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Clyde Doughty, Jr. Selected CIAA Athletic Director of the Year

By PRESS OFFICER
Bowie State University

CHARLOTTE, NC—The Central Intercollegiate Athletic Association (CIAA) held its annual Spring General Assembly Meeting and End-of-Year Awards Reception on Tuesday (5/16). The conference office announced its highest administrative and team awards at the reception and Bowie State's Clyde Doughty, Jr. was one of the honorees.



PHOTO COURTESY BOWIE STATE
Clyde Doughty, Jr.

Under Doughty's guidance, Bowie State athletics programs claimed two 2016-17 conference titles including men's basketball and women's bowling while the Bulldogs' football and softball squads both took home runner-

up trophies. After the relocation announcement of championships by the Board of Directors,

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PHOTO COURTESY MONICA BISCOE

Mani Patel and his colleagues at TripleStone commemorated the occasion with a groundbreaking on Wednesday, May 10, 2017.

PGCPS Tops State in Green Schools Certification

By PRESS OFFICER
PGCPS

UPPER MARLBORO, MD—Prince George's County Public Schools (PGCPS) continues to lead the state with the most number of schools earning new Maryland Green School certifications.

Twenty-one schools recently earned certification and five schools were recertified, raising the total number of PGCPS Green Schools to 92—approximately 16 percent

of the total 582 Maryland Green Schools.

"Over the past three years, we have seen tremendous growth in our number of Green Schools," said Dr. Kevin M. Maxwell, Chief Executive Officer for PGCPS. "These schools serve as models for environmental awareness, management and education in our communities, encouraging students to be lifelong environmental stewards."

See PGCPS Page A3

TripleStone Real Estate Breaks Ground on \$50 Million, 15-Acre Project in PG County

Developer Achieves a Dream 40 Years in the Making

By MONICA BISCOE
Mason-Dixon Consulting

BRANDYWINE, MD—On Wednesday, May 10, 2017, the first phase of 15-acre project, Cadillac Crossing, officially broke ground at 16101 Crain Highway in Brandywine, MD. The initial development will include a retail center anchored by Chipotle, Verizon, Sparenity Nail Salon, and a Hibachi grill. The second phase, expected to

begin shortly after the first, will include additional retail, a Lidl grocery store, a 10,000-square-foot medical center, and a 100-room Marriott hotel.

In homage to the old Cadillac Motel, developer TripleStone Real Estate aptly chose "Cadillac Crossing" as the name for its storied, flagship property. With an estimated 85,000 cars per day traveling along Highway 301, mega-developers and investors have been quick to

take notice. As a result, large-scale projects such as Brandywine Crossing and 301 Center have emerged just a short distance away.

"Breaking ground on Cadillac Crossing is certainly a pivotal moment for TripleStone," says Angela Patel, one of the company's principals, "but even as momentum and excitement leave most of us eagerly discussing what will come next for this project, we find Mani gaz-

ing out over the cleared land with some combination of happiness, pride, and awe."

Mani Patel, among the first Indian American hotel owners in the country, purchased the Cadillac Motel in 1976 and has played a key role in operating it every day since. Although he built, owned, and managed many hotels and retail and resi-

See TRIPLESTONE Page A5

Comcast Awards \$119,000 in Scholarships To 110 Maryland High School Seniors

By PRESS OFFICER
Comcast

BALTIMORE, MD—On May 11, the Comcast Foundation announced the 2017 recipients of its annual Leaders and Achievers® Scholarship Program awards in Maryland. The program, funded by the Comcast Foundation, recognizes the best and brightest high school seniors for their community service, academic performance and leadership skills.

"I would like to congratulate these remarkable students who are dedicated to creating a positive impact in their communities and who strive to reach their fullest potential," said Maryland Governor Larry Hogan. "With this support from partners in the business community, these students will have the opportunity to continue their education and develop into exemplary leaders of tomorrow."

Comcast, joined by Dr. Carol Williamson, Deputy Superintendent, Office of Teaching and Learning at the Maryland State Department; Maryland House Speaker, Michael E. Busch; and

other local elected officials and school administrators, recognized the students at a special event held Wednesday, May 10, at Maryland Hall for the Creative Arts in Annapolis. One hundred and nine recipients of the 2017 Maryland Leaders and Achievers® scholarships received \$1,000. Cienna Bell, a senior at Bowie High School was awarded a \$10,000 Comcast Founders Scholarship—instituted in honor of Ralph J. Roberts, Founder and Chairman Emeritus of Comcast Corporation—for a total of \$119,000 awarded this year to Maryland high school students.

"Our Leaders and Achievers Scholarship winners are committed to academic excellence and community service," said Mary McLaughlin, Senior Vice President of Comcast's Beltway Region. "We are honored to recognize their achievements, and are excited to support them as they continue their educational journeys."

The Comcast Leaders and Achievers Scholarship Program provides scholarships to students who strive to achieve their full



PHOTO COURTESY COMCAST

Maryland Leaders and Achievers Group pose for a group photo at the awards ceremony.

potential, who are catalysts for positive change in their communities, who are involved in their schools, and who serve as models for their fellow students. The philosophy behind the program is to give young people every opportunity to prepare for the future and to engage them in their communities. The program also demonstrates the importance of civic involvement, and the value placed on civic involvement by the business community.

Since 2009, Comcast has awarded nearly \$825,000 in Leaders and Achievers Scholarships to more than 750 students in Maryland. This year, the program will award more than \$2 million in scholarships to more than 2,000 students across the country to help them pursue higher education.

See AWARDS Page A5

Four PGCPS Destination Imagination Teams Advance to Global Finals

By PRESS OFFICER
PGCPS

UPPER MARLBORO, MD—Four teams from Prince George's County Public Schools (PGCPS) will advance to the Destination Imagination Global Finals in Knoxville, Tenn., from May 24 to May 27. Destination Imagination showcases student teams solving challenges, working cooperatively and pushing the limits of their imagination.

Teams from Bond Mill and Glenarden Woods elementary schools, Martin Luther King Jr.

Middle School and Bowie and Eleanor Roosevelt high schools will compete in the Global Finals.

Martin Luther King placed first at state in the Show & Tech category. Glenarden Woods received a second-place award; Bond Mill, Bowie and Eleanor Roosevelt received third-place honors.

Maryland Creative Problem Solvers, Inc. (MCPSI), a non-profit affiliate of Destination Imagination Inc., sponsored the state tournament. More than 400 teams from across the state participate annually.

Prince George's County Public Schools Announce Last Day of School

UPPER MARLBORO, MD—Prince George's County Public Schools (PGCPS) will end the 2016-17 academic year on June 13 for students and teachers.

Schools will dismiss two hours early on June 9, June 12 and June 13 to allow teachers time to complete year-end tasks.

NOTE: These dates are subject to change pending any emergency closures.

INSIDE

With Advances in Medicine, Hepatitis C Treatments Give Patients More Options

For most people, hepatitis is a silent disease until it causes substantial damage to the liver. That process may take several years, and can lead to liver failure with the need for liver transplantation, and can also lead to liver cancer.

Community, Page A3

Saving Amazing Young Grace and Her Medicaid

The health of our nation (and our soul) is now in the Senate's hands. Some Senators may be tempted to try to fix some elements of the House bill, like the assault on people with pre-existing conditions and the enormous cost increases for older Americans.

Commentary, Page A4

Chasing Returns—The Biggest Mistake Investors Make

For anyone who has either played or watched a game of baseball, hitting that big home run is exciting. This can be compared to investing all your money into an investment that tracks the S&P 500 Index and having a year like 2013 when your portfolio was up over 32%.

Business, Page A5

Movie Review: *The Boss Baby*

Tim's flights of fancy are good for some hearty laughs when we switch to the objective reality point of view, though it gets confusing when objective reality becomes more surreal than Tim's imagination—like when he and the baby sneak to Las Vegas on a plane full of Elvis impersonators, for example.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

Why do rooftop solar panels have to be so big and unsightly? Are there any better-looking alternatives out there?

—Maise Lipscomb
Helena, MT

Features, Page A7

Towns and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301 735 3451

Morningside Volunteer Fire Department hands out 2016 awards

Kirk Spencer was recently named 2016 Rookie of the Year at the Morningside Volunteer Fire Department honor awards. And he was so well trained at MVFD that he now is a full-time paid professional with the County Fire Department.

Other awardees include Kevin Swain, Firefighter of the Year; Rachell Hall, E.M.T. of the Year; Lisa McKleeven, President's Award; and Eugene Jones, Chief's Award.

Medals of Valor were also awarded. The Gold went to Kevin Swain, Silver to Dave Riley and Shaquita Livingston, and Bronze to Brandon Fitch, Matt Ward and David Riley.

The EMS (Emergency Medical Services) Recruitment drive on May 7 at Morningside had 25 attendees. Twelve of them signed applications. There will be another drive in June.

Also, Live-in Recruiting Weekend is coming up June 2-5. For information, call 301-736-4342 or go to www.morningsidevfd27.com.

Skyline School "renovations" have begun

What we remember as Skyline School is being transformed into offices for the County Schools. Basketball courts and youth equipment will soon be gone to make room to park a few hundred cars. We have been assured there will be "no bus parking." (We shall see.)

It's sad to lose those basketball courts where so many of our young people honed their skills and met with friends.

This is happening despite former resident Ed Kittrell's plea, at Skyline Citizens' February meeting, to save the courts. He was joined by K. Alexander Wallace, School Board Member for District 7, who offered to help our community fight to keep a playground on the property that once was Skyline School. We lose again.

By the way, "Old School Skyline" has a Facebook page. Former students might want to check it out.

"Always the fault of the Democrats"

Eleanor D. Mote, 94, a longtime resident of Camp Springs who worked for several Republican Senators, died April 14.

Among those Senators were Everett Dirksen and Barry Goldwater. According to her granddaughter Cammy, Eleanor always knew the Democrats went to blame when things went wrong. Her late husband Walter Mote also worked as a Senate staff member, retiring in 1975 from the Senate office of Vice President Nelson Rockefeller.

Eleanor is survived by her daughter Roseann and son-in-law Francis "Franny" Rohan, grandchildren Cammy, Walt, Kristina, Celena and Kevin, 11 great-grandchildren, and her brother Louis Sacchetti Jr. Father Edward Hegnauer was celebrant at her Mass of Christian Burial at St. Philip's.

In the eulogy, Cammy talked about how her grandmother was an inveterate newspaper-clipper and letter-writer, and remarked on how she much she loved Grandma's cooking.

People

Sheriff Melvin High was guest speaker at the May 17 meeting of the Skyline Citizens Association. He talked about just what the Sheriff's Department does. Do you have any idea? I didn't.

Another speaker was Ebony Bates, who lives in Skyline but works as realtor all over the metro area. She handed out copies of the *Avery-Hess Executive Summary*. It stated that the median list price in Suitland "this week" was \$249,900 for a 3-bedroom/2-bath home, on the market for 59 days.

Changing landscape

The 17-year cicadas are back—four years early. Perhaps it's global warming or climate confusion. Maybe it's just really hard for a 17-year cicada to count down the years while he's buried underground. Anyway, I've always had a fondness for cicadas and look forward to their song.

Kaiser Permanente of the Mid-Atlantic States plans a new building by the New Carrollton

Metro Station. Construction is expected for completion by November 2018.

A Speed Awareness program was conducted on John Street in Skyline recently, thanks to a request by the Skyline Hills neighborhood. About 40 citations were issued. I hope it has made difference.

Morningside Memories

Back in May 1958 Morningsiders were getting ready to vote in their 10th election. The following candidates had filed with the Election Supervisors:

For Mayor: William H. Stewart, 410 Morgan Road, incumbent. He is 38, has lived in Morningside for five years, and is an engineer for R.C.A. and a technical advisor to the Air Force.

For Council: Agnes Dallas Bragunier, Leonard F. Gardner, William J. Gilmartin, Charles Joseph Kiker, Jack Wayne Langford and William Schaub. (Winners were Dallas, Leonard and the two Williams.)

May they rest in peace

Glenn Davis, 96, formerly of Morningside, died April 16 in Fall Branch, TN. I remember, fondly, when Glenn and his wife Eunice lived nearby, at the corner of Skyline Drive and Suitland Road, with their children, Jerry, Ramona and Joanne.

Sandra "Sandy" (Karnes) Peterson, 71, Suitland High Class of 1964, died May 12. A native Washingtonian, in recent years she lived in Denver. Sandy was preceded in death by her husband of 50 years, Howard, and is survived by four children, 14 grandchildren, and her brother James Shanabrook. A memorial service was held at Christ UMC in Denver.

Milestones

Happy birthday to Christopher Nichols, May 26; Gary Lewis, Sr. and Steven Busky, May 27; Teddy Burke and Kevin Nichols, May 30; Ruth Garner and Aiyana Poe, May 31; my granddaughter Sarah McHale and John Tierney, May 31; and Kathleen Stahl, June 1.

Happy 22nd anniversary to Tyonda Simms-Taylor and Michael Taylor on June 1.

Brandywine-Aquasco

by Audrey Johnson 301 888 2153

FLASHBACK

Join us June 30th at 7:00 PM for an evening of dancing, food, and fun at Nottingham Myers. Wear your best outfit from back in the day. Contact the church on 301-888-2171 for more info.

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.

Registration starts at 7:30 AM, shotgun starts at 9:30 AM. Format: 4 Person Scramble. Many prizes (1st and 2nd Place Team, door prizes and gift Men/Women Longest Drive and closest to the pin). Cost: \$125.00 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 D.C. Metro Chapter by August 11, 2017. ECSU, PO Box 553, Lanham, Maryland; Attn: Don Herring. Make

check(s) payable to D.C. Metro Chapter, ECSU. For information please contact Donald Herring, Sr. (301) 980-0240 (herringdon@verizon.net) or Leroy Williams (301) 535-4858 (1femingw@verizon.net) Note: Andrews AFB Security requires that all civilian tournament golfers provide government issued identification as a condition of entry.

WESTPHALIA MEN'S DAY

Join us for Men's Day Celebration June 25, 2017. Brother Kevin Lewis will be guest speaker at the 8:00 AM Service and Rev. H. Beecher Hicks, guest speaker at the 10:30 AM Service. Rev. Dr. Timothy West, Senior Pastor. The church is located at 9363 D'Arcy Road, Upper Marlboro, Maryland 20774. Visit the website at www.westphaliaum.org

20th ANNIVERSARY CAR and BIKE SHOW

Come and celebrate Father's Day June 18, 2017 from 2:00 PM-6:00 PM at The Sanctuary at Kingdom Square 20th Anniversary Car and Bike Show. New anniversary location is Ritchie Station Marketplace, 1772 Ritchie Station Court, Capitol Heights, Maryland 20743 (near Pohanka Automotive Group).

There will be awards, food, music, refreshments and more. Trophies awarded in many categories. Free registration, all car clubs are welcome. Open for entries at 2:00 PM. Judging begins at 5:00 PM. For information, contact Charnita Glenn Events2love@yahoo.com or 301-793-8651.

BIRTHDAY CELEBRATIONS

Happy birthday to Joan Falby, Joshua Lathan Jackson, Janet Smalling, Nana Smalling, Abena Smalling, Doris Hill, Andrea Johnson, Angela Williams, DeAndre Bowden, Teresa Joiner, Agatha Jalloh, Ihuoma Mbakwe, Blair Stephens, Cameron Barron, Mia Kerrick, Carolyn Glee, Ricky Thomas, Dacinth Dorsett and Beverly Vitale who are Clinton United Methodist Church members celebrating birthdays in May.

WEDDING ANNIVERSARIES

Happy wedding anniversary to Valentine & Charmaine Grant, Nadia & Marcus Long, Yolanda & Anderson Jackson, Jr. who are celebrating a wedding anniversary during the month of May 2017.

Neighborhoods

MDOT SHA Resurfaces Landover Road in Prince George's County

CHEVERLY, MD—The Maryland Department of Transportation State Highway Administration (MDOT SHA) is providing a new driving surface as part of a \$2.8 million safety and resurfacing project on MD 202 (Landover Road) between US 50 (John Hanson Highway) and MD 450 (Annapolis Road) in Prince George's County. The work also includes resurfacing of the ramps to and from MD 202 to US 50. Weather and progress permitting, the 1.6-mile project should be complete by fall.

In addition to resurfacing, which will be performed at the end of the project, SHA is:

- Replacing damaged brick medians;
- Constructing new sidewalks and ramps;
- Repairing or replacing damaged concrete curb and gutter;
- Cleaning and repairing drainage inlets and pipes;
- Installing new guardrail; and;
- Replacing all pavement markings once all final resurfacing is complete.

SHA's contractor, for the project is F.O. Day, Co. of Rockville. Crews may close a single lane Mondays through Fridays between 9 a.m. and 3 p.m., and two lanes Sundays through Thursdays between 8 p.m. and 5 a.m. Additional work or lane closure times may be needed throughout the lifetime of the project to expedite work and keep the project on schedule.

Crews will use cones, barrels and arrow boards to guide drivers through the work zone. More than 45,000 vehicles use this section of MD 202 daily so motorists are encouraged to plan extra travel time.

The *e-Road Ready 2017* electronic construction brochure is now available by clicking [here](#). The e-brochure highlights major road construction and maintenance projects in each of MDOT SHA's seven engineering districts which cover Maryland's 23 counties.

Stay alert and look for reduced speed limits, narrow driving lanes and highway workers. Slow down and don't follow too closely. Remember work zone safety is in your hands. Maryland drivers can also know before they go by calling 511 or visiting www.md511.org for live traffic updates, including construction delays and lane closures.

Initial project activity will include daytime sidewalk ramp, curb and gutter work and overnight ramp resurfacing and ramp pavement marking work. For real-time traffic information, please visit www.md511.org or call 1-855-466-3511 using a hands-free device while driving. It's the law! Citizens with questions about this MD 202 project can contact Mr. Yassin Ahmed, SHA Project Engineer, at 202-763-3665 or Mr. Vince Rethemeyer, SHA District 3 Area Engineer, at 301-513 7334.

Melwood Appoints Larysa Kautz as Chief of Staff

UPPER MARLBORO, MD—Cari DeSantis, President and CEO of Melwood—a leading provider of job opportunities for people with

differing abilities in the Washington metropolitan area—recently announced the appointment of Larysa Kautz as Chief of Staff and General Counsel. Kautz has been with Melwood since 2014, serving as the General Counsel.

"We are so proud to name Larysa as Chief of Staff at Melwood. She has proven to be a valuable asset to our organization and is well deserving of this promotion," said DeSantis. "Melwood's success is in direct correlation with Larysa's expertise and proven leadership."

In addition to being responsible for the supervision of Melwood's legal, compliance, risk management, and external affairs functions, Kautz will provide general coordinating leadership to all departments, working behind the scenes to execute Melwood's strategic goals, address challenges, and handle day-to-day issues that impact Melwood.

"I'm thrilled to take this next step in helping Melwood reach its objectives and expand the organization," said Kautz. "One of my immediate advocacy missions is to get Melwood in front of large companies and encourage them to hire individuals with differing abilities. This community takes such pride in their work—they work hard and are dedicated employees. Their contributions are needed in larger private sector organizations."

Kautz has more than 15 years of experience in law, corporate governance, risk management, government relations, and communications. Prior to joining Melwood, she was partner at the Schaner & Lubitz, PLLC law firm, as well as counsel and associate at other prestigious firms. She also has lent her expertise to the Obama Administration and the Foundation for the National Archives as pro bono counsel.

Kautz was recently named a 2017 Leadership in Law honoree in her position as General Counsel to Melwood. She was also recently appointed by Virginia Governor, Terry McAuliffe (D), to serve on his State Rehabilitation Council for the Blind and Vision Impaired.

Kautz holds a JD from Yale Law School and an LLM in taxation from the Georgetown University Law Center. She has been admitted to practice law in New York, Maryland, and the District of Columbia.

BGE Holds Annual PeakRewardsSM Preseason Cycling Event to Prepare for Summer

BALTIMORE, MD—Baltimore Gas and Electric Company (BGE) today announced that it will perform its annual preseason cycling event on the systems that cycle the central air conditioners and electric water heaters of customers voluntarily enrolled in the PeakRewards programs. PeakRewards participants receive bill credits of up to \$100 during cycling season for allowing BGE to cycle their central air conditioner or heat pump and/or electric water heater during periods of peak electricity usage. Last summer, PeakRewards participants received \$21 million in bill credits.

"BGE carefully reviews all aspects of the PeakRewards program in an effort to ensure the program is meeting the expectations of our customers and delivering on BGE's electric grid commitment," said Rob Biagiotti, vice president and chief customer officer for BGE. "This annual test helps ensure our customers and systems are prepared ahead of the summer peak demand season when cycling events are most likely to occur."

PeakRewards participants will receive a letter informing them of the preseason event and that their central air conditioner or heat pump will be cycled up to their chosen level: 50, 75 or 100 percent. Customers enrolled in the BGE PeakRewards Electric Water Heater program will also be part of this preseason cycling event. During the event, program participants will have power to their water heaters interrupted and no additional hot water will be produced for the duration of the event. Neither PeakRewards air conditioner or water heater customers will be able to override participation in this test event. Customers with medical or health issues that may impact program participation or who require assistance should call the PeakRewards customer hotline at 1.888.309.PEAK (7325).

Cycling events will typically occur during the summer months of June through September, but can happen during other months throughout the year. Cycling typically occurs Monday through Friday, but the actual start time, end time, duration and day of the week of each cycling varies. The length of a cycling event will depend on the need for BGE to reduce electric demand. It generally begins between noon and 3 p.m. and could last seven hours or longer if system conditions require a longer transition to normal operations.

PeakRewards participants are notified of cycling events through a number of channels. Notifications will be made by email for participants who have requested to receive Peak Rewards cycling event emails. Participants are also encouraged to sign up to receive event notifications by SMS/text message. SMS text messages are an easy way to receive immediate notification about cycling events directly to a mobile phone. To update contact information and notification preferences, customers should visit BGE.com/MyAccount. Information about cycling events will also be posted to the PeakRewards Event Central website, BGEsavings.com/PeakRewardsEvent.

To minimize the impact, the preseason event has been scheduled to coincide with mild temperatures between 10 a.m. and 2 p.m. on a weekday when many customers are less likely to be at home.

The more than 320,000 customers who participate in PeakRewards help reduce the likelihood of power outages when electricity use is highest—normally summer days with extreme temperatures. For more information on how to enroll in PeakRewards, visit BGEsavings.com or call 1-888-309-PEAK(7325).

COMMUNITY

Practical Money Skills

By Nathaniel Sillin

The Keys to Outfitting Your First Apartment on a Budget

Moving into a place of your own for the first time is a huge step. I remember my first post-college apartment move. It was nothing special, but it was mine. It came with a few new challenges and responsibilities and all sorts of opportunities. For the first time, I was able to decide how to decorate an entire living area and turn a blank slate into a home.



Here's some advice for finding what you'll need on a budget and a few inexpensive ideas to make otherwise unimaginative rooms come to life.

Look for hand-me-down and used furniture. Furniture—tables, chairs, bookshelves etc.—often takes up the most space and can be the biggest drain on your budget. You could start by mapping out your home using online floor plan software and determining what might fit where.

When it comes to finding furniture, friends, family members and friends of family members may have something they want to get rid of and simply haven't had the time or energy to do so. Also consider marketplace websites' free sections and the nonprofit Freecycle Network™, which hosts message boards where you can find local people giving away their unwanted belongings.

To find used furniture that's for sale, head to consignment stores, garage and buy-sell-trade social media groups. There are even startups creating online marketplaces specifically for furniture, although they're generally limited to large cities.

Get your kitchen in order. Many kitchen essentials, such as silverware, can also be found for cheap at second-hand stores. But if you're looking for something new, you can save money by shopping at discount stores and online clearance sites.

Avid cooks who want to invest in a few kitchen appliances might consider waiting for large seasonal sales. For instance, standing mixers, slow cookers and other small appliances often go on sale every Black Friday.

Brighten up the place. While your apartment may have overhead lighting, a few standing lamps can set a much nicer mood. The good news is lamps often stay in the corner and won't necessarily show a lot of wear and tear. In other words, this is another great buy-used opportunity.

Don't shop second-hand for everything. There are a few things you don't want to buy used: towels and bedding. Add mattresses to that list as well if you'll be looking for a new one.

When it comes to sheets, ultra-high thread counts could be more of a marketing gimmick than an indicator of quality. Try to focus on how the fabric feels, find a weave that you like and you might be pleasantly surprised by the low-cost options at big box retailers. The same test works for towels.

Purchasing a new mattress can take a big chunk of your budget. Consider one of the new online mattress retailers that sell high-quality goods for less. Buying a mattress without testing it first may seem weird, but many offer free returns within the first few months.

Add a few personal touches. You've got the necessities covered, but how do you turn a generic apartment into a place that feels like home? Think walls, windows and floors.

Rather than painting, consider a cheaper (and easier) route by opting for removable wall decals or wallpaper. There are all sorts of shapes, designs, prints and even adhesive chalkboards for under \$20. You could also decorate with paper, canvas or metal prints of your favorite photographs. Windows can get a cover-up treatment as well, but rather than spending a lot of money on brand new blinds you can get curtains that add color or a pattern to your room.

An area rug can help tie a room together, but they can also be prohibitively expensive. This is another item that you might not want to buy used unless you know the seller. Luckily, home good stores and some big box retailers usually have at least a few inexpensive options.

Congratulations on the move. Outfitting a new apartment doesn't happen overnight. Especially if this is the first time you get to pick what to buy, it can take time to find your style and items to match. However, even with a limited budget, there's a lot you can do to make a space your own.

With Advances in Medicine, Hepatitis C Treatments Give Patients More Options

By PRESS OFFICER
FDA

SILVER SPRING, MD—Transformative advances in drug treatments approved by the U.S. Food and Drug Administration are giving the 3.2 million Americans with chronic hepatitis C a chance for a longer, healthier life without the virus. That's good news for baby boomers—who make up three of four adults with the hepatitis C virus—and millions of other Americans, many of whom don't yet know they are infected and carriers.

Hepatitis C can be cured, and today's drug therapies are very effective and easier for patients to take, says Jeffrey S. Murray, M.D., an internist at the FDA who specializes in infectious diseases.

Hepatitis Is a Preventable and Curable Disease

Hepatitis (inflammation of the liver) refers to a group of viral infections that affect the liver. The most common types are hepatitis A, hepatitis B and hepatitis C. Each is caused by a different virus.

Hepatitis C is the most common chronic blood-borne infection in the United States. There is no vaccine for this disease, but new cases of hepatitis C can be prevented by avoiding behaviors that can spread the virus—including sharing needles, syringes or other equipment to inject drugs.

A diagnosis of hepatitis C no longer means months and

months of painful drug injections, which for decades were the only option. Science is making strides in therapies, giving patients new alternatives.

"Interferon-based injections often make patients feel ill and give them flulike symptoms," Murray says. The treatment by interferon also lasts six months to a year, and cures only 40% to 50% of hepatitis C patients.



PHOTO COURTESY FREEPIK.COM

"Patients with very advanced liver disease couldn't take the traditional treatment because often those injections could make them worse," he adds. "Now, patients can treat their hepatitis C with only pills—drug combinations that are faster and have a higher cure rate."

Today's pills have double the viral cure rates—90% to 100%—in just in 12 weeks' time. Reducing the treatment from a year to three months is a huge advantage for people with hepatitis C, especially because it's easier to swallow a pill than to get an injection, Murray says.

In recent years, FDA has approved multiple all-oral combination regimens, including drugs from multiple classes without the need to co-administer interferon. Patients should discuss the treatment options that would be appropriate for them with their health care provider.

FDA provides information through a Hepatitis e-mails list, along with notices of upcoming public events, such as advisory committee meetings, and opportunities to comment on policies and issues that affect people with hepatitis B or C.

Baby Boomers and Hepatitis C

For most people, hepatitis is a silent disease until it causes substantial damage to the liver. That process may take several years, and can lead to liver failure with the need for liver transplantation, and can also lead to liver cancer.

"Hepatitis C is a bit like smoking, the longer you've had it, the higher your risk of developing complications—in this case, liver cancer, cirrhosis (liver scarring) and end-stage liver disease. It's a progressive disease that takes years, even decades, before the patient develops cirrhosis or cancer," Murray says. "The good news is that when you cure hepatitis C, you also lower its risks, though you don't completely erase the years of damage to your liver."

Once infected with the hepatitis C virus, nearly 8 in 10 untreated people remain in-

fectured for life, according to the Centers for Disease Control and Prevention (CDC). Three in four patients with chronic hepatitis C are baby boomers (people born from 1945 to 1965), and many became infected before the virus was identified and the blood supply was tested for the disease. That's why it's important for baby boomers—there are about 75 million of them, according to the U.S. Census Bureau—to take a simple blood test for hepatitis C.

CDC recommends a blood test for hepatitis C as part of routine medical care for everyone born between 1945 and 1965 and those with other risk factors, including people who got a blood transfusion before 1992, have a history of injecting illegal drugs at any time, or are on hemodialysis (kidney dialysis).

"When it comes to hepatitis C, the outlook for the future is better, but the past is catching up with us—especially if you are a baby boomer," Murray says. "Still, this is a fortuitous time because better hepatitis C treatments are available just as the patient population at risk of long-term complications is about to peak. There are treatments for chronic hepatitis and many reasons to get tested now more than ever because of the availability of safe and effective therapies."

This article appears on the FDA's Consumer Updates page, which features the latest on all FDA-regulated products.

PGCPS from A1

The Maryland Green Schools program, sponsored by the Maryland Association for Environmental and Outdoor Education (MAEOE), is one of the most rigorous and comprehensive Green School certification programs in the nation. It encourages educational opportunities, increases environmental awareness, and promotes environmental stewardship practices for students at all grade levels. Through a non-competitive application process, schools must demonstrate their green activities and culture in eight criteria areas.

The district's William S. Schmidt Outdoor Education Center, which provides an overnight outdoor education program to all fifth-graders annually, received MAEOE's presti-

gious Maryland Green Center Sustainable Award this year. The Center has played a key role in growing the number of certifications by assisting schools with achieving and maintaining Green School status through modeling, educational programs, application guidance, and support.

Green Schools must recertify every four years to keep their status current. After three consecutive recertifications, schools are considered "model schools" and no longer have to recertify. Five schools—Deerfield Run Elementary, Gwynn Park High School, Laurel Elementary, Lewisdale Elementary and Tanglewood Regional School—recertified their Green School status this year. The following 21 schools earned new certifications:

- Accokeek Academy
- Allenwood Elementary School

- Apple Grove Elementary School
- Catherine T. Reed Elementary School
- Dodge Park Elementary School
- Dr. Henry A. Wise, Jr. High School
- Edward M. Felegy Elementary School
- Fairmont Heights High School
- Flintstone Elementary School
- Gaywood Elementary School
- Green Valley Academy @ Edgar Allan Poe
- James H Harrison Elementary School
- Largo High School
- Laurel High School
- Maya Angelou French Immersion

- Montpelier Elementary School
- Northview Elementary School
- Oxon Hill Middle School
- Princeton Elementary School
- Robert R. Gray Elementary School
- Tulip Grove Elementary School

All newly-certified and recertified schools and centers will be honored during the MAEOE Youth Summit on May 18 at Sandy Point State Park in Annapolis. Schools will receive a Maryland Green School or Center flag, statewide and local recognition, and special gifts.

For more information about the Green School Program, visit the MAEOE website.

ATTENTION GOLFERS!

Christmas in April needs you!!

Help Us Celebrate 29 Years in the County!

Andrews Air Force Base

September 25, 2017 all day—The Courses at AAFB

Prince George's County Christmas in April is sponsoring its 28th Annual Christmas in April • Prince George's County Susan Denison Mona Golf Tournament on September 25, 2017, at The Courses at Andrews Air Force Base. All profits from the tournament go toward funding the 2018 program, which renovates the homes of elderly and disabled residents of Prince George's County at no cost to the homeowner.

Golfers and sponsors are needed!

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

Your participation will enable Christmas in April to repair the hearts and homes of 80 needy families in 2018. Please call soon as space is limited.

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COMMENTARY

Cong. Chris Van Hollen United States Senator for Maryland



Van Hollen Introduces Bipartisan Legislation to Prevent Overmedication And Combat Suicide Among Veterans

WASHINGTON, D.C.—U.S. Senator Chris Van Hollen (D-MD) joined Senator John McCain (R-AZ) and a bipartisan group of Senators to introduce legislation aimed at combating veteran suicide. The Veterans Overmedication Prevention Act would direct the Department of Veterans Affairs (VA) to conduct an independent expert study on the deaths of all veterans being treated at the VA who died by suicide or from a drug overdose in the last five years. This review would ensure that the VA has accurate information about the relationship between veteran suicides and prescription medication. Additionally, this legislation would direct the VA to perform a more comprehensive review of its behavioral health workforce with a focus on mental health counselors in an effort to address workforce shortages. These professionals will increase access to services and help reduce the incidence of suicide.

"America's veterans face many challenges when they return from service, often dealing with unimaginable physical and emotional traumas," said Senator Van Hollen. "Every veteran we lose to suicide is a national tragedy, and we must do everything we can to stop this epidemic. I'm proud to cosponsor this bipartisan legislation to help the VA continue their efforts to save lives and provide our veterans with the care they deserve."

The legislation was also cosponsored by Senators Tammy Baldwin (D-WI), Jerry Moran (R-KS), Thom Tillis (R-NC), Dan Sullivan (R-AK), and Bill Cassidy (R-LA).

The legislation is also supported by the American Legion, Veterans of Foreign Wars, Vietnam Veterans of America, AMVETS, and the National Board for Certified Counselors.

An average of 20 veterans a day die from suicide, accounting for nearly a quarter of all deaths from suicide among U.S. adults. Since 2001, the rate of veteran suicide has increased by 32 percent. After controlling for age and gender, this makes the risk of suicide 21 percent higher for veterans than the average U.S. adult. Since 2001, there has been a 259 percent increase in narcotics prescriptions. In the largest veteran populations, veterans die from accidental narcotic overdose at a 33 percent higher rate than the rest of the population. Veterans can "double dip" on prescription drugs by filling at the VA and in the community. Although the VA has established State Prescription Drug Monitoring Programs, there is no real enforcement.

The legislation would require a National Academies of Science study to review:

- The total number of veterans who died by suicide death in the last five years;
- The total number of veterans who were involved in a violent, suicide or accidental death;
- The prevalence of medications or illegal substances in the system of each veteran who died;
- The number of instances in which the veteran was concurrently on multiple medications prescribed by VA physicians or non-VA physicians;
- The percentage of veterans who are receiving non-medication first-line treatment (such as cognitive behavioral therapy) as treatment and its effectiveness versus other treatments;
- An analysis, by state, of programs of the VA that collaborate with state Medicaid agencies, including an analysis of the sharing of prescription and behavioral health data for veterans; and,
- Other aspects of care and recommendations to improve the safety and well-being of veterans.

Marc Morial, President and CEO National Urban League



National Urban League Presents: State of Black America Scheduled to Air on May 31

"Civil rights don't take place in a vacuum. They are meaningful only in the real world—the world where people have to survive to work, to raise their families, to instill in their children hope for the future and the skills to function in a society where a broad back and the desire to work are no longer enough. That is why we are concerned with tax cuts, with energy, with a multitude of issues some white people think are not the concern of blacks. That is why we see our present efforts as being the logical outcome of those struggles for basic rights of the 1960s. And that is why we insist there is a vital, moral component to the current struggle."

—National Urban League President
Vernon E. Jordan, Jr.

Each year, the release of the National Urban League's annual *State of Black America*® report triggers a national conversation on racial and economic justice. This year, for the first time, we're putting that conversation on television.

In partnership with TV One, *National Urban League Presents: State of Black America* will air at 8 pm Eastern, 7 pm Central, on Wednesday, May 31.

Urban League affiliates, Guild chapters and our Young Professionals will be hosting watch parties in cities all across the country, while participating in the conversation on social media with the hashtag #StateOfBlackAmerica.

The two-hour event, which was taped during the National Urban League's State of Black America Summit in Washington, D.C., earlier this month, features stimulating panel discussions and illuminating reports from our affiliates on education, mentorship, homeownership, employment and entrepreneurship.

Roland S. Martin, managing editor of TV One's *NewsOne Now*, moderates the panels, which include culture critic Toure; Angela Sailor, former director of the Republican National Committee's Coalitions department; CNN's Symone Sanders; activist/TV host Jeff Johnson; author/professor Michael Eric Dyson, and CNN commentators Paris Dennard and Angela Rye.

Deep disagreements and wide-ranging proposals are to be expected with such a diverse and outspoken group, and the State of Black America panels did not disappoint. Charter schools vs. private schools vs. public schools? Gentrification? Urban infrastructure? Our panel had quite a lot to say.

Additionally, the program highlights Urban League signature programs in affiliates around the country:

- Shari Runner, President and CEO of the Chicago Urban League, discusses Chicago's Project Ready program.
- Judson Robinson of the Houston Area Urban League, shares his affiliate's Project Ready: Mentor program.
- Erika McConduit-Diggs of the Urban League of Louisiana, discusses the Urban Re-Entry Jobs Program.
- T. Willard Fair, President and CEO of the Urban League of Greater Miami, is featured regarding access to affordable housing.
- Nancy Flake Johnson, President and CEO of the Urban League of Greater Atlanta, shares some of the success stories from her Entrepreneurship programs.

We encourage every American to join your local Urban League affiliate, Guild or Young Professionals for a watch party - or host your own! - and be a part of this historic event.

Memorial Peace Cross

The Memorial Peace Cross is an area landmark that has become synonymous with the historic town of Bladensburg.

The Snyder-Farmer Post of the American Legion of Hyattsville erected the forty foot cross of cement and marble to recall the forty-nine men of Prince George's County who died in World War I.

The first enlisted man from Prince George's to die in the line of duty (WWI) was George B. Farmer.

The cross was dedicated on July 13, 1925, by the American Legion.

A bronze tablet at the base of the monument contains the unforgettable words of Woodrow Wilson: The right is more precious than the peace; we shall fight for the things we have always carried nearest our hearts; to such a task we dedicate ourselves.

At the base of the monument are the words, Valor, Endurance,



Open to the Public

Courage, Devotion. At its heart, the cross bears a great gold star.

The cross towers above the convergence of Baltimore Av-

enue, Bladensburg Road and Annapolis Road. The Memorial is also situated near the WWII, Korean and Vietnam Memorials for those who gave the supreme sacrifice in Prince George's County for our Country.

The memorial has endured a lot in its time including major floods from the nearby river.

Due to its location at a major roadway junction, pollution and weather have shown some signs of wear to the Memorial. Fortunately, the memorial is maintained regularly and has had some major restoration and repair.

The site is a major landmark in the Maryland, District of Columbia, Bladensburg basin.

But most important of all, is the fact it memorializes those who made the supreme sacrifice in the Big One, (Over Their) World War I. Let us not forget!

Child Watch

by Marion Wright Edelman



Saving Amazing Young Grace and Her Medicaid

"At a 20-week ultrasound, we learned that our baby would be born with spina bifida and face a lifetime of enormous health challenges." At the time, Chris Glaros was a public servant in the Ohio Treasurer's office. In his recent Facebook post he continued, "After hearing this news, the first thing I could think to do when we got home was read my Bible. I randomly opened up the scriptures to see what would speak to me. And it was John 14:27: 'Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.' God's amazing comfort in that moment was made all the more real through [the] blessing of good health insurance for our family—indeed, the generous health care provided by the taxpayers of Ohio, given my job at that time. I knew that this baby would bankrupt our family if we weren't so fortunate."

Glaros wrote that he and his wife chose to have this precious child they named Grace and "trusted our society—our government, Republicans and Democrats both—to ensure a safety net for her life after our choice was made. Grace would not be alive today without this safety net; without protections against a lifetime limit on her insurance coverage; without protections from denying coverage because of her countless preexisting conditions; without Medicaid." Millions of children and adults rely on the Medicaid safety net just as the Glaros family has. His post shortly after the House of Representatives passed the un-American Health Care Act (AHCA) spoke for so many when he added: "I am heartbroken that Donald Trump and House Republicans could so callously and cruelly deny millions of Americans the health care they require to live the lives God intended."

The House's un-American and unjust act to repeal the Affordable Care Act (ACA) would strip away affordable health insurance for tens of millions of the newly insured including those with pre-existing conditions. Today, thanks in large part to Medi-

icaid, the Children's Health Insurance Program (CHIP) and the ACA, 95 percent of all children in America have health coverage. The House bill directly threatens all that hard earned progress.

Do the Republican-led Congress and White House really want to be the first Congress and administration in history to take health coverage away from the most vulnerable amongst us, disabled, young and old? How can they defend destroying the Medicaid health safety net 37 million poor and disabled children need to live, learn and thrive and permit insurance companies to discriminate against children and adults with pre-existing conditions? There are 11 million parents and other adults getting Medicaid and needed treatments for the first time under the ACA. Medicaid covers more than 60 percent of all nursing home residents and 40 percent of costs for long-term care services and supports. This cruel and unwise assault on our children, parents and grandparents is made more shameful by the fact that the House-passed bill cuts Medicaid largely to give more tax breaks to the wealthiest. This is sinful, shameful and unjust.

The health of our nation (and our soul) is now in the Senate's hands. Some Senators may be tempted to try to fix some elements of the House bill, like the assault on people with pre-existing conditions and the enormous cost increases for older Americans. But make no mistake: this cruel, unjust and un-American Health Care Act is irreparably flawed. It deserves a swift and decisive death in the Senate if we are to keep a semblance of America's sense of fairness alive. Any bill that ends Medicaid as we know it and the Medicaid expansion (regardless of when it would end), and increases the number of uninsured children and adults needs to die quickly.

Medicaid is lean and efficient, serving millions of low-income children, pregnant women, children and adults with disabilities, and seniors. Nearly half of Medicaid enrollees are children. Medicaid covers almost half of all births in the United States. More than half of Black and Hispanic children are enrolled in Medicaid or CHIP, which like Medicaid is also an essential part

See WATCH, Page A6

The Prince George's Post

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BUSINESS

The American Counseling Association's Counseling Corner

Helping Your Child Reach A Healthy Weight

The percentage of children who are overweight, or even obese, is still very high. And while most parents are anxious to try and help their children get to a healthier weight, it can be a difficult task to accomplish.

However, it's a goal worth striving for. Overweight children often have self-esteem issues, face teasing or bullying and are at increased risk for a variety of health issues.

One starting point in helping is to realize that reminding the child of his or her weight often makes the problem worse. An overweight child is well aware of the issue, and constant reminders of it, especially from a parent, can leave him or her feeling ugly, hopeless and unloved. Such negative emotions often lead to emotional eating as a means to temporarily minimize those feelings.

Often, what seems like help, such as simply reminding your child to eat healthier, can feel like nagging. Other actions, like pushing a child to be more active in sports, or playing "food police" by controlling or restricting what can or can't be eaten, can also produce negative reactions.

So how can a parent really help? Start with a frank, non-judgmental discussion with your child about his or her feelings. Let the child identify negative messages you may have been sending (usually unintentionally). Try to respond to any negative feelings the child may have with positive, sincere messages.

It's also important to set an example. If you're eating healthier yourself, it will be easier for your child to do the same. You may also want to encourage more exercise by again setting the example yourself. Encourage your child to be more active by doing things together. Take after-dinner walks or bike rides together. Have a game of catch with a baseball or kick a soccer ball around the yard together. There are many easy ways to spend time with your child while also burning a few calories.

Most importantly, provide your child with healthy food choices. Kids often have different eating patterns than their parents. That after-school snack can be important. If a bowl of fruit is available, you're giving your child a better choice than providing a box of cookies or a bag of chips.

Weight loss is never easy. Compliment your child on even small moves in the right direction. Most importantly, be sure to offer love and support, not criticism.

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

TripleStone from A1

dential properties throughout his career, the Cadillac Motel, its surrounding community, and more broadly the overall development of Prince George's County remained very important to him.

At the age of 82, despite lucrative offers for the Cadillac site, Mani opted to develop it himself. "There are not many 82-year-olds who apply for a \$5.5 million loan, and I can think of only one who continued to stop by until one was granted," said Sherry Sterling of Apple Federal Credit Union. "Mani's perseverance and determination are unfounded. His is one of the sharpest minds we have come across, and it has been personally rewarding to be part of his journey."

TripleStone's principals are the first to admit that creating the vision for this project was the easy part. What was to follow were many

years of hard work to make that vision come to life. In a showing of respect and gratitude, Mani refuses to close the doors of the Cadillac Motel until he must, and insists on preserving the old Cadillac Motel sign. As he reflects, Mani admits that the Cadillac Motel signified the beginning of his American Dream. Yet today, he is thinking instead about his family's legacy. "This is just the beginning," he says.

Mani and his colleagues at TripleStone commemorated the occasion with a ground breaking of Apple Federal Credit Union. "Mani's perseverance and determination are unfounded. His is one of the sharpest minds we have come across, and it has been personally rewarding to be part of his journey."

CIAA from A1

Doughty and Bowie State bid to host the 2017 women's tennis and outdoor track and field championships. Doughty is actively involved in the conference,

serving on the CIAA's Diversity and Inclusion Committee and Management Council as the Northern Vice President. He also is the ADA liaison for compliance officers and the chair of the CIAA bowling championship.

Chasing Returns—The Biggest Mistake Investors Make

By GARY S. WILLIAMS, CFP® and NICHOLAS A. IBELLO, CFP®

America's favorite pastime, baseball, can teach an investor a great deal about investing than one would originally believe. In the game of baseball, batters go for singles, doubles, triples, and even home runs, while the pitchers are throwing deceiving pitches trying to throw off the batters. One strategy is to swing for the fences on every pitch and try for the home run. A different approach is to play it safe and land a bunch of singles and doubles to win the game in a more consistent manner.

For anyone who has either played or watched a game of baseball, hitting that big home run is exciting. This can be compared to investing all your money into an investment that tracks the S&P 500 Index and having a year like 2013 when your portfolio was up over 32%. On the other hand, the team that focuses on the less exciting walk, single, or double, may also have a very good chance of winning the game, if not better. If you are following along with our metaphor, we hope to show you that the latter approach is the better way to "win the game" of investing. Let's go through some data that will illustrate, historically speaking, that investing in a diversified portfolio, that is "singles" and "doubles,"



ILLUSTRATION COURTESY GARY S. WILLIAMS, CFP® AND NICHOLAS A. IBELLO, CFP®

could help you accomplish your goals more efficiently than by simply investing in the S&P 500 Index.

Chasing Returns

As investment advisors with a combined 27 years' experience, we value and understand the benefits of diversification. Unfortunately, for some investors, the lure of big returns can influence their ability to make objective decisions. Think back to the home run analogy. The excitement of hitting that home run is appealing, but realistically leads to more strikeouts.

We have seen many times when an investor will want to take more risk or give up their well-designed diversification in an attempt to increase their returns after they have lagged the S&P 500 Index, as if they are in a contest with the index. Consider the following scenario: You are meeting with your financial advisor and are happy because you are coming off a good year. Your investments were up at 10% during the previous year (2016). However, your advisor goes on to show you that the S&P 500 Index was up at 12%! You inquire

why your portfolio lagged the S&P 500, and your financial advisor goes on to tell you that your portfolio is diversified and is taking less risk than the S&P 500 Index. While it seems logical you still wish you had the 12% return last year. You are asking yourself, "Does it really make sense to be diversified or should I just invest in the index"? In fact, over the past 18 years, the S&P 500 Index performed better than an eight-asset-class diversified portfolio 56% of the time (10 out of 18 years).

Patience and Discipline Are the Keys to Successful Investing

Figure A compares the average return for the S&P 500 from 1999 to 2016 to the returns from the eight-asset class (equally weighted) diversified portfolio over the same time period, rebalanced annually.

Over this 15-year period, a \$10,000 investment that tracks the S&P 500 Index would have grown to \$25,620. However, an investor in the "Diversified Portfolio," with the patience to let the S&P 500 Index perform better 56% of the time and the discipline to rebalance the portfolio, would have seen their portfolio grow to \$33,490! In other words, the Diversified Portfolio performed better,

Figure A: The Diversified Portfolio did better: More return and less risk

(1999-2016)	S&P	Diversified Portfolio
Holding Period Return	156.20%	234.90%
18-year Annualized Return	5.37%	6.95%
18-year Standard Deviation of Annual Returns	14.79%	11.05%

SOURCE: COMMONWEALTH FINANCIAL NETWORK, BLOOMBERG ASSUMPTIONS: DIVIDENDS ARE REINVESTED AND DIVERSIFIED PORTFOLIO IS REBALANCED ANNUALLY AT THE END OF THE YEAR. BOTH STANDARD DEVIATION AND RETURNS WERE BASED ON ANNUAL FIGURES.

See RETURNS Page A8

Awards from A1

2017 Comcast Leaders and Achievers® Scholarship Recipients from Maryland

Anne Arundel County
Olivia Bailey of Chesapeake High School in Pasadena
Savannah Edmonds of Archbishop Spalding High School in Severn
Allison Gingerich of Broadneck High School in Annapolis
Scott Howarth of Arundel High School in Gambrills
Cameron Laque of North County High School in Glen Burnie
Hiro Motta of Glen Burnie High School
Ian Robertson of Annapolis High School
Kealsey Sajol of Old Mill High School in Millersville

Baltimore City
Tabitha Blackston of Mergenthaler Vocational-Technical High School
Jenae Burrell of Reginald F. Lewis High School
Kayla Carr of Paul Laurence Dunbar High School
Michael Cheng of Gilman School
Kayla Demeritte of Coppin Academy High School
Anthony Evans of Edmondson-Westside High School
Lauren Fink of Baltimore Polytechnic Institute
Tselani Huntley of Baltimore Renaissance Academy
Sheila Mcmorris of Vivien T. Thomas Medical Arts Academy
Ifetayo Jabari-Kitwala of Baltimore School for the Arts
David Medlin of Forest Park Senior High
Jamie Mintz of Benjamin Franklin High School at Masonville Cove
Jonah Myers of Greater Grace Christian Academy

Patrice Newsome of National Academy Foundation High School
Morgan Pettus of Frederick Douglass High School
Shemar Shields of Augusta Fells Savage Institute of Visual Arts High School
Abeni Teal of Mercy High School
Bria Thomas of Cristo Rey Jesuit High School
Yarnee Whitaker of The REACH! Partnership School

Baltimore County
Vasiliki Argeroplos of Garrison Forest School in Owings Mills
Mya Buschman of Maryvale Preparatory School in Lutherville
Annalea Cascio of Parkville High School
Natassia Celnik of St. Timothy's School in Stevenson
Trinadee Coates of Randallstown High School
Patrick Fuller of Perry Hall High School
Benjamin Glaser of Western School of Technology
Moshe Gordon of Israel Henry Beren High School in Pikesville
Abigail Hauer of Eastern Tech High School
Rachel Krakat of Concordia Preparatory School in Towson
Emily Lane of Loch Raven High School
Satia Longe of Patapsco High School
Alyse Messafi of Beth Tfiloh Dahan Community School
Annalise Michaelson of McDonogh School in Owings Mills
Michael Millin of Jemicy School in Owings Mills
Rebecca Olusola of New Town High School in Owings Mills
Justin Perkins of Owings Mills High School
Jamie Van Wyk of Pikesville High School

Bowie High School Student Cienna Bell Awarded \$10,000 Scholarship



PHOTO COURTESY COMCAST

Cienna Bell of Bowie High School holding her award.

Cienna Bell from Bowie High School in Prince George's County was awarded a \$10,000 scholarship through the Comcast Foundation's annual Leaders and Achievers® Scholarship Program. The Program, one of the Foundations' signature community investment initiatives, recognizes students' leadership skills, academic achievement, and commitment to community service.

An additional 109 Maryland high school seniors were also each awarded \$1,000 scholarships, including 13 additional students from Prince George's County.

Cailyn Walter of Notre Dame Preparatory School in Towson

Calvert County
Kristen Almuete of Calvert High School in Prince Frederick
Armani Claggett of Patuxent High School in Lusby

Carroll County
Adam Fairchild of Manchester Valley High School
Yuchen Luo of Carroll Christian Schools in Westminster

Madison Storm of Westminster Senior High School

Charles County
De'John Broadwater of Thomas Stone High School in Waldorf
Taylor Covington of Maurice J. McDonough High School in Pomfret
Lindsey Johnson of North Point High School for Science, Technology & Industry in Waldorf

See AWARDS Page A6

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OUT ON THE TOWN

ERIC D. SNIDER'S
IN THE DARK
Movie Review

The Boss Baby

The Boss Baby

Grade: B

Rated PG, mild rude humor,
strident pro-baby agenda?
1 hr., 37 min

The Boss Baby, starring Alec Baldwin as the voice of a suit-wearing infant sent to an unsuspecting family to fulfill a secret mission on behalf of BabyCorp—that's the heaven-based company in charge of the world's babies, which are treated like a separate species from other humans—sounds like a fictional bad movie in a Hollywood satire.

It gets more dire when you realize it's a feature-length extrapolation of a plotless 225-word picture book (by Marla Frazee) that had only one simple, gentle joke: a new baby in the house is the "boss" of everyone, calling "meetings" in the middle of the night, making his or her "employees" work overtime, and so forth. From this they derived a whole movie?

But the movie is real, and it's ... good? Good enough, anyway? Written by Michael McCullers (*Baby Mama*, no relation) and directed by Tom McGrath (*Madagascar*), it expands the book's cute central gag into a creative, unassuming take on fraternal bonding. Though the fictional world it creates crumbles under the slightest scrutiny, the film avoids being the type of dumb children's movie that entertains tykes while annoying their parents.

Sometime in the recent, pre-digital past, we meet 7-year-old Tim (Miles Christopher Bakshi), the adult version of whom (Tobey Maguire) serves as narrator. Young Tim loves being an only



ROTTENTOMATOES

DreamWorks Animation and the director of *Madagascar* invite you to meet a most unusual baby. He wears a suit, speaks with the voice and wit of Alec Baldwin, and stars in the animated comedy, *DreamWorks' The Boss Baby*. *The Boss Baby* is a hilariously universal story about how a new baby's arrival impacts a family, told from the point of view of a delightfully unreliable narrator, a wildly imaginative 7 year old named Tim. With a sly, heart-filled message about the importance of family, *DreamWorks' The Boss Baby* is an authentic and broadly appealing original comedy for all ages.

child and is alarmed when his parents (Lisa Kudrow and Jimmy Kimmel) bring home a baby brother. (The fact that they don't bother to give him a name should set Tim's mind at ease.) The new kid wears a suit, having been identified in the pre-mortar realm as a Management baby, not a Family baby. The parents take the suit to be an amusing affectation over which they have no control, just as the baby's arrival seems to have had nothing to do with them. You kind of just have to go with it.

Anyway, unbeknownst to Mom and Dad, the new baby has a cunning adult mind and is tasked with spying on them—they work for a pet conglomerate—to sabotage a new breed of puppy that would threaten babies' share of the

"adorable thing families bring home" market. Yes, it is a story about corporate espionage. Tim uncovers the baby's secret identity and tries to expose him as an interloper, but he and the other neighborhood babies revert to goo-goo gah-gah when adults are around. (There are some funny bits with Boss Baby's underlings being as self-aware as he is but not as dextrous.) The boys eventually work together on the mission and fall into brotherly love. Aw!

Much of the early part of the film rings comfortably true as we see the arrival of a new baby through the eyes of his imaginative older brother. Tim's flights of fancy (his bedroom becomes a prison when he's grounded) are good for some hearty laughs when

we switch to the objective reality point of view, though it gets confusing when objective reality becomes more surreal than Tim's imagination—like when he and the baby sneak to Las Vegas on a plane full of Elvis impersonators, for example.

But it's pleasantly non-snarkey for a DreamWorks 'toon, doesn't overdo the sappy stuff, either, and doesn't weigh itself down with endless pop-culture references (the studio has been getting better about that lately). The humor is easygoing and inoffensive, aimed at kids but sharp enough not to seem mindless to adults. Everybody wins. Unless the film leads to questions about where babies actually come from. But that's your problem, not mine.

Awards from A5

Niki Kelley of St. Charles High School in Waldorf
Andrei Maderazo of Westlake High School in Waldorf
Zachary McDonough of Southern Maryland Christian Academy in White Plains
Riley Weinberg of La Plata High School

Frederick County
Brooke Bennett of Frederick County Career & Technology Center
Catharine Dietrich of Linganore High School
Gabriella Farrell of Frederick High School
Miriam Tirado of Governor Thomas Johnson High School

Harford County
Ryan Brownfield of C. Milton Wright High School in Bel Air
Sara Decker of Aberdeen High School
Bethany Ingram of Bel Air High School
Marissa Smith of Havre De Grace High School

Howard County
Marcus Anderson of Hammond High School in Columbia
Samuel Chan of La Salle Homeschool Academy
Mikayla Dixon of Wilde Lake High School in Columbia
Vanneshja Hill-Edwards of Atholton High School in Columbia
Xiao Kuang of Long Reach High School in Columbia
Claire Lee of Centennial High School in Ellicott City
Yizuan Liu of Marriotts Ridge High School in Marriottsville

Aaron Luther of Mt. Hebron High School in Ellicott City
Cire Nicholson of Oakland Mills High School in Columbia
Jennifer Zhang of River Hill High School in Clarksville

Montgomery County
Jimmy Allah-Mensah of Northwest High School in Germantown
Nicole Averinos of Quince Orchard High School in Gaithersburg
Boaz Bamiro of Gaithersburg High School
Autumn Barber of Richard Montgomery High School in Rockville

Rudaelle Elien of Montgomery Blair High School in Silver Spring
Anurudh Ganesan of Clarksburg High School
Liam Gil of Wheaton High School in Silver Spring
Michael Katski of Paint Branch High School in Burtonsville
Nina Lao of Seneca Valley High School in Germantown

Flosha Diliena Liyana Saran Arachchige Don of Col. Zadok Magruder High School in Rockville
Rose Makor of Sherwood High School in Sandy Spring
Taylor McDaniels of Our Lady of Good Counsel High School in Olney
Wendy Medrano of Don Bosco Cristo Rey High School in Takoma Park
Matthew Millstein of James Hubert Blake High School in Silver Spring

Natalie Mogrovejo of Thomas Edison High School of Technology in Silver Spring
Elizabeth Olaiya of

Northwood High School in Silver Spring
Jacob Rains of Bethesda-Chevy Chase High School in Bethesda
Brandon Rodriguez of Watkins Mill High School in Gaithersburg

Prince George's County
Akehni AchiriMofor of Laurel High School
Cieanna Bell of Bowie High School
Juwana Blocker of Parkdale High School in Riverdale
Trevante Brown of Oxon Hill High School

Gexi Chavez Bonilla of Eleanor Roosevelt High School in Greenbelt
Taylor Custis of Grace Brethren Christian School in Clinton
Erin Farley of Bishop Mcnamara High School in Forestville
Skylar Johnson of St. Vincent Pallotti High School in Laurel

Bedelina Miller of New Hope Academy in Landover Hills
Samuel Morgan of From the Heart Christian School in Suitland
Andrea Nickens of Crossland High School in Temple Hills

Maya Sullivan of Elizebeth Seton High School in Bladensburg
Tatyanna Sutton of Riverdale Baptist School in Upper Marlboro
Carlotta Tyler of Progressive Learning Academy

Wicomico County
Jason Hentschel of James M. Bennett Senior High School in Salisbury
Onya Turner of Wicomico High School in Salisbury

About Comcast Corporation

Comcast Corporation (Nasdaq: CMCSA) is a global media and technology company with two primary businesses, Comcast Cable and NBCUniversal. Comcast Cable is one of the nation's largest video, high-speed internet, and phone providers to residential customers under the XFINITY brand, and also provides these services to businesses. It also provides wireless and security and automation services to residential customers under the XFINITY brand. NBCUniversal operates news, entertainment and sports cable networks, the NBC and Telemundo broadcast networks, television production operations, television station groups, Universal Pictures and Universal Parks and Resorts. Visit www.comcastcorporation.com for more information.

About the Comcast Foundation

The Comcast Foundation was founded by Comcast Corporation in June 1999 to provide charitable support to qualified non-profit organizations. The Foundation primarily invests in programs intended to have a positive, sustainable impact on their communities. The Foundation has three community investment priorities—promoting service, expanding digital literacy, and building tomorrow's leaders. Since its inception, the Comcast Foundation has donated nearly \$200 million to organizations in the communities nationwide that Comcast serves. More information about the Foundation and its programs is available at www.comcast.com/community.

Summer Gardening

Grow More Edibles With Smart and Sustainable Keyhole Gardening

By MELINDA MYERS



Raise your gardening efforts to a new level with keyhole gardening. You'll increase your garden's productivity in a smaller space, while using less water and fertilizer.

This intensive technique was first used in Africa where it's hot and dry and the topsoil is shallow. Now gardeners growing in a variety of climates around the world are using this technique. You'll even find keyhole gardens in urban and suburban backyards.

Keyhole gardening grows abundant produce while composting plant-based kitchen scraps in one raised garden plot. Grow plants in the outer ring of a circular, 6-foot diameter or larger raised bed. Create an inner circle for composting kitchen scraps, coffee grounds and garden debris.

Design a small pie shape notch in the circular bed. This provides easy access to the inner composting circle and gives the bed its distinct keyhole appearance.

Build the sides of your raised bed garden from stones, cement blocks, bamboo or any available materials that can withstand the rigors of your climate. Select a height that works for you and makes planting, tending and harvesting easy.

It may be easiest to purchase a keyhole garden kit. Select a kit with all the basic building supplies made from long-lasting materials, like the Cedar Keyhole Garden (gardeners.com).

Once the walls are built, create an inner compost basket. Use chicken wire or a similar material that allows moisture and nutrients to move from the compost basket into the surrounding soil. It should be at least 12 inches in diameter with the bottom anchored to the ground and top extending above the soil surface.

Fill the bottom of your raised bed with compostable materials. Start with a layer of cardboard on the soil surface. Then alternate 4 to 6 inch layers of brown and green materials just as you would when building a compost pile. Use twigs, straw, dried leaves, paper, cardboard and other carbon rich materials for your browns. Include herbicide-free grass clippings, manure, kitchen scraps, fresh plant debris and other nitrogen rich materials for your greens.

Add kitchen scraps and garden debris to the compost basket throughout the growing season. As these decompose water helps move nutrients from the compost basket to the surrounding soil.

Continue layering until three fourths of the raised bed is filled. Top it off with compost rich soil for plants to root and grow. Slope the surface so the highest point is next to the compost basket.

Allow the planting area to settle for several days. Then fill your garden with your favorite vegetables. Leave just enough space between plants so they can reach their mature size. Water new plantings thoroughly. Mulch the soil with shredded leaves, evergreen needles or other organic material to help conserve moisture and continue to add organic matter to the soil.

Check the soil moisture and water the garden bed and compost basket as needed throughout the season.

Soon you'll be enjoying the convenience of harvesting and composting in one bed. And you just might find yourself looking for another sunny spot to add an additional keyhole garden or two.

Melinda Myers has written over 20 gardening books, including *Small Space Gardening* and *The Midwest Gardener's Handbook*. She hosts *The Great Courses* *How to Grow Anything: Food Gardening For Everyone DVD set* and the nationally syndicated *Melinda's Garden Moment TV and radio segments*. Myers is also a columnist and contributing editor for *Birds & Blooms magazine* and was commissioned by *Bonnie Plants* for her expertise to write this article. Myers' website is www.melindamyers.com.

Calendar of Events

May 25 — May 31, 2017

Platinum

Live: Live Blues Featuring Anthony "Swamp Dog" Clark

Date and Time: Friday, May 26, 2017, 11 am
Description: Anthony Clark is a world-class musician who has performed his trademark mix of contemporary blues with a funk edge up and down the east coast. He has recorded with some of the best local and national blues acts, and his CD *RAW* has been featured on many college and internet radio stations.

Don't miss this memorable blues concert that has been specially tailored for a senior audience.

Cost: \$10/person
Ages: 60 & better
Location: Publick Playhouse
5445 Landover Road, Cheverly, MD
Contact: 301-277-1710; TTY 301-699-2544

Yoga and Jazz

Date and Time: Friday, May 26, 2017, 7 pm
Description: Breathe in... breathe out! Breathing connects yoga, jazz, and life to achieve the perfect balance between hard and soft, the firm and flexible, and the give and take.

Get some relaxation and find your center this evening at a yoga class with live jazz music. Wear comfortable clothing and bring a yoga mat.

Cost: Free
Ages: Ages 18 & up
Location: Montpelier Arts Center
9652 Muirkirk Road, Laurel, MD
Contact: 301-377-7800; TTY 301-699-2544

Nature Photography

Date and Time: Saturday, May 27, 2017, 9–11 am
Description: Join us for a nature hike at one of our nearby natural areas in search of photo shooting examples. Learn the tricks of the trade to capture great photographs. Bring water, sunscreen, and wear weather-appropriate clothing. All cameras welcome, although DSLR (and cameras where settings can be adjusted) are recommended.

Cost: Resident: \$3; Non-resident: \$4
Ages: 13 & up
Location: Patuxent River Park
16000 Croom Airport Road, Upper Marlboro, MD
Contact: 301-627-6074; TTY: 301-699-2544

Trap and Skeet: Youth Sporting Clays Clinic

Date and Time: Saturday, May 27, 2017, 10 am–12 pm
Description: The Prince George's County Trap and Skeet Center and Shooting Star Shotgun Sports, LLC will offer a series of Saturday Morning Youth Shotgun Shooting Clinics for ages 13–17 years old. These reduced fee clinics are made possible by funding from the Ray Pages Sr. Foundation. The goal of these clinics is to introduce youth shooters to the shotgun sports and to teach and reinforce safety and shooting etiquette. The clinics will advance participants into the sports of Trap, Skeet and Sporting Clays. Reservations are encouraged to secure a spot, payment is due at time of reservation and can be made by credit card. Call 301-577-7178 or register in person at our the Prince George's County Trap and Skeet Center Clubhouse. Reservations can be made in any or all of the clinics.

Cost: Resident: \$10; Non-Resident: \$10
Ages: 13–17
Location: PGC Trap and Skeet Center
10400 Good Luck Road, Glenn Dale, MD
Contact: 301-577-7178; TTY 301-699-2544

Live Animal Show

Date and Time: Saturday, May 27, 2017, 10–11 am
Description: Meet the nature center's live animals including reptiles, amphibians, and birds of prey.

Cost: Resident: \$3; Non-Resident: \$4
Ages: Ages 2 & up
Location: Watkins Nature Center
301 Watkins Park Drive, Upper Marlboro, MD
Contact: 301-218-6702; TTY: 301-699-2544

The Art of Yoga

Date and Time: Saturday, May 27, 2017, 11 am
Description: Enjoy an hour-long yoga class in the beautiful galleries of Montpelier Arts Center. Wear comfortable clothing and bring a yoga mat.

Following the class, explore the art exhibitions in the galleries and discover the gorgeous grounds of Montpelier.

Cost: Free
Ages: Ages 18 & up
Location: Montpelier Arts Center
9652 Muirkirk Road, Laurel, MD
Contact: 301-377-7800; TTY 301-699-2544

Sunset Boat Tour

Date and Time: Saturday, May 27, 2017, 6–7:30 pm
Description: Board a pontoon boat for a quiet, sunset cruise on the picturesque Patuxent River. Light refreshments will be served.

Cost: Resident: \$3; Non-resident: \$4
Ages: All ages welcome
Location: Patuxent River Park
16000 Croom Airport Road
Upper Marlboro, MD 20772
Contact: 301-627-6074; TTY: 301-699-2544

Memorial Day Weekend Parade

Date and Time: Saturday, May 27, 2017, 11 a.m.
Description: Participants will march along Belair Drive to Sussex Lane, then onto Stonybrook Drive to Sage Lane. The reviewing stand, along with concession stands and restrooms, will be located in Acorn Hill Park on Stonybrook Drive.

Cost: Free
Ages: All ages welcome
Location: Bowie High School Annex
3021 Belair Drive, Bowie, MD
Contact: www.cityofbowie.org/parade
to participate call 301-809-3078

EARTH TALK ... Solar Aesthetics: Rooftop Panels Never Looked So Good

Dear EarthTalk:

Why do rooftop solar panels have to be so big and unsightly? Are there any better-looking alternatives out there?

—Maise Lipscomb
Helena, MT

If aesthetics is the reason you've been holding off on converting your home to solar power, 2017 just might be the year for you to take the renewables leap. For starters, several panel makers now sell "frameless" or "seamless" designs whereby photovoltaic panels appear to "float" on the roof surface, with sightlines unencumbered by big black metal framework apparatus. But getting rid of the frames hardly constitutes an aesthetic revolution.

For that, we turn to electric-car pioneer Tesla, which made a big splash recently with the launch of its new Solar Roof system, which uses attractive, integrated solar tiles made out of tempered quartz glass to replace conventional roof tiles and shingles. The Solar Roof tiles can withstand upwards of three times the storm force of other traditional roof tiles—and as such come with a warranty lasting the lifetime of the home or infinity, whichever comes first.

While the Solar Roof system still costs about a third more than a traditional photovoltaic rooftop set-up, its visual appeal could make the

transition much more palatable to many potential rooftop solar wannabes. Photovoltaic installer SolarCity (co-founded by Elon Musk and then acquired by Tesla in late 2016) will roll out the new system, available for outright purchase or through a lease, in California beginning in June and plans to expand to other parts of the United States soon thereafter.

But Tesla's new Solar Roof isn't the only option when it comes to more attractive rooftop solar installations. Italian start-up Dyaqua, inspired to bring the historic retrofit industry into the 21st century, has ramped up manufacturing on its so-called "Invisible Solar" photovoltaic roof tiles that are indistinguishable from traditional terra cotta, wood or stone roofing. This replacement roofing looks opaque but is translucent to the sun's rays so light can enter and stoke the silicon solar cells inside.

Meanwhile, Boston-based Sistine Solar is developing a "solar skin" product that matches the underlying rooftop. These newfangled MIT-designed panels reflect back an image of the roof below while still letting light through to the photovoltaic cells within. Sistine's "camouflaged" solar panels cost about 10 percent more than typical photovoltaics, but the start-up is banking on homeowner willingness to spend a little more so unsightly roof panels don't stick out like sore thumbs in the neighborhood.



CREDIT: SISTINE SOLAR

A Boston-based start-up is developing "solar skin" photovoltaic panels that match the underlying rooftop. Even though these panels cost slightly more than traditional photovoltaics, some homeowners would gladly pay an aesthetics premium so their houses don't stick out like sore thumbs in the neighborhood.

For that matter, the rooftop isn't the only option any more. Maryland-based Solar Window Technologies is developing invisible window coatings that house ultra-small solar cells designed to convert light from both the sun and artificial sources into electricity. And California-based Sunflare is pioneering a new generation of "thin-film" photovoltaics that are only a few micrometers thick and can be affixed to just about any surface with some double-sided tape.

Given that we could power all of humanity's electrical and industrial activities for a year with the amount of sunlight that hits the Earth's surface in just an hour, it's a shame that solar

power still accounts for less than one percent of global energy production. But with the costs of solar panels coming down, maybe improving their look is just what we need to kickstart the transition away from fossil fuel home power.

CONTACTS: Tesla Solar Roof, www.tesla.com/solarroof; Dyaqua, www.dyaqua.it; Sistine Solar, www.sistinesolar.com;

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

Watch from A4

of the health insurance system for children.

Medicaid is a lifeline for children with disabilities and their families, serving 40 percent of all children with special health care needs like Grace. For families struggling to provide the time and financial resources needed to care for children with disabilities, Medicaid is often the only viable source of health care financing, which can be very expensive. Medicaid also can supplement private coverage to allow children access to specialized medical equipment including hearing aids and wheelchairs.

Medicaid's Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) benefit guarantees the full range of comprehensive primary and preventive coverage children need and ensures them access to all medically necessary health and mental health services. Medicaid guarantees health coverage to all eligible applicants without waiting lists or enrollment caps. States are reimbursed at least dollar for

dollar for expenses to deliver needed services. Without Medicaid's strong protections, coverage guarantee, and comprehensive, age-appropriate health and mental health coverage, millions of children would be uninsured or underinsured, jeopardizing their lives, academic performance and futures and increasing short and long term costs for states and local communities.

But the immoral, unjust and un-American Health Care Act cuts more than 800 billion Medicaid dollars, imposes a per capita cap on the whole Medicaid program, and gives states the option to shift low income children and adults—but not seniors and people with disabilities—to a new Medicaid block grant. Both would threaten coverage, pediatric benefits, and affordability for millions of children. Both the per capita cap and the block grant would dramatically alter Medicaid's current structure and core protections for all enrollees. Under the guise of "reform," per capita caps and block grants designed to save the federal government money do so at the expense of vulner-

able populations by shifting costs to states, beneficiaries and health care providers.

Imposing a per capita cap on Medicaid or converting it to a block grant for some will end Medicaid as we know it. States would have to substantially increase their own spending, make deep cuts, or both. Any "savings" would likely come from reducing eligibility, limiting benefits, increasing cost sharing, creating administrative barriers to make enrollment harder for eligible children, or cutting already below-market provider payment rates. These cuts would increase the number of uninsured and underinsured children and adults.

Our nation's leaders must keep Medicaid strong and reject any structural changes and cuts that undermine its critical protections, hard-earned coverage and resulting lifesaving health gains for children made over the past 50 years. Millions like Grace's parents are making their disgust and fear about the House health bill loud and clear and so must we all. The Senate must protect Grace and millions of children

and people of all ages who depend on Medicaid. Chris Glaros said he loved to sing "Amazing Grace" to his daughter Grace at bedtime; "Tonight, I prayed for our elected officials while singing:

Amazing grace!
How sweet the sound
That saved a wretch like me!
I once was lost,
but now am found;
as blind, but now can see."

Let's all hope and pray that Grace and millions of children will not suffer a cruel and life threatening injustice at the hands of uncaring leaders blind to their needs.

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.



PROTECT THE ENVIRONMENT & YOUR HEALTH

As you do your part to be a good steward of the Earth, remember to protect your health too. Cloth and fabric lunch bags, as well as reusable water bottles, can harbor bacteria that can make you sick. Here are a few tips to help keep your eco-friendly products germ-free:

- Wipe down reusable lunch bags with an anti-bacterial wipe every day and dry it thoroughly,
- Wash reusable lunch bags once a week in the washing machine with similar items such as kitchen towels, and
- Clean reusable water bottles efficiently and frequently by washing and sanitizing them in the dishwasher.