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Council Presents Legislation Aimed at Preventing Skin Cancer

By PRESS OFFICER
PG County Council

UPPER MARLBORO, MD—The Prince George's County Council, during session on Tuesday, April 25, 2017, presented Council Bill 040-2017, legislation proposed by Council Member Mary Lehman (D)—District 1 prohibiting the use of indoor tanning facilities by minors. The legislation will now be referred to the Council's Health Education and Human Services Committee for consideration.

Council Member Lehman says research shows using an indoor tanning device before the age of 35 increases the risk of melanoma by nearly 60-percent, a risk that increases with each use.

"I am proud to lead the effort to protect the youth of Prince George's County from the dangers of indoor tanning," said Council Member Lehman. "While keeping all minors out of tanning devices will not eliminate skin cancer, it will go a long way toward reducing one of the most commonly diagnosed and deadliest cancers among young people."

The American Cancer Society estimates that 1,700 Maryland residents are diagnosed annually with melanoma of the skin, which is currently the second most common cancer among females ages 15–29.

Both Howard and Montgomery counties currently limit

indoor tanning bed use to residents over the age of 18. According to the Save Your Skin Coalition, implementation of the measure in Prince George's County would result in nearly 40-percent of residents under the age of 18 in Maryland residing in areas that protect youth from the dangers of indoor tanning.

Council Bill 040-2017 is supported by all three organizations making up the Save Your Skin Coalition—the American Cancer Society Cancer Action Network (ACS CAN), the Maryland Dermatologic Society (MDS) and the American Academy of Dermatology Association (AADA):

"Scientific research has left no doubt of the significant association between indoor tanning and skin cancer. We appreciate the efforts underway in Prince George's County to help protect young people from this dangerous activity. There is no such thing as a 'healthy' tan, so it is important to guard the skin from harmful ultraviolet rays to reduce the risks of skin cancer and premature aging," said American Academy of Dermatology Association President, Henry W. Lim, MD, FAAD.

"We are pleased the Prince George's County Council has taken this important step forward which will reduce the risk of skin cancer among young people. We know that the earlier

See SKIN CANCER Page A8

Backyard Beekeeping is Gaining More Popularity in Maryland

By KATE ANDRIES
Capital News Service

COLUMBIA, MD—Honeybees may be struggling worldwide, but Maryland is seeing a boom in amateur beekeepers.

Despite a worrisome decline in the bee population over the last decade, the number of people registering as beekeepers with the state continues to grow—1,872 currently, up from 1,362 four years ago—according to the Maryland Department of Agriculture.

This comes in spite of a years-long panic over Colony Collapse Disorder (CCD) and other killers like mites, viruses and overuse of pesticides. Honeybees are dying off at an average of 30 percent per year, experts said.

But that isn't slowing people like Diane Dunne, of Columbia, from signing up for beekeeping classes.

"I've always loved the outdoors but I've never had a hobby like this," said Dunne, who, along with her husband Dennis Dunne, is planning on beginning beekeeping in the next year or two. The pair first considered backyard beekeeping after seeing a booth at a Howard County fair.

This growth in interest in beekeeping is promising, experts said.

"If we really want to change the environment to help bees, we need a cultural shift," said



CAPITAL NEWS SERVICE PHOTO BY KATE ANDRIES
Tom Wilson, president of the Howard County Beekeepers Association, holds a beekeeping mask during an introductory seminar.

Dennis vanEngelsdorp, an entomologist at the University of Maryland. "Backyard beekeepers can be instrumental in that."

To become a beekeeper in Maryland, a person must register both themselves and their colonies with the state. Each county has different regulations regarding things like where bees can be kept but there is no statewide regulation aside from the mandatory registration, said Jerry Fischer, the chief bee inspector for Maryland.

"The more you understand about bees the more insignificant you feel," Dennis Dunne said. "It's like another little world."

More than anything, the public's awareness spiked at the height of the CCD media cov-

erage and spurred a number of citizens into beekeeping.

"The general public is starting to become more aware of the delicacy of the bee population in the United States," said Delegate Kathy Afzali, R-Middletown, who spearheaded efforts to enact a honey standard in the state.

Short courses in beekeeping are offered through various beekeeping associations and college extension schools throughout the state. Most range from six to eight weeks and are scheduled for mid-February, to allow for graduates to begin keeping bees directly following the end of the class. Many cost less than \$100.

Interest in these courses has skyrocketed throughout Mary-

land. Most are left with standing room only.

The Dunnes plan on taking the Howard County Beekeepers Association's short course early next year and already plan to use their honey crop in homemade beer and artisanal bread. They also hope to use the wax produced by their bees for Christmas gifts.

Another pair of beginning beekeepers, Paul Yacci and Allison Kellner, also think they'll use their honey yield as gifts and in cooking. Due to space issues, their hives will likely be kept in an outlot, they said.

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Korean Delegation Travels West in Search of Gold

PG County EDC Welcomes Group of Investors from Cheonan City, South Korea

By LORI C. VALENTINE
PGCEDC

LARGO, MD—On Tuesday, April 18, the Prince George's County Economic Development Corporation (EDC) welcomed a delegation of investors from Cheonan City, Korea. The delegation is exploring investment and business opportunities in the United States and the Greater Washington Metro Area in particular. EDC "Chief Excitement Officer," Jim Coleman, was very happy to welcome the delegation and to share with them just how great Prince George's County is for business.

"Prince George's County is bursting at the seams with opportunity," said Coleman. "We are always looking for and open to ways to act on the Friendship Agreement that we made with Cheonan City. In Prince George's County, there are over \$10 billion in major development projects in the pipeline that are of high interest to strong investors and our friends from Cheonan City are a great fit. We are very happy to



PHOTO COURTESY LORI C. VALENTINE
EDC President & CEO Jim Coleman (Right-Center), with Business Delegation from Cheonan City.

share the value proposition for the entire County and look forward to our collaborative efforts to create more jobs!"

This visit was a furtherance of the relationship between Prince George's County and Cheonan City, which was forged by the signing of a Memorandum of Understanding in October, 2016. This MOU opened the intercontinental highways between the two jurisdictions for international trade and business opportunities.

Prince George's County, right outside of the Nations Capital, is experiencing enormous economic growth. By comparison, Cheonan City, often called the "core city of the nation," is the gateway to the area around Seoul. Both regions' economies are fueled in large part, by the tech industry and are home to some of the most successful companies in their respective

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Prince George's County is Tree-mendous!

Earns Tree City USA Award for 33rd Consecutive Year

By PRESS OFFICER
PG County Government

LARGO, MD—For the 33rd consecutive year, Prince George's County has earned a Tree City USA award for its commitment to effective urban forest management. The award is given by The Tree City USA® program, sponsored by the Arbor Day Foundation in cooperation with the USDA Forest Service and the National Association of State Foresters. The program provides direction,

technical assistance, public attention and national recognition for urban and community forestry programs in thousands of towns and cities for more than 135 million Americans.

The award was presented at the County's annual Arbor Day Celebration held at the Glenn Dale Volunteer Fire Association and sponsored by the Prince George's County Beautification Committee (PGCBC). The committee partners with the Department of the Environment (DoE), the Department of Public Works

and Transportation, the Office of Central Services, MDNR's Forest Service, the Maryland-National Capital Park and Planning Commission, the Prince George's County Master Gardeners/University of Maryland Extension, the Neighborhood Design Center, the Prince George's County Soil Conservation District, the Prince George's County Fire/EMS Department and Prince George's County

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International Powerhouse Speaker to Deliver Keynote Address at PGC EDC Women's Luncheon

By LORI C. VALENTINE
PGCEDC

LARGO, MD—The Prince George's County Economic Development Corporation (EDC) announced today that renowned international speaker Dr. Gloria Mayfield Banks will deliver the keynote address at its 1st Annual Women's Excellence and Leadership Luncheon, which will be held at the MGM National Har-



PHOTO COURTESY LORI C. VALENTINE
Dr. Gloria Mayfield Banks

bor on Thursday, June 8, 2017. Under the theme of *Yes! You Can Have It All*, this highly anticipated event will also feature a panel discussion and conclude with the recognition of five dynamic women for their exemplary work ethic, performance, and dedication to Prince George's County.

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Agriculture Department Reminds Marylanders to Follow Lawn Fertilizer Law

The licensure and certification process ensures that lawn care professionals understand the science behind turf management and the environmental practices they need to follow to protect waterways from fertilizer runoff.

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Banning "Lunch Shaming"

State Senator Michael Padilla, the lawmaker who introduced it, understands what it's like to be hungry at school. As a child growing up in the foster care system he often couldn't afford lunch either, he said in the *New York Times*: "I made Mrs. Ortiz and Mrs. Jackson, our school lunch ladies, my best friends."

Commentary, Page A4

New Development Brings New Direction and New Innovation to Downtown Largo

Brokered by Monique Anderson Walker, Principal of Fleur De Lis, LLC and purchased by developer Steve Sandler of L.M. Sandler & Son, this groundbreaking represents new life and new energy in the Largo community.

Business, Page A5

Movie Review: T2 Trainspotting

Circumstances require Boyle's movie (again adapted by screenwriter John Hodge) to increase the gap to 20 years, but the extra decade gives it more weight. These men are in their mid-40s now, middle-aged, either more introspective than before or more cemented in their non-introspection. By this age, the chickens have come home to roost.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

Is the extraction of lithium for lithium ion batteries really worse for the environment than fracking?

—Mitch Newhouse,
Oak Park, IL

Features, Page A7

Towns and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301 735 3451

Dance groups, DJ Jammin' George in Special World of Dance

The Special World of Dance is coming up at the Camp Springs Elks Club with music by DJ Jammin' George, a luncheon buffet, a bevy of entertainers and open dancing for everyone. You might want to add this to your calendar.

The event will be Saturday, May 20, from 12:30 to 4:30 p.m. The buffet is scheduled for 12:30, with performances beginning at 1:30.

Entertainment includes Louise's Dancing Starlighters, EMVI (now EPIC0) Dancers, D.C. Hand Dancers, and guest performers such as Tom and Debra & Lindy Hop Dance Group, Jim and Jeanette Pearce, Baltimore Style Hand Dance and more. Plus dancing for all the guests.

Tickets are \$20, with all proceeds going to the performers in the Special Populations Dance Groups. There'll be a cash bar.

Louise Pyles Dance Studio presents this 18th Annual Benefit. Tickets will be sold in advance and at the door. (Advanced purchase is recommended). Call Louise Pyles at 301-579-9486 for information or to purchase tickets.

People

Happy 96th birthday wishes on May 11 to my once-neighbor and former kindergarten teacher Virginia Stine, now at Lakeside Assisted Living, #220, 1109 S. Shoemaker Dr., Salisbury, MD 21804. Remember her? Send a card.

Tammy L. Jones is president of the Camp Springs Civic Association. Other officers are John E. Bailey IV, vice-president; Carolyn Fleming, corresponding secretary; Betty Kohut, recording secretary; and Arlene Wilson, treasurer.

Ange Meoli told me the Auth Village Civic Association (later, Auth Villages of Camp Springs Civic Association), in which he was very active years ago, has merged into the Camp Springs Civic Association.

Correction: In a recent column I mentioned a 60th birthday party. I misspelled the name of the celebrant. He is Vince Cipriani.

Applause

The Mount Calvary Cougars won the CYO 2017, 14 and Under Boy's Mid-Atlantic City Basketball Championship, defeating Our Lady of Lourdes 62-49 in the semifinals and St. Columba in the Championship game 62-39. The players are Jaden White, Eric Watson, Jalen Rush-ton, Michael Woods, Joshua Boseman, Jared Billups, David Brown III and Manny Martinez. Head coach is Harold White.

Coming up in Morningside and Skyline

The next Morningside town meeting will be Tuesday, May 16, 7 p.m. at the Town Hall.

The spring meeting of the Skyline Citizens Association is Wednesday, May 17, 7 p.m. at the Morningside Fire House.

When I can, I try to attend both meetings. I believe the success of any civic organization depends on the participation of those who live there.

Remembering Larry Hogan Sr.

I first knew Larry Hogan Sr. when he and Jack were FBI agents in San Francisco, in the mid-1960s. Larry resigned from the Bureau and moved back to Maryland. Then Jack was transferred to FBI headquarters in Washington. He asked Larry to let us forward our mail to his address in New Carrollton. When we arrived to collect our mail, Larry took us house-hunting.

He served three terms in the House of Representatives and I recall attending at least one Congressional party. In the late 1970s he ran for Prince George's County Executive. Jack, newly retired, offered to help him in his campaign. And that was the beginning of a whole new life for us.

Larry accepted Jack's offer and put him to work. He won the election and made Jack public safety liaison. In 1978 he tapped Jack to be Prince George's County Chief of Police, a job he held until 1991. It was a great experience, being involved in the Police Department and in politics, getting to know so much about our County and associating with the Hogan family and local Republicans, including Larry Jr.,

now Governor of Maryland.

The last time I saw Larry was at the Equestrian Center in Upper Marlboro in 2009 when a plaque at the Lawrence J. Hogan, Sr. Plaza was dedicated.

And the last time I encountered him was when, earlier this year, I read *The Ghost of Harmony Hall*, published in 2002, a story of love, mystery and the supernatural by Lawrence J. Hogan.

Larry Hogan, Sr., died April 20 at the age of 88. Mass of Christian Burial was at St. Mary's in Annapolis. He is buried in Frederick, where *The Ghost of Harmony Hall* happens.

May they rest in peace

Charles Edward Trunnell, Jr., 81, a member of the first graduating class of Suitland High School, died April 17. He was a lifelong resident of the metro area. He served in the Navy aboard the *USS Iowa* during the Korean War and then made a career in commercial real estate, as chief building engineer for many iconic Washington business addresses. He was an avid sports fan and a lifelong member of the Camp Springs Masonic Lodge. Survivors include his sister Peggy Dennison, six children and 11 grandchildren.

Albert Joseph Didden, Sr., 105, recently died in Washington. His interesting obit in the *Post* mentions, "Mr. Didden used to tell that when he was a young boy, he would ride out Pennsylvania Avenue in a horse and buggy with his grandfather, and over the Pennsylvania Avenue Bridge to Suitland which was 'in the country.'"

Milestones

Happy birthday to Henrietta Bookhart, Ted Harris and Micheal White, May 13;

John Smith, May 14; my granddaughter Naomi Albaugh and Helen Fadness, May 15; Fr. Charles McCann, Kenneth Darcy, Tim Cordero and Kitty Marshall, May 16; Morningside Mayor Benn Cann and Patti (Parco) Grey, May 18.

Happy anniversary to Donna and Wayne Anderson, on May 14; and Aidan and Mary Kilbride, their 54th on May 18.

Brandywine-Aquasco

by Audrey Johnson 301 888 2153

SWING WITH THE VIKINGS

Swing with the Vikings and help students (2nd Annual D.C. Metro ECSU Golf Tournament) sponsored by D.C. Metro Chapter, Elizabeth City State, University Alumni Friday, August 18, 2017. Join us at Andrews AFB Golf Courses, 4442 West Perimeter Road, Andrews AFB, Maryland 20762.

Registration start at 7:30 AM, shotgun start at 9:30 AM. Format: 4 Person Scramble. Many prizes (1st & 2nd Place Team, door prizes) and gifts for Men's/Women's Longest Drive and closest to the pin). Cost: \$125.00, which includes greens fee, cart, beverages on the course, buffet awards luncheon, prizes and driving range.

Please send Golfer Name, e-mail address, phone number and Base Access (Y/N) and total enclosed to DC Metro Chapter by August 11, 2017. ECSU, PO Box 553, Lanham, Maryland 20706, Attn: Don Herring. Make check(s) payable to DC Metro Chapter, ECSU. For information please contact Donald Herring, Sr. (301) 980-0240 (herringdon@verizon.net) or Leroy Williams (301) 535-4858 (lfemlingw@verizon.net Note: An-

draws AFB Security requires that all civilian tournament golfers provide government issued identification as a condition of entry.

AMERICAN LEGION POST 227, BRANDYWINE, MD

Come out and enjoy a complete Spaghetti dinner Friday, May 12, 2017 from 5:00 PM-7:00 PM at American Legion Post 227, Brandywine, Maryland. Donation is \$8.00. The address is 13505 Cherry Tree Crossing Road, Brandywine, Maryland. Telephone number is 301-782-7371.

SENIOR HEALTH AND FITNESS DAY

Wednesday May 24, 2017 from 8:00 AM-1:00 PM Seniors are invited to attend Senior and Health Fitness Day. The day will feature health screenings, a variety of fitness activities, and exhibitors. This event is for 60 and older at Prince George's Sports & Learning Complex and is free. Telephone number is 301-446-3400.

CONGRATULATIONS

Congratulations to Makayla Eugene of Brandywine, Maryland who received the Principal's Award with a 4.25 grade

point average. Makayla is a student at Gwynn Park Middle School in Brandywine, Maryland. She is the daughter of Curtis and Stephanie Eugene.

Congratulations to Morgan Eugene who holds a 4.75 GPA as an 11th Grade International Baccalaureate student at Frederick Douglass High School (1 of 5) in Upper Marlboro, Maryland. She is the daughter of Curtis and Stephanie Eugene.

HOSPITAL VOLUNTEER PROGRAM

MedStar Southern Maryland Hospital Center volunteers make a difference everyday helping to support the health of our community. Please call 301-877-4553 for more information about volunteer opportunities.

DOMESTIC VIOLENCE WORKSHOP

Clinton United Methodist Church will be sponsoring a Domestic Violence Workshop on Saturday May 20, 2017 from 9:30 AM to 12:00 Noon. The workshop will pertain to the handling and treatment of the elderly. For more information, please contact the church office at 301-868-1281.

Neighborhoods

Annual Christmas in April Event Uses Mr. Handyman Skills

FORT WASHINGTON, MD—Saturday, April 29, 2017 was the annual Christmas in April when 82 houses were repaired and spruced up again this year. Among the volunteers were the Dowlings and the Mr. Handyman crew at a home in Temple Hills led by Rev. Screen of the River Jordan Project.

As long-time members of the community and local Mr. Handyman of Fort Washington and Clinton franchise owners, Race and Joyce Dowling and their technicians performed over 40 hours of community service.

The biggest project was an accessibility ramp. Service technicians from Mr. Handyman worked until late in the afternoon to finish it.

Materials were provided by People's Supply of Hyattsville and the Christmas in April warehouse which is stocked through donations and an annual fundraiser.

Other projects completed by many volunteers working there included roof repair, dry-wall repair, painting, grab bar installation, debris removal, and lawn care.

This project is an example of a national effort by Mr. Handyman where technicians from coast to coast are encouraged to reach out to a special local charity, organization, or individual in need to offer their services in fixing up living areas, kitchens, bathrooms or anything else that comes to mind.

This marks the third consecutive year Mr. Handyman of Fort Washington and Clinton has rallied around the cause, after opening in 2014. The franchise owners use their skilled technicians' time to make a difference in the community where they live and work.

About Mr. Handyman®

Mr. Handyman® is part of a network of independently owned and operated franchises with more than 200 locations throughout North America, which provide commercial and residential property maintenance, repair and improvement services. *Entrepreneur* magazine has repeatedly recognized Mr. Handyman as one of America's fastest growing, service-oriented franchise systems and the No. 1 handyman service. Based in Ann Arbor, MI, Mr. Handyman is part of Dwyer Group, Inc., 19 service brands, with 17 of which support a different franchise under the following service marks: Aire Serv®, Glass Doctor®, The Grounds Guys®, Five Star Painting®, Molly Maid®, Mr. Appliance®, Mr. Electric®, Mr. Handyman®, Mr. Rooter® (Drain Doctor® in the UK), ProTect Painters®, Rainbow International®, Locatrec®, Window Genie®, Neighborly®, and Bright & Beautiful®. Collectively, these independent franchise concepts offer customers worldwide a broad base of residential and commercial services. In addition, Dwyer Group operates glass shops in New England under the Portland Glass® and Cumberland County Glass® brand names. Additional information can be

found on the Mr. Handyman website at www.mrhandyman.com.

WSSC Construction Season In Full Bloom!

LAUREL, MD—Out with the old and in with the new. It's springtime in Maryland, which means it's construction time and WSSC is delivering on its mission to deliver safe, clean water to customers in Montgomery and Prince George's counties by replacing dozens of miles of aging water and sewer mains.

"Replacing our aging infrastructure is crucial to our clean water mission," said WSSC General Manager and CEO Carla A. Reid. "It's an uphill battle to address our infrastructure needs, but our customers depend on us to deliver safe, clean drinking water and we will deliver."

The cost to replace one mile of small diameter water main (under 16 inches) is approximately \$1.6 million. Each year, WSSC replaces 61 miles of water mains and 20 miles of sewer mains, which equates to between 150 to 200 active construction projects throughout both counties. WSSC recently became the first utility in the country to use zinc-coated, ductile iron water pipes wrapped in a protective coating to help them last at least 100 years.

A sample of current major WSSC projects now underway in Prince George's County includes:

- Mitchellville Water Main –15700 Peach Walker Drive in Bowie –Replacing 3.2 miles of water main –Estimated completion April 2018
 - South Adelphi Water Main –Brightseat Rd. in Landover near FedEx Field –Replacing 1 mile of water main –Estimated completion May 2018
 - Presley Manor Water Main –9500 Good Luck Rd. in Lanham (east of Cipriano Rd.) –Replacing 3 miles of water main –Estimated completion November 2018
 - Oxon Run Water Main –Oxon Run Dr. in Forest Heights –Replacing 1.4 miles of water main –Estimated completion August 2019 (Estimated completion dates are weather permitting)
- Each project usually involves heavy equipment, digging, dust, noise, parking restrictions and brief water service interruptions to customers. Working to minimize disruptions and inconvenience is key to WSSC and it starts with customer communication. "Every single planned project involves extensive public outreach," added Reid. "Our customers deserve to be well informed."
- WSSC's proactive communication efforts include:
- WSSC will mail a project notification letter to every impacted customer approximately 6 to 9 months prior to construction with an

overview of the project and work to be performed.

- Another letter will be sent approximately 3 to 6 months prior to construction inviting customers/residents to a community meeting about the project.

- Community meetings usually occur about 2 weeks after customers receive the meeting notice letter.

- WSSC will mail another project letter approximately two weeks prior to the start of construction.

- Many projects entail a brief interruption in water service. When this occurs, WSSC will place door hangers to alert impacted customers 48 hours prior to any service interruption.

- Additional communication includes WSSC signs installed throughout a work area with important project and contact information.

Customers should keep project notification letters in case they have questions after work has started. Customers also are encouraged to call, email or ask WSSC employees on site any questions they have about the project. To help inform customers about what to expect during construction, WSSC created this short video.

When all the work is completed, WSSC's goal is to restore the area as good, or better, than when work started. It is important to note, final restoration of sidewalks, roadways and landscaping are weather dependent and take place within 90 days following completion of the pipe work. Projects completed during the late fall or winter months will typically be restored when warmer weather arrives in the spring.

Follow WSSC on Twitter (@WSSCWaterNews) and Facebook (@WSSCWater) for general updates and information about WSSC.

CASA Congratulates Hyattsville for Becoming a Sanctuary City

HYATTSVILLE, MD—On behalf of its 2,672 Hyattsville members, CASA congratulates the City of Hyattsville for adopting a sanctuary ordinance that will protect its residents from aggressive policing practices that entangle its important crime-fighting efforts with immigration enforcement. CASA thanks Mayor Candace Hollingsworth and the eight members of the Council that supported the legislation and wants to particularly recognize the leadership of lead sponsor Patrick Paschall who spent countless hours perfecting the language, performing legal research, and supporting the campaign for passage.

The ordinance outlaws stops, arrests, and detentions on the basis of citizenship or immigration status, immigration threats as an interrogation tool, blocks the city from entering into an immigration enforcement agreement with ICE, outlaws discrimination in the provision of city services on the basis of immigration status, and outlaws city participation in the collection and sharing of information for

See *CASA Page A3*

COMMUNITY

Practical Money Skills

By Nathaniel Sillin

Can You Coupon Without the Extreme?

Following the Great Recession, it seemed like extreme couponing was a competitive sport. You could watch on TV as shoppers armed with binders full of clipped coupons and an in-depth knowledge of stores' policies would get incredible discounts at the checkout counter.

Extreme couponing may not be as popular today, but the Recession gave many people an appreciation for living a frugal lifestyle. That's a good thing. Living within one's means is a core tenant of practicing good financial habits and couponing can help you achieve this goal. However, as with most things in life, you want to try and find a healthy balance and look for ways to coupon without the extreme.

Make the most out of your couponing. Whether you're on your weekly grocery run or making a major purchase, a discount can always be helpful. However, be wary of buying products you don't regularly need or use simply because you have a coupon or there's a sale.

Some people might choose to avoid temptation by looking for coupons after the items are in their cart. With a smartphone in hand, you can use a savings app to look for savings while you're waiting to check out.

Another option, that might require a bit more time and strategy, is to plan your meals for the week ahead of time. You can write down your shopping list and spend five or ten minutes looking for applicable coupons before heading to the store. You might also choose to look at the coupons available and plan your meals for the week based off of what's on sale.

No matter what tactics you use, the point is to save money on items that you will use, not to purchase merchandise simply because it's discounted.

Invest your time proportionately to the potential saving. The time investment that an attempt at extreme couponing can require doesn't always match the potential savings. Spending hours couponing and winding up saving \$1.50 probably isn't worth the time commitment.

A less extreme method is to consider the potential savings and spend a proportional amount of time researching products and looking for savings opportunities. But many people don't take this approach. A survey conducted by Ipsos on behalf of Zillow in 2016 found that on average, people spent eight hours researching mortgages or mortgage refinancing; 11 hours researching a new car or truck; and four hours researching a new phone, tablet or TV. Almost a fifth of those surveyed spent an hour or less shopping for their home mortgage.

Learning about and comparing options before making major purchases, such as a home or car, makes sense. A small change in your mortgage's interest rate could save or cost you tens of thousands of dollars. Comparing two new phones could save a few hundred dollars when it comes time to purchase.

Smaller recurring savings, such as the previously mentioned grocery runs, can certainly add up in the long run. If you've got a tried-and-true method that's working for you, go for it. Just make sure you get a good return on the time and effort you put in.

If you find joy in the hunt that's okay too. There are always exceptions and there are times when putting the extreme in couponing makes perfect sense. For example, there are extreme couponers who view their interest and practice as a hobby and coupon because it can be enjoyable to hunt for deals. While most hobbies cost money—this is one that could actually lead to savings.

There are also extreme couponers who figure out ways to get free products and then donate them to a local charity. It's a win-win for the couponer and those in need.

Bottom line: While saving money is important, and can be fun, try not to become so enthralled by potential savings that you lose sight of the purpose—to spend less money on what you want or need. If you are going to invest your time in money-saving endeavors, make sure you can potentially get a good return on your investment.



Agriculture Department Reminds Marylanders to Follow Lawn Fertilizer Law

Helpful Tips for Homeowners to Protect Local Waterways and Chesapeake Bay

By PRESS OFFICER
MDA

ANNAPOLIS, MD—As spring weather approaches, the Maryland Department of Agriculture reminds homeowners and lawn care professionals to follow Maryland's lawn fertilizer law when treating their lawn. The law is designed to protect local streams, rivers, and the Chesapeake Bay; and requires that all turfgrass professionals be licensed and certified by the department.

"Caring for a lawn is no different than caring for a crop in the field," said Secretary Joe Bartenfelder. "Farmers practice sound nutrient management by applying fertilizer and other nutrient sources only when the crop is actively growing and by using best management practices to protect nearby waterways from potential runoff. Homeowners and lawn care professionals

can do the same when caring for lawns."

Nutrients—including nitrogen and phosphorus—are key ingredients in lawn fertilizer. When it rains, fertilizer that has been applied to lawns can wash into nearby storm drains and streams that empty into the Chesapeake Bay. Once in our waterways, fertilizer contributes to the growth of algae blooms that block sunlight from reaching Bay grasses, rob the water of oxygen, and threaten underwater life. Maryland's lawn fertilizer law helps protect the Chesapeake Bay from excess nutrients entering its waters from urban sources, including golf courses, parks, recreation areas, businesses and hundreds of thousands of lawns.

The licensure and certification process ensures that lawn care professionals understand the science behind turf management and the environmental practices they need to follow to protect

waterways from fertilizer runoff. The department encourages homeowners to verify that their lawn care provider is certified by checking the department's website for a list of Certified Lawn Care Professionals at mda.maryland.gov/SiteAssets/Pages/fertilizer/Certified/Lawn-carePros.pdf.

Do-it-yourselfers can make a difference for local creeks, streams and the Chesapeake Bay this spring by following these best management practices:

- Skip the spring fertilizer. Fertilizing lawns in the spring promotes excessive top growth at the expense of root health.
- Sharpen lawnmower blades. A dull blade rips the grass, opening it up to disease. Removing the blade takes minutes and many local hardware stores or garden shops can sharpen your blade for you.

- Raise the cutting height of the mower. Taller grass shades out weeds and needs less water.

A three inch cut length is ideal for most lawns.

- Leave grass clippings on the lawn to decompose naturally. "Grasscycling" provides free fertilizer all season long.

If you fertilize:

- Follow the directions on the fertilizer bag.

- Learn about soil testing. Visit the website at <https://extension.umd.edu/hgic/soils/soil-testing> for seasonal and yearly fertilizer recommendations.

- Do not apply phosphorus to lawns unless a soil test indicates that it is needed. Phosphorus is indicated by the middle number on a fertilizer bag.
- Clean up fertilizer that lands on sidewalks or other impervious surfaces.

- Keep fertilizer applications 10 to 15 feet from waterways.
- Do not apply fertilizer if heavy rain is predicted.

For more information, visit mda.maryland.gov/fertilizer.

32nd Annual
Children's Day on the Farm
June 4
11 am - 5 pm
Free Admission

Artwork by
GDNY Artwork Contest Winner
Sophie Arness
Age: 11
Mutual Elementary

Kids Art
Sack Race
Face Painting
Trackless Train
Food Vendors

Puppet & Magic Show
Pony & Ox Cart Rides
Antique Tractor Parade
Dance Performance
Special Guest Appearance

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CASA from A2

the purposes of discriminating against residents on the basis of religion and other protected classes. Advocates called it the exact right response to the election of a national president that campaigned on the promise of deporting 11 million immigrants and creating a Muslim registry.

The federal government recently announced that it would cut federal grants to

cities who refuse to collaborate with ICE on civil immigration enforcement, a policy that attorneys argue violate the bill of rights and is already the subject of litigation.

"If President Trump's administration attempts to cut funds to Hyattsville and other pro-immigrant jurisdictions in our region, we hope to join together to debate that issue before a federal judge," said Gustavo Torres, Executive Director of CASA.

COMMENTARY

Benjamin L. Cardin

United States Senator for Maryland



Cardin, Rubio Lead Colleagues in Urging Trump to Prioritize Democracy, Human Rights in U.S. Foreign Policy

WASHINGTON, D.C.—U.S. Senators Marco Rubio (R-FL) and Ben Cardin (D-MD) today led a bipartisan group of 15 senators in urging President Trump to prioritize advocacy for democracy and respect for human rights in the administration's foreign policy agenda.

U.S. Senators Todd Young (R-IN), Edward Markey (D-MA), Cory Gardner (R-CO), Bob Menendez (D-NJ), Susan Collins (R-ME), Dick Durbin (D-IL), Roger Wicker (R-MS), Patrick Leahy (D-VT), Thom Tillis (R-NC), Christopher Coons (D-DE), Lisa Murkowski (R-AK), Cory Booker (D-NJ), and Jeff Merkley (D-OR) all joined the effort.

"America has long been a leader in supporting individual rights," states the senators' letter. "It was more than 240 years ago that the Founding Fathers declared that all are created equal and endowed with inalienable rights, including life, liberty, and the pursuit of happiness. These principles have successfully formed the backbone of the American experiment in self-government. The rights the Founders recognized are not by any means solely 'American,' but rather are universal. Being fortunate to enjoy these freedoms ourselves, we have the moral imperative to promote democracy and human rights across the globe."

The full text of the senators' letter follows:

Dear Mr. President:

As you carry out the responsibilities of the Office of the President, we in the Congress stand ready to work with you to ensure that America remains a leader in advocating for democracy and human rights. We urge your administration to make these issues a priority.

As you know, America has long been a leader in supporting individual rights. It was more than 240 years ago that the Founding Fathers declared that all are created equal and endowed with inalienable rights, including life, liberty, and the pursuit of happiness. These principles have successfully formed the backbone of the American experiment in self-government. The rights the Founders recognized are not by any means solely "American," but rather are universal. Being fortunate to enjoy these freedoms ourselves, we have the moral imperative to promote democracy and human rights across the globe.

At a Senate Foreign Relations Committee subcommittee hearing earlier this year titled "Democracy and Human Rights: The Case for U.S. Leadership" human rights activists shared their stories of living under oppressive regimes. They made clear that they believe that the United States has a critical role to play in safeguarding the fundamental rights of all people.

A world that is more democratic, respects human rights, and abides by the rule of law strengthens the security, stability, and prosperity of America. History has demonstrated time-and-again that free societies are more likely to be at peace with one another. Constitutional democracies are also less likely to fail and become breeding grounds for instability, terrorism, and migration.

Democratic nations that respect good governance and the rights of their own citizens are also more likely to be economically successful, and to be stable and reliable trade and investment partners for the United States. Our economic partnerships

See CARDIN Page A7

Marc Morial, President and CEO

National Urban League



America Needs—and Desperately Wants—Comprehensive Infrastructure Investment

"Our country is in dire jeopardy as long as it has within its body politic a socially and economically deprived group of citizens, whether they be actually enslaved or denied the full benefits of equality and freedom by an insidious economic and psychological slavery."

—Whitney M. Young

Earlier this month, the voters of Kansas City, Missouri, handily approved three ballot questions that will allow the city to borrow and invest \$800 million over 20 years to improve roads, bridges, sidewalks and flood control, and to build a new animal shelter. They also approved the One City Initiative, a one-eighth-cent sales tax to fund economic development in the city's struggling central core.

Not only did large majorities vote in favor of the measures, but voter turnout was nearly double that of last year's mayoral election.

One of the most tireless—and effective—advocates for the One City Initiative has been President and CEO of the Urban League of Greater Kansas City Gwendolyn Grant. In a widely-circulated guest editorial in the *Kansas City Star*, she argued:

"An increase of one-eighth of one cent is not too much to pay to create jobs, reduce crime and spawn economic development on Kansas City's East Side. An increase of one-eighth of one cent is not too much to manifest our commitment to creating healthy communities in the central city."

The lesson is clear: Americans want a comprehensive plan to fund urban infrastructure improvements, and they are willing to invest in their nation's future.

Urban communities were disproportionately battered by the Great Recession, and the fragile economic recovery has been slow to reach them. Several times in our history, the National Urban League has promulgated the concept of an urban

Marshall Plan—modeled on the massively successful economic development initiative that lifted Europe out of poverty in the wake of World War II. Last year we announced the development of *The Main Street Marshall Plan: From Poverty to Shared Prosperity*, the final version of which will be unveiled May 2 as part of our State of Black America Empowerment Summit in Washington, D.C.

While critical of many of the proposals and policies of President Trump, the National Urban League has remained cautiously optimistic about his promise to invest \$1 trillion in the nation's infrastructure, with inner cities being the major beneficiary. If the plan includes a strong jobs-building component that guarantees minority business participation and employment for workers in high-unemployment neighborhoods, we could support such a bill.

Congress, however, traditionally has resisted such infrastructure proposals. Obstructionists blocked President Obama's \$50 billion "roads, rails and runways" proposal in 2010 and his American Jobs Act in 2011. They blocked his proposals for an infrastructure bank, a national high-speed rail network and the GROW AMERICA Act (Generating Renewal, Opportunity, and Work with Accelerated Mobility, Efficiency and Rebuilding of Infrastructure and Communities throughout America).

Congress must heed the results of Kansas City's infrastructure referenda and respond to the clear will of the American people. As my predecessor Whitney M. Young wrote in the *New York Times Magazine* in 1963, in calling for a domestic Marshall Plan, "We have the material and spiritual resources as a country to meet the challenge and accomplish the urgent task ahead. All we need is the will to act and the spirit of decency and sacrifice which abounds in our land."



Allen Pond Park

Open to the Public

PHOTO COURTESY THE CITY OF BOWIE

ALLEN POND PARK

One of Bowie's main park facilities, Allen Pond Park hosts numerous events including open-air concerts, Fourth of July fireworks, and several community festivals. In addition, it is home to Opportunity Park, which offers 100% accessible experiences at its tot lot, school-aged playground, fitness cluster, fishing pier, the Bowie Ice Arena, Robert V. Setera Amphitheater, Bowie Skate Park, and Allen Pond, a 10-acre stocked pond. Allen Pond Park is located at 3330 NorthView Drive, Bowie, MD 20716, hours of operation are Daily, Sunrise to Sunset. Contact 301-809-3011.

Child Watch

by Marion Wright Edelman



Banning "Lunch Shaming"

"In 2017, we're taking hot lunches out of a child's hands and throwing it away ... We're one of the wealthiest and most powerful nations in the world and we're not feeding our children lunch. They are experiencing real hunger in the middle of the school day and to me that's just unacceptable."

—New Mexico

State Senator Michael Padilla

Here's a test with just one question: If a hungry child can't afford to eat, should the adults in her school punish and humiliate her for not having lunch money? As disgraceful as this question is, adults in schools across the country fail this test every single day. New Mexico has just become the first state in the nation to ban "lunch shaming"—policies that penalize children who don't have enough money to buy a hot lunch in the cafeteria. New Mexico's new law, the *Hunger-Free Students' Bill of Rights*, is a welcome move that has helped put a spotlight on a common form of cruel and unusual punishment against poor children.

State Senator Michael Padilla, the lawmaker who introduced it, understands what it's like to be hungry at school. As a child growing up in the foster care system he often couldn't afford lunch either, he said in the *New York Times*: "I made Mrs. Ortiz and Mrs. Jackson, our school lunch ladies, my best friends. Thank goodness they took care of me, but I had to do other things like mop the floor in the cafeteria. It was really noticeable that I was one of the poor kids in the school." In another interview he remembered that in addition to having to clean tables or help in the kitchen, sometimes his school lunch would be taken away or replaced with a slice of bread and cheese. "I'm 44 now, and I was shocked to find out that this was still happening. This is still a very real issue here in the United States."

Requiring chores in exchange for food or replacing hot nutritious lunches with cold cheese and bread are common occurrences in many communities. In 2016, Pennsylvania elementary school lunch worker Stacy

Koltiska made headlines when she said she quit her job over her district's policy of denying hot lunches to students with debt and replacing them with cold cheese sandwiches after seeing tears in a child's eyes. She said, "As a Christian, I have an issue with this. It's sinful and shameful is what it is ... God is love, and we should love one another and be kind. There's enough wealth in this world that no child should go hungry, especially in school. To me this is just wrong."

This wrong is compounded in other school districts which use physical marks on the children to "remind" parents that they haven't paid, as Arizona parent Tara Chavez learned when her son came home from his elementary school earlier this month with the words "LUNCH MONEY" stamped in block letters on his arm. She later learned her son's school lunch account had money in it but was low. "I asked if he was given a choice by the lunch lady and he said, 'No, she just grabbed my wrist and put the stamp on'—I think there's a better way to communicate the message than stamping a child with the word 'Lunch Money.' There's a billion other ways you could do it that would be better than that." Still other

schools do not feed children at all. *The New York Times* shared the story of an Omaha school cafeteria cashier who asked to resign her position at a school with a "no money, no meal" policy: "She had been secretly paying for students' meals," a coworker remembered, "and couldn't afford to keep it up."

School districts argue that "lunch shaming" tactics are necessary to weed out children whose families can afford to pay for meals but forget or choose not to, adding to the debt the schools are forced to absorb. Unpaid meals can add up: one study notes the School Nutrition Association found about 75 percent of districts had some unpaid student meal debt at the end of the last school year. But the same article notes many students who cannot pay for their meals actually qualify for free or reduced priced meals through the federal school lunch program but aren't signed up.

During the 2015–2016 school year 21.6 million children received free or reduced price lunches through the National School Lunch Program. The federal program also in-

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The Prince George's Post

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BUSINESS

The American Counseling Association's Counseling Corner

How to Help a Friend in Need

It usually isn't difficult to offer help to a friend or relative. Maybe he or she needs short-term financial assistance, advice about an upcoming vacation, or maybe just a ride to a doctor's appointment. Most of us are ready to step up and help when it's small things like that.

But in some cases, offering help can be much more complicated. This occurs when someone close to us appears to be doing or saying things that we find troubling or disturbing. Offering help in such situations is more difficult because the person hasn't requested our assistance, and, in some cases, may resent our stepping in.

You might struggle over whether you should share your opinions with this friend, worrying that it might jeopardize the relationship. This feeling can hold true whether it's a friend, or someone even closer such as a spouse or another close relative.

The trick is to approach the person with your concerns in a manner that will minimize the risk of insulting or alienating the person. One way to do this is what is sometimes called a "caring confrontation."

It begins by ensuring that you are in a private place and that the conversation is only between the two of you. The initial part of this type of confrontation is simply to describe the behavior that concerns you. You don't want to criticize, interpret or offer personal opinions, but simply to objectively describe the facts as you see them.

It helps to make your description positive, rather than negative and accusatory. Instead of saying "You sure are depressed these days," a more positive spin would simply be, "You don't seem to be quite as happy lately."

The second part of this approach is to ask whether your friend agrees with your observation and to offer an invitation to discuss it.

This "one-two" approach provides an opportunity for your friend to talk about possible issues without positioning you as too nosy or offering to "fix" the problem. Sometimes simply talking about a problem is a major step in helping to work it out.

There may also be more serious issues going on that would benefit from professional help, such as meeting with a professional counselor. In such cases, your job is simply to be supportive and helpful. Doing this can assist someone address what's bothering him or her, and ensure that your relationship is maintained.

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

Watch from A4

cludes a community eligibility provision which allows school districts, individual schools, or groups of schools to offer two nutritious meals daily to all students at no charge if more than 40 percent of their students meet certain eligibility standards that should help address the unpaid meal fees problem. Last school year more than 18,000 high poverty schools in nearly 3,000 school districts across the country—serving more than 8.5 million children—participated in this program, giving them the chance to serve all of their students without the administrative burdens of taking applications and collecting meal fees and without being forced to turn children away. But many other eligible schools haven't yet implemented this program.

The right answer should not depend on the kindness of lunch ladies or cruel school district policies that shame children and leave them hungry for more than food. The federal Healthy, Hunger-Free Kids Act of 2010 required the U.S. Department of Agriculture (USDA) to examine the challenges of unpaid school meal fees. USDA sent a Report to Congress, *Review of Local Policies on Meal Charges and Provision of Alternate Meals*, in June 2016 and issued guidance requiring school districts participating in the National School Lunch or School Breakfast program, beginning with the 2017-2018 school year, to establish policies and procedures to address the challenge of unpaid school

meal fees, although significant local discretion is allowed on the content of the policy. States also may develop policies or guidelines for all school districts to follow. The USDA's website includes resources to help states and school districts develop, disseminate and implement effective policies for children and families.

If we love our children the only moral choice in this rich country should be making sure children have access to the food they need. Schools are on the front line with hungry children entering classrooms every day and have a special obligation to ensure those children have the healthy food they need to concentrate and thrive. As the new law in New Mexico now requires, schools should be offering to help eligible poor children sign up for the federal free or reduced price lunch program, rather than shaming them and denying them food for the "sins of their parents." Jennifer Ramo, the executive director of the anti-poverty and anti-hunger group New Mexico Appleseed who helped draft the law said, "People on both sides of the aisle were genuinely horrified that schools were allowed to throw out children's food or make them work to pay off debt. It sounds like some scene from 'Little Orphan Annie,' but it happens every day ... We have to separate the child from a debt they have no power to pay." She added in another interview: "We're saying feed these children first, and let the grownups sort out the finances."

See WATCH, Page A8

New Development Brings New Direction And New Innovation to Downtown Largo

County Works With Private Developer to Transform Old Church Property to Support Community

By LORI C. VALENTINE
PGCEDC

LARGO, MD—On Wednesday, April 12, County Executive Rushern L. Baker, III joined a host of County dignitaries and well-wishers at the Groundbreaking Ceremony for the Capital Court, an exciting new redevelopment project on the former site of the Metropolitan Baptist Church in Largo. Brokered by Monique Anderson Walker, Principal of Fleur De Lis, LLC and purchased by developer Steve Sandler of L.M. Sandler & Son, this groundbreaking represents new life and new energy in the Largo community. County Executive Baker was pleased by what the new development will mean as a part of the overall vision for Downtown Largo.

"Capital Court fits in nicely with our concept of a new Downtown Largo," said Baker. "As we build a new Regional Medical Center near the Metro station in Largo, the project will become a significant part of what will be a vibrant area for Prince George's County where people can live, dine, worship and work. All of this development makes this County the place to be."

Mr. Sandler has envisioned the redevelopment of the 34 acre tract of land as a great opportunity to provide the Largo community with market rate and workforce housing to meet the needs associated with the new Regional Medical Center and the relocation of the County Seat. He has also committed to recycling the demolition materials into the new project, which will include a community center with a collaborative Think Tank between the Prince George's Community College and Leadership Prince George's.



PHOTO COURTESY LORI C. VALENTINE

Left to right: Sheriff Melvin High, Prince George's County; Paul Rowe, EDC Chief Operating Officer; Mark Young, President, TMI Trust Co.; David Harrington, President, Prince George's Chamber of Commerce; Orlan Johnson, Chair, EDC Board of Directors; Marva Jo Camp, Esq., Chair, Leadership Prince George's; County Executive Rushern L. Baker, III, Prince George's County; Steve Sandler, Owner, Sandler and Son; Nell Johnson, County Council Chair Derrick L. Davis's Office; Chuck Renniger, Largo Community Civic Association; Sam Epps, Library Board of Trustees; David Iannucci, ADCAO for Economic Development, Prince George's County

"My experience with Prince George's County is that they want to do business and want to grow," said Sandler. "The people that we have worked with in the County have been very impressive. I have found that as long as we do what we say we are going to do, the County will do what they say they are going to do. And as a developer, You can't ask for anything more."

Marva Jo Camp, attorney for L.M. Sandler & Son and the Chair of Leadership Prince George's was pleased to be a part of bringing the property back onto the County's tax role and providing a community resource with the Leadership Prince George's organization.

"Capital Court reflects the best of public-private sector collaborations," said Camp. "Here we have a redevelopment

of a dormant project that could not have gone forward without significant private sector development and a commitment from the public sector. It also reflects the vision for a new Downtown Largo anchored by the new Regional Medical Center and the County seat. I am particularly excited about the development of a Think Tank on-site and the partnership with the Prince George's Community College. Capital Court will be a model for quality development and innovation."

Also in attendance at the Groundbreaking Ceremony were EDC Chief Operating Officer Paul Rowe, Prince George's Chamber of Commerce President and CEO David Harrington, County ADCAO for Economic Development David Iannucci, EDC Board Chair Olan Johnson,

EDC Board Members Andrew Roud, Ray Lambert, and Sheriff Melvin High. Well-wishers also included M-NCPPC Planning Director Andree Green, Bondholder Trustee Mark Young, County, County Revenue Authority Director Peter Shapiro, and representing County Council Chair Derrick L. Davis, Nell Johnson.

"Every day, Downtown Largo is becoming more and more of a reality and the EDC is committed to utilizing all of its resources to ensure the Capital Court project is a success," said EDC COO Paul Rowe. "The excitement surrounding this project is profound as it marks the end of a blight on this community. We look forward to working closely with the Sandler Group and other stakeholders as they move forward in completing this project."

Luncheon from A1

Dr. Gloria Mayfield Banks, motivational success strategist, speaker, and sales trainer, has consistently beaten the odds to achieve extraordinary success in life and business. She has overcome dyslexia, domestic violence, and a difficult divorce. Dr. Banks then went on to obtain her MBA from Harvard University, received an honorary doctorate from the University of Maryland Eastern Shore, and today is a multi-millionaire entrepreneur. Dr. Banks joined Mary Kay Cosmetics in 1988 as a single mother of two and began her record-breaking ascent to Elite

Executive National Sales Director, a position held by only three women in the United States, faster than anyone in the company's 50-year history. In 2016, she made history once again by becoming the first African American to hold the number one position within Mary Kay's independent sales force.

Dr. Banks has trained thousands of business executives and leaders on six continents to obtain new levels of achievement. She has shared her secrets of success with national media audiences, appearing on CNN with Soledad O'Brien, *Good Morning America*, and CNBC's *The Big Idea*; and has been featured in

Fortune, *Black Enterprise*, *Glamour*, and *Ebony* magazines. Dr. Banks spends much of her time delivering inspiring and motivational messages to women and entrepreneurs around the world. She has also shared the stage with global media mogul Oprah Winfrey speaking on the platform "Empowering Women and Girls for Leadership."

As the featured keynote speaker, Dr. Banks is sure to bring her high energy, dynamic, inspirational teaching style to the Women's Excellence & Leadership Luncheon and will share her proven methods for overcoming obstacles, achieving success and ultimately "having it all."

"I'm so excited to have this opportunity to be a part of this event," said Dr. Banks. "I love being a role model for others because I know it can be difficult to get motivated and see the light at the end of the tunnel. I will never forget fighting to lift myself up to find my way. My goal is to give other women guidance and motivation while encouraging them to use their gifts unapologetically."

For more information on the Women's Excellence and Leadership Luncheon, please visit www.pgcedcexcellence.com. To register for this event, contact Nichelle Holmes at 301-583-4650 or naholmes@pgcedc.com or visit www.pgcedc.com/events.

Bees from A1

Outlots are areas owned by other beekeepers that are rented out to hive owners with space issues—either they live in an apartment or the housing association where they live does not allow bees. This allows people to keep bees who may not have been able to without the rented space.

"A lot of new folks learn about bees from the media, they learn that bees pollinate, they want to do something," said David Maloney, president of the Frederick County Beekeeping Association. "Becoming a hobbyist is one way to do it."

But, Maloney said, many first-time beekeepers fail to anticipate the initial cost of keeping bees or the steep learning curve that comes with caring for multiple hives. As many as a third of people enrolling in short courses stop keeping bees within three years.

"Most stick with it if they have a good mentor," said Karen Roccacaccia, director of the east region of the Apiary Inspectors of America and state apiarist for the state of Pennsylvania.

"I've learned so much this past year, not because of what I did right, but because of the mistakes I made," Maloney said of his own eight hives. An antique appraiser by day, Maloney first began keeping bees as a hobby two years ago.

"Getting the bees through the winter is the mark of a real beekeeper," said Roger Williams, president of the Central Maryland Beekeepers Association, who has been keeping bees on and off since 1973.

Aside from the cost of the class itself, Maloney said, a person has to consider the cost of the wood to build the hive along with any specialized beekeeping equipment. And they have to purchase the bees.

"You're maybe looking at \$300," Maloney said. "There is an expense and ongoing little expenses as time goes on."

But caring for hives, despite the initial cost, can be both monetarily rewarding—from the honey and beeswax produced by the hive—and intellectually stimulating as well, Maloney said.

"Once you start learning and take the time to read about the honey bee, it infects you with this interest," Maloney said.

Honey Standards in Maryland

Hobbyists aren't the only people taking interest in bees and the products they produce. Maryland legislators have expressed interest as well.

Maryland passed a bill outlining honey standards in 2012. The legislation specifies what constitutes honey in the state of Maryland and ensures that any honey sold in the state meets specific standards.

Previously, honey imported into Maryland—mostly from abroad—was of questionable quality, with some importers adding high fructose corn syrup or shipping honey produced from bees fed sugar water instead of actual nectar.

"I, and my family, love honey," said Delegate Kathy Afzali, R-Middleton. "The idea that I was feeding my children what I thought was the healthy alternative when in fact it could be high fructose corn syrup was worrisome."

This legislation gives local honey producers a way to level the playing field, Afzali said, by giving producers the opportunity for civil action if they suspect another company is selling or importing compromised honey.

"In the state of Maryland we mean business," Afzali said. "If you're going to call it honey, by god it better be honey."

OUT ON THE TOWN

ERIC D. SNIDER'S
IN THE DARK

Movie Review

T2 Trainspotting

T2 Trainspotting

Grade: B

Rated R, pervasive harsh profanity, some nudity and strong sexuality, surprisingly little drug use
1 hr., 57 min

Trainspotting, a cult favorite since the moment it arrived 21 years ago, was Danny Boyle's second movie and most of the world's first exposure to Ewan McGregor. Boyle has directed nine more films since then, and McGregor has exposed himself countless times, but fans keep jonesin' for another hit of that sweet, sweet 'spotting.

The largely satisfying if over-stylized sequel, nonsensically called *T2 Trainspotting*, is a loose adaptation of Irvine Welsh's followup novel, *Porno*, which caught up with our quartet of Edinburgh junkies 10 years later. Circumstances require Boyle's movie (again adapted by screenwriter John Hodge) to increase the gap to 20 years, but the extra decade gives it more weight. These men are in their mid-40s now, middle-aged, either more introspective than before or more cemented in their non-introspection. By this age, the chickens have come home to roost.

Mark Renton (McGregor) is drug-free (we meet him on a treadmill) but not without health problems. Simple-minded Spud (Ewen Bremner) is despondent over his ongoing struggle with heroin and the impact it's had on his girlfriend (Shirley Henderson) and son. Sick Boy (Jonny Lee Miller), now going by Simon, has graduated from heroin to cocaine and makes a living blackmailing men with surreptitiously recorded tapes of them having kinky sex with his Bulgarian girlfriend, Veronika (Anjela Nedyalkova). The psychopathic Frank Begbie (Robert Carlyle) is in prison, where he belongs, but soon gets free and tries to reconcile with his wife



ROTTENTOMATOES

First there was an opportunity ... then there was a betrayal. Twenty years have gone by. Much has changed but just as much remains the same. Mark Renton returns to the only place he can ever call home. They are waiting for him: Spud, Sick Boy, and Begbie. Other old friends are waiting too: sorrow, loss, joy, vengeance, hatred, friendship, love, longing, fear, regret, diamorphine, self-destruction and mortal danger. They are all lined up to welcome him, ready to join the dance.

(Pauline Turner) and teenage son (Scot Greenan), who wants nothing to do with his father's legacy.

You will recall that when we last saw these fellows, Mark had stolen money from Simon and Begbie, secretly paid Spud his share, and fled the country. His return to Edinburgh, to his childhood bedroom with the train wallpaper, is bound to cause some ripples. Simon, whose goal is to open a brothel with Veronika as madame, fights with Mark initially, then cools down but secretly nurses his grudge. The two pal around again as in old days, pulling little jobs to come up with cash—not to score skag this time, but to get started on converting an old pub into that brothel. There's a delightful scene where they distract a beer hall full of Protestants by improv-

ing a song about the 1690 Battle of the Boyne.

Begbie is another matter, and the other three avoid him as he tries to resume his life of crime. (His eventual run-in with Mark makes for another terrific moment.) As the underlying tensions among the four percolate, Boyle shows us their efforts to atone for the past, snippets of footage from the first movie popping up frequently in their memories. Spud, who's got a touch of the poet in him, starts writing stories about the old days. At least two songs that were prominently featured on the original *Trainspotting* soundtrack appear again here as part of the musical score. There are other nods, too (including an updated "Choose life" speech), but Boyle isn't wallowing in nos-

algia for its own sake. These memories, even the "happy" ones, take on a mournful quality as the four men look back on the wreckage of their half-wasted lives, seeing shadows (in one case literally) of what they've lost. If the first movie was about tragically reckless youth, the sequel is about the poignance of adulthood.

Which is why it's sadder than its predecessor and, purely on the basis of entertainment value, not as dynamic. But the (relative) wisdom of middle age makes *T2* a richer character study, the tragicomic junkies evolving into fulfilled human beings. McGregor's wide-grinned optimist, Bremner's deceptively dim sad-sack, Miller's coked-out paranoid, and even Carlyle's psychotic nutcase feel more authentic now than they did then.

Hundreds From Prince George's County Rallied for March for Babies

More Than \$125,000 Raised to Help Babies Be Born Healthy

By PRESS OFFICER
March of Dimes

UPPER MARLBORO, MD—APRIL 2017, it was the best feel-good moment of the week when approximately 500 members of Prince George's County showed their support of our smallest citizens—babies—by participating in the 2017 March for Babies to benefit the March of Dimes.

Watkin's Regional Park was packed with strollers, families, and business teams who raised more than \$125,000 to prevent birth defects, premature birth, and other leading causes of death and disability in babies.

Special guests at the event included Shay Baldwin (age 2), the 2017 Greater Washington D.C. Marker Ambassador, and her family. Tierra Willard (Keller Williams) and Walter Kirkland (100 Black Men) also joined walkers on the 3 mile-route as local DJ, Chris Peck, provided tunes to keep the energy high.

"We saw today how important the health of moms and babies is to the people of Prince George's

County," says Jennifer Abell, Senior Development Manager for the March of Dimes. "I'm so proud to be part of this community of people who came together to give all babies a healthy start in life. Babies should be a top priority all year round, and we're excited about what we've accomplished here today."

"It was a memorable and rewarding day for all of us," says Audrey Baldwin, mom of the 2017 Ambassador. "After Shay was born 10 weeks prematurely, we decided we wanted to do everything possible to help other families know the joy of a healthy child. We're honored to represent the March of Dimes today to show our appreciation for the ways they comfort and support families like ours and support innovative research."

Premature birth, the leading cause of death among babies in the United States, affects about 380,000 babies each year, including approximately 8,525 babies in Maryland. Funds raised by March for Babies in Prince George's County help support March of Dimes programs that provide



PHOTO COURTESY MARCH OF DIMES

comfort and support for families as well as innovative research to find the unknown causes of premature birth and birth defects.

The March of Dimes is the leading nonprofit organization for pregnancy and baby health. For more than 75 years, moms and babies have benefited from March of Dimes research, education, vaccines and breakthroughs. For the latest resources and health information, visit our websites marchofdimes.org and nacersano.org. If you have been affected by prematurity or birth defects, visit their shareyourstory.org community to find comfort and support. For de-

tailed national, state and local perinatal statistics, visit persistats.org. Find them on Facebook, Instagram and Twitter.

The 2017 March for Babies is sponsored nationally by Kmart, Famous Footwear, Macy's, Cigna, HCA, and regional sponsor Publix Super Markets, Inc. In our community, March for Babies is sponsored by Kmart, Famous Footwear, Macy's, Cigna, HCA, and regional sponsor Publix Super Markets, Inc. In our community, March for Babies is sponsored by IAM Machinists Union, Safeway, Subway, and the Washington Informer.

Happy Mothers Day

A Wonderful Way to Honor Your Mother



PHOTO COURTESY NAPSI

Splendid and sweet is what Mom will think of you when you get her this.

(NAPSI)—There are 2 billion mothers in the world-over 85 million in the U.S. In honor of Mother's Day, here are some fun facts and expert tips to help you celebrate:

- Mother's Day was started in 1908 by Anna Jarvis, who asked everyone at her church to wear a carnation in honor of her mother and their own.
- In 1914, Woodrow Wilson proclaimed that the second Sunday in May would officially be Mother's Day.
- According to the National Retail Federation, the average person spends about \$170 on Mother's Day.
- Approximately 122 million phone calls are made to moms on Mother's Day in the United States.
- There's a saying: When a child is born, so is a mother. She takes on many important roles: friend, mentor, teacher, helping us become who we are.
- If you're like most Americans, your mom has been there for the big milestones, but she's probably also there for life's little moments, supporting and guiding you in small, subtle ways.
- This year, Mother's Day is on May 14, and that day and every day, you can thank her—as well as your grandmother, sister, aunt, wife or stepmother—for all she's done, even the things that went unnoticed.
- The top 10 most popular flowers by type on Mother's Day are hydrangeas, roses, orchids, tulips, daisies, calla lilies, gardenias, lilies, sunflowers and Gerbera daisies.
- A great way to let her know how much she inspires you every single day is by sending a truly original gift from 1-800-Flowers.com. There, you can find just about everything, from arrangements filled with beautiful flowers to personalized keepsakes she'll cherish forever to delicious treats that let her know just how sweet she is, plus many other unique Mother's Day surprises she'll never forget.

Although she'll tell you it's the thought that counts, it's always nice to find a gift that captures her personality or interests.

For example, if she's a dog lover, she'll love the playful floral pup from the exclusive 1-800-Flowers.com a-DOG-able® Collection, peeking out over the rim of a watering can.

If birds are her favorite animals, there's a charming wooden birdhouse planter paired with a blooming pink hydrangea.

For the woman who is into cooking and canning, there's a beautiful arrangement featuring vibrant roses, daisy poms, asters and more, all in a refillable Mason jar she can use to hold homemade preserves and spices.

If your mother's more the elegant dinner party type, consider a fresh gathering of lavender roses, soft blue delphinium, pink lilies and more in an antique-inspired ceramic white pitcher she can use again and again.

You can find all these and many more ways to show your mother how much you appreciate her at www.1800flowers.com.

Delegation from A1

countries. Like business owners in Prince George's County, business men and women in Cheonan City are excited to explore new possibilities.

"We are grateful to get an exclusive look at Prince George's County's business environment," said Im Hongsoo, Leader of Cheonan City Delegation.

"Cheonan City and Prince George's County have so much in common as far as doing business is concerned. Our investors and business owners look forward to furthering relationships with this great County!"

To learn more about doing business internationally, please contact Martin Ezemma at muezemma@co.pg.md.us or (301) 583-4650 today!

Calendar of Events

May 11 — May 17, 2017

Smooth Sounds for Seniors: D.C.'s Finest

Date and Time: Thursday, May 11, 2017, 12 noon
Description: D.C.'s Finest is an a cappella group consisting of active and retired D.C. police officers who are often referred to as "The Doo Wop Cops." All members are Washingtonians who attended local high schools and sang with a doo-wop group in the 50's and 60's.

Cost: \$12/person
Ages: Ages 60 & better
Location: Montpelier Arts Center
9652 Muirkirk Rd., Laurel, MD
Contact: 301-377-7800; TTY 301-699-2544

G.E.A.R. Mother's Day Edition

Date and Time: Friday, May 12, 2017, 7-9 pm
Description: Need a Mother's Day gift? Come join us as we make candles for mom in honor of Mother's Day.

Cost: FREE with SMARTlink ID
Ages: 10-17
Location: Beltsville Community Center
3900 Sellman Road, Beltsville, MD
Contact: 301-937-6613; TTY: 301-699-2544

Concert: Sherry Winston

Date and Time: Friday, May 12, 2017, 8 pm
Description: Contemporary jazz flutist, Sherry Winston has performed at The White House for President and Mrs. Clinton, and for former President George H.W. Bush. She has appeared on, *The Today Show*, *Emeril Live*, *BET TV*, *Live at Five*, *VH1*, and many other national TV shows. Sherry is a graduate of Howard University's College of Fine Arts.

Cost: \$25/person; 10% discount for Montpelier members & seniors
Ages: All ages welcome
Location: Montpelier Arts Center
9652 Muirkirk Rd., Laurel, MD
Contact: 301-377-7800; TTY 301-699-2544

Waterfront Art Festival

Date and Time: Saturday, May 13, 2017, 12 noon-6 pm
Description: Discover a scenic atmosphere immersed in local art and imagination. Paintings, sculptures, jewelry, ceramics, photography, and more will be on display and for purchase from the artists.

This event includes art workshops, live skill demos, a children's creative space, music performances, river boat tours, food vendors, and more!

Cost: FREE
Ages: All ages welcome
Location: Bladensburg Waterfront Park
4601 Annapolis Road, Bladensburg, MD
Contact: 301-779-0371; TTY 301-699-2544

Mother's Day Tea

Date and Time: Saturday, May 13, 2016, 1:30 pm
Description: Treat Mom, Grandma or another special lady to a relaxing tea in Montpelier's elegant East Wing.

Menu includes fine finger sandwiches, cakes and pastries, buttery scones, and your choice to two quality loose leaf teas.

Cost: Friends of Montpelier Members: \$25; Non-Members: \$29. Prices include gratuity and self-guided tour of Montpelier; prices do not include tax.
Ages: 18 & up
Location: Montpelier Mansion/Historic Site
9650 Muirkirk Road, Laurel, MD
Contact: 301-377-7817; TTY 301-699-2544; montpeliermansion@pgparks.com

An Introduction to Taiko, the Art of Japanese Drumming

Date and Time: Saturday, May 13, 2017, 2 pm
Description: High energy, engaging teacher and performer Mark H. Rooney leads this interactive program that features both traditional and contemporary songs and rhythms.

Learn more about the instruments, the use of one's voice in taiko, as well as a bit of Japanese history and vocabulary.

Performances include the chance for volunteers to get up and try their hand at playing these BIG drums!

Cost: \$5/person
Ages: All ages welcome
Location: Publick Playhouse
5445 Landover Rd, Cheverly, MD
Contact: 301-277-1710; TTY 301-699-2544

Mother's Day in the Garden

Date and Time: Sunday, May 14, 2017, 12:15-3:15 pm
Description: Celebrate mom, grandma, or another special lady with a FREE guided tour of the house. End the afternoon with a glass of lemonade and a stroll through the garden.

Cost: FREE; limited to one free tour per paid admission
Ages: All ages welcome
Location: Riversdale House Museum
4811 Riverdale Road, Riverdale Park, MD
Contact: 301-864-0420; TTY 301-699-2544
Email: riversdale@pgparks.com

Lunchtime Lawn Concert

Date and Time: Wednesday, May 17, 2017, 12 noon
Description: Our Lunchtime Concert Series is back! Wander over to the museum on your lunch break and listen to some of the area's top blues and big band musicians.

Bring your own brown bag lunch or picnic basket. Some picnic tables are on-site, but you are encouraged to bring a blanket or chair.

Cost: Free
Ages: All ages welcome
Location: Darnall's Chance House Museum
14800 Governor Oden Bowie Drive
Upper Marlboro, MD 20772
Contact: 301-952-8010; TTY 301-699-2544

EARTH TALK ... Worse Than Fracking? Lithium Extraction for Batteries Hardly a Concern

Dear EarthTalk:

Is the extraction of lithium for lithium ion batteries really worse for the environment than fracking?

—Mitch Newhouse,
Oak Park, IL

In a world of modern technology, lithium-ion (Li-ion) batteries are hard to escape; they're in cell phones, laptops, and basically anything else with rechargeable batteries. In fact, the demand for Li-ion batteries rose from zero percent market share in 1991 to 80 percent in 2007, and the European Commission expects the tonnage of lithium used in batteries to double between 2010 and 2020. With no viable alternatives anywhere near mainstream production, Li-ion batteries look like they're here to stay for a while.

But thanks to some misinformation on the Internet, lithium extraction has gotten a bad rap. As Mark Sumner points out on Daily Kos, a pair of photos released by the community group Saskatchewan Proud shows a badly scarred and stripped mine site on the top along with the text "This is a mine where lithium is extracted for electric car batteries." On the bottom is a photo of a neat and orderly fracking drill site surrounded by vibrant-looking green forest and lakes with the text "This is an oil sands site in Alberta ... Tell me more about

how your electric car is better for the environment."

But Sumner points out that the top image in fact depicts one of the world's 10 largest copper mines (BHP's Escondida Mine in Chile) and has nothing to do with lithium extraction. Lithium extraction does take an environmental toll, from the process of pumping briny groundwater containing lithium carbonate out of the ground and leaving it in pools so the excess water can evaporate. But the main environmental consequence of this is large amounts of water used to bind to the lithium to facilitate extraction.

"There's nothing you would think of as mining," reports Sumner. "No blasting. No trucks driving around carrying loads of crushed rock. No sprays of sulfuric acid."

While it's true that chemicals are used to refine lithium after it is collected, potential dangers pale compared to those from fracking, which involves pumping harsh chemicals underground to break up shale layers to free natural gas, which can lead to groundwater pollution and even cause minor earthquakes.

Currently Li-ion batteries' biggest problem may be their tendency to combust—remember the recall of 500,000 hoverboards and then the infamous early version of Samsung's Galaxy Note 7? The ions inside Li-ion batteries can react if the wall between them is compromised, generating enough heat to potentially catch



CREDIT: LEONORA (ELLIE) ENKING, FLICKRCC

Almost a third of the world's lithium comes from the Salar de Uyuni of Bolivia's Altiplano.

fire. Manufacturers have mitigated such issues in most applications, but the problem can still rear its ugly head when improperly discarded Li-ion batteries are exposed to pressure and heat in a landfill or recycling facility that can stimulate combustion. This is why it's so important to properly dispose of Li-ion batteries (or products containing them) at hazardous waste or battery recycling locations.

Of course, alternatives to Li-ion batteries do exist with huge

potential, but none are economical enough to produce yet to be anywhere near ready for mass production. Some of the most promising include batteries made from sodium-nickel chloride, silver zinc or aluminum graphite. But the expense of the raw materials and the immaturity of the production processes will keep these emerging battery technologies on the drawing board for years to come while lithium ion continues to dominate the market.

CONTACTS: Saskatchewan Proud, <https://www.facebook.com/SaskatchewanProud/>; Daily Kos, <http://www.dailykos.com/story/2016/5/6/1524012/-Someone-is-lying-about-electric-cars-on-the-internet>.

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine (www.emagazine.com). Send questions to: earthtalk@emagazine.com.

Prince George's Arts and Humanities Council Announces 2017 Festival of Literary Arts (FOLA)

The Second Annual Festival of Literary Arts Creates a Literary Experience to Inspire, Enlighten, and Encourage Seasoned and Budding Writers, While Linking Them to Various Creative Disciplines and Incorporating Enriching Conversations and Learning Opportunities

By PRESS OFFICER
PGAHC

This year PGAHC will collaborate with Pen America, World Voices Festival. Taking place in Prince George's County and New York City through May 13, 2017, our literary consortium will celebrate the intersection of authors, poets, screenwriters, visual artists, and literary entrepreneurs of all ages. Through a panel of workshops and events, FOLA is

meant to inspire dreams and reinvigorate dormant ideas, while celebrating cultural and creative diversity.

We are excited to announce our 2017 FOLA Literary Artist in Residence this year will be Nancy Morejón, internationally acclaimed and most widely translated Cuban woman poet of the post-revolutionary period. Morejón was the first African Cuban student to earn a degree in faculty of arts at Havana University. She has

published widely as and is a celebrated writer, critic, and translator. The award-winning Cuban lead poet symbolizes the beauty of prose, breaking barriers, artistic sisterhood and brotherhood, and the potential of achieving creative greatness. She will open the festival, engage students in the County, and also appear in New York as a part of our inaugural collaboration with Pen America, World Voices Festival. FOLA event highlights include a

keynote opening networking reception followed by a series of lively panel discussions and informative workshops.

For complete festival line-up visit: www.folafestival.org

About PGAHC:

The Prince George's Arts and Humanities Council supports the creative community through collaborative partnerships, education, grants, and art-centered experiences to enhance the quality of life for all.

Cardin from A4

with Japan, Germany, Taiwan, the Republic of Korea, and numerous other nations' today stand as testament to the wisdom of far-sighted U.S. policy that seeks to develop good governance and strong democratic institutions as necessary enablers for strong economic partnerships as well.

As we have seen over the past decade, there is a creeping au-

thoritarian resurgence across the globe, against which we are the bulwark for individual rights and freedoms. America, since its founding, has led this fight, not just for the rights of Americans found in the Constitution, but for the rights of all.

By elevating democracy and human rights to a prominent place on your foreign policy agenda you can make a measurable difference and make Amer-

ica safer, more prosperous, and more secure. There is longstanding and deep bipartisan Congressional commitment to advancing freedom around the world, just as Republican and Democratic administrations for decades have supported democracy and human rights, and we look forward to working with you on this important cause.

We ask that, as you continue to formulate your foreign and

defense policies, you put the promotion of democracy and human rights front-and-center as a primary pillar of America's approach abroad. As we move forward with the process of holding confirmation hearings for your nominees to key foreign policy positions we will be assessing their commitment to uphold these important American values as they carry out our nation's foreign policy.

SPAY-A-DAY

There many benefits to spaying or neutering your pet. It helps reduce pet homelessness and reduces the number of dogs and cats euthanized each year. Spaying female pets helps prevent uterine infections and neutering male pets prevents some prostate problems. And, contrary to popular belief, spaying or neutering will not cause your pet to become overweight.

To support your efforts to keep your pets as healthy as possible, Prince George's County has a Low-Cost Spay/Neuter Program and provides FREE spay/neuter surgeries to pets of residents in low-income communities through its Spay-A-Day Program. To learn more, contact (301) 780-7252 or visit princegeorgespets4us.com.



Prince George's County Secretary of Health and Human Services, Department of Health, Environment, and Office of Central Services is proud to support the community's commitment to our everyday health. ENVIRONMENT