACTS: Bonnaroo Festival, [www.bonnaroo.com](http://www.bonnaroo.com); Bama Green Project, [www.bamagreen.org](http://www.bamagreen.org); Drop4Drop, [www.drop4drop.org](http://www.drop4drop.org); Green Music Group, [www.greenmusicgroup.org](http://www.greenmusicgroup.org); WaterWheel Foundation, [phish.com/waterwheel/](http://phish.com/waterwheel/); Outside Lands Music Festival, [www.sfoutsidelands.com](http://www.sfoutsidelands.com).

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Send questions to: [earthtalk@emagazine.com](mailto:earthtalk@emagazine.com).

## Olympics from A6

most prevalent outcome of the infection—that is, just a low fever and rash for one or two days. It's not a big issue. Most of the rest who get Zika will be absolutely asymptomatic. No symptoms at all. But 5 percent of them could develop more severe neurological disorders. What the government is doing right now is to intensively fumigate all those areas to avoid the presence of the mosquito that is responsible for let's say, 90 percent of the transmission of this virus

### So you don't think the Olympics would spark a global pandemic?

No. For the athletes, I don't think there will be anything but a very low level risk of contamination, because they will be in [a controlled environment]. The athletes you can control by controlling their area of action. But tourists can come here to watch a game, [then] they can go to the Amazon area and then they will be exposed. But it's very easy for you to control that if you are using just repellents and wearing the right clothes for that. So I don't think it's a big issue.

### The best way to fight the spread of Zika virus—tell me if you disagree—would be for the government to aggressively implement better sewage and eliminate standing water in poor communities. Wouldn't that be the best way to limit its spread?

That's absolutely right. For a long time in Brazil, and in Rio de Janeiro, there was a big incidence of dengue. All kinds of government official propaganda were issued saying that the main [factor] in the spread of the [dengue] was [standing water] in homes. I'm not saying that it's not a cause of the spreading of mosquitoes, but come on. If you take the reality right now from Zika, chikungunya, and dengue, what you see is that the poor populations are affected. Why? It's not because of their plants. This is absolutely easy to understand when you go to places like Mesquita, Nova Iguaçu, and Duque de Caxias [areas in the outskirts of Rio de Janeiro] where you see the total lack of government intervention to establish good standards of

sanitation. You see big areas of open sewage close to the houses, dirty water canals, and things like that because of the lack of government intervention in the public engineering system and the health system. You don't go to Ipanema and see that, but if you go to Duque de Caxias you will see lots of these, low-wage families living in bad situations, and that's where you can see, for example, open waste areas, and lack of sufficient government intervention to put the pipes in the place. There's a place in Campina Grande [one of epicenters of microcephaly] close to its hospital, actually, where you will see clouds of mosquitoes.

The government approach for dengue was "Let's wait for the dengue vaccine," and now we are paying a price for that. A mosquito can carry hundreds of different viruses. So, okay, you can wait for the dengue vaccine, but then, you will need a Zika vaccine, chikungunya vaccine, and Mayaro vaccine, and o'nyong'nyong vaccine, and so many other viruses that will spread. Zika is about mosquitoes. If you don't deal with that, other viruses that will come. So Zika is a crisis, but also as always, crisis equals opportunity. There is an opportunity for us to finally focus our eyes upon the control of the mosquito. That is most important: something that should be easy to do, but you have to have the political will to do so. That's the big issue. So we still have to develop vaccines, we still have to develop new medicines, but first we have to control the mosquito.

### Do you also accept the argument that August is a month when there aren't as many mosquitoes in Rio and that decreases the risk dramatically?

The temperature is going down until July, so we really believe that incidents are going to be low. But there are issues like sexual transmission and the forest reservoirs which the lower temperatures won't affect—i.e., transmission still possible in these ways despite lower temps. Forest reservoirs are a big issue in Rio de Janeiro, as you know. It's a beautiful city. One of the things that makes the city beautiful is that we have forests inside the city, like Tijuca forest. It's a city, a metropolis, that is totally a mosaic of urban, rural, and [forested] areas. I would be more concerned about the Olympic tourists than the athletes. You cannot control the movements of the tourists.