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Prince George's Sierra Club Presents 2017 Environmental Service Award to Clean Water Advocate Marian Dombroski

By PRESS OFFICER
P.G. Sierra Club Group

COLLEGE PARK, MD (June 15, 2017)—Clean water advocate Marian Dombroski, of Cheverly, is the 2017 recipient of the Prince George's Sierra Club's Walter "Mike" Maloney Environmental Service Award. The award is presented annually to a County resident for excellence in environmental leadership.

The award recognizes Dombroski's leadership in engaging communities along the Anacostia River and its tributaries on clean water issues. "What stands out about Marian is her ability to reach out and work with the community, to help make the link between healthy rivers and quality of life, to engage the community as activists who take ownership of clean water and become stewards in the long run,"

said Martha Ainsworth, Chair of the Prince George's Sierra Club Group, in presenting the award.

In receiving the award, Dombroski proclaimed that "clean water is our right and responsibility." Dombroski is the founder of the Friends of Quincy Run Watershed (FQRW). The watershed includes parts of Cheverly and Bladensburg. Quincy Run joins the Anacostia River at Bladensburg Waterfront Park. Although the watershed is known for its high density of residential and industrial areas, there are fragments of natural and historic areas along the length of the waterway.

Efforts to restore Quincy Run have become a rallying point to educate and mobilize local residents about the importance of the Anacostia Watershed to the health of the community. In collaboration with residents, munic-

ipalities, the county, and other environmental groups, FQRW, led by Dombroski, has organized annual trash clean-ups, removed invasive species, improved infrastructure along the river, reduced impervious surfaces, planted native trees, and constructed rain gardens to reduce runoff and improve water quality.

Dombroski is the Project Manager for Rainworks, whose objective is to identify, design, and implement on-the-ground projects to reduce damage to streams and rivers caused by rainwater runoff from private property. With the Friends of Lower Beaverdam Creek as its financial agent, the Stormwater Stewards Grant Program, administered by the Chesapeake Bay Trust and funded by the Prince George's County Clean Water Fee, awarded the project a \$115,000 grant in late 2015, for projects in



PHOTO COURTESY OF DAN SMITH

Marian Dombroski (right) receives the 2017 Environmental Service Award from Martha Ainsworth, Chair of the Prince George's Sierra Club Group, at Watkins Regional Park.

the Quincy Run and Moss Run watersheds, both tributaries of the Anacostia. "This is a great example of our stormwater fees at work," Dombroski says.

Rainworks is being implemented in partnership with the "B5" initiative—Building a Better Bladensburg Block by Block and Business by Business—and with support from the Town of

Cheverly. Dombroski has helped identify and find solutions to citizens' and businesses' stormwater runoff problems and connected them with resources to encourage water conservation while improving private property. The five Rainworks sites in Bladensburg and Cheverly were selected because they face highly problematic stormwater

issues and solutions can be applied to other nearby areas.

Although her home is located near a steep slope, longtime Bladensburg resident Garrine Laney had never had water in her basement until recently, when stormwater came pouring in "like

See SIERRA CLUB Page A3

Stolen Paychecks: How Immigrant Workers Get Ripped Off

By ALYSON KAY
Capital News Service

LANGLEY PARK, MD—Victor came to the U.S. 15 years ago looking for steady work. In many ways, the U.S. has met his expectations and he gets hired most days to do day labor for construction companies or commercial contractors. But one thing he may not have expected is that some employers wouldn't pay him what they promised.

Victor, an immigrant from Guatemala, says he's cheated on as many as 20 percent

of the jobs he takes. "Sometimes it looks like a big contractor and then at the end of the day, they say, 'I'll call you in a week,' to set up a payment arrangement. Frequently, he says, the call never comes. (Capital News Service is withholding Victor's last name to protect him from possible retaliatory actions by employers.)

Wage theft is a big and growing problem in the U.S. and affects a wide variety of mostly low-wage workers. It's an especially big issue in immigrant communities, where workers are often hired off the books and are vulnerable due to their legal status and

limited proficiency in English.

In fact, attorneys who work with immigrants say that wage theft is one of the most common reasons why Latin American and other non-native workers seek legal services.

"It's not an exaggeration to say that day laborers are ripped off of millions of dollars of wages each year throughout the United States," says Steve Smitson, an immigration attorney in Ellicott City at Smitson Law LLC. "Day laborers are the most vulnerable workers because often they're least equipped to defend their rights and they're seen as easy targets for unscrupulous employers."

As cities and states across the U.S. move to increase the minimum wage, the number of employers violating the rules grows. According to the Economic Policy Institute, workers in the U.S. lose between \$8.6 billion and \$13.8 billion a year because they are paid below their state's minimum wage. That estimate—which includes all workers, native-born and immigrants—was extrapolated based on a study prepared for the U.S. Department of Labor of minimum wage violations in 2011 in New York and California, two states with relatively high minimum wage requirements. The study also found that non-citizens were 1.6 to 3.1 times more likely to be affected by minimum wage violations, according to the EPI.

Kim Bobo, the executive director of the Virginia Interfaith Center for Public Policy, said the numbers in the Labor Department study likely understate wage theft because they only included incidents that were reported and many immigrant workers don't report their grievances to the government. The data may also exclude incidents when workers aren't paid at all or what was promised, even if the amount was above minimum wage.

"If you are feeling vulnerable about getting or keeping a job, you will tend not to complain even when you know your employer is breaking the law," said Bobo, the author of the 2011 book, *Wage Theft in America*. Without complaints, she said,

See PAYCHECKS Page A5

Capital Area Food Bank Announces Free Summer Meals for Eligible Children in Prince George's County

Funded by USDA, Meals Will Be Provided To Eligible Children Free of Charge

By PRESS OFFICER
Capital Area Food Bank

WASHINGTON, D.C.—Summer is a hard time for children who rely on school meals to receive the balanced nutrition they need to thrive. Continuing its commitment to providing access to good food in every community, the Capital Area Food Bank has announced that it will once again provide free summer meals to eligible children throughout the Washington metro area. The Free Summer Meals Program (FSMP), for which the food bank will be an acting program sponsor, is funded by the US Department of Agriculture.

Over 137,000 residents of Prince George's County struggle to get the food they need; of those, 15% are children. Food insecure children are more likely to experience stomachaches, headaches, colds, ear infections, and fatigue. They are sick more often, recover more slowly, and are more likely to be hospitalized.

During the school year, The Capital Area Food Bank operates afterschool and weekend meals programs called Kids Cafe® and Weekend Bag. Both of these programs fill meal gaps, supple-

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

Children who are part of households that receive Supplemental Nutrition Assistance Program (SNAP) or Temporary Assistance for Needy Families (TANF) benefits are automatically eligible to receive free meals. To be eligible to receive free meals at a residential or non-residential camp, children must meet the income guidelines listed in the attached chart for reduced-price meals under the National School Lunch Program.

Acceptance and participation requirements for the Program and all activities are the same for all regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will pro-

See FREE MEALS Page A3



CAPITAL NEWS SERVICE PHOTO BY GABY GALVIN

A sign outside the offices of CASA de Maryland, the largest Latino and immigrant advocacy organization in the Washington area. The organization says companies and homeowners who hire workers sometimes short-change them.

INSIDE

Maryland's Health Department Releases 2016 Fatal Overdose Data

Fighting substance-use disorder and the opioid epidemic in Maryland has been a major priority of Governor Larry Hogan's administration. Earlier this year, he declared a state of emergency in Maryland to raise awareness of the crisis and to rally resources with increased urgency.

Community, Page A3

Remembering the Life and Legacy Of John F. Kennedy at 100

Kennedy feared that any violence at the march would deter members of Congress from voting for the bill. The civil rights leaders would not be deterred, and Kennedy's enthusiasm for the March grew during the summer. The success of the March paved the way for passage of the Civil Rights Act.

Commentary, Page A4

Congressman Brown Introduces Legislation to Expand Tax Incentives for Domestic R&D And Manufacturing

The bill incentivizes businesses to manufacture goods domestically and provides a research and development (R&D) tax credit that will boost economic growth, create jobs and encourage local investment.

Business, Page A5

Movie Review: *Snatched*

A mother and daughter being menaced by henchmen while chained up in an Ecuadorean shack sounds like icky territory for a comedy, so I was relieved when they escaped almost immediately. From an audience perspective, being on the run is less threatening, easier to enjoy.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

What can we do to solve the e-waste problem caused by so many of us tossing our cell phones out and getting new ones every two years?

—Sandy Bartram, Beverly Hills, CA

Features, Page A7

Towns and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301 735 3451

Suitland getting a long-overdue, wider, and safer Swann Road

Swann Road, in Suitland, has major changes coming up. It will be modified for safety and to accommodate all kinds of transportation—cars and pedestrians and bike lanes for bikers. There'll be sidewalks all along both sides of the road and along Dianna Drive. Lanes will be widened. And, where speed bumps are now, there'll be raised crosswalks.

Prince George's County Department of Public Works & Transportation and County Council Member Karen R. Toles (District 7) held the Ground-breaking Ceremony on June 16 at William Beanes Elementary.

"I am overjoyed that the long-overdue Swann Road Green/Complete Street Project is finally underway," Council Member Toles announced, "and that community residents will get much-deserved paved roads and safe streets."

The project is due for completion by the summer of 2018.

Another Suitland Parkway accident

Briaunna A. Smith, 23, of the District, died in a collision on Suitland Parkway at Branch Avenue on June 5. The driver of the car, in which she was the passenger, was in critical condition. The driver of the other car suffered non-life-threatening injuries.

This is the third fatal accident on Suitland Parkway that I've written about in recent weeks.

People

A special Happy Birthday to Rose Hoffman, longtime Morningsider, who turns 92 on June 27. She currently lives in Lothian and regrets she can't drive any more.

I had an email from Roslyn Guyer Winfield, daughter of Irvin N. Guyer who perished, along with his two nieces, when a plane from Andrews crashed in Morningside back in 1951. Roslyn found one of my columns online and reconnected with me. She wrote about last Christmas when she visited in Eldersburg, MD after many years, to celebrate the holiday with her brother Fred and sister Elaine, and their families.

Turning Pointe Dance Academy, in Hanover, MD, held its Annual Spring Performance and a special presentation of *Cinderella*, on June 11 at Laurel High School. My daughter Elaine Seidman is Artistic Director of the studio and got her start in District Heights at Helen Moore's studio. One of her first jobs was as dance teacher with M-NCPPC classes at Morningside Elementary.

My granddaughter, Sarah McHale, and great-grandchildren, Mary and Wesley McHale, were among the dancers. Granddaughter Rose Seidman choreographed several of the dances.

Applause

Janice Conlon Cuellar, formerly of Morningside, has received the 2017 Caritas Distinguished Staff Award this year for her work at Bishop McNamara High School where she is Director of Web Services and Student Information Systems. Janice is the daughter of John and Leona Conlon who lived on Boxwood Drive. Janice graduated from La Reine High School, class of 1969.

Academia

Emily Burke and Annabella "Bella" Nicole Ferrante are granddaughters of Jean Ferrante who grew up in Morningside, daughter of John and Leona Conlon. Jean emailed this good news about her granddaughters:

Emily has graduated from Loyola University of Maryland. She made the Dean's List and plans to take her LSAT exam this summer and to continue on to Law School.

Bella graduated from Huntingtown High School with a Presidential Distinguished Scholar Award. She plans to attend the University of South Carolina in the fall.

Changing landscape

Last week I wrote about development at the site of the Cadillac Motel in Brandywine. The German grocery Lidl is expected to be one of the retailers. Since then I've learned that Lidl has 10,000 stores in 27 countries. The modern, efficient stores have just six aisles and 90% of the shelves are filled with their own brands. And they have cheap, award-winning wines.

AutoZone is going in next to Family Dollar in Andrews Manor. And Family Dollar has redesigned its store.

Sears has suffered years of plunging sales and announced it will cut about 400 full-time jobs. Makes me a sad to think what Sears meant to me in the days when I shopped the Sears catalog. Among other things, I bought bunk beds and a kitchen stove through *The Big Book*.

May they rest in peace

Mary Stark Edwards, 88, an active member of Unity (formerly, Camp Springs) Presbyterian Church from which she was buried, died May 27 in Evesham Township, NJ. A native of North Dakota, she met her future husband Larry at the University of North Dakota. They traveled extensively before settling in Camp Springs. Mary was a member of the Surratt Society, the Eastern Star, Harmony Hallers Seniors, and the Officer's Wives Club at Andrews. Her husband of 40 years, Dr. Lawrence Edwards, died in 1990. Survivors include her children, Sandra Jost and James Edwards, five grandchildren and two great-grands.

Adrienne Christel McBurrows Alexander, one of the few African American female pilots in Corporate America Air Industry, died June 2. She is the mother of Craig B. Alexander and the daughter of Madeleine and Richard McBurrows. Mass of Christian Burial was at St. John's Church in Clinton with burial at Resurrection Cemetery.

Milestones

Happy birthday to Edson Cook, June 23; Gloria R. Johnson, June 24; Michael Taylor, Larry Frostbutter, June 25; Angela Booth and Mable Hemmes, June 26; Charles "Chuckie" Henry, Rose Hoffman, Veda Curcio, Shawn Kumra and Cathryn Cordero Pracht, June 27; Mike Dudding, Juanita Eppard, Erica R. Webb, EvaMarie Anthony and my granddaughter Leah Katherine Mudd, June 28.

Happy anniversary to Tim and Becki Cordero, their 16th on June 23; Mary and Mike Dawes, their 34th on June 23; and Jack and Kimberly Hay, their 31st on June 28.



PHOTO COURTESY OF KYLEJONES, MORGUEFILE.COM

SPOTLIGHT: Local Farmers Markets

Warmer weather means the start of hot summer days, road trips and vacations, and spending time outdoors. It also marks the availability of local, fresh garden produce. Your local farmers markets have just what you need for those fabulous and refreshing summer recipes.

Getting hungry? There's quite a bounty of markets now in full swing throughout the county. You can view and download a comprehensive 2017 Prince George's County Farmers Market Guide at <http://www.princegeorgescountymd.gov/documentcenter/view/19069>. Check it out and shop your local farmer's market today!

Here are a few locations to get you started:

Bowie Farmers Market

Sundays: 8am—noon, May 14—Oct. 29
Bowie H.S. Parking Lot,
15200 Annapolis Rd.
301-809-3078 (Matt Corley)
bowiefarmersmarket.org

Cheverly Community Market

Alt Saturdays: 8am—noon, June 3—Oct. 21
6401 Forest Road
301-773-1406 (Tim Fothergill)
cheverlycommunitymarket.com

College Park Farmers Market

Saturdays: 7am—noon, May 6—Nov. 18
5211 Paint Branch Pkwy
(Wells Rink/Linson swimming pool lot)
301-399-5485 (Brad & Phil Miller)
facebook.com/CollegeParkFarmersMarket

Downtown College Park Farmers Market

Sundays: 10am-2pm, April 23—Nov. 19
4500 Knox Road (FREE parking on Sunday
in garage next to City Hall
240-487-3543 (Ryan Chelton)
downtowncollegepark.org

Glenn Dale Farmers Market

Saturdays: 9am-1:00pm, May 6—Nov. 18
5626 Bell Station Road (Marietta House)
301-806-0111 (Donny Oluokun)
facebook.com/GlennDaleFarmersMarket

Greenbelt Farmers Market

Sundays: 10 am—2pm, May 14—Nov. 19
(except Sept 3)
25 Crescent Rd (Municipal Bldg Parking Lot)
240-476-8769 (Nancy Solomon)
greenbeltfarmersmarket.org

Hollywood Farmers Market

Saturdays: 9am-1pm, Apr. 22—Nov. 18
9801 Rhode Island Avenue, College Park
240-421-2454 (Christianne Williams)
hollywoodmarket.org

Hyattsville Farmers Market

Tuesdays: 3pm-7pm, Jun. 6—Sept. 26
3799 East-West Highway
(Redeemer Lutheran Church lot)
301-985-5006 (Ellarose Preston)
hyattsville.org/farmersmarket

Laurel Farmers Market & Bazaar

Thursdays: 9am-2pm, Jun. 1—Oct. 26
378 Main Street, Laurel
301-483-0838 (Maureen Rogers)
facebook.com/groups/LaurelMarket

MedStar So MD Hospital Ctr

Farmers Market
Wednesdays: 12pm-4pm, Jun. 7—Sept. 27
7503 Surratts Road, Clinton
301-877-4399 (Charmaine Smalley)

Our Local Bounty:

St. Thomas Church Farmers Market
Saturdays: 8am-12pm, Jun. 3—Sept. 23
14300 St. Thomas Church Road
Upper Marlboro
301-627-8469 (Jeff Colburn)
stthomasroom.org/ourlocalbounty

Port Towns Farmers Mercado

Saturdays: 10am-1pm, Jun. 3—Sept. 30
4521 Kenilworth Avenue, Bladensburg
(Three Bros Pkng Lot)
347-675-0667 (Jennifer Lumpkin)
ecocityfarms.org/food/ptfm

Riverdale Park Farmers Market

Thursdays: 3pm-7pm, Apr. 1—Dec. 28
Queensbury Rd & Rhode Island Ave
(MARC Stn Lot)
301-586-5973 (Jim Coleman); rpfm.org

Roots & Stems Farmers Market at WSSC

Wednesdays: 11:30 am-2pm, May 10—Oct. 18
14501 Sweitzer Lane, Laurel
(WSSC Headquarters)
301-910-8076 (Rev. Phyllicia Hatton)

The Farmers Market at Maryland

Wednesdays: 11am-3pm, Apr. 5—Nov. 15
1115 Eppley Recreation Center,
University of Maryland
240-305-6485 (Larry Tumlin)
farmersmarket.umd.edu

USDA (Beltsville) Farmers Market

Thursdays: 9:30am-2pm, Jun. 15—Oct. 26
5601 Sunnyside Avenue
George Washington Carver Center
(Parking Lot B)
301-504-1776 (Ed Hicks)

2017 Prince George's County Farmers Market Guide was published by University of Maryland Extension, with support from Maryland-National Capital Park and Planning Commission (M-NCPPC), Prince George's County.

For a handy interactive map, including specific market information and updates, visit: <http://www.princegeorgescountymd.gov/2382/farmers-market>

Brandywine-Aquasco

by Audrey Johnson 301 888 2153

CLINTON UNITED METHODIST CHURCH

Financial Peace University (FPU) is returning to Clinton United Methodist Church. The classes will start Saturday, September 9, 2017 at 1:00 PM. We will host the FPU Classes to help us learn to manage money God's way. Emphasis will be on getting out of debt, saving money, investing for the future, and outrageous generosity in a way that is scripturally-based, practical, and proven. The classes are held once a week for 9 consecutive weeks (must attend at least 8 of the classes to graduate). Register online at <http://pu.com/1030910>. There will be a preview on September 3, 2017 after the 10:30 AM service (at approximately 12:00 noon).

2ND ANNUAL D.C. METRO ECSU GOLF TOURNAMENT

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 at Andrews AFB Golf Courses—4442 West Perimeter Road, Andrews AFB, MD 20762.

The date is Friday, August 18, 2017. Registration starts at 7:30 AM. Shotgun start is 9:30 AM. Format: 4-person Scramble. Cost is \$125.00 which includes green fee, cart, beverages on the course, buffet awards luncheon, prizes, and driving range. Many prizes—1st and 2nd Place Team, door prizes, and gift Men/Women Longest Drive and Closest to Pin.

For information please contact Donald Herring, Sr. (301) 980-0240 (herringdon@verizon.net) or Leroy Williams (301) 535-4858 (lflamingw@verizon.net). Note: Andrews AFB Security requires that all civilian tournament golfers provide government-issued identification as a condition of entry.

FLASHBACK THROUGH THE DECADES

Nottingham Myers UMC of the New Hope Fellowship Cooperative Parrish invite you to join us for an evening of dancing, food, fun, and fellowship on Friday, June 30, 2017 at 7:00 PM. There will be a dance contest, soul train line and best-dressed contest (wear your favorite outfit from back in the '60s, '70s, '80s,

'90s.) Donation is \$25.00. Event supports the Family Life Center, 15601 Brooks Church Road, Upper Marlboro, MD 20772. Rev. Constance C. Smith is the Senior Pastor. Telephone number 301-888-2171.

SENIOR PROGRAMS

Some of the recreation services in the county for seniors 60 and better are free. These include fitness and health programs, nutrition programs, senior clubs, cultural activities, tours and trips, free community center ID card for county residents, information and referrals, and many more. For more information, visit pgparks.com or call 301-699-2255, TTY 301-699-2544.

SHOW PLACE ARENA

The 2017 Suntan Circuit Show, sponsored by the Southern Maryland Quarter Horse Association, will be held at Prince George's Equestrian Center on Wednesday, July 19—Sunday, July 23, 2017, 8:00 AM. The show is free for spectators. The address is 14900 Pennsylvania Avenue, Upper Marlboro, MD 20772. Contact number is 301-952-7900; TTY 301-699-2544.

Congratulations to all of the
2017 graduates!

Best wishes from your friends at
the *Prince George's Post*

PHOTO COURTESY OF DODGERTONSKILLHAUSE, MORGUEFILE.COM

COMMUNITY

The American Counseling Association's Counseling Corner

Let's All Go Outside And Take a Walk!

Looked outside lately? Yes, that's sunshine and warm weather—a perfect time to get out and get moving. Yes, we know you've heard it before. And yes, we know you're realize you should be moving more, and you've meant to get started. Well, maybe these facts can help motivate you.

First, let's make clear that being sedentary isn't all your fault. Today's world is full of things that make life easier and have reduced physical work.

Take that job of being a homemaker. One British study found that in the early 1950's the average woman burned more than 1,000 calories a day working around the house. Today that number has shrunk to about 550 calories a day. Thank you robot floor vacuums, clothes dryers and all our other work-saving appliances. Outside the house? Sitting in front of that computer doesn't burn many calories.

At the same time it's estimated that the number of calories we eat has increased considerably. Blame it on packaged and processed foods, all those fast food restaurant choices, and the fact that we eat out more these days. In 1970 it was estimated that Americans ate an average of about 2,150 calories each day. Today that number is up to 2,760.

So fewer calories burned but more calories consumed? That might have something to do with the weight and health issues so many of us are facing. So what's the cure?

Eating smarter and healthier is a big part of the answer. Sometimes that means choosing a salad over a burger. Sometimes it means declining that second helping or some dessert.

But to make a real difference, an exercise program should also be part of every person's life. Exercise and the calories it burns certainly helps in weight control, but also supplies many other benefits.

Regular exercise has been shown to reduce the risk of cardiovascular disease, Type 2 diabetes, some cancers, high blood pressure and several other health issues.

Our professional counselors recommend it for the mental health benefits it brings. Regular exercise has been shown to help overcome depression, increase self-esteem, reduce stress and anxiety, and even improve memory and overall thinking.

So take advantage of this summer weather. And it's not necessary to become a gym rat. Even a ten minute walk every day can surprise you with the benefits it can bring.

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

Sierra Club from A1



PHOTO COURTESY OF MARTHA AINSWORTH

Marian Dombroski, winner of the Prince George's Sierra Club 2017 Environmental Service Award (holding plaque) celebrates with citizen stormwater activists from the Friends of Quincey Run Watershed and Friends of Lower Beaverdam Creek.

a waterfall" through a basement window. Dombroski not only helped diagnose the problem and bring resources to bear, "she took out her shovel!" says Laney. The problem was solved and Laney is now one of many resident clean water activists.

"Marian reaches out to residents to get them involved in ways that her projects become their projects. She is an inspiration, a hands-on doer who sets up workshops and goes yard to yard," said Dan Smith of Cheverly, founder of Friends of Lower Beaverdam Creek.

Throughout her life, Dombroski has been drawn to rivers. She launched her first river cleanup—along the Potomac—when she was in high school in 1970, two years before passage of the Clean Water Act. In 2010, after her studies, raising a family, and working at the University of Maryland as an architect, she enrolled in the Watershed Stewards Academy, with financial support from the Friends of Lower Beaverdam Creek. In 2012 she founded the Friends of Quincey Run Watershed.

The award was presented to Ms. Dombroski on Sunday, June 11, at the annual Prince George's Sierra Club picnic at Watkins Regional Park in Upper Marlboro.

The Prince George's Sierra Club Group established the annual environmental service award in 2005 to honor the late Walter "Mike" Maloney—a civic activist, County Council member, and attorney dedicated to the rights and the quality-of-life of everyday people. Nominees are County residents who have shown excellence in local environmental leadership. Previous winners include Thomas Dernoga (2005), Fred Tutman (2006), Imani Kazana (2007), Carmen Anderson (2008), Paul Pinsky (2009), Kelly Canavan (2010), Bonnie Bick (2011), Dan Smith (2012), Vernon Wade (2013), Jacqueline Goodall (2014), Mary A. Lehman (2015), and Lore Rosenthal (2016).

The Sierra Club is the oldest and largest grassroots environmental organization in the nation. Its mission is to explore, enjoy, and protect the wild places of the Earth.

Maryland's Health Department Releases 2016 Fatal Overdose Data

Report Details More Than 2,000 Deaths From Overdoses Last Year

By PRESS OFFICER
DHMH

BALTIMORE, MD—The Department of Health and Mental Hygiene today released the *2016 Drug- and Alcohol-Related Intoxication Deaths in Maryland Report*. The report found that 2,089 people died from overdoses last year, a 66 percent increase from 2015's data. The largest surge was seen in residents 55 and older.

"The overdose crisis in Maryland is driven by a number of factors, and we're committed to employing numerous approaches to reverse this grim tide," said Health and Mental Hygiene Secretary Dennis R. Schrader. "We want the deaths to cease, and we need those who use drugs to seek help before they feel compelled to use again." Marylanders can find treatment resources at Md-DestinationRecovery.org, BeforeItsTooLateMD.org, and the state crisis hotline, 1-800-422-0009.

The annual report describes trends in the number of unintentional drug- and alcohol-related intoxication deaths, commonly referred to as fatal overdoses, occurring in Maryland between 2007 and 2016. Fighting substance-use disorder and the opioid epidemic in Maryland has been a major priority of Governor Larry Hogan's administration. Earlier this year, he declared a state of emergency in Maryland to raise awareness of the crisis and to rally resources with increased urgency. He also formed the Opioid Operational Command Center to cut red tape and enable state and local agencies coordinate and share information more efficiently.

"The continuation of this epidemic is the impetus for our daily work to better coordinate state and local emergency and health resources to save lives," said Clay Stamp, who leads the command center.

The report, posted at <https://goo.gl/zh35WC>, contains major findings including:

- The increase in the number of drug- and alcohol-related intoxication deaths between 2015 and 2016 is the largest single-year increase that has been recorded in Maryland. The number of intoxication deaths has more than tripled since 2010.

- The increase in fatal overdoses has been most rapid among individuals 55 and older. The number of deaths among this age group increased five-fold between 2010 and 2016, from 86 to 424.

- Eighty-nine percent of all intoxication deaths that occurred in Maryland in 2016 were opioid-related. Opioid-related deaths include deaths related to heroin, prescription opioids, and nonpharmaceutical fentanyl. The number of opioid-related deaths increased by 70 percent between 2015 and 2016, and has nearly quadrupled since 2010. Non-opioid-related drug deaths have also been increasing, but at a slower rate. Large increases in the number of heroin and fentanyl-related deaths were largely responsible for the overall rise in opioid-related deaths. Between 2015 and 2016 the number of heroin-related deaths increased by 62 percent (from 748 to 1,212), and the number of fentanyl-related deaths more than tripled (from 340 to 1,119). The number of prescription-opioid related deaths increased by 19 percent (from 351 to 418); many of these deaths occurred in combination with heroin and/or fentanyl.

Carfentanil, a drug even deadlier than fentanyl, has recently begun to contribute to the fatal overdose tally. The department's Office of the Chief Medical Examiner has begun including screens for carfentanil during that office's autopsy exams.

Health and Mental Hygiene

continues to collaborate with federal, state and local partners to try to reduce the number of overdoses and has been combating and responding to the increase in overdose deaths. With support from Governor Hogan, the department has implemented several major initiatives to combat the opioid overdose epidemic:

1. **Reimbursement for federally funded residential substance use treatment, beginning on July 1.** Maryland Medicaid was the third state in the nation to be granted a waiver from the federal Centers for Medicare and Medicaid Services to provide these services with federal Medicaid dollars. Since receiving this waiver, the state has been actively engaging with the provider community about the implementation of this effort through several public forums including the Medicaid Advisory Committee, Engagement with local health officers and their substance use partners, legislative hearings, and the Behavioral Health Advisory Council. The expansion, solidified in the program's federally approved waiver, will enable providers to receive previously denied federal Medicaid reimbursement, an obstacle that contributed to the opioid crisis here. Maryland Medicaid—backed by Maryland Gov. Larry Hogan—applied for a waiver (or an exception) from that federal restriction, to be able to win treatment options for more Marylanders. The IMD Waiver will expand Medicaid reimbursement to include adult residential substance use disorder treatment July 1, 2017. The Department is phasing in such additional services as residential substance-use disorder services for pregnant women with children, drug-exposed newborns, individuals involved with the child welfare system and 8-507 treatment services January 2018;

it will incorporate halfway houses in January 2019.

2. In partnership with all eight of its HealthChoice managed care organizations, the **Maryland Medicaid program also is working to reduce opioid misuse, dependence, overdose and death** in both Medicaid fee-for-service and HealthChoice managed care programs. This amplifies Medicaid's urging of providers to:

- a. Consider non-opioids as first-line treatment for chronic pain;
- b. Offer naloxone to patients who meet certain risk factors;
- c. Conduct thorough substance use disorder screening prior to prescribing opioids;
- d. Refer patients to treatment that are identified as having a substance use disorder; and
- e. Use the Department's Prescription Drug Monitoring Program for all Controlled Dangerous Substance prescriptions.

3. Last month, **Medicaid implemented a payment policy for community-based Medication Assisted Treatment (MAT)**—a clinical intervention that combines the use of medications and reimbursement rate to include a \$63 per-week-per-patient bundle for methadone maintenance, and the ability for Opioid Treatment Programs (OTP) to bill for outpatient counseling separately, as clinically necessary.

4. **Maryland has expanded access to naloxone**, a life-saving drug that reverses opioid drug overdoses. On June 1, 2017, Health and Mental Hygiene's Public Health deputy secretary, Dr. Howard Haft, issued a standing order that allows pharmacies to dispense naloxone to individuals who may be at risk of an overdose or anyone who may be able to help someone who overdoses. This action is authorized through legislation signed by Governor Hogan. Naloxone safely and effectively reverses an overdose and has a low risk for adverse effects. This simplifies the previous process where it could be dispensed only to those trained and certified under the Maryland Overdose Re-

See **OVERDOSE** Page A4

Free Meals from A1

vided at the sites and time as outlined in the chart to the right.

About the Capital Area Food Bank

The Capital Area Food Bank is the largest organization in the Washington metro area working to solve hunger and its companion problems: chronic undernutrition, heart disease and obesity. By partnering with nearly 450 community organizations in D.C., Maryland and Virginia, as well as delivering food directly into hard to reach areas, the CAFB is helping 540,000 people each year get access to good, healthy food. That's 12 percent of our region's mothers, fathers, sons, daughters, sisters, brothers, and grandparents. To learn more, visit: capitalareafoodbank.org, or find the Capital Area Food Bank on Facebook at [facebook.com/CapitalAreaFoodBank](https://www.facebook.com/CapitalAreaFoodBank), and Twitter at [@foodbankmetrodc](https://twitter.com/foodbankmetrodc).

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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, au-

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

TABLE PROVIDED BY THE CAPITAL AREA FOOD BANK

***All times approximate and subject to change. For up-to-date information about where to find free Summer Meals, please visit <http://www.fns.usda.gov/summerfoodrocks>.**

diotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the

Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

The Capital Area Food Bank is an equal opportunity provider.

COMMENTARY

Marc Morial, President and CEO
National Urban League



Remembering the Life and Legacy of John F. Kennedy at 100

“One hundred years of delay have passed since President Lincoln freed the slaves, yet their heirs, their grandsons, are not fully free. They are not yet freed from the bonds of injustice. They are not yet freed from social and economic oppression. And this Nation, for all its hopes and all its boasts, will not be fully free until all its citizens are free.”

—President John F. Kennedy,
Radio and Television Report to The American People on Civil Rights, June 11, 1963

The trajectory and predominate narrative of the civil rights movement in our nation was forever marked by a single day.

Just after midnight, in the earliest moments of June 12, 1963, Medgar Evers, a beloved civil rights leader, would be shot to death by a white supremacist in the driveway of his home. On that day, two African Americans, Vivian Malone and James Hood, would finally register as students at the University of Alabama under the federal protection of the Alabama National Guard. Earlier that evening, President Kennedy, who had previously—and rightfully—been criticized by civil rights leaders for his tepid, ambivalent embrace of the grand ambitions of the civil rights movement, had addressed our nation and cemented his place in American history as an advocate and partner in the civil rights struggles of African Americans.

President Kennedy’s national address was not supposed to be delivered. Its broadcast depended on the outcome of the protracted battle happening on the campus of the University of Alabama over the enrollment of Malone and Hood. That morning, both prospective students attempted to enroll in the university, but were met by Alabama Gov. George C. Wallace and a phalanx of state troopers blocking the entrance to the university’s campus. That infamous moment, now known as the “stand in the schoolhouse door,” was a futile last stand for Gov. Wallace, who pledged “segregation now, segregation tomorrow, segregation forever,” during his inaugural address the very same year. Gov. Wallace stepped aside, Malone and Hood enrolled later that day, and despite the favorable outcome from this very public showdown in Alabama, the president resolved to address our nation and the “moral issue” of civil rights.

To his credit, the president did more than provide lip service on issues of inequality, discrimination, equal access to services, voting rights and more. President Kennedy went a step further and proposed comprehensive civil rights legislation, declaring that “now the time has come for this Nation to fulfill its promise.”

Fear for the passage of the Civil Rights Act led Kennedy initially to oppose the March on Washington. In June of 1963, civil rights leaders includ-

ing National Urban League President Whitney M. Young, K. Phillip Randolph, Martin Luther King, Jr., and John Lewis, met with Kennedy and announced there would be a March. Kennedy feared that any violence at the march would deter members of Congress from voting for the bill. The civil rights leaders would not be deterred, and Kennedy’s enthusiasm for the March grew during the summer. The success of the March paved the way for passage of the Civil Rights Act.

But Kennedy [did not get] to see his civil rights bill passed. A bullet from an assassin’s gun would cut his life short less than three months after the March. It was his successor, President Lyndon B. Johnson, who would pass the landmark *Civil Rights Act of 1964*, which prohibited and outlawed racial discrimination and segregation in public accommodations, employment, public education and federally assisted programs. In his address to Congress, President Johnson declared, “we have talked long enough in this country about equal rights. We have talked for one hundred years or more. It is time now to write the next chapter, and to write it in the books of law.” The act, the most sweeping civil rights legislation in the nation’s history since the Reconstruction era, laid the foundation for future progressive legislation, including the *Voting Rights Act of 1965*.

By President Kennedy’s request, the Lawyers’ Committee for Civil Rights Under Law was formed. The nonpartisan group mounted civil rights cases with pro bono support from private lawyers in courtrooms across the nation—and its work continues today. After the March on Washington—an event President Kennedy opposed due to concerns of violence and its possible impact on his civil rights bill—he met with Martin Luther King, Jr. after the march and told him, “I have a dream.” Despite his earlier, well-documented reticence to broadly involve his administration in the growing struggle for equality, President Kennedy personally engaged with the civil rights leaders of his time, hosting the National Urban League’s then-executive director, Whitney M. Young, and president, Henry Steeger III, in 1962 at the White House.

[This past May] we marked the centenary of President Kennedy’s birth. Whatever history has assigned to him as flaws, shortcomings and misdeeds, he believed our country could do better for all of its citizens, regardless of race, color or creed. As we reflect on so much of his enduring legacy, let us recommit ourselves to ensuring that his evolution and eventual stand on civil rights are more than words on a page in a dusty book, but a call to continued action and activism undergirded by the principle that “all men are created equal, and that the rights of every man are diminished when the rights of one man are threatened.”

Overdose from A3

response Program. Pharmacies play an important role in providing access to naloxone and counseling on how to recognize and respond to an opioid overdose. Fentanyl and carfentanil may require multiple doses of naloxone to be administered to help victims overdosing on those substances.

5. **The Maryland Good Samaritan Law** provides protection from arrest, as well as prosecution, for certain specific crimes and expands the charges from which people assisting in an emergency overdose situation—such as administering naloxone—are immune.

6. Because opioid addiction often has its roots in prescribed medication, **Health and Mental Hygiene continues to provide guidance to prescribers** in efforts to help them manage patients’ chronic pain without resorting to prescription opioids. Clinical provider education and resources continue to be a critical focus of the department’s addiction-prevention strategy, being achieved through Continuing Medical Education

and the Prescription Drug Monitoring Program (PDMP). Maryland’s PDMP allows providers and pharmacists access to their patients’ history of prescribed medications. By reviewing the patient’s prescription history, prescribers can make an informed decision about prescribing a controlled and dangerous substance.

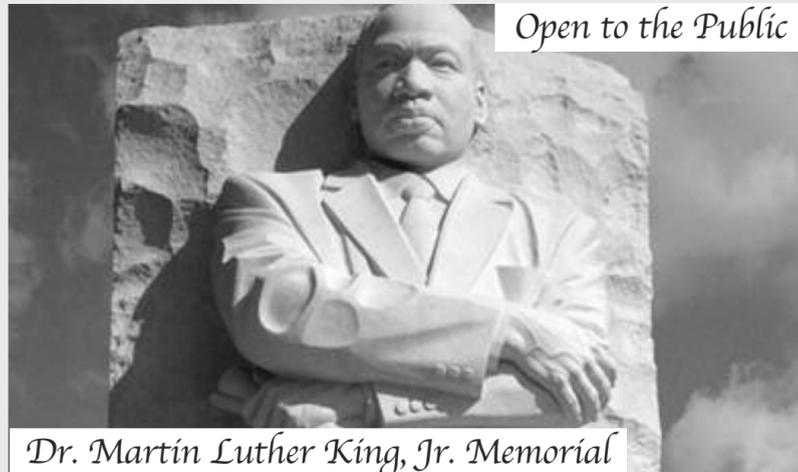
7. To increase the early identification of those at risk for substance use disorder, the Department has been employing Screening, Brief Intervention and Referral to Treatment (SBIRT). SBIRT is an evidence-based tool designed to identify individuals who have the potential for substance abuse and to provide medical intervention. It has been implemented in 53 community primary care centers and ten hospitals in 15 jurisdictions across Maryland with the expectation of screening at least 90,000 individuals.

8. People who die from overdoses often have histories of admission to hospitals’ emergency departments for nonfatal overdoses, **the department also has been working to intervene after Marylanders survive an overdose**. The Overdose Survivors

Outreach Project connects overdose survivors in hospital emergency departments with community peer recovery specialists, who assist them in enrolling in substance-use disorder treatment and obtaining support services. Peers are working within select emergency departments and in communities across the state to assist substance users and their families with engaging in recovery. This project started in the fall, 2016, at four hospitals. To date, 53 percent of those referred to treatment through the community peers have enrolled in treatment.

Marylanders who need help finding substance-use-disorder treatment resources should visit MdDestinationRecovery.org, BeforeItsTooLateMD.org, or call the Maryland Crisis Hotline, which provides 24/7 support, at 1-800-422-0009. For information on many of the policies currently implemented to fight substance use disorder and overdose in Maryland, see <http://goo.gl/KvEzQw>. If you know of someone in need of treatment for a substance use disorder, treatment facilities can be located by location and program characteristics on our page at <http://goo.gl/rbGF6S>.

Open to the Public



Dr. Martin Luther King, Jr. Memorial

PHOTO CREDIT: WIKIMEDIA

DR. MARTIN LUTHER KING, JR. MEMORIAL

August 28, 2011, the 48th anniversary of the groundbreaking March on Washington for Jobs and Freedom witnessed the dedication of the Martin Luther King, Jr. Memorial. It is fitting that on this date, reminiscent of the defining moment in Dr. King’s leadership in the Civil Rights movement, in the form of solid granite, his legacy is further cemented in the tapestry of the American experience. His leadership in the drive for realization of the freedoms and liberties laid down in the foundation of the United States of America for all of its citizens, without regard to race, color, or creed is what introduced this young southern clergyman to the nation. The delivery of his message of love and tolerance through the means of his powerful gift of speech and eloquent writings inspire to this day all those who yearn for a gentler, kinder world. His inspiration broke the boundaries of intolerance and even national borders, as he became a symbol, recognized worldwide of the quest for civil rights of the citizens of the world.

Child Watch

by Marion Wright Edelman



Reflections on Dr. Samuel DuBois Cook: A Great Teacher and Role Model

When Dr. Samuel DuBois Cook passed away May 29 our nation and world lost a very creative and distinguished political scientist, trailblazing Black scholar, and towering oak role model for his students. I was blessed to be among them as a Spelman College student in his political theory course at Atlanta University.

A Georgia native, he entered Morehouse College when he was 15 years old and was in the same class as his friend and fellow 15-year-old Martin Luther King, Jr. At Morehouse he was student body president and founded the campus chapter of the National Association for the Advancement of Colored People (NAACP). He received his master and Ph.D. degrees from The Ohio State University and taught at Southern University, Atlanta University, the University of Illinois, UCLA and Duke University. At Duke University he was the first African American to hold a regular faculty appointment at a predominantly White Southern college or university. In 1974 he became president of historically Black Dillard University in New Orleans where he served for 22 years. He also served on the Duke Board of Trustees during his tenure as president of Dillard.

Dr. Cook was the first Black president of the Southern Political Science Association, vice-president of the American Political Science Association, president of the Association for the Study of African American Life and History Inc., and chair of the Presidents of the United Negro College Fund. President Jimmy Carter appointed him to the National Council on the Humanities, President Bill Clinton appointed him to the United States Holocaust Memorial Council, and Duke University established the Samuel DuBois Cook Society, the Samuel DuBois Cook Center on Social Equity, and a postdoctoral fellowship in its Center for the Study of Race, Ethnicity and Gender in the Social Sciences in his honor. Yet his legacy went far beyond his academic positions and many awards. For genera-

tions of his students, including me, “Dr. Sam” was a great gift and I’ll never ever forget his jolly laughter, tough critiques but positive encouragements.

When I was a Spelman College student in Atlanta, Dr. Sam was a professor of Political Science and Theory at Atlanta University. I was led to him by historian and Spelman Social Science Department Chair Howard Zinn, my wonderful professor at Spelman who nominated me for a Merrill Scholarship to study abroad my junior year in Paris and Geneva. To prepare me for Europe and the bigger world, Howie’s (as we called him) first step was to send me to Dr. Sam’s political theory course. What a wonderful gift that was. Dr. Sam was an extraordinarily creative, engaging and gifted teacher. His wonderful exercises of asking students to see and create a nation and world vision through the eyes of a wide range of thinkers, activists and political theorists from Gandhi and King to Lenin, Trotsky and Tolstoy grounded me in the crucial importance of seeing and analyzing the world through the lens of others and

learning to think out of the box and become a critical thinker.

Dr. Sam was a welcoming, attentive, supportive—and demanding—teacher, always stretching his students to think and act with disciplined intellect, emotion and rigor. I remember his firm but gentle criticism when he returned a paper I gave him during my very busy student sit-in protest days as not being up to his or my standards—telling me that going to jail, or planning to, was no excuse for second rate work. I heard him loud and clear and thank him. He encouraged student participation in the Civil Rights Movement and moderated “town meetings” between civil rights leaders and students, but he emphasized that doing school work was equally important for becoming a leader. I was proud when he joined Duke’s faculty and when he became president of Dillard our friendship continued and he asked me to join Dillard’s board. He and his wonderful wife Sylvia—a sister Spelmanite—were mar-

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The Prince George’s Post

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BUSINESS

Practical Money Skills

By Nathaniel Sillin

Could You Turn Your Hobby Into a Career?

You can break personal finance into three broad categories: income, expenses and savings. Your personal cash flow statement lists your income and expenses and a common goal is to end each month with a positive balance—with money left over to put into savings.

We often tend to focus on how to make the most with what we have, but don't forget the third category. With planning, dedication and an understanding of how your skill set could benefit clients, you could make the transition to a more entrepreneurial role and increase your income.

A friend recently shared her experience. She started working out while looking for a way to release stress. Soon, exercise became her hobby. And then her passion. Several years later, she got the necessary training and certifications to go into business for herself as a fitness instructor and personal trainer.

Others have similar experiences. A photography or coding course sparks intrigue, which leads to exploration as a hobbyist and an eventual career or part-time income source. Or later in life you may decide it's time for something different and start by exploring your interests and then setting off on an entirely new path.

Acknowledge that you may be giving yourself a new job. First, consider whether you really want to turn something you enjoy into a financial pursuit. Some people find that the transition can "ruin" their hobby in a way—it could feel like a chore or job rather than an enjoyable outlet. As long as it doesn't require a substantial upfront financial investment, testing the water before diving in fully could be a good idea.

With the proper clearance, you can stay at your current role and start a small side business or offer your services as a freelancer to see what the experience will be like (and how much money you can make). You might find that a profitable, or cost-covering, hobby is enough.

Identify ways to make your offering uniquely yours. No matter how hard you try, you can't will money into existence. It will take a lot of work to make a business succeed and even with a driven entrepreneur at the helm, many businesses don't make it past the first several years.

But whether you're creating and selling a physical product or offering a service, you bring a unique set of skills and experiences to the table. Try to figure out how these can distinguish your offerings or add a unique twist that will help potential customers meet their goals.

Businesses succeed for a variety of reasons. They might create something entirely new, figure out how to make something less expensive or more luxurious, put their efforts into customer support or figure out a fun and creative way to advertise their product.

Figure out who your target customers are and what they like. If you're going to make money you'll want to identify a target market. Generally, this will be a group of people who want and can afford your offering. Both qualifiers are equally important.

Be brutally honest with yourself. There isn't always a profitable market, and some hobbies don't make great businesses.

Working within a proven market—selling something that people already buy—can be a good thing because you know there's at least some demand. From there, you can figure out the best way to find customers that like the twist or extra touch you've put in.

Drawing on my friend's experience, she has discovered several ways to attract her clients. Some people already have an active lifestyle and don't necessarily need motivation. For them, she emphasizes her knowledge of fitness and health. She can craft a meal plan that aligns with their physical goals and work with them to improve their form and help prevent injuries.

With clients who are struggling to get started, she emphasizes the value of having an accountability partner. She takes the planning and worry out of working out; they just need to show up.

Are you ready to take action? Managing spending and saving are essential elements of any financial life. With some thought and planning you could grow another essential element—your income—while doing something about which you are passionate.



Congressman Brown Introduces Legislation to Expand Tax Incentives For Domestic R&D and Manufacturing

By PRESS OFFICER
Office of Anthony G. Brown

WASHINGTON, D.C.—Today [June 2, 2017], Congressman Anthony G. Brown introduced the *21st Century Investment Act of 2017* (H.R. 2671). The bill incentivizes businesses to manufacture goods domestically and provides a research and development (R&D) tax credit that will boost economic growth, create jobs and encourage local investment. By permanently increasing the tax credit rate for domestic contract research from 20 percent to 25 percent and increasing the tax deduction for income attributed to domestic manufacturing from 9 percent to 15 percent through 2024, the bill will incentivize companies to create new goods and services in the United States.

"As we confront the challenges of the 21st century economy, the United States must remain a friendly place for companies to innovate and manufacture. We have a tremendous capacity to manufacture here at home, and the more we incentivize companies to do so, the more benefits the American people will experience," said Congressman Brown. "By incentivizing companies to conduct R&D efforts in America, we create good-paying jobs, catalyze production and support businesses. This bill provides a one, two punch that prepares us for the future and ensures the U.S. remains competitive at home and abroad."

By instituting these tax incentives, the United States will remain a premier location for research, manufacturing and innovation. Every dollar spent in the manufacturing sector adds another \$1.37 to the economy, and each job in manufacturing creates 2.5 jobs in local goods and services. Over the next decade, estimates show that the U.S. will need to confront a shortage of skilled workers to fill nearly 3.5 million jobs. In addition,



PHOTO COURTESY THE OFFICE OF ANTHONY G. BROWN
Congressman Brown tours the Thompson Creek Window Company Distribution Center in Upper Marlboro, MD.

recent data shows that the R&D activity contributes to approximately 1.2 percent of Maryland's gross state product, while the manufacturing industry contributes nearly \$20 billion to the gross state product. Overall, manufacturing supports over 100,000 jobs in the state of Maryland.

Extended and expanded when Congressman Brown was Lieutenant Governor, the state of Maryland already provides two state R&D tax credits, the Basic R&D Tax Credit and the Growth R&D Tax Credit. In addition to the state-based Maryland tax credits, businesses will also be able to file for the federal tax credit proposed in this bill.

"If Maryland and the rest of the United States wants to continue to compete on a global stage and lead the 21st century economy, we must address yawning gaps in workforce development," said Congressman Brown. "There are firms across the country desperately in need of staff with the proper skills; we need to ensure the next wave of

the American workforce is ready to fill those positions. Providing this tax credit to employers creates good paying, family-supporting jobs that people can depend on."

The 21st Century Investment Act of 2017 amends Section 41 of the Internal Revenue Code of 1986. The credit has been allowed to expire and has been expanded several times over the past three decades. As an original pioneer of the R&D tax credit, the United States has since fallen behind to countries such as France, Ireland and Russia who are beginning to offer more generous tax incentives. While the United States remains a premier location for large and small businesses to invest, this bill will help to solidify American leadership in research, development and manufacturing.

Representatives co-sponsoring the bill include: David Cicilline (RI), Elijah Cummings (MD), Michelle Lujan Grisham (NM), Bill Keating (MA) and Eleanor Holmes Norton (D.C.).

Comptroller Franchot Warns Taxpayers of Phone Scam Involving Certified Letters and Debit Cards

Maryland Taxpayers Advised to Not Respond to Scammers Asking for Payment

By PRESS OFFICER
Office of the Comptroller

ANNAPOLIS, MD (June 15, 2017)—Comptroller Peter Franchot is warning taxpayers about a new scam linked to the Internal Revenue Services' Electronic Federal Tax Payment System (EFTPS) in which fraudsters call to demand immediate tax payment through a prepaid debit card. The scam is being reported throughout the county.

In this latest scheme, a caller claims to be from the IRS and

tells the victim about two certified letters purportedly sent to the taxpayer in the mail but returned as undeliverable. The scam artist then threatens arrest if a payment is not made through a prepaid debit card. The scammer also tells the victim that the card is linked to the EFTPS system when it is actually entirely controlled by the scammer. The victim also is warned not to contact their tax preparer, an attorney or their local IRS office until after the tax payment is made.

"If you get a call like this, the best thing is to simply hang

up. Do not share your personal or identifying information and do not send a prepaid debit card," Comptroller Peter Franchot said. "My agency stands ready to help any Maryland taxpayer who gets a call like this. My agents are united in our goal to protect our citizens from con artists who want to steal your money and your private financial information."

The EFTPS is an automated system for paying federal taxes electronically using the Internet or via phone and does not require the purchase of a prepaid debit card. Since it is an auto-

ated system, taxpayers won't receive a call from the IRS. Taxpayers also have several options for paying a real tax bill—not just a specific one.

"This is a new twist to an old scam," said IRS Commissioner John Koskinen. "Just because tax season is over, scams and schemes do not take the summer off. People should stay vigilant against IRS impersonation scams. People should remember that the first contact they receive from IRS will not be through a random, threatening phone call."

The Comptroller's Office advises taxpayers not to reply to phone calls or emails asking for confidential information, most especially Social Security numbers, birth dates, salary information or home addresses. Maryland taxpayers may call 1-800-MD-TAXES or send an email to md-comptroller@comp.state.md.us to report a problem.

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"most enforcement agencies don't investigate and wage theft continues."

It's not just businesses doing the cheating. CASA de Maryland, the largest Latino and immigrant advocacy organization in the Washington area, says homeowners who hire workers for landscaping and furniture moving jobs sometimes short-change workers, too. CASA legal services once spent two months trying to force a local homeowner to pay \$60 to two workers who spent several hours laying mulch on her property. The homeowner promised to pay each worker \$60, but after the work was completed, she paid the men half the agreed upon amount. After CASA threatened legal action, the homeowner finally paid up.

Economists say that wage theft drives poor families deeper into poverty, prompting them to apply for federal subsidies such as the Earned Income Tax Credit and free school breakfast and lunch for children. That hurts taxpayers to the benefit of employers that skirt the laws.

Maryland is especially ripe for such abuses,

says Smitson, due to the large amount of construction taking place in the state. While wage theft occurs in many industries, construction contractors and subcontractors in particular use day laborers frequently and have more complaints against them.

Victor says employers find lots of ways to cheat. In December 2016, he was hired for a framing job that lasted three days. The employer agreed to pay him \$300 for the work. At the end of the three days, the employer paid Victor with a check. But when he tried to cash the check, the bank said it wasn't negotiable. "When I go back and catch him to get my money, he said, 'No! I don't got money right now,'" said Victor. He didn't want to cause problems or bring attention to himself, and gave up trying to collect.

Attorneys at the Community Legal Services of Prince George's County say such stories have become common. Valerie Adeyeye, a worker's rights lawyer at the center, says wage theft cases are the most frequent that the center sees.

When a client comes to the worker's rights clinic, Ms. Adeyeye contacts the employer and tries to arrange a settlement. "We

can write demand letters on their behalf," said Adeyeye. "We can help them file a complaint." Rarely do the cases go to court.

She also helps workers file complaints with the Maryland Department of Labor, Licensing and Regulation or the D.C. Office of Employment.

While stricter enforcement by the government could reduce minimum wage violations for most American workers, there is little that can be done to help undocumented immigrants. Bobo said while there is a need for more enforcement, employer groups and trade associations can play a part in the solution by setting higher standards for their business members. Consumers can also help, especially when people buy a contracted service.

"The consuming public needs to ask questions," Bobo said. "When we hire somebody we need to ask 'Are you paying your workers fairly? Do you pay them as employees? Do you pay them as independent contractors?' There are things that as consumers both as individual consumers, but if we're purchasing contracted services to our companies or to our congregations, we can be ethical consumers as well and ask questions."

OUT ON THE TOWN

ERIC D. SNIDER'S
IN THE DARK
Movie Review

Snatched

Snatched
Grade: B
Rated R, a lot of profanity, some vulgar dialogue, glimpses of porno magazines, brief nudity?
1 hr., 31 min

Why aren't there more zany comedies about blond women being kidnapped by human traffickers while vacationing in South America? Seems like a goldmine. Anyway, *Snatched* is here to remedy that lack, to provide Amy Schumer with a follow-up to her breakout hit *Trainwreck*, and to bring Goldie Hawn back to the screen after a 15-year absence. That's a lot of responsibility for one movie, and this one is bogged down by formula, but it mostly succeeds.

Schumer plays Emily Middleton, a directionless, self-absorbed woman-child who is dumped by her equally shallow boyfriend (Randall Park) just before their planned trip to Ecuador. The tickets being non-refundable, and Emily having no one else in her life who can stand her, she persuades her cautious mother, Linda (Hawn), to come along, despite her mom-like fear of everything.

Upon arrival at the resort, the two have the expected mother-daughter conflicts: Linda wants to slather Emily in sunscreen; Emily wants to hook up with a handsome local (Tom Bateman); Linda wants to stay indoors and read a book; Emily wants to sight-see; etc. There's a great joke revolving on the Ecuadorian pronunciation of the word "welcome." Wanda Sykes and Joan Cusack appear as an experienced pair of travelers who warn of the dangers lurking everywhere, almost but not quite parodying U.S. xenophobia about South America.



ROTTENTOMATOES

After her boyfriend dumps her on the eve of their exotic vacation, impetuous dreamer Emily Middleton (Amy Schumer) persuades her ultra-cautious mother, Linda (Goldie Hawn) to travel with her to paradise. Polar opposites, Emily and Linda realize that working through their differences as mother and daughter—in unpredictable, hilarious fashion—is the only way to escape the wildly outrageous jungle adventure they have fallen into. Amy Schumer and Goldie Hawn star in the new comedy adventure *Snatched*, which also features Ike Barinholtz (*Neighbors*), Wanda Sykes (*Bad Moms*) and Joan Cusack (*Working Girl*).

But then, as foretold by the title, Emily and Linda are abducted by a generic, thin-mustached baddie named Morgado (Oscar Jaenada) and held for ransom. This unfortunately depends on Emily's brother, Jeffrey (Ike Barinholtz), an agoraphobic mama's boy who persistently, gratefully, amusingly calls Linda "mamá," with the accent on the second syllable.

A mother and daughter being menaced by henchmen while chained up in an Ecuadorean shack sounds like icky territory for a comedy, so I was relieved when they escaped almost immediately. From an audience perspective, being on the run is less threatening, easier to enjoy. It gives the ladies some room to breathe, bicker, and bond, and a

chance to meet characters like Roger Simmons (Christopher Meloni), a self-style roguish adventurer who pledges to get them to safety through a part of the Amazon jungle known as "the sac of the jaguar," but, uh, does not.

The screenplay is by Katie Dippold, who wrote *The Heat* and co-wrote last year's *Ghostbusters*. Contrary to what you'd think given those credits, *Snatched* isn't a showcase for the duo of Schumer & Hawn, but rather a solo comedy—a showcase for Schumer and who ever happened to play her mother. Hawn is fine, and it's great to see her again, but she's written primarily as the straight man. It's Schumer who gets most of the laughs, and Emily who gets the character arc.

Those laughs are plentiful, though, and amplified by the funny supporting characters who wander in and out. Director Jonathan Levine (*50/50*, *The Wackness*) manages several well-executed visual gags (the best involves a bathroom door and a treasonous mirror), mining every facet of the situation—mom and daughter vacationing; daughter embarrassed; foreigners scary—for as much comedy as he can find. Naturally, it all boils down to a simple message about how you gotta love yer mom even when she bugs you, and how she's probably right about whatever she's telling you not to do. Moms are great, right? Can't think of anyone I'd rather be kidnapped with.

Summer Living:



PHOTO COURTESY NAPSI

Water safety classes are a good idea for all kids—and their parents.

Don't Let Kids Drown: Teach Them to Swim

(NAPSI)—Cooling off in a pool, lake or ocean can be a refreshing idea—but only if you know how to avoid the dangers.

The Problem

Drowning is a leading cause of death in children under 14. One reason is that 70 percent of African American and 60 percent of Hispanic children don't know how to swim, the USA Swimming Foundation reports. Minority children are also less involved in competitive swimming when compared to their white peers, comprising only 1 percent of USA Swimming membership.

Some of the reasons include:

- **Lack of Swimming Access.** Facilities in traditionally underserved communities are few and far between and tend to be expensive.
- **Cultural Constraints.** Data shows there may be a legacy of fear, perpetuated through generations.
- **Parental Perceptions.** Adults who don't

swim may not know what needs to be done so that their children learn to swim safely.

An Answer

To help close the gap in swimming safety, the YMCA created Safety Around Water, a program that teaches children of all ages and backgrounds—and their parents—that water should be fun, not feared, as long as you know how to stay safe. This year, the Y awarded over 27,000 scholarships for free water safety lessons to children in underserved communities. The children learn fundamental water safety skills that include what to look for in a safe place to swim, what to do if they find themselves in the water unexpectedly, and how to swim a short distance on their front, roll over onto their back to rest, and then roll on their front to continue swimming to safety.

"The Y teaches more than 1 million children from all backgrounds invaluable water-

safety and swim skills every year, and the disturbing statistics about youth drownings underscore the significance of this work," said Kevin Washington, president and CEO of Y-USA. "We are giving swim scholarships to children in underserved communities who statistically are at greatest risk of drowning so they can learn to be safe in and around the water. The Y is committed to reaching more kids, saving more lives and changing the statistics."

Water Safety

If you know how to stay safe in and around water, swimming can be a lifelong source of fun and exercise. Here are six things you should know:

1. **Never swim alone.** Swim only when a lifeguard is on duty.
2. **Supervise children whenever they are in or near water.** Whether it's a bath, the ocean or anything in between, stay within arm's reach of the child at all times.
3. **Don't hold your breath.** When swimming, children should avoid holding their breath for any length of time. This can lead directly to drowning and other severe physical side effects.
4. **Wear a life jacket.** Novice and non-swimmers should wear Coast Guard-approved life jackets.
5. **Don't jump in to save someone struggling in deep water.** Even if you're a great swimmer, you can be overpowered by a panicked person, pulling you underwater. The Y teaches the "reach, throw, don't go" concept of using a long object to reach for the swimmer and pull him or her to safety.
6. **Enroll in water safety classes.** The Y teaches fundamental water safety skills and how to react if you find yourself in water unexpectedly.

Learn More

Families interested in further information about enrolling a child in Safety Around Water or Y Swim Lessons should visit www.ymca.net/watersafety.

In the Garden

Harvesting, Storing And Preserving Herbs From the Garden

By Melinda Myers

Enjoy herbs all year round. Harvest herbs now for garden-fresh meals and preserve a few for the winter ahead.

Snip a few leaves or leaf-covered stems as needed. For the same intensity of flavor, you generally need two to three times more fresh herbs than dried except for Rosemary which has an equally strong flavor fresh or dried. Continue harvesting herbs as needed throughout the growing season. And don't worry about harming the plant because regular harvesting encourages new growth which means more for you to harvest. Just be sure to leave enough foliage to maintain plant growth.

You can remove as much as fifty percent of the foliage from annual herb plants. This is about when the plants near their final height. You can remove up to one third from established perennial plants that have been in the garden for several months or more. Harvest when the plant has formed buds, but before they open into flowers for the greatest concentration of flavor. This is the perfect time to harvest herbs you plan to preserve.

Use a pair of garden scissors or pruners for faster and easier harvesting. Make your cuts above a set of healthy leaves to keep the plants looking good. Then preserve the flavor and zest of herbs with proper storage and preservation.

Store thin leafy herbs like parsley and cilantro for up to a week in the refrigerator. Place in a jar of water, like a flower arrangement, and loosely cover with a plastic bag. Keep basil out of the fridge to avoid discoloration and others on the counter for quick and frequent use.

Wrap dry thicker-leafed herbs like sage and thyme in a paper towel, set inside a plastic bag and place in a warmer section of the refrigerator.

Freeze sprigs, whole leaves or chopped clean herbs on a cookie sheet. Or pack clean diced herbs in ice cube trays and fill the empty spaces with water. These are great for use in soups and stews. Store the frozen herbs and ice cubes in an airtight container or baggie in the freezer.

Or bundle several stems together, secure with a rubber band and use a spring type clothespin to hang them in a warm dry place to dry. Make your own drying rack from an old embroidery hoop, string and S hooks. Visit Bonnie Plants do-it-yourself Herb Drying Rack project (bonnieplants.com) for detailed instructions.

Get creative and use some of your herbs to make a fragrant edible wreath. Use fresh herbs that are flexible and easier to shape into a wreath. They will dry in place and can be harvested as needed.

Speed up the drying process in the microwave. Place herbs on a paper towel-covered paper plate. Start with one to two minutes on high. Repeat for 30 seconds as needed until the herbs are brittle.

Store dried herbs in an airtight plastic or glass jar.

Keep enjoying these fresh-from-the-garden flavors throughout the remainder of the season. And consider preserving a few for you, your family and friends to enjoy throughout the winter.



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.

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Calendar of Events

June 22—June 28, 2017

Bugs in the Garden

Date and Time: Thursday, June 22, 2017, 2-3 pm
 Description: Discover the heroes and villains living in the garden. Build a bug hotel to put into our garden or take home.
 Cost: Resident: \$4; Non-resident: \$6
 Ages: 5 and older
 Location: Old Maryland Farm
 301 Watkins Park Drive, Upper Marlboro, MD
 Contact: 301-218-6702; TTY 301-699-2544

39th Annual Montpelier Summer Concert Series

Date and Time: Friday, June 23, 2017, 7:30-9:30 pm
 Description: Bring a friend, picnic, blanket and chair to enjoy a variety of FREE performances on the West lawn of the mansion grounds. Sit back and relax while taking in a couple hours of great entertainment.
 Cost: FREE!
 Ages: All ages welcome
 Location: Montpelier Mansion Grounds
 9652 Muirkirk Road, Laurel, MD
 Contact: 301-776-2805; TTY 301-699-2544

Be Steadwell at the Listening Room

Date and Time: Friday, June 23, 2017, 8-10 pm
 Description: Be Steadwell is a singer-songwriter from Washington, D.C. With roots in jazz, a cappella, and folk, Be composes a soulful blend of genres into what she calls queer pop. Be's work has caught the attention of many throughout the East Coast and the DMW where she has been awarded an Artist fellowship from the D.C. commission in the Arts and has been an artist in residence at the Strathmore Performing Arts Center.
 In her live performances, she utilizes loop pedal vocal layering and beat boxing to compose her songs on stage. Be's self-produced albums feature her earnest lyricism, proud LGBTQ content, unapologetic silliness, and the art of the simple love song. Hear Be Steadwell at besteadwell.com.
 Cost: Resident: 15; Non-resident: 15. Tickets are available on the Parks and Recreation E-Store
 Ages: Adults, 18 years and over
 Location: Brentwood Arts Center
 3901 Rhode Island Avenue, Brentwood, MD
 Contact: 301-277-2863; TTY: 301-699-2544

Kick Off Cookout

Date and Time: Saturday, June 24, 2017, 3-7 pm
 Description: You've worked hard during the school year and now it's time to play hard during your Summer break! Kick off your SAFE SUMMER with a cookout designed especially with you in mind! Mark your calendars because you don't want to miss this!
 Cost: FREE! with center ID
 Ages: All Ages are welcome
 Location: Seat Pleasant Activity Center
 5720 Addison Road, Seat Pleasant, MD
 Contact: 301-773-6685; TTY: 301-699-2544

A Tribute to the Soul Divas

Date and Time: Saturday, June 24, 2017, 8 pm
 Description: Re-live the hit songs and powerhouse vocals of music's greatest divas: Tina Turner, Aretha Franklin, Whitney Houston, Stephanie Mills, and Chaka Khan, in an evening of powerhouse performances by the BRENCORE Allstars.
 Cost: \$30/person, \$25/seniors, students, groups of 20 or more
 Ages: All Ages
 Location: Publick Playhouse
 5445 Landover Road, Cheverly, MD
 Contact: 301-277-1710; TTY 301-699-2544

Teen Fest 2017

Date and Time: Saturday, June 24, 2017, 5:30-9 pm
 Description: Our annual Safe Summer Kickoff Event is back! Celebrate the end of school at Teen Fest. Join us for food, friends, music, swimming and more! Contact your local Community Center for transportation information.
 Cost: FREE! with center ID
 Ages: 10-17
 Location: Ellen Linson Splash Park
 5211 Campus Drive, College Park, MD 20740
 Contact: 301-699-2255; TTY 301-699-2544

Wellness: Yoga in the Parks

Date and Time: Monday, June 26, 2017, 8:30-9:30 am
 Description: Join us for FREE yoga classes in the beautiful outdoors! Learn basic moves to strengthen your body, increase flexibility and free your mind. Classes run Memorial Day through Labor Day and are for ages 13+. No registration is required. Namaste!
 Cost: FREE
 Ages: 13 & up
 Location: Walker Mill Regional Park
 8840 Walker Mill Road, District Heights, 20747
 Contact: 301-218-6700; TTY 301-699-2544

Wellness: Dine and Learn at Suitland Community Center

Date and Time: Wednesday, June 28, 6-8 pm
 Description: Spend time with others, get active, and learn simple, everyday tips for healthy meal choices with Dine and Learn at Suitland Community Center! No registration is required. All ages are welcome. Class Topic: Keepin' It Fresh at the Farmer's Market
 Farmers' Markets are a great destination for fresh and healthy foods. Learn how to navigate the benefits of Farmers' Markets as well as how you can grow your own fruits and vegetables at home.
 Cost: FREE
 Ages: All ages
 Location: Suitland Community Center
 5600 Regency Lane, Forestville, MD 20747
 Contact: 301-446-6800; TTY 301-699-2544

2017 Summer @ Your Library

"Build a Better World," May 15 to August 19
 All Ages! Join your community in exploring great books and activities. Earn prizes and entry into the grand prize drawing for toys, gift cards, and more! To participate, visit: pgcmls.beanstack.org

EARTH TALK ... E-Waste Nightmare: Cell Phones Getting Greener But Not There Yet

Dear EarthTalk:

What can we do to solve the e-waste problem caused by so many of us tossing our cell phones out and getting new ones every two years?

—Sandy Bartram, Beverly Hills, CA

As more and more of the world develops—and smartphones become ubiquitous—electronic waste (AKA “e-waste”) is a bigger problem than ever. Around the world, people generate some 50 million tons of e-waste every year, much of which ends up improperly disposed of in landfills where toxins common in electronics like lead, mercury and cadmium can leach out and contaminate surrounding soils and groundwater. Much of the remaining e-waste gets shipped off to developing countries happy to profit from taking others’ trash despite the environmental consequences, or even worse, just dumped illegally into the ocean. But thanks to consumer pressure to do the right thing, most major electronics manufacturers have started to pay attention to the problem and take action to reduce the flow of e-waste. Apple, for instance, long targeted by Greenpeace and others for lack of concern about the environmental and health impacts of its sourcing and production processes, has made great strides

in the last five years in recovering customers’ old products and reusing the constituent parts in new products.

In 2015 alone, the company collected some 90 million pounds of Apple-branded e-waste, recovering upwards of 61 million pounds of material, including steel, plastics, glass, aluminum, copper, cobalt, zinc, lead, nickel, silver, tin and gold, to re-incorporate into new products. Environmental advocates who love their iPhones can sleep easier knowing that lead, mercury, beryllium, arsenic, PVC, phthalates and brominated flame retardants (BFRs) are no longer welcome in or will soon be phased out of Apple’s supply chain.

But most of us upgrade our smartphones every two years, so that means that even today’s greener iPhones still contribute to the e-waste problem. That’s where Europe’s Fairphone comes to the rescue. By incorporating long-lasting design and fair-traded materials, ensuring good working conditions and making products that are fully recyclable, easy-to-fix and reusable, Fairphone hopes to revolutionize the smartphone market with its eco-conscious products.

As the electronics industry matures and moves toward more sustainable components, that combined with better design can also help reduce the steady stream of e-waste. For instance, researchers at Lawrence Livermore National



CREDIT: STEVESTLOUIS, FLICKRCC

Old cell phones can leak all kinds of hazardous elements into soils around landfills and potentially contaminate nearby groundwater supplies.

Laboratory have come up with a way to extend the life and boost the productivity of lithium ion batteries—the standard power source in today’s electronics—by treating their electrodes with hydrogen. Such a development could be huge for preventing e-waste, given that most of us toss our old phones within two years when the battery inside starts to deteriorate and underperform.

Choosing carefully when it comes to selecting your next smartphone and recycling your old one for free at BestBuy or through its manufacturer are important first steps in becoming part of the solution to the growing problem of e-waste. Becoming an advocate by encouraging others to do the same is another way to greatly expand your pos-

itive impact. The non-profit e-Stewards program is dedicated to teaching people how to deal with used electronics—and individuals can pledge to become one of the program’s Envoys to help spread the word about the importance of reducing e-waste.

CONTACTS: Apple, www.apple.com; Greenpeace, www.greenpeace.org; Fairphone, www.fairphone.com; e-Stewards, www.e-stewards.org

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Send questions to: earthtalk@emagazine.com.

Summer Living:

Tips to Avoid 'Summer Brain Drain'

(StatePoint)—It’s only natural that kids get excited for summer vacation. However, parents may be concerned about “summer brain drain,” which occurs when students lose the knowledge they gained during the school year.

Unfortunately, many children show learning losses when they return to school in the fall, and these summer setbacks are cumulative, resulting in increasing levels of learning loss over time, according to RAND research.

“Parents can keep minds sharp by creating fun summer learning opportunities at home,” says Dr. Clement Chau, director of learning for VTech and LeapFrog, home to a number of educational learning products.

To help families avoid summer setbacks, Chau is offering the following ideas and tips.

• **Visit a library.** Many libraries offer summer reading challenges which can prove to be great motivation to crack open a book. Enlist the expertise

of librarians to help children find titles they’ll enjoy, and use the “five-finger” test to be sure your child has books at the proper reading level: read one page of a book; if there are more than five unknown words, have your child choose another book.

• **Learn about a new topic.** Has your child been collecting rocks when playing outdoors? Does he or she like to point out different shapes of clouds in the sky? Encourage children to research and learn more about the subjects that fascinate them. If they are passionate about a topic, they’ll be more likely to seek out more information.

• **Set aside required reading time.** On average, children who read more than 20 minutes a day scored above the 90th percentile on standardized reading tests, and reading just six books during the summer may keep a struggling reader from regressing, according to the Scholastic Kids & Family Reading Report. Make reading a



PHOTO COURTESY STATEPOINT; © MONKEY BUSINESS - FOTOLIA.COM

daily habit in your home.

• **Look for teachable moments.** Going to a baseball game? Show your child how to calculate a batting average or a pitcher’s ERA. Making dinner? Let your child measure the ingredients. Clipping coupons? Show your child how much money will be saved in your grocery budget. Going on a road trip? Look up some fun facts about the different states you’ll see on license plates.

• **Read together.** Forty-eight percent of children ages six to eight report that they want adults to read aloud to them, even

though they are able to read on their own, according to the Scholastic Kids & Family Reading Report. Use this time with your child to discuss the topics in the book and ask questions that help build critical thinking skills. Try such prompts as: Tell me about your favorite character. What was your favorite part of the book and why? Would you recommend this book to a friend?

“With a fun focus on learning, you can help children stay academically active all summer, which will help ease the transition back to the classroom in fall,” says Chau.

Prince George's County Health Department

S.N.A.P. MOBILE Farmers Market

In an effort to provide access to healthy food in underserved areas of the County and support local farmers, the Health Department is launching a mobile farmers market initiative.

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- 6/7** | Owens Road Public Housing
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- 6/14** | Community Outreach & Development CDC
4715 Marlboro Pike Capital Heights, MD 20743
- 6/21** | Rolling Crest Village Public Housing
1619 Sargent Road Hyattsville, MD 20782
- 6/28** | Community Outreach & Development CDC
4715 Marlboro Pike Capital Heights, MD 20743

For more information contact
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Watch from A4

ried for more than 50 years and left enduring legacies in all the young people who benefited from their knowledge, caring and hospitality. And what a wonderful laugh he had!

If only every young person was blessed enough to have the kind of teachers who not only serve as mentors and friends but who are thoughtful, intellectually challenging, and morally grounded enough to help shape how they see the world. I thank Dr. Samuel DuBois Cook for his wisdom, integrity, rigor and caring in shaping generations of students to pursue economic justice and civil rights for all. The lessons he taught about seeking and remaining open to many points

of view but never losing your moral core are needed now more than ever if we are to raise a new generation who will be servant leaders, globalists, and not isolationists who are able to navigate and lead in a diverse, rapidly changing world.

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.

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 the 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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This position is open until filled; submit cover letter and resume to include salary requirements ATTN: Human Resources beverly.barber@seatpleasantmd.gov. EEO/AA employer. No phone call please.

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