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Upper Marlboro, MD Native Serves Aboard Guided-Missile Destroyer in Pearl Harbor

By LT. JILL RYAN
Navy Office of Outreach

JOINT BASE PEARL HARBOR-HICKAM, HI—A 2007 Charles H. Flowers High School graduate and Upper Marlboro, Maryland native is serving in the U.S. Navy aboard the guided-missile destroyer, *USS O'Kane*.

Petty Officer 3rd Class Shontae Artesia Robinson is a gunner's mate aboard the forward-deployed Arleigh Burke-class guided-missile destroyer operating out of Joint Base Pearl Harbor-Hickam, Hawaii.

A Navy gunner's mate is responsible for the operation and maintenance of guided-missile launching systems, gun mounts and other ordnance equipment as well as small arms and magazines.

"My job is to shoot missiles and maintain the launch systems," said Robinson, whose responsibilities also include maintaining the ship's armory. "It's an awesome job."

USS O'Kane, measures approximately 500 feet and is powered by four gas turbines that allow the destroyer to achieve over 30 mph in open seas.

According to Navy officials, destroyers are tactical multi-mission surface combatants capable of conducting anti-air warfare, anti-submarine warfare and anti-surface warfare, as well as humanitarian assistance. Fast, maneuverable, and technically advanced, destroyers provide the



PHOTO COURTESY THE NAVY OFFICE OF OUTREACH
Petty Officer 3rd Class Shontae Artesia Robinson.

required warfighting expertise and operational flexibility to execute any tasking overseas.

"Our Naval Surface Group Middle Pacific guided-missile destroyers are poised, trained, equipped and ready to deploy forward and support the Fleet," said Rear Admiral John Fuller, Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific. "Working with friends and allies, our MID-PAC sailors provide sea control, advance maritime security, enhance regional stability, and foster continued prosperity in the Indo-Asia-Pacific region."

Approximately 30 officers and 300 enlisted men and women make up the ship's company. Their jobs are highly specialized and keep each part of the destroyer running smoothly, according to Navy officials. The jobs range from maintaining engines and han-

See ROBINSON Page A3



A Baltimore checkerspot butterfly on a white turtlehead plant.

CAPITAL NEWS SERVICE PHOTO COURTESY OF MATT PERRY

Efforts Ramp Up in Maryland to Bring Back Vanishing State Insect

By HANNAH LANG
Capital News Service

ANNAPOLIS, MD—When Wayne Skinner started volunteering at Cromwell Valley Park in Baltimore County five years ago, he expected to see orange-and-black-spotted Baltimore checkerspot butterflies flying around the park.

"I really thought that they were here, they were just look-

ing for places to call home, and then I found out they're probably not here," he said.

The Baltimore checkerspot butterfly—Maryland's state insect—hasn't just disappeared from Cromwell Valley Park.

When the butterfly was named the state insect in 1973, it could be found in most parts of Maryland. Now, only about 11 colonies of this butterfly are known in the state—in Garrett,

Allegany, Washington, Frederick, Carroll, Baltimore and Montgomery counties—according to the Maryland Department of Natural Resources.

"There are some sites that historically had Baltimore checkerspots that are just not there anymore," said Jennifer Selfridge, invertebrate ecologist at the Maryland Department of Natural Resources. "They're parking lots or shopping malls

or they've just grown in."

The butterfly feeds on the white turtlehead plant, which thrives in wetlands and northern or mountainous regions, said Selfridge.

"If you lose the host plant, you lose the butterfly," she said. "That all happens when you lose the habitat."

See BUTTERFLY Page A3

Rosemary Brinkley of Educational Systems Federal Credit Union Inducted into the AACUC Hall of Fame

By PRESS OFFICER
EFSCU

GREENBELT, MD—Rosemary Brinkley, Board Chair of Educational Systems FCU, was inducted into the African-American Credit Union Coalition's (AACUC) Hall of Fame during the AACUC's 18th Annual Conference on August 5, 2016. The Hall of Fame honors African-American professionals and volunteers in the credit union movement who display unparalleled leadership, mentorship and professionalism.

Rosemary Brinkley has served on the Board of Directors of Educational Systems FCU for over 40 years. Throughout her tenure, she has led change by setting a positive example for members, employees and volunteers. She has always led in the Maryland education and credit union communities with the philoso-



PHOTO COURTESY EFSCU
Rosemary Brinkley, Board Chair of Educational Systems FCU, giving her acceptance speech as she was inducted into the African-American Credit Union Coalition Hall of Fame.

phy that "we can do better." Under Mrs. Brinkley's leadership as Board Chair of Educational Systems FCU, the Credit Union has grown from \$63 mil-

lion in assets in 1986 to over \$850 million today. This has

See EFSCU Page A5

PGCPS Makes Gains on PARCC Tests

By Press Officer
PGCPS

UPPER MARLBORO, MD—Prince George's County Public Schools made slight gains on most Partnership for Assessment of Readiness for College and Careers (PARCC) tests.

Students improved on all but two PARCC tests included in accountability measures (third-through eighth- and 10th-grade English language arts, third-through eighth-grade mathematics and Algebra I). Statewide, rates improved on four English tests and six mathematics tests, according to results released Tuesday.

Overall performance improved in elementary and middle school English Language Arts

(1.7 percentage point increase) and Mathematics (2.5 percentage point increase). Among high school course tests, 10th-grade English and Algebra I results rose (3 percentage points and 1.2 percentage points, respectively), but Algebra II results declined (5.5 percentage points).

"Though slight, these gains are encouraging. We expect that more students will meet this significantly higher bar over time," said Dr. Kevin M. Maxwell, Chief Executive Officer. "Our performance is moving in the right direction, thanks to the hard work of teachers, principals and staff throughout the system. We are still focused on improving our overall performance levels. We will continue investing in resources that prepare

all students for higher education and the workplace."

PARCC, the state's accountability program, is aligned to Maryland College and Career Ready Standards. PGCPS administered tests this past spring in English Language Arts (third through eighth and 10th grades), Mathematics (third through eighth grades), Algebra I and Algebra II.

An estimated 26 percent of elementary and middle school students met or exceeded standards on the English language arts test, and approximately 17 percent in math. At the high school level, approximately 32 percent passed the 10th-grade

See PARCC Page A5

PGCPS Partnership Recognized as National Model

By Press Officer
PGCPS

UPPER MARLBORO, MD—Prince George's County Public Schools (PGCPS) ongoing partnership with The Wallace Foundation is being featured as one of Independent Sector's "Model Partnerships for Impact" case studies. The case studies highlight healthy

relationships between grantees and funders, and offer opportunities for other organizations to learn from this partnership's best practices.

For the past five years, PGCPS has partnered with The Wallace Foundation to create a "pipeline" of exceptional school leaders through rigorous leadership training opportunities. When principal

vacancies become available, educators who have completed the training are prepared to step in and successfully take on leadership roles.

"Our work with The Wallace Foundation supports our goal to have strong leaders in our schools," said Dr. Kevin

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INSIDE

New Data Show Major Improvements in Health Care Access, Affordability, and Quality

Using data from both the Kaiser Family Foundation Survey and the Medical Expenditure Panel Survey, the White House Council of Economic Advisers analyzed how the slowdown in premium growth has benefited families in Maryland. Community, Page A3

The National Museum of African American History and Culture: Changing America's Narrative

The September 24 opening of the National Museum of African American History and Culture is the realization of a dream that's been a very long time coming, beginning a century ago when Black leaders first proposed a memorial to Black Civil War veterans. Commentary, Page A4

Wheels of Progress Turning in Prince George's County—On Purpose

FSC First was selected to serve as one of Maryland's two minority VLT fund managers with an innovative approach to reducing the underwriting and loan approval turnaround time from six weeks to two weeks, with flexible repayment options. Business, Page A5

Movie Review: War Dogs

Our narrator, and the one who still has vestiges of a conscience, is David Packouz (Miles Teller), who explains that he was restless and unfulfilled working as a massage therapist for \$75 an hour when his troublemaking best friend from middle school, Efraim Diveroli (Jonah Hill), moved back to Miami with a new scheme. Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

What's the latest in the battle over whether or not to permanently protect the Arctic National Wildlife Refuge? The issue seems to come up every few years around election season but I haven't heard anything about it lately.

—Gerald LaPlante,
Boston, MA

Features, Page A7

Towns and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301 735 3451

October is Adopt-a-Dog Month at Prince George's Animal Services

Is it time to bring home a dog for your family? Or for yourself? If you adopt from the Prince George's Animal Services Facility during the month of October, you won't be charged for adoption, microchip or vaccination fees.

The shelter is open Mondays and Tuesdays, noon to 6 p.m.; Wednesdays, 11:30 a.m. to 7:30 p.m.; Saturdays, 10 a.m. to 4 p.m.; closed Sundays, Thursdays and holidays. It's located at 3750 Brown Station Road in Upper Marlboro. For more information, call 301-780-7200. I checked the website and found that the Animal Services Facility in Prince George's has a slew of 5-star reviews.

To see what dogs are available, go to www.princegeorgesps4us.com. Each dog has a photo and such information as its name, age and breed.

Women's Conference at Suitland Road Baptist

Suitland Road Baptist Church and its Pastor, Dr. Kelvin McCune, invite all women to participate in their 18th Annual Women's Conference on Saturday, Oct. 15, 9 a.m. to 3:30 p.m. The Conference theme is "Walking in Newness of Life." Speakers are Minister Beatrice Y. Smith, Sister Deloris McKinney and Sister Shelia Hayes.

The fee is \$30, which includes lunch. Suitland Road Baptist is at 6412 Suitland Road. For information, call 301-291-2296.

Finally, an SRO crowd at a Skyline Citizens meeting!

And why was it a standing-room-only? Because most of the chairs were gone. As was almost everything that ever made Skyline School a school. We met in what used to be the multi-purpose/gym, and used what chairs President Stan Holmes could dig out of the supply closet.

But the meager seating, the standees, and the depressing surroundings didn't keep our meeting from being lively.

Our guest speaker was Dana Tutt, principal of William Beanes Elementary, the school our children now attend. She told us about herself: she grew

up in Suitland, attended the local public schools and graduated from Suitland High. She loves her community. She talked about her concern in more than doubling the student body. She also talked about the new Community Center due to open soon, adjacent to the school.

Special guests included Morningside Mayor Benn Cann and Vice-Mayor Bradley Wade who filled us in on what's coming up in Morningside. Paul Sinclair, president of Skyline Hills Homeowners, invited us to attend their four-times-a-year meetings, which now will be held at the Morningside Town Hall.

Our COPS Officer Gonzalez mentioned a robbery at the Suitland Beer & Wine (across from the Morningside VFD) and gave us crime prevention tips. He particularly cautioned us to lock the car door and never leave a purse or other valuables in plain view when gassing your car.

Our next Skyline meeting will be in November. At the Morningside Fire House.

Speaking of the Morningside VFD ...

A house on Donna Street in Skyline was gutted by fire the night of Sept. 25/26. Apparently no one was living there at the time, and there have been no report of injuries or the cause of the fire.

People

Father Everett Pearson, pastor of Mount Calvary Church in Forestville, will be honored Nov. 19 with a Mass of Thanksgiving and a banquet, in celebration of the 25th anniversary of his ordination. Mass will be at Mount Calvary, celebrated by Bishop Martin Holley, followed by a Gala Dinner and music at Pius X Knights of Columbus Hall.

Parkdale High School is mourning the death of their beloved Principal Tanya Washington. She was with the County Schools for 19 years, starting in 1997 as a teacher at William Wirt Middle School. Later she taught science at Charles H. Flowers High, served as assistant principal at Oxon Hill Middle and Largo High before moving to Parkdale as principal in 2013.

Coming up

Sat., Oct 29: Morningside is hosting its first Trunk or Treat. On that night they'll hold a costume contest, bake sale, and Trunk or Treat from cars. Cars will also be judged for best (spookiest?). This event is meant to provide a safer Halloween experience for children. For information, contact Councilmember Blade, 240-464-4272, or Councilmember Fowler, 240-354-5953.

Sat., Dec. 3: The Surratt Society has a special tour, Showman and his Magic Lantern Christmas Show, an authentic 1890's visual extravaganza, and a family-style meal at the Plain & Fancy Theatre in Bird-in-Hand, Pa. The bus leaves from the Surratt House at 9 a.m. and will return at 6 p.m. The cost is \$100. Send reservation and payment to Joan Chaconas, Surratt House Museum, 9118 Brandywine Rd., Clinton, MD 20735. Include contact information and number attending.

Changing landscape

The Washington Monument has closed indefinitely for an elevator fix. The announcement was made Sept. 26 after the elevator had caused repeated Monument closures over the past months. The 555-foot-tall monument was damaged in the 2011 earthquake, which may be part of the problem.

The Air National Guard dedicated a display of a Vietnam-era F-100 Super Sabre aircraft at the Air National Guard Readiness Center on Sept. 13 at Joint Base Andrews. Retired Maj. Gen Donald Shepperd, former ANC director, spoke at the ceremony; the aircraft bears his name.

Milestones

Happy birthday to Dr. Alvin Thornton and Kam Ron Blade, Oct. 7; Greta Chambers, Oct. 9; Marvin Burkhart, Oct. 10; Mary Deans, Oct. 11; and TJ Foster, Oct. 12.

Happy 27th anniversary to my daughter Elaine and Luke Seidman, on Oct. 7. Elaine wore the wedding dress and veil my mother Rose wore back in 1928. And Elaine rode to St. Augustine Church in Elkridge in a chauffeur-driven 1928 Ford.

Legion is located at 13505 Cherry Tree Crossing Road, Brandywine, Maryland.

5TH ANNUAL BULLDOG GOLF CLASSIC

Register now for Bowie State University 5th Annual Bulldog Golf Classic Thursday, October 13, 2016 at the Woodmore Country Club. The address is 12320 Pleasant Prospect, Mitchellville, Maryland 20721. New this year are lessons and clinics offered (Golf Pro Clinic: 10:30 AM and Tennis Pro Clinic: 1:00 PM). Registration fees per Golfer is \$150, per foursome is \$500 and Pro Clinics is \$100.

Registration fees also includes lunch and admission to awards reception. For more information go to events@bowiestate.edu 301-860-4300 or visit www.bowiestate.edu/bulldogclassic.

BOWIE STATE UNIVERSITY HOMECOMING DAY

Join us at the Legacy Parade from 9:00 AM-11:00 AM at Ruby Tuesday's to Bowie Town Center, Bowie, Maryland. Ad-

mission is free. We will have the Bulldog Fest at noon across from Holmes Quad. Music, food and activities for the family. Admission is free; \$10 Donation. Homecoming Game Bowie State University vs. Virginia State University starts at 2:00 PM in the Bulldog Stadium. Admission is \$20.00. Tailgating: \$100, RV Tailgating: \$150, Parking: \$15, Premier Parking: \$20, Oversized Vehicle: \$20.00. Bulldog Nation 5th Quarter starts at 6:00 PM in the Student Center, Wiseman Ballroom at Bowie State University. Admission: \$20, more at the door.

BIRTHDAY GREETINGS

Happy Birthday to Herbert Brown, Jr., Thomas Cooper, Herman Glascoe, Rudell Jones, Linda Lee, Tracy Pinkney, Rhonda Slater, Ora Wilson, Dennis Worthy, Jr., Gerald Adams, Geneva Butler, Terrence Chew, Wanda Contee, Ron Jackson, Teresa Jackson, Anthony Lewis, Joshua Johnson, Crystal Savoy, Cynthia Wilkerson, Jameka Williams, James Williams, Curtis Eugene and Morgan Eugene who are celebrating their birthdays in October.

Neighborhoods

BGE Launches Fifth Annual Electric Safety Contest for Elementary Students

BALTIMORE, MD—Baltimore Gas and Electric announced its fifth annual BGE Wires Down Video Challenge to educate elementary school-aged children on the importance of practicing electrical safety. Until Nov. 18, 2016, elementary school teachers (kindergarten through fifth grade) in public and private elementary schools across BGE's electric service area are encouraged to work with their class to submit 30 to 45-second videos of their interpretation of BGE's popular "Wires Down" electrical safety commercial. Entries have a chance to win between \$1,000 and \$10,000 to fund a school enrichment project. At least one winning school will be chosen as a winner from each participating county. Up to \$34,000 will be awarded this year to winning schools with an additional \$500 awarded to the submitting teacher from the first place winning school.

Originally produced in 2000, the Emmy Award-winning BGE "Wires Down" commercial with its "do not, do not, do not touch" melody aims to help raise awareness of electricity hazards, especially among young children. Last year's \$10,000 grand prize winning school, Krieger Schechter Day School, used the funding to install scientific discovery tools for their playground to include outdoor equipment that demonstrates scientific principles such as swings, balance ramps and gears and an outdoor shed which would house magnifying glasses, measuring tools and butterfly nets.

To date, BGE has awarded \$111,000 to 33 elementary schools across central Maryland as part of the BGE Wires Down Video Challenge. For more information on the contest, to download your free entry kit or to view last year's winning video, visit bgevideochallenge.com.

Public and private elementary schools in the BGE service area are also welcome to schedule free, in-person safety demonstrations from BGE safety experts who arrive in real utility bucket trucks or other service vehicles. To schedule a demonstration, please email our community affairs team at BGEEducation@Outreach@bge.com.

BGE reminds all customers to stay away from power lines and report any downed power lines or electrical emergencies immediately by calling 800.685.0123. Follow these safety guidelines:

- Assume that all overhead wires are energized at lethal voltages. Never assume that a wire is safe to touch even if it is down, appears to be insulated or if power is out at nearby premises.
- Never touch a fallen overhead power line. Call BGE at 1.800.685.0123 to report fallen electric lines.
- Keep yourself and equipment at least 10 feet away from overhead wires during cleanup and other activities.
- If working at heights or handling long objects, survey the area before starting work for the presence of overhead wires.
- Avoid touching anything that may be in contact with an overhead wire like tree limbs or other debris.
- If an overhead wire falls across your vehicle while you are driving, stay inside the ve-

hicle and continue to drive away from the line. If the engine stalls, do not leave your vehicle. Warn people not to touch the vehicle or the wire. Call or ask someone to call emergency services.

- Never operate electrical equipment while you are standing in water.
- Never repair electrical cords or equipment unless qualified and authorized.
- Have a qualified electrician inspect electrical equipment that has gotten wet before energizing it.
- If working in damp locations, inspect electric cords and equipment to ensure that they are in good condition and free of defects, and use a ground-fault circuit interrupter (GFCI).
- Always use caution when working near electricity.

HHS awards \$1,092,985 for IT Enhancements in MD

WASHINGTON, D.C.—Health and Human Services (HHS) Secretary Sylvia M. Burwell announced \$1,092,985 in funding for 17 health centers in Maryland for health information technology enhancements. In total, today's announcement includes \$87 million in funding for 1,310 health centers in every U.S. state, the District of Columbia, Puerto Rico, the Virgin Islands and the Pacific Basin.

"Health centers across the country are instrumental in providing high-quality, comprehensive primary health care to millions of people," said Secretary Burwell. "This investment will help unlock health care data and put it to work, improving health outcomes and building a better health care system for the American people."

The funding will support health information technology enhancements to accelerate health centers' transition to value-based models of care, improve efforts to share and use information to support better decisions, and increase engagement in delivery system transformation. To support these goals, all purchases or upgrades of electronic health record systems made with the funding must use technology that is certified by the Office of the National Coordinator for Health Information Technology. This is the first significant investment since 2009 directly awarded to health centers to support the purchase of health information technology.

"These awards will allow health centers to deliver higher quality of care to patients and spend health care dollars in a smarter way," said Jim Macrae, Health Resources and Services Administration (HRSA) Acting Administrator.

Nearly 1,400 health centers operating over 9,800 sites provide care to more than 24 million people across this nation, in every U.S. state, the District of Columbia, Puerto Rico, the Virgin Islands and the Pacific Basin. Today, health centers employ nearly 190,000 people.

This funding comes from the Affordable Care Act's Community Health Center (CHC) Fund, which was extended with bipartisan support in the Medicare Access and CHIP Reauthorization Act (MACRA) of 2015. The increased use of health information technology is part of the administration's efforts to

build a health care system that delivers better care, smarter spending and healthier people.

For a list of these fiscal year 2016 Delivery System Health Information Investment Awards recipients, visit: <http://bphc.hrsa.gov/programopportunities/fundingopportunities/dshii/fy2016award/s/index.html>

To learn more about HRSA's Health Center Program, visit: <http://bphc.hrsa.gov/about/index.html>

BGE Appoints Maria Harris Tildon to Board of Directors

BALTIMORE, MD—BGE has announced that Maria Harris Tildon has joined the company's board of directors. Tildon is the senior vice president for public policy and community affairs for CareFirst BlueCross BlueShield ("CareFirst"), the largest healthcare insurer in the Mid-Atlantic. Tildon's responsibilities at CareFirst include all matters related to public policy, government relations, external and internal communications, strategic medical communications and community outreach and corporate giving. She joined the company in 2006, after holding senior positions at The Century Council and with the Clinton administration.

"Maria has an extensive and impressive background in areas that are critical to an energy utility," said BGE Chief Executive Officer Calvin G. Butler Jr. "Her expertise in public policy and understanding of our customer base will be an asset as we move smart energy forward with innovative programs to meet customer needs."

Tildon succeeds former BGE board member Dr. Carla Hayden, previously chief executive officer of the Enoch Pratt Free Library, who was sworn in as the United States 14th Librarian of Congress on Sept. 14, 2016.

Tildon, a Baltimore native and current resident, also serves on the boards of Healthcare for the Homeless, the R. Adams Cowley Shock Trauma Center and the Chesapeake Employers Insurance Company. She is also a member of the Baltimore City College Board of Trustees and the District of Columbia Chamber of Commerce Executive Committee.

Tildon has a Bachelor of Arts degree in International Relations from Boston University and a Juris Doctor degree from American University's Washington College of Law.

Founded in 1816 as the nation's first gas utility, BGE marks its 200th anniversary this year. BGE is Maryland's largest natural gas and electric utility. Headquartered in Baltimore, BGE delivers power to more than 1.25 million electric customers and more than 650,000 natural gas customers in central Maryland. The company's approximately 3,200 employees are committed to the safe and reliable delivery of natural gas and electricity, as well as enhanced energy management, conservation, environmental stewardship and community assistance. BGE is a subsidiary of Exelon Corporation (NYSE: EXC), the nation's leading competitive energy provider. Like us on Facebook and follow us on Twitter, YouTube and Flickr.

Brandywine-Aquasco

by Audrey Johnson 301 888 2153

IT'S A VETERANS CASINO TRIP

Come and go with us to Delaware Park Raceway and Casino in Wilmington Delaware Saturday, November 12, 2016. Bus will leave St. Philip's Episcopal Church at 9:00 AM and Clinton Park-N-Ride, Clinton, Maryland at 9:30 AM and return at approximately 7:00 PM.

Fun package includes a \$30.00 rebate, 50/50 raffle, cake sale, and light refreshments. All tickets must be purchased by October 30, 2016. Donation is \$40.00. Absolutely no refunds. Sponsored by Shirley Ann Cleaves. For tickets please contact Shirley A. Cleaves (302) 690-4260 or Doretha A. Savoy (301) 233-3136.

VENDOR & CRAFT SHOW

Come out and do your Holiday shopping at the American Legion Auxiliary-Vendor & Crafter Show November 5, 2016 from 10:00 AM to 2:00 PM. There will be food for sale (Hot Dogs, Chili, BBQ, Chips, sodas and water. Raffle 50/50. Bring your family and friends. Volunteers appreciated. Telephone number is 301-782-7371. Brandywine American

COMMUNITY

Practical Money Skills

By Nathaniel Sillin

How to Tackle Your Grocery Bill

Food shopping can quickly take over your budget despite your best intentions. Perhaps it's due to impulse purchases, unplanned shopping trips, food going bad or a combination of all three. If you're looking for ways to save money while enjoying nutritious and delicious meals, consider these money-saving tactics.

Stick to your budget to save time and money. Look at your food budget before making a trip to the store. If you don't have one yet, figure out your overall budget including food costs with a simple budget worksheet. Knowing how much you want to spend and actually spent can help you make informed decisions.

Plan out the week's meals with your budget in mind. If you make dishes that rely on the same staples, you can save money by using leftovers to create a new dish. But mix things up to avoid boredom.

Make your trip to the grocery store even easier with a shopping list. Sticking to a list can help limit food waste and make it easy to get in and out of the grocery store. If you share food shopping duties with a spouse or partner, you can avoid double purchases by using grocery apps that let you create and sync shopping lists.

Stack different discounts and deals to rack up savings. Once you enter the grocery store, it's time to put your plan into action. Plan for the occasional indulgence and let yourself make impulse purchases occasionally, but try to stick to the list.

You can also often save money at grocery stores by joining the store's loyalty program. Members get exclusive discounts, and some programs offer additional savings at partner stores. Check your membership account online or with the app before checking out, as some programs have electronic coupons that you need to "clip" to get the savings.

One way to increase your grocery budget is to use one, or several, of the apps that give you cash back when you buy groceries. Sometimes you can even earn cash back on general purchases like a loaf of bread or a gallon of milk. Depending on the app and food, you may need to verify the purchase by scanning the barcode and sending a picture of your receipt.

The store you choose can also significantly impact how much you'll spend.

Strategically plan your shopping route. Planning your grocery shopping after reviewing your local stores' weekly sales and coupons can help you determine what to buy where. Also take the time to explore your neighborhood stores, as one grocer may frequently have high-quality yet inexpensive produce while another might have a great butcher.

No matter where you shop, be mindful of how the store's design can entice you to make purchases. The outside ring is often where you'll find the fewest processed foods, however you might notice that you need to walk to the back of the store to grab milk or eggs. The store hopes you'll be tempted by something you see along the way.

Sticking to your list, refraining from walking through an aisle unless you need to and remembering that the eye-level products aren't necessarily the best bang for your buck can help you avoid these traps.

Stick to inexpensive foods. Consider choosing store-brand rather than name-brand products as they're often cheaper, but not necessarily lower quality. You may also want to consider changing what you buy. Filet mignon can be delicious, but so can cheaper cuts of meat and there's a lot of advice online for how to best prepare them. Staples, such as rice, beans and canned or frozen goods are also a low-cost way to supplement meals.

Bottom line. Buying food is a necessity, but you don't have to overspend to keep a well-stocked fridge and pantry. By planning your meals and grocery trips, using the money-saving tactics above and carefully choosing where you shop, you can save time and money—and cook up something delicious.

Robinson from A1

dling weaponry to washing dishes and preparing meals.

"Serving aboard the *USS O'Kane*, I have camaraderie," said Robinson. "I have family here. The people here are just like family."

Challenging living conditions build strong fellowship

PGCPS from A1

M. Maxwell, Chief Executive Officer for PGCPS. "Strong leaders create strong teams, which ultimately, have a positive impact on student achievement."

Independent Sector (IS), a leadership network for non-profits, foundations, and corporations committed to advancing the common good, launched "Partnerships for



among the crew, Navy officials explained. The crew is highly motivated, and quickly adapt to changing conditions. It is a busy life of specialized work, watches, and drills.

"The Navy gave me the opportunity to work here in Hawaii," said Robinson. "The Navy means breaking down barriers."

Impact" as a follow up to nationwide community conversations which consistently cited the strained relationship between grantees and funders as a barrier to meeting mission goals. The goal of "Partnerships for Impact" is to help grantees and funders have healthier relationships so organizations can better fulfill their missions and strengthen the communities they serve.

However, the state of Maryland owns the park and leases the property to Baltimore County, which is engaged in a reforestation project in the park. The county has taken over 28 acres and is planning to plant trees in the area, said Skinner.

"A lot of wildlife depends on fields, whether that be butterflies

or birds or groundhogs, and we're concerned now that they're just not making a real smart decision," he said. "Here I am putting this in, but are they going to take it out and put trees in it? They're trying to do one thing but they're hurting something else, and I just don't like the idea."

Don Outen, the natural resources manager for Baltimore County, said he didn't think the reforestation project was "a major issue at all."

"They have a lot of land, you know, the park was acquired over the years through different funding sources and the interest is in contributing to the restoration of the county's canopy goal," he said.

The vanEngelsdorp Bee Lab at the University of Maryland in College Park hopes to eventually provide Baltimore checkerspot larvae to other members of the recovery team, said Dennis vanEngelsdorp, the project director for the Bee Informed Partnership.

"We want to do this really well so that we don't just have this project for the sake of it, but really do establish a habitat that's going to maintain a population," he said.

The lab was able to purchase white turtlehead plants and fences thanks to grants and a campaign in 2015 that raised more than \$5,000 for the effort, and has planted more than

2,000 plants on campus, but they won't be ready to host the butterfly for another two or three years.

"Doing things in very sequential, logical ways is frustrating because it's slow, but it's responsible because that's the way we're sure that what we're going to do is going to be sustainable in the long term," she said.

In the next year, Selfridge will examine population distributions of the butterfly and ensure the existing colonies in the state are stable, she said.

"Our immediate goals are just kind of to figure out where they are on the landscape and to evaluate the habitat, and that means doing some minor habitat enhancement, so we might plant plants, or do invasive species removal," she said.

The long-term goal is to create self-sustaining butterfly populations that don't require constant habitat enhancement efforts, she said.

"[The butterfly] is rare and it is declining but it's not so far gone that it requires a ton of work," Selfridge said. "Some species are just so rare, you're lucky if you have maybe one or two populations and generations."

New Data Show Major Improvements in Health Care Access, Affordability, and Quality

Maryland Families Saved \$1,300 From Slower Growth in Employer Premiums Since 2010

By PRESS OFFICER
HHS

WASHINGTON, D.C.—New studies show Marylanders are experiencing slower growth in health care premiums, increased access to coverage, and higher quality of care under the Affordable Care Act (ACA).

• More Affordable: The average premium for families with employer-sponsored health plans grew just 3.4 percent in 2016, according to the Kaiser Family Foundation and Health Research and Educational Trust survey, extending a period of unusually slow growth since 2010. The White House Council of Economic Advisers calculates that the average family premium in Maryland was \$1,300 lower in 2015 than if premiums had grown at the same rate as the pre-ACA decade.

• Greater Access: Only 6.6 percent of people in Maryland went uninsured in 2015, new Census data show, down from 11.3 percent in 2010. That dramatic drop means 278,000 more Marylanders had coverage in 2015.

• Better Quality: Hospital readmissions for Maryland Medicare beneficiaries dropped 10.4 percent between 2010 and 2015, according to new data released by the Centers for Medicare and Medicaid Services. In 2015, that drop translates into 3,789 times Maryland Medicare beneficiaries avoided an unnecessary return to the hospital.

"Affordability, access, and quality are how we measure success in the health care system," said Secretary Sylvia Mathews Burwell. "This week's data show Maryland is making progress on all three under the Affordable Care Act."

Making Health Care More Affordable for Marylanders

An independent analysis released this morning by the

Butterfly from A1

The butterfly population might also be dwindling because of climate change, Selfridge said. While the Baltimore checkerspot is rare in Maryland, it does "really well" in places with cooler climates, like Canada, she explained.

Selfridge started the Baltimore Checkerspot Recovery Team in 2012 to consolidate statewide efforts to reintroduce the butterfly and improve existing habitats. The team's 18 member organizations—most in Maryland but some from out-of-state—work to establish butterfly colonies, remove invasive species from wetlands and care for existing white turtlehead plants.

At Cromwell Valley Park—a member of the recovery team—volunteers have planted four white turtlehead enclosures with high fences to protect the plants from deer. Skinner regularly drags gallons of water to these patches in an attempt to replicate the wetlands the plants are accustomed to.

However, the state of Maryland owns the park and leases the property to Baltimore County, which is engaged in a reforestation project in the park. The county has taken over 28 acres and is planning to plant trees in the area, said Skinner.

"A lot of wildlife depends on fields, whether that be butterflies

Kaiser Family Foundation finds that the average family premium for the 150 million Americans with employer-sponsored health plans increased by only 3.4 percent in 2016. Since 2010, the average family premium has increased an average of 4.7 percent per year, compared to 7.9 percent from 2000 to 2010—a 40 percent reduction in growth.

Workers' contributions to premiums have also increased an average of 4.7 percent per year since 2010, compared to 9.5 percent during the previous decade. Meanwhile, another Kaiser study found that total enrollee cost sharing (counting deductibles, coinsurance, and co-payments) increased an average of 4.1 percent per year from 2010–2014, compared to 7.1 percent from 2004–2010.

Using data from both the Kaiser Family Foundation Survey and the Medical Expenditure Panel Survey, the White House Council of Economic Advisers analyzed how the slowdown in premium growth has benefited families in Maryland. Between 2010 and 2015, family premiums for the 3,700,000 Marylanders with employer-sponsored coverage grew an average of 5.2 percent per year, compared to 6.7 percent from 2000 to 2010. That slowdown saved Maryland families \$1,300 in 2015. If Maryland premiums grew at the national average of 3.4 percent for 2016, those savings will grow to \$2,000.

Other metrics of health care cost growth have also slowed sharply since the ACA was enacted. For example, health care prices have grown at the slowest rates in 50 years, and Medicare spent \$473 billion less from 2009 to 2014 than it would have if previous spending trends had continued. As independent experts have noted, the ACA has contributed to the health care cost slowdown through Medicare

provider payment reforms that have had spillover benefits for the rest of the health care system; through direct incentives for health care providers to improve quality and reduce costs, for example by reducing hospital readmissions and hospital-acquired infections; and by laying the groundwork for more fundamental delivery system reform.

Expanding Access to Coverage in Maryland

Last week, new data showed that the national uninsured rate fell to a record low of 8.6 percent in the first quarter of 2016, following the Health Insurance Marketplace's third open enrollment season. Yesterday, the Census Bureau released its first detailed data on how the ACA's coverage expansions have benefited Maryland in 2015. Maryland's uninsured rate was 6.6 percent in 2015, a sharp reduction from the 11.3 percent the same survey showed for Maryland in 2010.

The dramatic drop in the uninsured rate means that 278,000 more Marylanders had coverage in 2015. That increase reflects the combined effects of the ACA's coverage reforms, including the creation of the Health Insurance Marketplace, tax credits that help families afford coverage, the end of coverage exclusions for people with pre-existing conditions, letting young adults remain enrolled on their parents' plans, and Maryland's decision to expand Medicaid coverage.

These gains are on top of other improvements in access to coverage and care for Maryland residents thanks to the ACA. For example, no matter where they get their health insurance, consumers now have access to free preventive services, and their plans now have limits on out-of-pocket costs and no annual or lifetime limits on coverage.



PHOTO COURTESY OF HANNAH LANG
Wayne Skinner, a volunteer at Cromwell Valley Park in Baltimore County, waters the park's white turtlehead plants.

they are on the landscape and to evaluate the habitat, and that means doing some minor habitat enhancement, so we might plant plants, or do invasive species removal," she said.

The long-term goal is to create self-sustaining butterfly populations that don't require constant habitat enhancement efforts, she said.

"[The butterfly] is rare and it is declining but it's not so far gone that it requires a ton of work," Selfridge said. "Some species are just so rare, you're lucky if you have maybe one or two populations and generations."

"Our immediate goals are just kind of to figure out where

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COMMENTARY

Benjamin L. Cardin

United States Senator for Maryland



Senator Benjamin L. Cardin Names Jessica Lewis as New SFRC Staff Director

WASHINGTON, D.C.—U.S. Senator Ben Cardin (D-Md.) announced that Jessica Lewis will serve as the new staff director for the Democrats on the Senate Foreign Relations Committee.

Jessica is currently the Senior National Security Advisor to Senate Democratic Leader Harry Reid (D-Nev.), handling a broad portfolio of national security issues and serving as the Senator's liaison to relevant government agencies and the Senate Armed Services, Foreign Affairs, and Intelligence Committees. Prior to her nine-year tenure in Senator Reid's office, Jessica worked for Senator and Congressman Robert Menendez and the House Foreign Affairs Committee in senior roles. Before coming to Congress, she ran development and education programs for the Organization of American States in Latin America.

Senator Cardin, the Committee's Ranking Member, said, "Jessica has established herself as an expert voice on critical foreign policy and national security matters, and is well regarded by Senators and staff on both sides of the aisle. In an increasingly complex world filled with both challenges and opportunities for the United States, Jessica's knowledge and professionalism will serve the Senate Foreign Relations Committee exceed-

ingly well. I respect Jessica greatly and I'm looking forward to working with her even more closely."

"I have relied on Jessica's wisdom, foresight and vast knowledge for years as we have navigated some of the most difficult issues America has faced. The challenges before us have never been more complex, and there is no individual on Earth better equipped to handle them than Jessica Lewis," Senator Reid said.

Jessica began her career in education as a third-grade teacher in Howard County, Maryland public schools and was an adjunct professor at Johns Hopkins University's education program, where she received a Master's Degree in Teaching. Jessica also holds a Master's Degree from the Kennedy School of Government at Harvard University.

"It has been an honor to work for Senator Reid for the past nine years and I look forward to continuing to work on the critical national security, foreign policy and international development challenges facing our country in my new position with Senator Cardin on the Senate Foreign Relations Committee," Jessica Lewis said. "After many years as a liaison to the Committee, I am excited about working with its bipartisan members and staff."



Captain Salem Avery House

Open to the Public

WIKIMEDIA COMMONS PHOTO BY: PUBDOG

CAPTAIN SALEM AVERY HOUSE

The Capain. Salem Avery House is a historic home and museum at 1418 East West Shady Side Road, Shady Side, Maryland. It is a two-story frame building, located on a 0.75-acre rectangular lot, overlooking the West River and Chesapeake Bay. The two-story house consists of the original residence, constructed about 1860, which was later expanded the 19th century and in the 1920s, by the National Masonic Fishing and Country Club. There is also a modern boathouse built in 1993, featuring the locally built *Edna Florence*, a 1937 Chesapeake Bay deadrise work-boat. Open most Sundays, 1-4 pm from April through November, except major holiday weekends. Outdoor exhibits are open daily from dawn to dusk. For more information call 410-867-4486.

Child Watch

by Marion Wright Edelman



The National Museum of African American History and Culture: Changing America's Narrative

"In the shadow of the Jefferson Memorial, the Lincoln Memorial, the King Memorial, and the front yard of the Washington Monument, like a phoenix, our museum will rise ... Believe me, if we can build a museum æ there's nothing that you can't do. There's nothing you can't reach. There's nothing you can't teach, but it begins with the vision, and it begins with a vision that maybe nobody else can see."

—Dr. Rex M. Ellis, Associate Director for Curatorial Affairs, National Museum of African American History and Culture

The September 24 opening of the National Museum of African American History and Culture is the realization of a dream that's been a very long time coming, beginning a century ago when Black leaders first proposed a memorial to Black Civil War veterans. Dr. Rex M. Ellis, the museum's Associate Director for Curatorial Affairs, speaking to young teachers during the Children's Defense Fund (CDF)'s 2016 Freedom Schools® training, shared his hopes that the museum will help light the way for the next generation of Americans and that the museum's vision will "change the master narrative of our nation."

"When people come to the Smithsonian now, they're not just going to hear about American art or American history ... We have a 76-ton train, a segregated train car that was built and adorned as a segregated car in the 1940s. We brought that train all the way from Berea, Kentucky, down 14th Street. It took two 16-wheelers to bring that 76-ton train down, and then two cranes ... that lowered it into the museum, and as it was lowering into the museum, I said to the director, 'We are bringing a part of our history that will [be here] forever'—because we had to put the train in, and then build the roof over the top of it. So the train is going to be there. Segregation is going to be there. Segregation and lynching and slavery and everything that we have gone through as a people is now a part of a master narrative."

Dr. Ellis shared how special the opening of this museum is to him. "For museums around the world, the question is are we going to contribute to the solu-

tion to the problems and challenges of our nation and our world, or are we going to sit back like Nero and watch Rome burn to the ground? Our plan is to use our museum as a way to make America better."

The new museum opens at a critical inflection point in our nation's history. By capturing America's struggle to overcome our birth defect of slavery and our ongoing struggle to close the gap between America's creed and deed, for the first time our children will be able to accurately learn the too often hidden or misstated history of America. With this museum, I hope new generations of children will grow up not only learning the truth about who we are and where we came from but also what they can do to create a more equal and just America.

The struggle to build the museum often seemed to mirror the story it was trying to tell. One that required grit, determination, and persistence—a struggle Dr. Ellis feels was well worth having:

"When we began back in 2005, we had nothing. We had no building. We had no collections. We had no land to put a building on and very little money. We had a very small staff of about three people. Now, just 11 years later, we

have a staff of over 180 people, nearly 37,000 objects, five acres of land that shares our neighborhood with the Washington Monument and the White House and the United States Capitol and the National Park Service and 18 Smithsonian museums."

"Many said it could not be done. 'How are you going to raise over \$540 million and a building that you say will have over 300,000 square feet and seven stories? It's too much,' they said. 'It can't be done,' they said. 'It will certainly take more time to build, and what about collections? How are you going to find a world-class collection? Most of the stuff worth having museums have already collected. You're not going to get the good stuff. Bet you don't have anything from Michael Jackson.' Yep, we got a vest he wore during his Victory Tour and one of his signature gloves—but that's not all. We've got Chuck Berry's Cadillac, but that's not all. We've got Maybelline, his guitar. But that's not all. We got hip-hop artist Chuck D's jacket. The original funkmaster George Clinton, we got his Mothership. We got Prince's tambourine."

See WATCH, Page A7

Marc Morial, President and CEO

National Urban League



Ask the Candidates: How Will You Protect Democracy?

"Before enacting that law, the legislature requested data on the use, by race, of a number of voting practices. Upon receipt of the race data, the General Assembly enacted legislation that restricted voting and registration in five different ways, all of which disproportionately affected African Americans. Although the new provisions target African Americans with almost surgical precision, they constitute inapt remedies for the problems assertedly justifying them and, in fact, impose cures for problems that did not exist."

—U.S. 4th Circuit Court of Appeals, striking down North Carolina's "Monster" voter suppression law.

As this most unusual of Presidential campaigns barrels toward November, it often has been difficult to focus on the issues challenging our communities, rather than personalities and inflamed rhetoric.

On Monday, September 26th from 9:00PM-10:30PM EDT, Democratic nominee Hillary Clinton and Republican nominee Donald Trump face off in the first of a series of debates. The issues challenging our communities must be on the table.

In a recent Op-Ed published in *Newsday*, Patriotic Millionaires Board Chair Morris Pearl and I issued a challenge to NBC News anchor Lester Holt and the other debate moderators: demand answers to the most fundamental American question: Do you believe in the essential equality of each American and if so, what specifically are you going to do to ensure that each citizen has equal political power?

There are dozens of topics to tackle that will lay bare the candidates' commitment to our uniquely American promise. Whether Holt asks about voting rights or gerrymandering, campaign contributions or executive powers, the nominees' answers will reveal their underlying commitment to equality, and to democracy itself.

Monday's debate offers an excellent opportunity for citizens to continue become informed and engaged—and our National Urban League Young Professionals are leading the way on voter engagement.

Here are some highlights of what the YPs will be doing from now until Election Day to encourage voter participation:

• **#NovIsComing Contest:** Counting down to the General Election, NULYP will issue a series of "tasks" to chapter members that seek to Educate, Engage, and Empower voters. This contest will take place on the NULYP GOTV Facebook page. The chapter member that completes the most GOTV tasks will be eligible to win the Grand Prize: Free registration to next year's NUL Conference in St. Louis, MO.

• **Interactive Debate Watch Parties:** The YPs will incorporate online polls, etc. to spark real-time conversation and engagement around issues brought forth during the Presidential Debates. Instructions issued prior to each debate to will ensure chapters are "plugged in" to the conversation.

• **2016 National Voter Registration Day (NVRD):** Once again, NULYP will partner with NationalVoterRegistrationDay.org to promote voter registration and ensure no one is left out of this important part of our political process. This year NVRD falls on, September 27th, but chapters are encouraged to promote NVRD on social media and host registration events anytime between September 23-October 1, 2016.

• **College Absentee Voting Campaign:** College students are a key demographic in our elections on the local, state, and national level. However, many miss the opportunity to vote because they fail to apply for an absentee ballot for their home districts. To raise awareness about the importance of timely absentee voting, NULYP chapters are encouraged to share pertinent absentee voting information with non-partisan student organizations at local university/ college campuses.

I'm proud of our Young Professionals for their commitment to civic engagement—one of the core principles of the National Urban League. Whether you join one of the debate watch parties or encourage your neighbors to register and vote, stay engaged, stay informed and most importantly, vote!

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BUSINESS

The American Counseling Association's Counseling Corner

Want a Longer, Happier Life? Make Friends

Women, in general, tend to be more sociable than men and tend to make more and deeper friendships. But for men, developing close friendships with other men often seems difficult to do.

And yet, according to researchers, this matters. The 2005 Australian Longitudinal Study of Aging found that family relationships had little impact on longevity but that friendships appeared to increase life expectancy by as much as 22 percent.

So why is it harder for men to undertake something as seemingly pleasant, and apparently health promoting, as making good friends? Experts cite a number of reasons.

One is that men traditionally tend to be more caught up in their careers. Today they may also want to be more involved with their children than their own fathers were. The result can be little time left to develop close friendships with peers. And as men get older and leave the work force, they also tend to leave behind most of the work friendships they have enjoyed.

Another problem is that men seem to have been taught, whether consciously or otherwise, that talking about personal matters with other men simply isn't "manly." In our society, women are more at ease drawing other women out, talking about feelings and emotions, and sharing their inner lives. Men tend to avoid the personal and instead base friendships on common interests such as sports or work.

The bottom line is that men certainly can develop good and strong friendships, but it may take a bit more effort as well as overcoming some of the traditional barriers.

One starting point, especially for older men, is to get into situations where they can meet other men and where the atmosphere is right for making conversation and sharing experiences. It might mean participating at a senior center, taking courses at a local college, or volunteering with a local charity. Book clubs, walking groups, exercise classes—all are places where men can meet other men like themselves.

It then also means being willing to open up and share one's feelings and emotions. A man may have to make a real effort, at least at first, to share what he's feeling or concerned about, but when he does so that's when he's building the foundation for a real friendship.

Put in a little effort and sharing and you'll create friendships that will enrich your life, and maybe even prolong it.

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

PARCC from A1

English language arts test and 16 percent passed Algebra I.

Elementary and Middle School PARCC Performance

The number of students who met or exceeded expectations on the PARCC exams varied among racial/ethnic and economic backgrounds, as well as among students with limited English proficiency and special needs.

Six out of eight student groups had higher passing rates on the English language arts test this year. White and Asian students posted the highest passing rates (48 percent and 52.8 percent, respectively), while African American students posted the highest improvement rates from 2015 (up 2.2 percentage points). Students with limited English proficiency and those from families with low-income had the next highest improvement rates (up 2.0 percentage points).

Math performance improvement was widespread across student groups, ranging from 0.3 percentage points (students with special needs) to 4.3 percentage points (Asian students). Overall, the percentage of students who met or exceeded expectations was higher this year, with the exception of the seventh-grade math test, whose testing pool excluded higher-performing students enrolled in eighth-grade math or Algebra I.

The Department of Curriculum and Instruction will be working with schools to address math performance concerns. The school system held four PARCC Parent Night information sessions last year to educate parents on the new assessments. PARCC Parent Nights will be held again this year for families with children in third through 11th grades to help connect parents and stu-

dents with resources to prepare for the PARCC assessments and gain knowledge of the Maryland College and Career Ready Standards. These events will also provide parents with resources and information to understand their child's PARCC Home Report and test results.

PARCC Background

PARCC replaced the Maryland School Assessment (MSA) in 2015. It is the first assessment aligned to Maryland's College and Career Ready Standards, and sets a higher bar for student learning. PARCC tests require students to demonstrate critical thinking, problem solving and clear writing.

"The PARCC results provide a valuable tool that our educators can use to strengthen classroom instruction," said State Superintendent of Schools Dr. Karen Salmon on Tuesday. "When combined with other assessment data and evidence of performance, teachers can tailor their efforts to individual student needs."

PARCC results are not currently being used for accountability purposes at this time as the state reviews and revises its accountability system under the new federal Every Child Succeeds Act.

The assessment indicates how close a student is to meeting the new standards, and results are categorized into one of five performance levels:

- Level 1: Did Not Yet Meet Expectations
- Level 2: Partially Met Expectations
- Level 3: Approached Expectations
- Level 4: Met Expectations
- Level 5: Exceeded Expectations

Students achieving at levels 4 or 5 met grade-level expectations and are considered on-track to be college-ready.

Wheels of Progress Turning in Prince George's County—On Purpose

County Celebrates Maryland Economic Development Week by Reinvesting in Small and Minority Businesses

By LORI VALENTINE
PGCEDC

LARGO, MD—Members of the press and the business community gathered at the Prince George's County Economic Development Corporation (EDC) on Monday, September 19 to join top officials from County Executive Rushern L. Baker, III's office kicked off Economic Development Week with two new initiatives geared towards bolstering the success of local small and minority-owned businesses. Celebrating the great economic development successes the County has experienced during the Baker Administration, County officials stated that this success was not by accident. Joining the celebration was Council Chair Derrick L. Davis, EDC President and CEO Jim Coleman, Prince George's County Financial Services Corporation President and CEO Shelly Gross-Wade, and Maryland Department of Commerce Financing Program Manager Darla Garrett.

"The announcements that were made during the kick-off of Maryland Economic Development Week by FSC First show our continued commitment to expanding our commercial tax base and helping local, small and minority businesses grow," said County Executive Baker. "With our housing values up over 65% since 2011, over \$7 billion of investment into our economy and thousands of new jobs created, it is safe to say that our economic strategies are paying off. What better time to celebrate our success than Economic Development Week."

FSC First President and CEO Shelly Gross-Wade announced exciting financing initiatives specifically available to local, small, minority and veteran owned entrepreneurs. The first initiative establishes a Contractor Advantage Program (CAP), capitalized with EDI Funds to support local contractors who are seeking access to a line of credit funded by a financial institution. CAP will operate as a loan guarantee program and will back up to 25% of the line of credit from the financial institution up to \$250,000. The goal of this program is to reduce the barrier that exists between local contractors and their lending institutions to encourage the banks



PHOTO COURTESY LORI VALENTINE

County Council Chair Derrick Davis (c); Darla Garrett, Finance Program Manager, MD Department of Commerce; Shelley Gross-Wade, President & CEO, FSC First; Thomas Himler, Deputy Chief Administrative Officer, County Executive Baker's Office; Jim Coleman, President & CEO, PGCEDC; David Iannucci, Assistant Deputy Chief Administrative Officer, County Executive Baker's Office along with local small business owners at Economic Development Week Kick Off.

to establish lines of credit to finance contract mobilization.

The second initiative is the official launching of the \$2 million Video Lottery Terminal (VLT) Small Business FLEX Fund. What makes this Maryland program so unique is that it is funded with 1.5% of revenues generated at its gaming facilities. FSC First was selected to serve as one of Maryland's two minority VLT fund managers with an innovative approach to reducing the underwriting and loan approval turnaround time from six weeks to two weeks, with flexible repayment options.

"We have listened to our local entrepreneurs and are happy to announce new initiatives which are a direct response to their ongoing feedback about the need for nimble financing options, quicker turnaround times, and more affordable and flexible repayment terms," said Gross-Wade. "We are honored that the State of Maryland and County Executive Baker have chosen us to be the stewards of funds that infuse capital into local county-based businesses to create a level playing field for their success."

Today was also a celebration of Economic Development Week in Maryland, in which all 23 counties and Baltimore City, in partnership with the Maryland Economic Development Association (MEDA), plan activities that highlight the efforts of the economic development professionals who work to enhance private sector investment by bringing jobs and commercial development to the County and the State of Maryland. Through

the funds that FSC manages, this partnership is in line with the 'Activate Prosperity' initiative led by EDC President and CEO Jim Coleman.

"This type of partnership is the reason that the median household income in Prince George's County has risen \$5,000 in the past year," said Coleman. "Financial instruments like the VLT Small Business FLEX Fund and the EDI Fund are the reason that more companies are growing, more jobs have been created and the County's tax base has increased. The iron is hot and we are excited to partner with Prince George's County and FSC First to not only celebrate our successes, but to also 'Activate Prosperity' for generations to come."

County Council Chair Derrick L. Davis expressed his excitement about the County's economic development statistic moving in the right direction.

"It is obvious to the world that Prince George's County is ready to do business and to show businesses that there are real local opportunities right here in the County," said Davis. "Everything is moving in the right direction now. With crime statistics moving down and education statistics moving up, economic development takes care of itself. We appreciate our partners at the EDC and their president Jim Coleman helping us to spread the word about the small businesses and the programs that make Prince George's County great."

Darla Garrett with the Maryland Department of Commerce talked about how fantastic the

small business programs are in Prince George's County and congratulated FSC First on their excellent Fund Manager proposal. The Small-, Minority-, and Women-Owned Business Account—Video Lottery Terminal Fund (VLT) is funded with 1.5% of slots revenue and has successfully used local fund managers, who know their communities, to deploy the funds.

"The VLT program is a game changer for the small business community. Since the inception of the program, \$52.2 million have been awarded to local fund managers and has leveraged \$39.5 million in private sector dollars and created or retained 2,076 jobs," said Garrett. "With FSC on board, and the strong commitment of Prince George's County, I expect VLT will continue to be a success."

Economic Development Week will continue when the EDC will host its signature networking event, 'Thirsty (for Business) Thursday' at the Marlton Golf Club, 9413 Midland Turn, Upper Marlboro, MD 20772. Local business owners, along with local elected officials, non-profits, and government and community leaders regularly attend this exciting networking event to connect with potential clients, hear key strategies for moving their businesses to the next level, and to collaborate with business leaders and key government officials.

To reserve your space for the hottest networking event in Maryland, visit www.pgcedc.com/events or contact Nicole Edwards at 301-583-4650.

EFSCU from A1

been accomplished by remaining focused on the Credit Union's core purpose of serving the education community.

"A larger credit union does not just mean a bigger bottom line," remarked Chris Conway, President/CEO of Educational Systems FCU, during his introduction of Mrs. Brinkley at the Hall of Fame awards luncheon. "Rosemary believes that it means our Credit Union can do more good, and she ensures we remain steadfast in our commitment to support education while serving the education community."

Mrs. Brinkley's leadership has inspired the Credit Union to support education by sponsoring 115,000 students from 350 elementary schools in baseball reading programs, awarding over \$40,000 in student scholarships and professional development awards and donating nearly 7,000 backpacks to middle school students in need. During her acceptance speech, Mrs. Brinkley said the main reason she became in-

involved with the Credit Union was that she wanted to find a way to help educators struggling to make financial ends meet while raising families. She believes in making a difference and is proud that Educational Systems FCU excels at helping the education community.

"Mrs. Brinkley's achievements have been accomplished because of her strategic vision, her unwavering commitment to the education and credit union communities and her promise that we can do better," said Chris Conway, President/CEO of Educational Systems FCU. "Mrs. Brinkley is a true champion of education and credit unions."

The AACUC was formed in 1999 with the mission to increase the strength of the credit union community through advocacy, professional development and diversity. Today, the AACUC continues to live its mission serving over 400 members and providing internships, scholarships and professional development programs. To read more of Rosemary Brinkley's lifework and service to the credit



PHOTO COURTESY EFSCU

Chris Conway, President/CEO of Educational Systems FCU, joined Rosemary Brinkley at the conference to celebrate her achievements, dedication to the education community and commitment to the credit union movement over the past four decades.

union movement, visit the AACUC Hall of Fame website. Educational Systems FCU (esfcu.org) has proudly served the education community for 60 years. With over \$850 million in assets and 12 branches, the

Credit Union serves 87,000 members in seven school systems and three community colleges throughout Anne Arundel, Calvert, Charles, Montgomery, Prince George's, St. Mary's and Talbot counties.

OUT ON THE TOWN

ERIC D. SNIDER'S
IN THE DARK
Movie Review

War Dogs

War Dogs

Grade: C

Rated R, pervasive harsh profanity, abundant vulgar dialogue, some violence

1 hr., 54 min

In *War Dogs*, the title epithet is a derogatory term for dishonest, bottom-feeding greed-monsters who profit from war by selling weapons to the Pentagon. The fact that the bros to whom the term is applied wear it as a badge of honor tells you a lot about them, and goes a long way toward explaining why *War Dogs* had an uphill battle that director Todd Phillips (*The Hangover*) was ill-equipped to win.

'Tis based on a true story, adapted from a *Rolling Stone* article called *Arms and the Dudes* (they should have kept that title), about two twentysomething Florida stoners who came out of nowhere to become international arms dealers during Bush's second term. Our narrator, and the one who still has vestiges of a conscience, is David Packouz (Miles Teller), who explains that he was restless and unfulfilled working as a massage therapist for \$75 an hour when his troublemaking best friend from middle school, Efraim Diveroli (Jonah Hill), moved back to Miami with a new scheme.

Efraim, a boisterous, tubby boor with an obnoxious laugh who we are supposed to believe is good at charming people, has been buying seized guns at government auctions and reselling them on the Internet. He has visions of expanding this practice, taking advantage of post-Haliburton rules requiring the Pentagon to let any and all contractors bid on jobs for outfitting our military in Iraq and Afghanistan. David comes along as a business partner, and



ROTTENTOMATOES

War Dogs follows two friends in their early 20s (Hill and Teller) living in Miami Beach during the Iraq War who exploit a little-known government initiative that allows small businesses to bid on U.S. Military contracts. Starting small, they begin raking in big money and are living the high life. But the pair gets in over their heads when they land a 300 million dollar deal to arm the Afghan Military—a deal that puts them in business with some very shady people, not the least of which turns out to be the U.S. Government.

a wealthy dry-cleaner (Kevin Pollak) invests start-up capital to help them get going.

What they're doing is legal, though Efraim is intent on doing it illegally: cutting corners, falsifying documents, buying weapons from countries that America isn't allowed to do business with. David, who naturally has a concerned and pregnant girlfriend at home (the reluctant criminal in these stories always has a concerned, pregnant girlfriend) (played by Ana de Armas) about what he and Efraim are doing. The lies get bigger when, for example, a shipment of guns is held up at the Iraqi border and he and Efraim must fly to Jordan to smuggle them in themselves. Eventually, with the help of a shady arms dealer named Henry Girard (Bradley Cooper), they stumble into a massive, multi-million-dollar Pentagon contract involving a warehouse full of unused Albanian weapons.

Phillips, making his equivalent of Adam McKay's *The Big*

Short mixed with Michael Bay's *Pain & Gain* (and hoping, wishing, praying it could be his equivalent of Scorsese's *Wolf of Wall Street*), conveys the complicated story by regularly freeze-framing the action and having David narrate. It is therefore not hard to follow; if anything, it's over-explained, told rather than shown. Co-writing with Stephen Chin and Jason Smilovic (*Lucky Number Slevin*), Phillips wants the story to be one of those fascinating, so-crazy-it-must-be-true capers, but as it unfolds, we realize that apart from a few choice moments, the events really aren't outrageous enough to justify the detailed, step-by-step retelling. A couple of *Scarface*-worshipping dudes got in over their heads while bilking the government. So?

Nor is the movie sufficiently amusing to compensate for the awfulness of its main characters. Efraim is the quintessential ugly American, even using that term to describe himself before refer-

ring to a foreign language as "gibberish." He has no scruples, not even when dealing with friends, and he prides himself on his ability to lie, cheat, and swindle. Yet his caustic vulgarity isn't funny enough to make him a "love to hate" figure. David is less despicable as a human being, but the film still lets him off easy by positioning him as the "moral compass." (This was one of the problems with *Pain & Gain*, too: the characters are 8's or 9's on a 1-10 scale of loathsomeness, but the movie thinks they're only 6's.)

It isn't a total bust; Phillips and the actors are competent, and there are standalone instances of sharp comedy. There are also 75,000,000 uses of the word "bro." When telling a story about repugnant people who are motivated by nothing but naked greed, it's tough to find a tone that will make them palatable as entertainment, whether as figures of scorn, mockery, pity, or amusement. Phillips doesn't have the finesse to manage it.

The Edge of Sports by DAVE ZIRIN

America Needs to Listen to What Colin Kaepernick Is Actually Trying to Say



There has been a lot of analysis—both thoughtful and noxious—of San Francisco 49ers quarterback Colin Kaepernick's decision to sit down during the national anthem in the past few days. Unfortunately, there has been less conversation about the politics behind his action.

Instead of reckoning with the substance of his critique, much of the media coverage has fostered an abstract discussion about patriotism and etiquette—centering the question of whether he has the "right" to protest rather than examining what it is he's trying to say.

As Charles Modiano breaks down brilliantly, this is the wrong approach:

Colin Kaepernick's deliberate act of protest to sit out the national anthem caught the nation's attention, and this initial sentence framed most media headlines: "I am not going to stand up to show pride in a flag for a country that oppresses Black people and people of color." But the meat of Kaepernick's cause actually came two sentences later: "There are bodies in the street and people getting paid leave and getting away with murder." Hold it right there: "Getting away with murder." That is the story.

Kaepernick makes it clear that his action was connected to the movement against police violence. But a closer examination of his 18-minute press avail on Sunday reveals even more about his motivations and thinking. The transcript itself contains the most effective defense against the legions trying to distort or delegitimize his actions.

Responding to reporters, Kaepernick demonstrated a methodical and, whether you agree or disagree, ideologically consistent rationale for sitting out the anthem. Kaepernick is appalled by police brutality, which he sees as an expression of bipartisan, government-sanctioned violence. He wants to use his platform to raise awareness and is willing to risk his job to do it. He is, as ESPN columnist Bomani Jones put it, "asking for justice, not peace."

In the presser, Kaepernick said:

These aren't new situations. This isn't new ground. There are things that have gone on in this country for years and years and have never been addressed, and they need to be. There's a lot of things that need to change. One specifically? Police brutality. There's people being murdered unjustly and not being held accountable. People are being given paid leave for killing people. That's not right. That's not right by anyone's standards.

When asked if he would continue to sit during the anthem, he answered,

Yes. I'll continue to sit. I'm going to continue to stand with the people that are being oppressed. To me, this is something that has to change. When there's significant change and I feel like that flag represents what it's supposed to represent, this country is representing people the way that it's supposed to, I'll stand.

He was immediately asked if this stance meant he was anti-military, and he responded:

I have great respect for the men and women that have fought for this country. I have family, I have friends that have gone and fought for this country. And they fight for freedom, they fight for the people, they fight for liberty and justice, for everyone. That's not happening. People are dying in vain because this country isn't holding their end of the bargain up, as far as giving freedom and justice, liberty to everybody. That's something that's not happening. I've seen videos, I've seen circumstances where men and women that have been in the military have come back and been treated unjustly by the country they have fought for, and have been murdered by the country they fought for, on our land. That's not right.

One of the more outrageous—and offensive—arguments from the sports commentariat is that because Kaepernick is biracial and was raised by white parents in a middle-class suburb, he could not understand "oppression." This charge has been almost uniformly made by white, right-wing sports-writers. Kaepernick was asked if he "personally" felt oppressed, and he said:

There have been situations where I feel like I've been ill-treated, yes. This stand wasn't for me. This stand wasn't because I feel like I'm being put down in any kind of way. This is because I'm seeing things happen to people that don't have a voice, people that don't

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Calendar of Events

October 6 — October 12, 2016

Pre-show Talk With The Curtis Brothers

Date and Time: Friday, October 7, 2016, 7 pm
 Description: In a pre-concert talk, brothers Zaccai and Luques Curtis will discuss how they integrate Afro-Caribbean music into jazz and what distinguishes that music from straight-ahead jazz. Through live demonstrations, they will show important rhythms and explain key elements. Their concert that follows at 8 pm is sure to be enriched by this talk!
 Cost: Free (tickets for the performance: \$25/person; 10% discount for Montpelier members & seniors)
 Ages: All ages welcome
 Location: Montpelier Arts Center
 9652 Muirkirk Road, Laurel, MD
 Contact: 301-377-7800; TTY 301-699-2544

Concert: Curtis Brothers

Date and Time: Friday, October 7, 2016, 8 pm
 Description: Brothers Luques (bass) and Zaccai (piano) Curtis follow in the rich family tradition of jazz. Their music is rife with the blues, swing rhythms in recognition of their African-Caribbean-New Orleans lineage, and the basic core elements that make their music such a spicy, hard bop melting pot. Join the brothers at 7 pm for a special pre-concert talk and demonstration that will enrich your appreciation and enjoyment of the live performance.
 Cost: \$25/person; 10% discount for Montpelier members & seniors
 Ages: All ages
 Location: Montpelier Arts Center
 9652 Muirkirk Road, Laurel, MD
 Contact: 301-377-7800; TTY 301-699-2544

Nature Hike

Date and Time: Saturday, October 8, 2016, 9:30-11:30 am
 Description: Enjoy a nature hike through our beautiful woodlands, swamp, and tidal marsh conservation trail. Learn about local plants and animals. This hike is a Fall Colors theme!
 Cost: Resident \$3; Non-Resident \$4
 Ages: All ages welcome
 Location: Patuxent River Park
 16000 Croom Airport Road
 Upper Marlboro, MD
 Contact: 301-627-6074; TTY 301-699-2544

Family Poetry & Writing Workshop

Date and Time: Saturday, October 8, 2016, 10 am-12 noon
 Description: Express yourself! Learn to listen to the inter-generational voices around you at this Family Poetry Workshop. Bring your ideas or have your creativity sparked by teaching artists from the poetry organization Split This Rock. The workshop will be led in English and Spanish. Children must be accompanied by an adult.
 Cost: Free
 Ages: All ages welcome
 Location: Palmer Park Community Center
 7720 Barlowe Road, Palmer Park, MD
 Contact: 301-773-5665; TTY 301-699-2544

¡Spanish Celebracion!

Date and Time: Saturday, October 8, 2016, 11 am-2 pm
 Description: Celebrate Hispanic Heritage Month with your family at Montpelier! Create your own Guatemalan worry doll and decorate sugar cubes to make a necklace inspired by Cuba. It's sure to be a worry-free and sweet day!
 Cost: Free
 Ages: All ages welcome
 Location: Montpelier Arts Center
 9652 Muirkirk Rd., Laurel, MD
 Contact: 301-377-7800; TTY 301-699-2544

Andes Manta

Date and Time: Saturday, October 8, 2016, 2 pm
 Description: The vibrant music of the Andes Mountains will captivate you when the four Lopez brothers perform this centuries-old music on the traditional instruments such as six-foot long pan pipes, llama toenail rattles, and four-foot long flutes known as moxeyños.
 Cost: Free
 Ages: All ages welcome
 Location: Publick Playhouse
 5445 Landover Road Cheverly, MD
 Contact: 301-277-1710; TTY 301-699-2544

Costume Ball

Date and Time: Saturday, October 8, 2016, 7:30 pm
 Description: Come dressed as a character from your favorite painting or fashion plate and enjoy Regency-style dancing and light refreshments. Prizes will be awarded and black tie dress is also welcome.
 Cost: Resident: \$25; Non-Resident: \$32.50
 Ages: Ages 21 & up
 Location: Riversdale House Museum
 4811 Riverdale Road, Riverdale Park, MD
 Contact: 301-864-0420; TTY 301-699-2544
 riversdale@pgparks.com

USA to Z

Date and Time: Tuesday, October 11, 2016, 10:15 am & 12 noon
 Description: This election season join Lady Liberty and Uncle Sam as they take you on a journey through the American political process. Learn the differences between the judicial, legislative and executive branches and what it means to vote while you take part in a live-action game show featuring patriotic prizes and hilarious hosts. From the Constitution to the Declaration of Independence to the swing vote, this show leaves no political stone unturned. USA to Z encourages good citizenship by showing people how they can make a difference in their own communities.
 Cost: \$8/person; \$6/groups of 20 or more
 Ages: Recommended for Grades 3-8
 Location: Publick Playhouse
 5445 Landover Rd, Cheverly, MD
 Contact: 301-277-1710; TTY 301-699-2544

EARTH TALK ... Whazzup With ANWR?

Dear EarthTalk:

What's the latest in the battle over whether or not to permanently protect the Arctic National Wildlife Refuge (ANWR)? The issue seems to come up every few years around election season but I haven't heard anything about it lately.

—Gerald LaPlante, Boston, MA

The Arctic National Wildlife Refuge (ANWR), located on Alaska's northeast coast, has been a conservation-versus-development battleground for decades. The 1.5 million acre coastal plain at the foot of the Brooks Range where the land meets the Arctic Ocean is the crown jewel of the 19 million acre refuge—and a magnet for iconic Alaskan wildlife like caribou, polar bears and wolverines. But oil interests say the coastal plain is covering huge oil and natural gas reserves and should be drilled for the sake of the U.S. and Alaskan economies.

Some 250 wildlife species consider ANWR home, while another 180 species of birds migrate through every year (from all 50 states and beyond). The coastal plain itself is a birthing ground for the region's iconic caribou herd and also provides safe haven and sustenance for hundreds of other marine and terrestrial species. Environmental advocacy groups cite studies showing that industrial operations would deter

animals from the area, robbing them of one of the last protected areas to raise their young.

Beyond biological pragmatism, conservationists argue that opening the refuge up to drilling operations would set a dangerous precedent, potentially opening the door for similar pressures on federal wilderness areas and even in national parks. Some of the key defenders of ANWR include the Alaska Wilderness League, Defenders of Wildlife, EarthJustice and others.

The other side champions the economic potential of the region. Alaska Governor Bill Walker has strongly supported drilling operations in ANWR, a stance shared by Alaska's federal representatives. A 2007 Yale study showed the potential for \$374 billion dollars of oil beneath ANWR. This would be vital income for the state government, which relies heavily on oil and gas tax streams for its budget.

Alaska politicians say they need the extra revenue to pay to relocate climate refugees from villages inundated by rising seas. "We are in a significant fiscal challenge," Alaska's Republican governor Bill Walker told the BBC. "We have villages that are washing away because of changes in the climate."

Nationally, supporters of drilling also cite economics: Every barrel of oil produced domestically puts tax money in the national coffers and creates local jobs. Shell has been the major commercial supporter of opening



CREDIT: U.S. FISH & WILDLIFE SERVICE.

Senate Democrats Michael Bennet and Ed Markey introduced legislation last December calling for permanently designating the most sensitive sections of ANWR as wilderness off limits to development.

the refuge, though 78 percent of Alaskans share the sentiment. The state legislature has passed legislation opening ANWR to oil exploration—but it's not theirs to decide since it's on federal land.

But that doesn't mean ANWR is safe from development. Inside the Washington, D.C. beltway, the Republican-dominated House passed a dozen resolutions in support of opening it up to oil exploration in the last session alone—although Democratic filibuster efforts were able to block any such legislation. Meanwhile, Senate Democrats Michael Bennet (CO), Ed Markey (MA) and 32 Democratic co-sponsors introduced legislation last December calling for permanently designating the most sensitive sections of ANWR as wilderness off limits to development. With bigger fish to fry right now, law-

makers might not consider the legislation until a new President is in office, but backers of protecting ANWR can urge their Senators to support the bill via an easy-to-send customizable online form letter courtesy of the non-profit EarthJustice.

CONTACTS: ANWR, www.fws.gov/refuge/arctic; Alaska Wilderness League, www.alaskawild.org; Defenders of Wildlife, www.defenders.org; Earth Justice, www.earthjustice.org.

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Send questions to: earthtalk@emagazine.com.

Kaepernick from A6

have a platform to talk and have their voices heard, and affect change. So I'm in the position where I can do that, and I'm going to do that for people that can't. This isn't for looks. This isn't for publicity or anything like that. This is for people that don't have the voice. And this is for people that are being oppressed and need to have equal opportunities to be successful, to provide for families and not live in poor circumstances.

Kaepernick also told his own story of being black in the United States: I've had times where one of my roommates was moving out of the house in college, and because we were the only black people in that neighborhood, the cops got called and we had guns drawn on us. Came in the house, without knocking, guns drawn on my teammates and roommates. So I have experienced this. People close to me have experienced this. This isn't something that's a one-off case here or a one-off case there. This has become habitual. This has become a habit. So this is something that needs to be addressed.

Another argument some have made is that, while Kaepernick's message is fine, his actions are not. That not standing for the flag is the "wrong way" to do things. Again, he had a thought-out response:

I don't understand how it's the wrong way. To me, this is a freedom that we're allowed in this country. And going back to the military, it's a freedom that men and women that have fought for this country have given me this opportunity by contributions they have made. So I don't see it as going about it the wrong way. This is something that has to be said, it has to be brought to the forefront of everyone's attention, and when that's done, I think people can realize what the situation is and then really [e]ffect change ... And the fact that it has blown up like this, I think it's a good thing. It brings awareness. Everybody knows what's going on and this sheds more light on it. Now I think people are really talking about it, having conversations about how to make change. What's really going on in this country. And we can move forward.

Kaepernick was asked about concern that he would be seen as indicting all police and again, in a focused manner, brought it back to a political argument about how broken our system of policing has become. "There is police brutality," he said.

Watch from A4

Dr. Ellis went on as the audience cheered. "We got Nat Turner's Bible. We got Harriet Tubman's shawl. We got Radio Raheem's boombox from Do the Right Thing. We got a training plane flown by Tuskegee Airmen. We got the Olympic torch that Muhammad Ali signed in the 1999 games in Atlanta, his head gear, his training robe, and on and on and on ... We never stopped believing that we could do it. We could build this museum. We could make it happen. We didn't give up, didn't turn back, didn't listen to those who said that we would fail, and the more people saw and experienced our belief, they caught the fever too."

The African American experience has always been an integral and essential part of the larger American experience. Now, with this beautiful and

powerful new museum finally open in the heart of the nation's capital, many of those connections that help complete the true and full American narrative are on full display. Acknowledging our shared American past and all of the ways it echoes in the present is the only way to keep moving forward together. Only the truth can make us free.

Marian Wright Edelman is President of the Children's Defense Fund whose Leave No Child Behind® mission is to ensure every child a Healthy Start, a Head Start, a Fair Start, a Safe Start and a Moral Start in life and successful passage to adulthood with the help of caring families and communities. For more information go to www.childrensdefense.org.

Mrs. Edelman's Child Watch Column also appears each week on The Huffington Post

People of color have been targeted by police. So that's a large part of it and they're government officials. They are put in place by the government. So that's something that this country has to change. There's things we can do to hold them more accountable. Make those standards higher. You have people that practice law and are lawyers and go to school for eight years, but you can become a cop in six months and don't have to have the same amount of training as a cosmetologist. That's insane. Someone that's holding a curling iron has more education and more training than people that have a gun and are going out on the street to protect us.

He was asked whether this was because it was an election year, which is its own statement about how we view politics in this country: something to practice for a few months every four years.

It wasn't a timing thing, it wasn't something that was planned, but I think the two presidential candidates that we currently have also represent the issues that we have in this country right now. You have Hillary [Clinton], who has called black teens or black kids super predators. You have Donald Trump, who is openly racist. We have a presidential candidate (Clinton) who has deleted emails and done things illegally and is a presidential candidate. That doesn't make sense to me. If that was any other person, you'd be in prison. So what is this country really standing for?

Lastly, Kaepernick was asked whether he was concerned about getting cut and said, "I don't know. But if I do, I know I did what's right. And I can live with that at the end of the day."

It is inspiring to see an athlete who cares more about the world than their own ambitions. And it is stunning that so many people are saying that an NFL player this thoughtful and selfless is somehow a "bad" role model, in a league so rife with scandal from the owner's box to the locker room.

It is also pathetic that so many in the sports media, who a few months ago were praising the legacy of Muhammad Ali, are coming down so ferociously on Colin Kaepernick. As if sports and politics can mix only in the past tense, and racism is something that can only be discussed as a historical question. People can choose to agree or disagree with Kaepernick's analysis or arguments, but they should on deal with the actuality of what he is risking his career to bring into the light.

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- Consider placing baking soda in a small container in the trash can. This will help to absorb any odors.

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