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High-Tech System Blocks Inmates' Cell Phones in MD Prisons

By JACK CHAVEZ
Capital News Service

ANNAPOLIS, MD—Someone is always watching when you're behind bars.

Corrections officers are tasked with keeping an eye on inmates in jails and prisons around the clock. Whether they're eating, sleeping or enjoying the limited recreational time they have, an officer is always close by. Even collect phone calls are closely monitored.

But since the rise of mobile communications, inmates have found at least one way to take back a bit of the privacy they were forced to give up—by smuggling in cell phones.

"I think [cell phones] are the biggest threat to every staff member's safety, as well as inmates inside and members of the public," Council of Prison Locals National President Eric Young told the University of Maryland's Capital News Service. "We don't agree with inmates having cell phones."

Virtually all avenues of communication available to inmates are subject to supervision, and the ability to get cell phones into prisons and jails offers a means of communication and coordination that is nearly impossible for corrections officers to control.

There is no shortage of ways inmates can gain access

to cellphones, and they frequently get creative.

"We've had footballs—literal footballs—from individuals outside of the prison who throw them over the gate, and on the inside of the football there is a (cell phone glued down)," Young said.

Once in possession of a cell phone, an inmate can network with people outside the prison to move illegal contraband. They've also been used for intimidation and carrying out homicides.

"We had a lieutenant that was killed as a result of busting open a cell phone smuggling ring inside of a (detention center) in Puerto Rico," Young said, referring to Lt. Osvaldo Albarati, who was fatally shot in 2013. "He was actually one of the key investigators working inside our prisons ... that busted open the smuggling ring. The inmates were very despondent about it."

"So from inside the prison, prisoners used cell phones to coordinate with people outside the prison to follow him, and they shot and killed him."

Albarati is also the namesake of federal legislation, the *Lieutenant Osvaldo Albarati Correctional Officer Self-Protection Act of 2017*, which would give correctional officers more actions

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PHOTO BY J.F. MEILS/CAPITAL NEWS SERVICE VIA AP

Farmer Greg Clabaugh explains how to malt grains for brewing at his farm in Keymar, Maryland.

In Maryland's Rural North, An Economic Trick in Blending Old With New

By J.F. MEILS and
SEBASTIAN OBANDO
Capital News Service

FREDERICK, MD—Before he got involved in the beer business, Frederick County farmer Greg Clabaugh grossed about \$600 an acre for growing traditional crops like corn and soybeans.

Now, on the land where he grows barley and rye, he grosses \$6,000 an acre.

Included in that number is payment for malting, a process where grains are partially germinated then heat-dried, allowing them to be more easily consumed by yeast in the brewing or distilling process.

"You gotta put the time in," said Clabaugh, about learning to malt. "We started at the bottom and worked our way up. Now I have requests from all over."

Clabaugh's partner in his malting operation is Tom Flores, brewmaster for Monacacy Brewing and Brewer's Alley, both located in the city of Fred-

erick. Clabaugh and Flores are the very portrait of what counties like Frederick are trying to do economically—find synergies between traditional agricultural interests and newer down-county businesses, including tech, tourism and a booming

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EDC Connects Job Seekers to Valuable Free Resources

Workforce and Training Round-Up Welcomes Over 150 Job Seekers and 50 Service Providers

By LORI C. VALENTINE
PGCEDC

LARGO, MD—On July 13, over 150 Prince George's County residents met with County resource providers to gain access to free occupational skills training and job search assistance at the Workforce and Training Round-Up. Organized by the Prince George's County Economic Development Corporation's (EDC) Workforce Services Division in partnership with the Prince George's County Workforce Development Board, the event served to connect County job seekers with the resources they need to be successful in their job searches. EDC President and CEO, Jim Coleman, was extremely pleased with the outcome of the event.

"Connecting job seekers to the resources they need to be successful is what we're all about," said Coleman. "I'm really proud of the work that Walter Simmons and our Workforce Services Division do every day



PHOTO COURTESY LORI C. VALENTINE

Left to right: Angela Wright, Byte Back Admissions Specialist; Jim Coleman, EDC President and CEO; Walter Simmons, EDC Director of Workforce Services Division

to ensure that our residents are given every opportunity to become gainfully employed. It's not easy to find a job but we have the tools and staff that can make the process not only easier but successful!"

The Prince George's County Public Workforce System offers free occupational skills training and assistance for eligible residents. Yesterday's Round-Up

was an opportunity for local service providers in the IT, hospitality, healthcare, administrative, construction, security, transportation, cyber security and culinary industries to talk with the job seekers about the various free trainings that are available for their use. The

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Rise to the Challenge: Help PGCPS Collect 10,000 Backpacks for Students

Free School Supplies to Be Distributed Aug. 26 at 7th Annual Back-to-School Fair

By PRESS OFFICER
PGCPS

UPPER MARLBORO, MD—Prince George's County Public Schools (PGCPS) encourages students, parents and community members to take up the challenge of providing 10,000 free backpacks at the 7th Annual PGCPS Back-to-School Fair on Saturday, Aug. 26.

"We want all students to return to school in September with the supplies they need to be suc-

cessful and a new backpack to carry them in," said Dr. Kevin M. Maxwell, Chief Executive Officer. "Every child deserves to start the new school year with the basic materials needed to be ready to learn."

Starting Saturday, PGCPS will host four "Stuff-A-Bus" events to meet the 10,000 backpacks goal:

- Saturday, July 29, 11 a.m.–3 p.m., The Mall at Prince George's, 3500 East-West Highway, Hyattsville

- Tuesday, Aug. 1 (National Night Out), 6:30–8:45 p.m., Largo Plaza Shopping Center (in front of Lowe's), 10500 Campus Way South, Upper Marlboro

- Saturday, Aug. 5, 11 a.m.–3 p.m., Ivy Youth and Family Center, 6118 Walton Avenue, Suitland

- Saturday, Aug. 12, 11 a.m.–3 p.m., Wegmans, 9001 McHugh Drive, Lanham

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Kaiser Permanente Largo Medical Center Offers Free Immunizations for Prince George's County Students

By PRESS OFFICER
PGCPS

LARGO, MD—Kaiser Permanente Largo Medical Center is offering a free clinic for Prince George's County Public Schools (PGCPS) students who need immunizations before the start of the school year.

The clinic, located at 1221 Mercantile Lane in Upper Marlboro, will be open weekdays

through August 4 from 9 a.m. to 4 p.m.

Please bring the exclusion letter that your child's school provided in June to the clinic.

Additionally, the Prince George's County Health Department hosts free immunization clinics at the Cheverly Health Center and D. Leonard Dyer Regional Health Center. Call 301-583-3300 to make an appointment.

PLEASE NOTE: Maryland state law requires all students enrolled in Pre-kindergarten through Grade 12 to receive age-appropriate immunizations before the start of the school year. Students without the required vaccinations will not be able to attend classes.

For more information, please visit the Prince George's County Schools website at www.pgcsps.org/immunizations.

INSIDE

Maryland Medicaid Initiatives to Combat Opioid Epidemic Rolled Out on July 1st

Revised policies follow the Center for Disease Control and Prevention's Guideline for Chronic Pain Prescriptions pertaining to all high-dose and long-acting opioids, including fentanyl prescriptions issued to Maryland Medicaid participants

Community, Page A3

Civil Rights Icon Reverend Barber Charts New Course Down Beaten Paths

A year before his death, Dr. King shifted his focus to economic inequality, and as he did with civil and voting rights, he was committed to making poverty and the plight of all our nation's poor a top priority on our federal government's agenda.

Commentary, Page A4

Economic Development Corporation Unleashes County Academia Brainpower on Local Agencies

Prince George's County Chief Information Officer Spencer Thomas described the synergy with the academic world as not only providing quicker, innovative solutions to agency challenges, it is also an opportunity to grow jobs for tomorrow.

Business, Page A5

Movie Review: Transformers: The Last Knight

And what of Optimus Prime (voice of Peter Cullen), last seen embarking on a mission back to his home planet of Cybertron to find his creator? Well, he gets there, and the place is a mess, and the slithery robot in charge, Quintessa (Gemma Chan), says she's his creator.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

Dear EarthTalk: Why do antibacterial soaps and other products with triclosan get such a bad rap from health and environmental advocates?

—Wanda Caravan,
Hartford, CT

Features, Page A7

Towns and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301 735 3451

Health Fair, Zumba, Mobile Health Van at Suitland Road Baptist Aug. 5

Suitland Road Baptist Church is my good neighbor, just across the street from me. And on Aug. 5, from 10 a.m. to 3 p.m. they are opening their doors to a Health Fair, with blood pressure screening, fitness workout and health information. All are welcome.

The mobile van from the Children's National Medical Center will be there, as well as a representative from WIC (Women, Infant & Children Program) to provide information for your family.

Dr. Gayle Jones, ND, RN will be there as speaker, author and consultant. BeUnique Bodyworks and a Zumba workout will live things up. And there'll be free clothes and food.

Suitland Road Baptist Church is at 6412 Suitland Road and Dr. Kelvin M. McCune is pastor. You can call for information at 301-219-2296.

People

Nancy Stacy, formerly of Forestville, called from Palm Coast, FL, to tell me that Irene Neese is turning 100 on Aug. 4 and is still doing well.

Irene lived in Hillcrest Heights and Upper Marlboro until moving to Ormond Beach, Florida in 1991. She used to work with my husband Jack when both were on the staff of County Executive Larry Hogan Sr. back around 1980. I wish Jack were here to congratulate her.

As for Nancy, she helps care for feral cats. And she still reads my column down there in Florida and occasionally phones me with news. Back in the days when she lived in Forestville, she also used to read Lorraine Lowe's Forestville column in the *Enquirer-Gazette*.

The late Helen York used to live on Suitland Road, the other side of the Suitland Parkway overpass. She often called me with news. I was sad to learn of her death several years ago, and knew I'd never hear from her again. Now I see in the *Washington Post's* Home Sales that her house has been sold.

My daughter Sheila Mudd and her daughter Claire were ex-

cited to get their Nats baseball caps autographed by Daniel Murphy #20. They met up with him on the players' parking lot after the game on July 27. The team had just tied a franchise record with eight home runs.

Speaking of the Washington Nationals, a banner on the tower of nearby St. Vincent de Paul Church announces "NATS MASS 12 NOON SUNDAY GAME-DAYS."

Academia

Two area graduates have been awarded Bishop McNamara High School's Lucinda Jasper Scholarships.

Brooke Varner, a student at St. Mary of the Assumption School in Upper Marlboro, was awarded first place, \$1,750. She'll attend McNamara in the fall. Daryl Tucker, from St. Philip's School in Camp Springs, was awarded second place, \$1,250. She plans to attend Elizabeth Seton High in Bladensburg.

The scholarship is named in memory of Mrs. Lucinda L. Jasper who taught in parochial schools for more than 30 years and was a strong advocate of a Catholic education.

Family and Friends Day at Clinton UMC

Clinton United Methodist Church and Pastor Dorothea Belt Stroman are hosting a special Family and Friends Day on Sunday, Aug. 20, and you are invited.

Minister Ritney Castine of Allen Chapel AME Church in Washington will begin the day with a service at 8 a.m. Rev. Elliece Smith Bryant, Assistant Minister of St. Paul Baptist Church in Capitol Heights, will preach at 10:30. Refreshments and fellowship will follow each service.

The church is in Clinton at 10700 Brandywine Road. For information, call 301-868-1281.

Changing landscape

Despite years of waiting and planning, the FBI is not moving. Not to Landover, Greenbelt or to Springfield, VA. On July 11 the General Services Administration announced it was canceling the search for a new headquarters due to concerns about funding.

May they rest in peace

Jim Vance, longtime news anchor on WRC-TV (Channel 4) died of cancer July 22. He joins the list of my favorite TV reporters who have signed off much too soon. "Jim and Doreen" were among the longest-running anchor teams in the country.

Mary Ellen Eusebio, 88, who graduated from the old Maryland Park High School in 1946 and was an RN, died June 1 in High Point, NC. She was a Registered Nurse for Prince George's County and at Croom Vocational High School. After retirement she and her husband Stanley operated a greenhouse business in Upper Marlboro. Survivors include sons Michael, Daniel and Thomas Eusebio and five grandchildren.

Gottlieb Fred Thomas, a lifetime member of the Ritchie Volunteer Fire Department, died July 8. He retired from the FBI in 1990, and is survived by his wife Margaret "Peggy" Thomas, daughters Shirley and Stephanie and several grandchildren.

Cynthia Veronica Brown, 50, formerly of Skyline and a 1984 Central graduate, died June 13. She was born in Washington to Susie and the late Jerome Brown. She excelled in basketball, soccer, softball and swimming. She worked for the Dept. of Defense. Survivors include her mother and her sister Stephanie Brown.

Milestones

Happy birthday to Carolyn Dade, Aug. 1; Chris Webb, Cornel Gotshall, and Samantha Wade, Aug. 3; Irene Neese (100!), Victoria Levanduski, Laura Cook and Sallee Bixler, Aug. 4; Miss Bailey Sparks, GeGe Feeny and my granddaughter Rose Seidman, Aug. 5; Markeyce Herring and Connie Kimbles, Aug. 6; Mary Dean, Aug. 7; Maxmilian "Max" Howard, Ruth Sanford and William Billy Stewart, Aug. 8.

Happy 70th (!) anniversary to William and Orva Heisenbuttel on Aug 3; and happy anniversary to Denis and Donna Wood on Aug. 7.

Brandywine-Aquasco

by Audrey Johnson 301 888 2153

FAMILY AND FRIENDS DAY

Join us for our Family and Friends Day August 20, 2017, at Clinton United Methodist Church. Minister Ritney Castine, Allen Chapel AME Church, Washington, D.C. will preach at the 8:00 AM service. Rev. Dr. Elliece Smith Bryant will preach at the 10:30 AM service. Brian Harper will be providing special music at both services. The church is located at 10700 Brandywine Road, Clinton, Maryland 20735. Rev. Dorothea Belt Stroman, Pastor. Church office number is 301-868-1281.

BOWIE BAY SOX

Brian Harper, son of Lynn Harper, who is a member of Clinton United Methodist Church, has a beautiful singing voice. He has accepted an invite from the Bowie Bay Sox at Prince George's Stadium to perform the National Anthem on Military Appreciation Night on August 23, 2017 at 7:00 PM.

CLINTON UNITED METHODIST CHURCH

Financial Peace University (FPU) is returning to Clinton UMC starting Saturday, September 9, 1:00 PM. The classes will

emphasize 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. You must attend at least 8 of the classes to graduate. Register on line at <http://fpu.com/103333330910>. There will be a free preview on 9/3 after the 10:30 AM service (approximately 12:00 PM). The church address is 10700 Brandywine Road, Clinton, Maryland 20735. The church office number is 301-868-1281.

26TH DISTRICT ANNUAL SCHOLARSHIP AWARDS RECEPTION

Senator Muse hosted his 11th Annual Scholarship Awards Reception with Delegate Knotts and Delegate Valderrama on Monday, July 24, 2017. During his tenure, Senator Muse has awarded over \$1.4 million dollars in scholarships to students residing in the 26th legislative district. Congratulations to all scholarship recipients.

BIRTHDAY GREETINGS

Happy Birthday to Teresa Banks, Beverly Cole, Janice

Hawkins, Shonnita Lee, Torri Lee, Evelyn Love, Barbara Pinkney, Laurette Pinkney, William Stewart, Gail Tasker, Jackie Taylor, Cassandra Winder, Berline Brooks, Ray Johnson, Oliver Myers, Rev. Constance Smith, Melvin E. Thomas, Melvin M. Thomas, Monica Washington who are members of New Hope Fellowship Parish/ Nottingham Myers United Methodist Church/Christ United Methodist Church celebrating birthdays in August.

SCHOOL HOUSE POND

The School House Pond includes a 12-acre pond, picnic area, boardwalk, nature trail, fishing pier and a parkland. The area is scenic and a quiet environment for hikers and picnickers across from the Prince George's County Administration Building in Upper Marlboro, Maryland. Telephone number is 301-627-7755.

ROCK

Rock is a high-energy retreat focusing on revival for youth and adults. Regardless of religious affiliation don't forget to register for Rock 2018. Visit www.bwcumc.org/ROCK.

Neighborhoods

WSSC Commissioners Approve \$7 Million to Improve Water Infrastructure

LAUREL, MD—WSSC commissioners today approved two construction contracts totaling \$7 million to improve drinking water infrastructure in Montgomery and Prince George's counties. These contracts underscore WSSC's clean water mission by replacing aging water mains in the Beltsville area of Prince George's County and installing a new elevated water storage tank in the Clarksburg area of Montgomery County.

"For nearly 100 years, WSSC has provided safe drinking water that meets or exceeds strict federal standards," said WSSC General Manager and CEO Carla A. Reid. "These two projects underscore our commitment to replace aging infrastructure and meet the safe drinking water needs of our customers for another century."

The approved contracts include the following:

Powder Mill Road Water Main Replacement—\$2.8 Million

- WSSC will replace and relocate 2.7 miles of water main and 0.8 miles of water house connections along Powder Mill Road in Beltsville. The new water mains will be zinc-coated ductile iron pipe wrapped in a protective coating, giving the pipes a life expectancy of at least 100 years. WSSC was the first utility in the country to use this innovative pipe material. The project extends from Riggs Road to Beltsville Drive. Work is expected to begin this fall, weather permitting.

Clarksburg Elevated Water Storage Facility—\$4.3 Million

- WSSC will build a new one-million-gallon elevated water storage tank in Clarksburg. The project also includes construction of storm water management facilities, an access road and associated site work. Construction is expected to begin this fall, weather permitting.

WSSC will invest nearly \$2 billion over the next six years (FY 2018–FY 2023) to upgrade buried assets. Approximately 40 percent of WSSC's water and sewer mains are more than 50 years old. WSSC is making progress addressing aging infrastructure by replacing approximately 61 miles of water mains and 20 miles of sewer mains each year, which equates to 150–200 active construction projects throughout both counties. WSSC also invests \$6 million per year to rehabilitate water storage tanks.

Follow WSSC on Twitter @WSSCWaterNews and/or Facebook at WSSCWater for updates on major construction and customer-specific information. For water or sewer emergencies, customers should call 301-206-4002.

ESFCU Awards \$8,500 to Prince George's County Students and Educators

GREENBELT, MD—Educational Systems Federal Credit Union recently presented \$8,500 in scholarships and professional development awards to Prince George's County students and educators. The recipients were:

- \$3,000 Dorothy Marvil Memorial Scholarship – Maya Johnson graduated from Charles Herbert Flowers High School and plans to attend North Carolina A&T State University in the fall.
- \$500 Business and Finance Scholarship – James Philip Roscoe graduated from Largo High School and plans on attending Howard University in the fall.
- \$3,000 Community College Scholarship – Anyen Fon is a student at Prince George's Community College.
- \$1,000 Maurice Erly Professional Development Award –Susan Holmes is a teacher at Judith P. Hoyer Montessori School and will use the award to take online courses administered by the Maryland State Department of Education.
- \$1,000 Maurice Erly Professional Development Award –Brian Kram is an Assistant Professor at Prince George's Community College and will use the award to offset tuition as he pursues a PhD and participates in original research.

"Our mission is to grow by helping the members of the education community achieve their financial goals and dreams," said Chris Conway, President/CEO of Educational Systems FCU. "We are proud to help students and educators pursue their dream to continue their education. For us, it's an honor to Support Education."

Educational Systems FCU (esfcu.org) has proudly served the education community for over 60 years. With over \$900 million in assets and 12 branches, the Credit Union serves 87,000 members in seven school systems and three community colleges throughout Anne Arundel, Calvert, Charles, Montgomery, Prince George's, St. Mary's and Talbot counties.

BGE Recognized for Energy Efficiency Efforts *National organization ranks BGE in fourth for utilities of similar size*

BALTIMORE, MD—Baltimore Gas and Electric Company's (BGE) has been recognized by the American Council for an Energy Efficient Economy (ACEEE) for its energy efficiency programs which have resulted in significant energy savings for BGE customers and help support EmPOWER Maryland, the state's program to reduce energy consumption statewide. In a report recently released, BGE ranked fourth among ACEEE's top 50 most energy efficient utilities in the nation. The ACEEE study examined metrics across three categories including savings and spending performance, program diversity and emerging areas, and efficiency-related regulatory issues, using 2015 data.

"BGE is pleased to receive this recognition but it is really our customers who deserve credit for actively participating in the many programs under the Smart Energy Savers Program umbrella. Our customers continue to look to BGE as a trusted energy ad-

visor and this national recognition confirms the great partnership we have with them," said Mark D. Case, vice president of regulatory policy and strategy. "To date, more than 720,000 BGE customers have saved nearly 3 billion kilowatt hours—enough energy to power more than 268,000 homes for one year. Additionally, BGE has awarded more than \$440 million in rebates and incentives to customers for implementing energy efficiency measures. Clearly, our customers recognize the environmental and financial benefits of these BGE programs."

In addition to BGE, two other Exelon utilities made the list—ComEd in Illinois and PECO in Pennsylvania. Exelon's Atlantic City Electric, Delmarva and Pepco utilities were not evaluated in the study, which was based on utility retail sales. Combined, the six Exelon utilities have saved customers almost \$9 billion dollars through a variety of programs that encourage lower energy use, including appliance rebates and bill credits for using less energy on certain hot days. Read more about the study at the following website: <http://aceee.org/blog/2017/06/results-are-here-are-most-energy>.

The American Council for an Energy-Efficient Economy acts as a catalyst to advance energy efficiency policies, programs, technologies, investments, and behaviors.

Chesapeake Life Center's Grief Support Schedule Through 2017 in Prince George's County

LARGO MD—Chesapeake Life Center will offer a variety of grief support groups through the end of this year through its Prince George's County office at 9500 Arena Drive, Suite 250, Largo. Registration is required for all groups and can be completed by calling 888-501-7077 or visiting www.chesapeakecenter.org.

- Coffee and Conversation Monthly Morning Grief Support Group** is an informal gathering that provides a safe place for sharing and learning about grief while exploring coping strategies. The group will meet on the second Thursday of the month from 10 to 11:30 a.m. Sept. 14 through Dec. 14.

- Monthly Evening Grief Support Group** is similar in format to the morning group and is primarily for career-aged adults grieving the loss of a loved one. The group will meet from 6 to 7:30 p.m. Thursdays Sept. 28, Oct. 26, Nov. 16 and Dec. 28.

- SoulCollage Grief Support Group** will meet from 5 to 7:30 p.m. Mondays, July 10, Aug. 7, Sept. 11, Oct. 2, Nov. 6 and Dec. 4 at Church of the Redeemer, 7300 Race Track Road, in Bowie. Participants create a series of collages to commemorate lost loved ones and to visually journal the grief process. The cost is \$10.

Chesapeake Life Center, a program service of Hospice of the Chesapeake, serves hospice family members and the community with bereavement services and activities aimed at enhancing the quality of life for those grieving the loss of a loved one.

COMMUNITY

The American Counseling Association's Counseling Corner

Nervousness is Okay ... Anxiety Not So Good

Everybody gets nervous. It's a natural reaction when we expect, or imagine, that something negative is about to happen. That's why an upcoming doctor's visit might have you feeling nervous, while going to your favorite restaurant simply has you feeling hungry.

Nervousness and anxiety, while both emotions that are a bit scary, are, however, quite different in character and how they affect us.

Being nervous is usually a short-term feeling. Part of what causes such a feeling is that while our bodies are locked in the present, our minds are free to wander into the past and the future.

Usually, thinking about things past and future is a pleasant thing. Past memories can be of good times and bring us comfort. Thinking about the future allows us to plan successfully.

But thinking about past things sometimes brings nervousness. What is about to happen, like that doctor's visit, may remind us of a past negative experience. When we imagine the future, we may find ourselves imagining all the possible catastrophes that could occur.

Nervous feelings are actually fairly easy to overcome, or at least to limit. We can start to do that by realizing we are responsible for our own thoughts. If remembering past negative events is making us nervous, we can intentionally focus instead on happier, healthier, more comfortable thoughts.

To do that you have to get your mind and body in the same time zone. Remind yourself that this is now, not back then. Pay attention to what you're seeing, hearing, tasting and smelling. Take a deep breath. Think about now and you lessen the negative, nervousness-producing thoughts about the past or future.

At times, however, nervousness can be more serious. When someone focuses excessively on negative past events, or bad future outcomes, simple, short-term nervousness can become real anxiety. Generally, being anxious is usually longer in duration and occurs with more intensity or frequency than nervousness.

Being severely anxious can have a crippling, negative effect on your life. You may find you are almost constantly remembering the past and negative events, or anticipating future problems. Such severe anxiety can limit your ability to act and hinder relationships with family and friends.

If severe nervousness or anxiety occurs on a regular basis and is causing you problems, seek help. A professional counselor can assist in getting anxiety under control and helping you to a happier, more relaxed life.

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

Job Seekers from A1

trainings not only enhance the skillsets of job seekers but they also help them get noticed by potential employers. Jordan Zavislak, Enrollment Advisor at the UMBC Training Centers remarked about the effectiveness of yesterday's Round-Up.

"Today's event has been fantastic for us," said Zavislak. "We met a lot of potential students with a diverse age and work experience range who would benefit from the type of training we have, who otherwise may not have heard from us."

The EDC's Workforce Services Division Director, Walter Simmons, was also very happy with the turnout of the event.

"We are here to make sure that anyone seeking a job can find one," said Simmons. "We would not be able to do so without our great resource partners who showed up in great numbers and are excited to be of service. The Workforce Services Division is proud to continue our partnership with the resource providers which has proven to be a benefit to job seekers in the County."

To learn more about the services offered by the EDC Workforce Services Division and industry service providers, please contact the Prince George's One-Stop Career Center at (301) 618-8425 or visit at 1801 McCormick Drive, Suite 120, in Largo, MD 20774.

Challenge from A1

Families must register in advance to receive a backpack at the Back-to-School Fair, which moves to a new location this year—Prince George's Stadium, 4101 Crain Highway in Bowie, home of the Bowie Baysox—due to rising attendance. A Negro League Legends Hall of Fame Vintage Baseball Game and Auto Showcase will entertain attendees free of charge.

Representatives from several PGCPs offices will be at the Back-to-School Fair to share in-

formation about registration, student services and programs. Families may also purchase school uniforms at the event.

In addition, as in past years, free immunizations will be offered on-site. All students in Pre-kindergarten through Grade 12 must receive age-appropriate immunizations before they can attend school.

Sponsors for the Back-to-School Fair include Comcast Beltway Region, Excellence in Education Foundation, Educational Systems Federal Credit Union, the Negro Legends Hall of Fame and the Bowie Baysox.

**Proudly Serving Prince George's County
Since 1932**

Maryland Medicaid Initiatives to Combat Opioid Epidemic Rolled Out on July 1st

Initiatives Expand Treatment Options, Use CDC Prescribing Guidelines

By PRESS OFFICER
MDMH

BALTIMORE, MD—On July 1, 2017, the Maryland Medicaid Program implemented two initiatives to combat the opioid crisis in Maryland with key tactics: To prevent opioid-related substance use disorders and to reduce the risk of overdose, the department is reforming policies to curb opioid prescribing in the Medicaid program. To treat opioid-related substance use disorders, the department is expanding service reimbursement to include adult residential substance use disorder treatment in the Medicaid program.

"We're addressing this epidemic from as many perspectives as we can," said Secretary Dennis R. Schrader. "The implementation of these two initiatives helps us reach providers and participants by reducing the number of opioids prescribed and by ensuring that vital treatment is available to those already grappling with an opioid use disorder."

To reduce opioid misuse, dependence, overdose and death, Medicaid partnered with all eight of its HealthChoice managed care organizations to align prescribing with clinical best practices. Revised policies follow the Center for Disease Control and Prevention's Guideline for Chronic Pain Prescriptions pertaining to all high-dose and long-acting opioids, including fentanyl prescriptions issued to Maryland Medicaid participants. Such prescriptions are now subject to prior authorization. Provider outreach and training began in earnest this past winter and con-

tinues today. Maryland Medicaid is encouraging providers to:

- Consider non-opioids as first-line treatment of patients who have chronic pain;
- Offer naloxone to patients who are at risk of overdose;
- Conduct thorough substance use disorder screening prior to prescribing opioids;
- Refer patients to treatment when they are identified as having a substance use disorder; and
- Consult the department's Prescription Drug Monitoring Program for all Controlled Dangerous Substance prescriptions.

In addition to this new prevention strategy, on July 1, Maryland Medicaid will begin to reimburse for residential substance use disorder treatment services delivered in large facilities across Maryland known as Institutes for Mental Disease. Under this expansion, certain Medicaid-eligible adults ages 21–64 may have Medicaid pay for up to two non-consecutive, 30-day treatment spans in such facilities. Residential services previously have been provided on a limited basis through a grant system.

"These two new initiatives by the Department of Health are just more ways to fight the heroin and opioid epidemic in Maryland," said executive director of the Opioid Operational Command Center, Clay Stamp. "We're making providers more aware of alternatives to opioids and ways to screen for potential substance use disorders, and expanding treatment options."

Medicaid is partnering with Beacon Health Options—the

State's behavioral health administrative services organization—and with the department's Behavioral Health Administration to administer residential substance use disorder benefits. The department is focused on ensuring a smooth transition to this new delivery system—for those in treatment and for providers delivering these critical services.

"We're taking a statewide approach to ensure our providers implement new policies, improve best practices, and provide better care for more Marylanders," said Deputy Secretary of Health Care Financing, Shannon McMahon, the state's Medicaid director. "Collaboration has been the key to getting these new initiatives off the ground. We've received tremendous support from our federal and state partners, including our HealthChoice managed care organizations."

In coming years, Maryland's health department will work to phase in additional services under residential substance-use disorder treatment, including:

- Services for pregnant women (January 2018);
- Drug-exposed newborns (January 2018);
- Individuals involved with the child welfare system (January 2018);
- Court-directed treatment services (January 2018); and
- Halfway houses (January 2019).

In March, Maryland Governor Larry Hogan declared a state of emergency in response to the heroin and opioid crisis ravaging communities in Maryland and across the country. This declaration activated the governor's emergency management author-

ity and enables increased and more rapid coordination between the state and local jurisdictions. The Opioid Operational Command Center, established by Governor Hogan in January through an Executive Order, facilitates collaboration between state and local public health, human services, education, and public safety entities to combat the heroin and opioid crisis and its effects on Maryland communities.

Before It's Too Late is the state's effort to bring awareness to this epidemic—and to mobilize resources for effective prevention, treatment and recovery. Marylanders who need help finding substance-use-disorder treatment resources should visit Before It's Too Late 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 who needs treatment for a substance use disorder, treatment facilities can be located by location and program characteristics on our page at <http://goo.gl/rbGF6S>.

The Maryland Department of Health and Mental Hygiene is the State agency that protects Maryland's public health. We work together to promote and improve the health and safety of all Marylanders through disease prevention, access to care, quality management, and community engagement. Stay connected: www.twitter.com/MarylandDHMH and the website at www.f.a.c.e.b.o.o.k.c.o.m/MarylandDHMH.

Rural from A1

food and booze scene in the city of Frederick.

Unlike Western Maryland and Eastern Shore counties, which are starved for growth, Harford, Carroll and Frederick are trying to ensure their farming heritage doesn't become a casualty of their recent economic success and decades-long population growth. A legacy industry in particular jeopardy is dairy farming, which is suffering acutely from a steep drop in the market price for raw milk.

Can Maryland's northern counties thread the needle between the older and newer parts of their economies? It's not clear. But if they're successful, they could show other rural areas how to lean less on farming without forsaking it altogether.

The gift of geography is not a gift for all.

From 1960 to 2010, the counties of Frederick, Carroll and Harford each experienced more than 200 percent population growth, most of it down-county, in commuting distance to either Washington, D.C., Baltimore or both. The demographic explosion was the result of a range of factors, from the construction of I-270 to Frederick in the 1970s to the steady bedroom of Carroll and Harford by commuters looking for cheaper real estate and a better quality of life.

"We're on the precipice of being a full-fledged suburban county," said County Executive Barry Glassman, R-Harford. "We're down to four or five dairy farms."

The effects of the demographic shift over the past few decades hit traditional farming businesses hard, both in land



PHOTO BY J.F. MEILS/CAPITAL NEWS SERVICE VIA AP

Farms are found immediately north of the city limits of Frederick, Maryland, like this one on Route 15 just a few miles outside of the city.

swallowed for real estate development and increases in agricultural production costs.

Between 1997 and 2012, Harford lost 30 percent of its farmland. In Frederick, the decrease was 15 percent in the same span.

"We can't compete with a developer selling \$500,000 homes because they can spend a lot more on land," said Colby Ferguson, director of government relations from the Maryland Farm Bureau.

Where farms disappeared, commuters filled in, bringing their urban paychecks to fast-developing rural areas. The city of Frederick, now the second-largest in Maryland at about 70,000 people, was a big economic driver and diversifier.

The counties of Harford and Frederick also benefit from an enviable bit of stable government largesse—their biggest single employers are both military. Aberdeen Proving Grounds in Harford employs 21,000 and Fort Detrick in Frederick is responsible for 6,400 jobs, ac-

ording the Maryland Department of Commerce.

Beyond direct employment, the ancillary economic benefits of the bases are enormous.

Fort Detrick is home to a range of research labs, military medical operations and biodefense efforts. A small cottage industry of private biomedical support firms and services has grown in the area as a result.

Though not directly related, a tech community has also been steadily expanding in Frederick, led by companies like Yakabod and Swift Systems that focus on IT and networking solutions for government and private clients.

However, like Fort Detrick and Aberdeen Proving Grounds, the tech sector in Frederick is located in the county's southern end, reinforcing the economic divide and maintaining pressure on dwindling agricultural lands to the north.

"With more people coming to Frederick County, it makes our land prices go up," said Katie Albaugh, agriculture business de-

velopment specialist for Frederick County. "So farmers, with the low grain prices, need to farm more ground to make a living, but they can't afford to buy the land because the price has gone up."

The challenge might be preventing one area from swallowing the other.

"I think that the two can co-exist," said County Executive Jan Gardner, D-Frederick. "But we really need to focus our growth around urban areas."

In Frederick anyway, political forces seem to be aligned in this regard.

"We're trying to keep our development south of I-70," said County Councilman Bud Otis, R-Frederick. "If something is going to jump that line, it's going to have to be something pretty special."

One thing that might protect northern agricultural lands is the sheer cost of infrastructure needed to support down-county development.

See RURAL Page A5

COMMENTARY

Anthony Brown

*U.S. Congressman
4th District of Maryland*



Congressman Brown Introduces Bill to Address Chronic Staffing Shortages at VA

Commonsense Legislation Would Direct the Secretary of the VA to Publicly Post the Number Of Job Vacancies and Make Measurable Progress to Reach Full Staffing Capacity

WASHINGTON, D.C.—Today, Congressman Anthony G. Brown (MD-04) introduced the *VA Staffing and Vacancies Transparency Act of 2017*—a bill requiring the Secretary of the U.S. Department of Veterans Affairs (VA) to post the number of job vacancies at the VA and report to Congress on what steps the Department is taking to reach full staffing capacity. Currently, the Department has posted 2,300 openings despite having nearly 50,000 total vacancies, 92 percent of them are doctors, nurses, mental health counselors and other clinical professionals. Three years after a series of high-profile scandals and Congress appropriating \$5 billion to hire additional medical staff, the VA has yet to make significant progress in addressing both long wait times for care or the prolonged staffing shortages that have reached crisis levels across the country.

“Those who honorably wear the uniform and sacrifice for our nation should be given the care, benefits and support they need. The only way we can ensure our veterans have access to timely and high quality care—especially those suffering from the opioid crisis or struggling with thoughts of suicide—is to work towards ensuring every facility has the correct number of full-time employees,” said Congressman Brown. “One vacancy is a problem; 50,000 is a national disgrace. It is imperative that Congress act swiftly to fill these critical positions so that our veterans can get world-class care at the VA. Anything short of that is a failure to live up to the promise we have made to our veterans.”

“One of the simplest ways to help veterans get the care they’ve earned, is to make sure that the VA is fully staffed, and able to tend to veterans’ needs,” said Will Fischer, Director of Government Outreach for VoteVets. “It’s not rocket science—a woefully understaffed VA can’t do its job. This legislation would help rectify the situation, and should pass immediately.”

“Thank you Rep. Anthony Brown for standing up for veterans and working people at the Department of Veterans Affairs. For too long, the American public has been kept in the dark about the growing number of vacancies at the VA, and with this new piece of legislation, there will finally be accountability,” said J. David Cox Sr., National President of American Federation of Government Employees (AFGE).

Since January, Secretary Shulkin has been calling on the Administration to fill the more than 45,000—and growing—vacancies currently open at the VA. Once those positions are filled, more veterans will be able to receive the world-class service the VA has to offer. At a time when the VA has become a lightning rod of criticism, it’s great to see Rep. Brown go above and beyond party politics and get to the heart of the issue. The VA is the best healthcare system to serve and treat our veterans. And to do so effectively, it must be fully resourced and staffed. This transparency has been needed for a long time and is a welcome relief by the veterans who work at, and use the VA,” President Cox added.

Marc Morial, President and CEO

National Urban League



Civil Rights Icon Reverend Barber Charts New Course Down Beaten Paths

“This is America’s opportunity to help bridge the gulf between the haves and the have-nots. The question is whether America will do it. There is nothing new about poverty. What is new is that we now have the techniques and the resources to get rid of poverty. The real question is whether we have the will.”

—Dr. Martin Luther King, Jr., American Civil Rights Activist, “Remaining Awake Through a Great Revolution.” March 31, 1968

After 12 historic years leading the North Carolina chapter of the NAACP, the Reverend Dr. William Barber is stepping down from his post and stepping up to the challenge posed by the late Martin Luther King, Jr. nearly five decades ago to unite the poor and put an end to the social inequities and universal indifference that breeds poverty in our nation—and our world.

Rev. Barber’s activism—powered by morally induced outrage to unjust policies and the abuse of the most vulnerable—has taken on many forms and roles, moving him from national stages to the streets.

As the chief architect of what would become the ongoing “Moral Mondays” movement, an extension of the NAACP’s Forward Together movement, in the spring of 2013, Rev. Barber stood and protested with impacted people, civil rights activists and community leaders in front of the North Carolina state legislature to challenge discriminatory voter access laws and other state-sponsored attacks on civil rights. Protestors sang “We Shall Overcome,” held signs, blocked the doors to the Senate chambers and got arrested. Described in his own words as the “largest state-government-focused civil disobedience campaign in U.S. history,” the first

protest would, thankfully, not be the last. Crossing traditional barriers of religion, race, class, political affiliation or sexual orientation, that first Moral Monday has inspired tens of thousands of people to lock arms in solidarity and protest beyond the state of North Carolina, undeterred by the very real threat of arrests, with over 1,000 protestors handcuffed and jailed—including Rev. Barber, several times.

Under the umbrella of Repairers of the Breach—a nonprofit founded by Rev. Barber that develops church and lay people into leaders who strategize and organize for progressive, moral agendas—Dr. King’s Poor People’s Campaign will find new life. The new campaign, now the New Poor People’s Campaign: National Call for a Moral Revival, will pick up where his assassination left the nascent movement.

A year before his death, Dr. King shifted his focus to economic inequality, and as he did with civil and voting rights, he was committed to making poverty and the plight of all our nation’s poor a top priority on our federal government’s agenda. Dr. King announced the Poor People’s Campaign at a staff retreat for the Southern Christian Leadership Conference in 1967. He described the campaign as a “highly significant event,” adding that the campaign was “the beginning of a new cooperation, understanding, and a determination by poor people of all colors and backgrounds to assert their right to a decent life and respect for their culture and dignity.” He planned on descending on our nation’s capital with scores of poor people to demand fair wages, unemployment insurance and quality education. He would not live to join the protestors who would eventually descend on Washington, erect a protest camp and demand economic justice, but the campaign was short lived, and we continue to fight for that same justice Dr. King understood was essential to achieve, if our nation was truly committed to giving everyone, regardless of color, gender or zip code, a fair chance at life.

Today, Dr. King’s legacy in the fight for economic justice for all Americans has been passed

See **URBAN LEAGUE** Page A5

National Voting Rights Museum



Open to the Public

NATIONAL VOTING RIGHTS MUSEUM

Located at 6 US Highway 80 East, in the Historic District of Selma, Alabama at the foot of the famous Edmund Pettus Bridge, the scene of “Bloody Sunday,” the National Voting Rights Museum & Institute is the cornerstone of the contemporary struggle for voting rights and human dignity. The National Voting Rights Museum and Institute is the only such Institution of its kind in the world. Photography and video exhibits, documents, personal notes and artifacts from the struggle are housed in its archives. The Museum and Institute offers the United States of America and the world the unique opportunity to learn from the lessons of the past and to secure our rights for the future. It is a place where past and present struggles and future possibilities can be viewed, studied, felt, remembered and appreciated. Museum Hours are Monday - Thursday: 10:00 am to 4:00 pm; Friday, Saturday, Sunday: By Appointment Only

Child Watch

by Marion Wright Edelman



Keep Working and Never Ever Give Up!

July 24, 2017—What a week it’s been. It’s hard to conceive that despite opposition from hundreds of organizations including the American Medical Association, the American Academy of Pediatrics, the AARP, and dozens of disease and patient advocacy groups; despite loud protests through town halls, demonstrations, and social media from many thousands of their own constituents who know they will be hurt; and despite all the dissension and division amongst themselves, Senate Republican leaders are still committed to scheduling a vote early next week to destroy health care for tens of millions of Americans—young and old, and those with disabilities.

As Senate Republicans spent the last few days in closed door meetings frantically trying to plot new ways to achieve their wretched plans to destroy the Affordable Care Act and end Medicaid as we know it, hundreds of people of faith spent the week gathered at the annual CDF Samuel DeWitt Proctor Institute for Child Advocacy Ministry. We were together to rekindle our shared conviction that all great religious traditions call us to acts of love and justice especially for children who are impoverished, vulnerable, marginalized and excluded, and to renew our deep and shared commitment to resisting evil and injustice with unrelenting determined nonviolent action. This passage set the tone:

*Thus says the Lord:
A voice is heard in Ramah,
lamentation and bitter weeping.
Rachel is weeping for her children:
she refuses to be comforted for her children,
because they are no more.*

*Thus says the Lord:
Keep your voice from weeping, and your eyes from tears;
for there is a reward for your work, says the Lord:
they shall come back from the land of the enemy;
there is hope for your future,
says the Lord: your children shall come back to their own country.*

(Jeremiah 31:15-17)

So what do we do when our children’s lives and futures are under shameful sustained assault by Congresspeople and a President enjoined to protect them? What do we do when our elected leaders refuse to give up on politically motivated plans to end Medicaid as we know it and seek to dismantle and tear asunder the health, nutrition and other safety nets for millions of children? People of conscience and common sense must fight back nonviolently with all our might. We must persevere and work without ceasing, trusting in God’s promise: “There is hope for your future ... your children shall come back to their own country.” And like Rachel, we will refuse to be comforted until our children, all children, are restored to a land of safety, justice, compassion and care.

Let us pray for ourselves as parents, teachers, preachers, and servant leaders across the land that we will help solve rather than cause the problems our children face and that we will do whatever is necessary for as long as it is necessary to meet the needs of our children, always reminding ourselves that we are never alone.

O God, we pledge to work

and pray to save our children’s health care and food and other supports and their lives.

Help us.

O God, we pledge to pray and work to protect our children’s dreams.

Strengthen us.

O God, we pledge to pray and work to rekindle our children’s hopes and fiercely defend their right to survive and thrive and safely prepare for a future on a level playing field.

Help us.

O God, we pledge to pray and work to rebuild our children’s families and communities.

Help us.

O God, we pledge to pray and work to create a just nation and world for all our children.

Help us.

O God, we pledge to pray and work to instill in our children a knowledge and appreciation of You, manifested in all faiths and sacred traditions.

Help us.

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The Prince George’s Post

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BUSINESS

Making Your Money Work

How to Buy a House When You're Only 23



PHOTO COURTESY NAPSI

A low-down-payment mortgage leads to homeownership for a 23-year-old recent college grad.

(NAPSI)—Amy is a typical millennial: She's 23, she graduated from college two years ago, she pays \$321 in student loan debt every month and she rents an apartment in downtown Grand Rapids, Michigan. She's a sales manager for an international food distribution company and volunteers as an English tutor every week. She loves bike riding, playing her guitar, Saturday brunch and beer tastings.

One thing, however, is not typical about Amy: She bought a house and will move in next month.

Why and how did she do that? Saving money was the biggest reason. "My friend Mike just bought a house and his mortgage is \$300 less than his rent! When I heard that, I was definitely interested. Plus, I need a tax deduction," Amy said. She currently pays \$1,440 a month in rent.

She already saved enough for a 5 percent down payment. Amy tapped into a financial calculator found at mgic.com/buynow to figure out if she should buy now or wait to save for a bigger down payment. "My dad really wanted me to save enough to put 20 percent down. But I showed him that it could take me eight years to save that much money! In that time, I could build up \$63,000 in equity or spend \$140,000 in rent payments," Amy explained.

Surprisingly, student loan debt was actually an advantage. Amy has been conscientiously paying her college loan every month since she graduated in 2015. "My loan officer said that because I have been paying consistently, it worked in my favor and boosted my credit score. She also said that I can obviously stay focused and live within a budget," Amy noted.

Credit history started when she was 16. Thanks to her mom's advice, Amy applied for a credit card when she was still in high school, used it and then paid it off every month. Amy's credit score is now a highly respectable 771.

Private mortgage insurance (PMI) was also her friend. Amy explained, "Okay, one of the reasons my dad wanted me to save for a 20 percent down payment was so I would avoid paying private mortgage insurance. Maybe I could have put more down but I didn't want to deplete my savings. What if something breaks in my new house? Or what if I want to buy a new sofa? So PMI helped me buy my house with only 5 percent down."

Learn More

Could you buy a house now or would it be better to wait? Find out! Go to mgic.com/buynow. Plus, you can follow the stories of other first-time homebuyers and learn from their experiences at www.HomeDiggidy.com.

Urban League from A4

on to Rev. Barber, and I am pleased that Rev. Barber has answered the call to lead this effort in the affirmative.

As a historic civil rights organization dedicated to economic empowerment for the poor and underserved, the National Urban League will honor Rev. Barber and his long-time commitment to civil rights and justice during our annual conference this year. We live now in worrisome times where a ro-

bust movement is afoot to limit Americans' access to the ballot box, where millions of people worry that they will not have healthcare next year, and where the stock of private prisons continue to soar as the Trump administration finds more people to criminalize and occupy prison beds. So we are fortunate to have men and women on the side of right, like Rev. Barber, who contemplate action in the face of abuse and refuse to remain silent in the face of injustice.

Economic Development Corporation Unleashes County Academia Brainpower on Local Agencies

Unrestricted Thinking Forum Pairs State and Federal Agencies to Solve Next Generation Challenges

By LORI C. VALENTINE
PGCEDC

LARGO, MD—During the first week of July, the Prince George's County Economic Development Corporation hosted its first Unrestricted Thinking Forum in partnership with the Computer Science Departments from the University of Maryland College Park, Capitol Technology University, Bowie State University and the Prince George's Community College. The purpose of this endeavor was to connect State and Federal agencies with academic solution providers, encouraging them to think outside the box to introduce ways to generate new results, with less money, at a faster pace using the innovative minds of students.

"Every year, our federal agencies are being asked to produce more results, in a shorter period of time with reduced budgets," said Coleman. "This Unrestricted Thinking Forum unleashes the brainpower in the County's academic institutions help federal and State agencies lower their operating costs, be more productive and to achieve their goals by using IT solutions. We want our students to graduate from the University of Maryland, or Bowie State University or Capital Technology University and not move to Silicon Valley because they are able to use their creativity, innovation and unrestricted thought

processes to attack problems and solve them with the speed of light. I see patent solutions and startup companies coming out of this forum; and the EDC will be ready, willing and able to help them get office space, staffing and any financing they may need to grow their company. We're in the business of finding the next Facebook or the next Google right here in Prince George's County."

The concept behind the "Unrestricted Thinking" Forum came out of a collaboration with Dr. Ashok K. Agrawala, Professor of Computer Science at the University of Maryland in an effort to spur entrepreneurship, commercialization of innovation and to challenge the local college students to think outside the box to solve technology problems. Along with the University of Maryland College Park Computer Science Department, information technology administrators from Capitol Technology University, Bowie State University, Prince George's Community College and the Capital Artificial Intelligence Center also participated in the forum.

"This was a fantastic event and extremely well done," said Agrawala. "I am thankful to Jim Coleman and the entire Economic Development Corporation team for having done such a fantastic job. We have had an opportunity presented to us to be able to collaborate with federal and local agencies and showcase the talent in our respective institutions. Our next steps will in-



PHOTO COURTESY LORI C. VALENTINE
Jim Coleman, EDC President and CEO addresses Unrestricted Thinking forum participants.

clude incorporating our students with the issues we have heard about today and the other issues that will come up in the future. This is a great day, indeed."

Technical officers from the National Oceanic and Atmospheric Administration (NOAA), the NASA Goddard Flight Center, the Maryland Department of Commerce and the Prince George's County Office of Information Technology discussed the importance of getting students involved with their respective challenges and how it can help the agencies get problems solved faster. Each agency also expressed their concern for motivating the students to go above and beyond the norm, and take their research to the next level. Prince George's County Chief Information Officer Spencer Thomas described the synergy with the academic world as not only providing quicker, innovative

solutions to agency challenges, it is also an opportunity to grow jobs for tomorrow.

"Today was a great event. I like the fact that the EDC and the University of Maryland had the vision and insight to know that everyone doesn't have the information or solutions to their problems," said Thomas. "There is value to upfront evaluation and planning. Today has allowed me to be more strategic in my thinking in my position as CIO. In my position, I serve baby-boomers and millennials and must cater to both markets in order for our system to be successful into the future. This forum will allow me to be more critical and strategic in my thinking."

For more information about information technology collaboration with local academic institutions, contact EDC Business Development Director, Mayank Kapur (mkapur@co.pg.md.us) at 301-583-4650.

Rural from A3

While new residential and commercial properties eat up capital improvement budget dollars for water and sewer expansion as well as for transportation and school projects, they tend keep developers eyes to the south, where it's easier to build.

The end of dairy in Maryland?

Frederick was once one of the largest milk-producing counties in the country. Soon, it could be one of the smallest.

According to Maryland Dairy Industry Oversight and Advisory Council, there are about 400 dairy farms in Frederick, down 50 percent in the past 15 years.

"Family dairy farming in Maryland is done," said Clabaugh. "Nowadays, you need to have a couple hundred cows" just to be profitable, a reality that is driving some smaller farms out of business.

The decline of the dairy business in Frederick reflects a brutal economic climate that combines depressed milk prices with rising operating expenses—a mix that has eroded profits and pushed more farmers into financial turmoil.

"It's a miracle anyone's milking cows because you don't know what (price) you're getting from moment to moment," said Jimmy Stup, whose dairy farm in Walkersville includes more than 1,000 milk cows.

Milk prices received by Maryland farmers reached a high of \$26 per 100 pounds in the spring of 2014 then began a rapid descent, hitting a low of \$15.30 per 100 pounds in May 2016, according to Maryland Dairy Industry Oversight and Advisory Council. Prices have risen somewhat and are now above \$17 per 100 pounds.

"Maryland has lost a number of dairy farms largely due to these

low milk prices," said Laurie Savage, spokeswoman of the Maryland Dairy Industry Association.

But it's not just price that's driving dairy farmers out of business.

"Primarily, there is just too much milk and not enough demand," said Mark Powell, chief of marketing at the Maryland Department of Agriculture. "In the United States, fluid milk consumption continues to go down."

Global politics have also played a role. After Russia banned European Union dairy products in August 2014, a glut of milk flooded the continent, reducing U.S. dairy exports and driving down prices worldwide.

While these developments have hit dairy operations across the country, economists say Maryland farmers are at a greater disadvantage because other costs, like land and labor, which are more expensive because of the state's proximity to large population centers in Washington, D.C., and Baltimore, which are encroaching on rural areas.

Data from the U.S. Dept. of Agriculture show that the cost of running a farm in Maryland is higher than in most other Mid-Atlantic states, although costs are lower than average in Frederick. Average farm production expenditures in 2012 were \$158,300 in Maryland compared to \$127,600 in New York and \$101,900 in Pennsylvania.

The high cost of farming in Maryland may explain why big farms are buying up smaller ones—because they're better able to withstand the bad times.

"While the (number of) dairy farms may be getting smaller, the number of milk cows might be staying the same because the remaining dairy farms are larger," said Jim Hanson, a professor in the Agricultural and Resource Economics department at the University of Maryland.



PHOTO BY J.F. MEILS/CAPITAL NEWS SERVICE VIA AP
Myersville, Maryland farmer Joe Mangiafico in his cow barn. "Farming is not as simple as it was 30 years ago," he said. "But I can't see myself doing anything else."

The total amount of annual milk production in Maryland has fallen over the past three decades, but has remained relatively stable in the past six years at more than 900 million pounds, even though gross income has dropped sharply. "We're not getting rich," said Myersville farmer Joe Mangiafico. "We're making enough to keep going. I'm not saying it's not a struggle."

Can beer, tech and tourism save ag?

The partnership between Greg Clabaugh and Tom Flores happened because Clabaugh picked up the spent grain Flores used for brewing to feed to his dairy cows.

One day, they got to talking. "I asked him: 'Can you grow barley?'" recalled Flores. "Clabaugh said: 'If there's anything I can grow, it's barley,' and we just sort of went from there."

The result was Amber Fields Malting and Brewing, a company that Flores believes can be emulated successfully in Maryland. "A lot of Maryland farmers know how to cultivate land for small grains," said Flores, who is almost exclusively malting rye with Clabaugh at the moment, for Monacacy's Riot Rye Pale Ale.

Prices for malted grains run anywhere between about 40 cents to \$1 a pound, according to Flores. And it takes a lot of malt to make beer, about 350 pounds to make 14 kegs of a lighter beer and upwards of 450 pounds for 14 kegs of an IPA-style brew.

As expected, Flores is a big proponent of keeping his ingredients as local as possible. Despite producing one of the first beers in almost a century to be made 100 percent from ingredients produced in Frederick, he is no zealot.

"Local for the sake of local alone is not a good enough reason to pursue it. You need to start with high quality," he said.

For Monica Pearce, who opened Tenth Ward Distilling with Kyle Pfaller in 2016, the benefits of local are two-fold. "It's really important to me to limit the impact we have on the environment," she said. "The other side is having your products influenced by local flavor."

A third benefit might be attracting tourists.

According to Helen Prophet, Frederick County's head of economic development,

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OUT ON THE TOWN

ERIC D. SNIDER'S
IN THE DARK

Movie Review

Transformers: The Last Knight

Transformers: The Last Knight
Grade: D
Rated PG-13, a little profanity,
a lot of action violence, graphic
depiction of transformin
2 hrs., 29 min

Much of what you hear about *Transformers: The Last Knight* makes it sound more watchable than it is. Stanley Tucci hamming it up as Merlin the wizard? Marky Mark employing a small robot pterodactyl to bring him bottles of Bud Light®? A World War II flashback where Transformers help the Allies defeat Hitler? A sociopathic robot butler with a *Downton Abbey* voice?

Yes, all that and more can be found in this, the fifth chapter in the timeless franchise about alien robots that occasionally are also cars. But you have to remember: Michael Bay and his team of 13-year-old boy writers aren't as smart as you are. (I say that with confidence despite not knowing you.) So whatever campy awesomeness you're imagining, it's dumber, clumsier, and more exasperating than that.

I didn't see part four, *Age of Extinction*, so I don't know the in-universe explanation for why Shia LaBeouf is now Mark Wahlberg (a lateral move in my opinion), but other than that I felt no more lost watching this one than I did watching the first three.

Wahlberg plays a guy somehow named Cade Yeager, a fugitive from the law because of whatever he did in the last movie (did he kill Shia? Let's go with that) who lives in a trailer in a junkyard/ghost town in South Dakota that is also the hiding place of numerous Transformers, who are illegal now. Among them is the beloved Bumblebee, who can only speak in snippets of radio signals, never in his real



ROTTENTOMATOES
"The Transformers leap into action once more in this sequel from Paramount Pictures and director Michael Bay." — Jason Buchanan, Rovi

voice, except for when he can.

Cade Yeager and his robot friends, along with a feral girl (Isabela Moner) who attaches herself to the group like a barnacle, must stop the bad alien robots from getting a magic staff of power. This staff belonged to Merlin (the one from *Camelot*), who got it from Transformer aliens, who it turns out have impacted human history for centuries, like the Minions. The reason nobody knows is that everyone who witnessed it kept it a secret, generation after generation. Related to this staff is a talisman that affixes itself to Cade Yeager—the talisman is a Transformer, because everything is a Transformer—and gives him powers, sometimes.

The descendants of King Arthur's knights are somehow involved, as explained by chief expositor Sir Anthony Hopkins, playing a dotty old earl named Sir Edmund Burton, a member of the secret group that keeps the secret history of Transformers secret. Burton is the one with the robot butler-henchman, Cogman

(voice of Jim Carter), who's supposed to be funny because he has that plummy English butler voice but says vulgar things.

But wait, you're thinking. Shouldn't there be a hot chick? There is, in the form of Oxford history professor Vivian Wembly (Laura Haddock), who gets dragged into all of this because she's the last descendant of Merlin. She is written about as well as most women are in Michael Bay movies, and is wearing a tight cocktail dress for much of the film. Burton tells her and Cade Yeager to find the staff, which they are able to do because Vivian's father knew the location and left obscure clues to it hidden in his study before he died, so that only someone who liked solving puzzles could find it.

And what of Optimus Prime (voice of Peter Cullen), last seen embarking on a mission back to his home planet of Cybertron to find his creator? Well, he gets there, and the place is a mess, and the slithery robot in charge, Quintessa (Gemma Chan), says she's his creator. To restore Cy-

bertron to health, she says, O.P. has to go back to Earth and find that stupid staff. And where is the staff? Inside a labyrinthine, city-sized alien spacecraft hidden deep in the ocean for hundreds of years, obviously.

The film quickly devolves into undifferentiated shooting, yelling, and exploding. It's overstuffed; there are several more characters played by recognizable actors that I haven't even mentioned, like John Goodman voicing an Army sergeant robot that can turn into a jeep (but, like all of the Transformers, mostly stays a robot). From a visual standpoint, little effort is made to convince us that the computer-generated robots with vividly animated faces and expressive limbs are or could be the same physical matter as the factory-made vehicles they change into, which is what I always thought was cool about Transformers in the first place. And Stanley Tucci's only in the first five minutes! You shouldn't introduce hammy Merlin unless you're going to keep him around.

Party With Music

Have a Marvelous Musical Evening

(NAPSI)—When it comes to having fun with friends, adding a few new twists to an old idea can make your party a hit ... a musical hit, that is, if you consider hosting a sing-along party.

Here are a few tips that can help:

- You can rent a karaoke machine or just make your own music, singing old and new favorites around the piano or along with vinyl on a turntable, CDs or computer downloads—or just go a cappella and lift your voices in song.

- Get a few songbooks in different genres. (You may want to take a good look at some of the words before you all start singing them.) You'll probably want to avoid rap or patter songs, which can be complicated to sing. Consider show tunes, country songs, American standards, pop tunes and the long popular calypso. It's always been "in" on Caribbean islands, and in the United States, *Calypso* was not only the first million-seller album in the 1950s, the genre can still be found today in more kinds of entertainment than many people realize.

In fact, the man known as the Father of Modern Calypso, Irving Burgie, is still playing and singing in the genre at the age of 93.



PHOTO COURTESY NAPSI

Dinner guests singing along with the calypso hit "Day-O" was a popular part of the movie *Beetlejuice*.

Although Burgie was born in Brooklyn, New York, his mother was from Barbados and he authored that country's national anthem in the 1960s. He's probably best known, however, for such songs as "Day-O," "Jamaica Farewell," "Yellow Bird," "Island in the Sun" and dozens more.

You can get a 36-tune collection of his music scored for piano and a CD of many of his most popular hits—all of them a delight to sing along with—at Amazon and Barnes & Noble and on his website, www.irvingburgie.com. There, you can also find Burgie's autobiography, so you can read up on the man and the music.

- Consider a singing competition. Divide your guests into groups and see which can sing louder, softer or most dramatically. Try singing songs but leaving out a common word such as "love" or "you." Compete over who can create the funniest pastiche in the shortest time. Or have the groups sing rounds or call and response.

- Record yourselves on tape or film. Playing it back during the party can be a lot of fun.

- Serve light snacks and noncarbonated drinks. You don't want the food to interfere with the singing. When it comes to deciding whether to serve beer, wine or liquor, think about your guests and determine whether the alcohol will make their singing better or worse—and which you'd rather.

Finally, just have a singing good time.

RETHINK THE RELEASE

Thinking about having a balloon release at your next celebration or memorial? While balloons are great for parties, they can pose a threat to animals and wildlife. Birds, turtles and other animals commonly mistake balloons for food, which can harm or even kill them. Consider using some of these safe, fun and eco-friendly alternatives to balloons for your event.

- Kites and Garden Spinners
- Pinwheels
- Tissue Paper Pompoms
- Floating Flowers or Flower Petals
- Native Wildflower Seed Bombs
- Candle Lighting
- Blowing Bubbles

ENVIRONMENTAL

Prisons from A1

cess to personal firearms to defend themselves. The U.S. House Judiciary Committee approved the measure on May 18, 2107.

So with smuggled cell phones presenting a clear danger, how do jails and prisons put a stop to it? It's a daunting task, made no less challenging by the fact that technology known as "cell jamming," which effectively disrupts mobile communications inside a rough perimeter, is banned by the Federal Communications Commission.

"Jammers are more than just a nuisance; they pose an unacceptable risk to public safety by potentially preventing the transmission of emergency communications," according to a report on the FCC's website, which points out that jammers block signals indiscriminately.

"We are working with our agency to develop other initiatives inside of our prisons that block cell phone signals out of our prison," Young said. "And I'm hoping some form of technology like that will be rolled out in the future that'll not only protect the good order inside of

our prison but also keep our communities and our staff safe."

Across the country, technology firms are answering that call, developing ways to block mobile signals inside prison walls.

Hanover, Maryland-based Tecore Networks developed the Intelligent Access Controller Managed Access system, for instance, which is used to intercept cellphone signals in Baltimore's Metropolitan Transition Center and Baltimore City Detention Center.

The system works by creating a "radio frequency umbrella around a precisely de-

defined target area," according to Tecore's website. Communications from mobile devices within the area are intercepted, but the system allows communication from pre-authorized sources, including calls to 911.

"At one facility (our system) captured more than 10,600 calls and messages in its first 24 hours of operation," Tecore corporate communications manager Markie Britton said. "That number dropped to less than 4,000 attempts per day by the end of that first month."

Twenty-two different forms of technology are accounted

for by the system, according to Britton.

"Officers and jail employees are safer knowing that they and their families are not being targeted by inmates," Britton said. "Before, inmates were able to capture images, send videos and coordinate hits or shake-up on personnel."

Tecore's system operates within FCC standards and does not interfere with devices near the prison, which is a common issue among cell jamming methods.

However, the *Baltimore Sun* reported in 2014 that people

traveling near the Baltimore City Detention Center claimed their cell phone signals were interrupted, but Tecore says they haven't received any complaints about the system affecting people outside the prison walls.

Earlier in May, the state of Maryland approved a \$972,400 contract extension with the company through April 2019. Britton said that the money is put toward maintaining and monitoring their system 24/7. Tecore has been contracted by the state of Maryland since 2013.

Calendar of Events

August 3 — August 9, 2017

Exhibit: Trench Town Rock Experience

Date and time: Friday, August 4, 2017, 7:00 am–9:00 pm
Description: Don't miss the resilient and vibrant Errol McKinson's original work! Born in the island capital Kingston, Jamaica, McKinson was fascinated by the works of art that surrounded him at early age. His first experience with color was from a set of watercolor paints given to him by his father, Edgar McKinson. Throughout his early childhood years, Errol became extremely interested in Impressionism. Upon reading a book from the school's library at Wolmers High School for Boys, he was introduced to the techniques of Claude Monet, Pierre Auguste Renoir, and Edouard Manet. These masters still influence his work today.

As a "plein air" painter and a practitioner of Impressionism and the Henry Hensche movement of Light and Color, Errol traveled to France to experience the origins first hand. Errol strives to present nature in its truest form. He specializes in oils, acrylics, and watercolors. These media bring to life the warm majesty of his experiences from "back home" in Jamaica and incorporate awe-inspiring visions of the beauty that surround him in the United States.

His body of work is represented in a total of ten series; *The Trench Town Rock Experience*, *A Look at DC and Water Lilies at Giverny*, just to name a few. These are mainly from life experiences throughout his travels as he captures nature at its best.

Cost: FREE
Ages: All ages are welcome
Location: Huntington Community Center
13022 8th Street, Bowie, MD
Contact: 301-464-3725; TTY 301-699-2544

Fabulous Fridays

Date and time: Friday, August 4, 2017, 5:00 pm–8:00 pm
Description: Come out for an evening of outdoor fun! Enjoy unlimited rides on the Watkins Regional Park's train and carousel, as well as unlimited rounds of golf for one price per person.

Note: Advance tickets are not available. Subject to change due to inclement weather.

Cost: Resident \$5; Non-residents \$7
Ages: All ages are welcome
Location: Watkins Regional Park
301 Watkins Park Drive, Upper Marlboro, MD
Contact: 301-218-6757; TTY: 301-699-2544

G.E.A.R.: Tie-dye Shirts

Date and time: Friday, August 4, 2017, 6:00 pm–10:00 pm
Description: Prepare to get creative! This is the chance to tie-dye your very own shirt in a variety of colors. A shirt will be provided for each participant, so don't worry about bringing your own!

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

39th Annual Montpelier Summer Concert Series

Date and time: Friday, August 4, 2017, 7:30 pm–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 are welcome
Location: Montpelier Mansion
9650 Muirkirk Road, Laurel, MD
Contact: 301-776-2805; TTY: 301-699-2544

Youth Baseball Clinic

Date and time: Saturday, August 5, 2017, 9:00 am–11:00 am
Description: Boys and girls, ages 7 to 15, are invited to attend a baseball clinic conducted by high school and youth league coaches from the local area. Visit pgparks.com to register online, or call 301-446-6800. The first 50 registered participants will receive two tickets to a future Washington Nationals game.

Cost: FREE
Ages: 7–15
Location: Prince George's Stadium
4101 Northeast Crain Highway, Bowie, MD
Contact: 301-446-6800; TTY: 301-446-6802

Outdoor Futsal

Date and time: Saturday, August 5, 2017, 7:00 pm–9:00 pm
Description: Do you love Futsal? Then come out and participate in a futsal skills event! Futsal is a modified form of 5-on-5 soccer typically played on a smaller indoor field. Come join us to kick some Futsal!! All skill levels are welcome.

Cost: FREE
Ages: 13–18
Location: South Bowie Community Center
1717 Pittsfield Lane, Bowie, MD
Contact: 301-249-1622; TTY 301-699-2544

Lights ! Cameras ! Action! Movie in the Park

Date and time: Wednesday, August 9, 2017, 8:00 pm–10:00 pm
Description: *Middle School*, *The Worst Years Of My Life*—Enjoy movie night with family and friends of all ages this summer starting at sunset on the Green at beautiful Watkins Park. Before the movie, stop at the Watkins Summer Operations for unlimited train rides, mini golf, carousel rides, and face painting from 6 to 8 pm. Snacks and refreshments will be sold on site.

Cost: Movie only, FREE;
Admission to include unlimited train rides, mini golf, carousel rides, and face painting is \$5 for residents, and \$6 for non-residents
Ages: All ages welcome
Location: Watkins Regional Park
301 Watkins Park Drive, Upper Marlboro, MD
Contact: 301-218-6757; TTY: 301-699-254

EARTH TALK ... Triclosan and Antibacterial Soaps: Bad for Our Health and the Environment?

Dear EarthTalk:

Dear EarthTalk: Why do antibacterial soaps and other products with triclosan get such a bad rap from health and environmental advocates?

—Wanda Caravan,
Hartford, CT

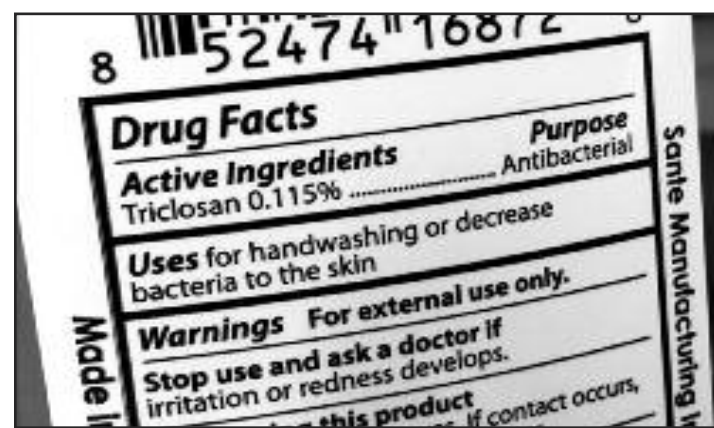
Antibacterial soap products aid in killing bacteria. But rumors that they are no more effective in doing so than traditional soap and water, coupled with concerns that such products could actually be harmful to human health and the environment, prompted the U.S. Food & Drug Administration (FDA) to undertake studies, the results of which were released in 2016.

As to the possibility that these products can cause harm, the ingredient that has some scientists worried is triclosan, an antibacterial and antifungal agent that has been shown to negatively affect hormone regulation in some animals. Human health relies on a well-functioning endocrine system to regulate the release of specific hormones that regulate metabolism, sleep and mood, as well as growth and development. When certain chemicals disrupt the system, they can do major damage to the physical process of maturation.

When you use a product containing triclosan it absorbs through your skin or mouth and enters the body. One recent study found triclosan in the urine samples of 75 percent of the U.S. children and adults screened. Researchers also found that triclosan may contribute to the growth of antibiotic-resistant germs in the body. This can cause your immune system to weaken and become more vulnerable to serious illnesses and disease.

More than 95 percent of the consumer products containing triclosan are disposed of in sewage drains. As a result, the substance is now prevalent in our nation's waterways. In fact, according to a U.S. Geological Survey study of 95 different organic wastewater contaminants in U.S. streams, triclosan was one of the most frequently detected chemicals. This is particularly worrisome because triclosan is lipophilic, meaning it can be absorbed through fatty tissues like skin—and therefore many aquatic animals may be carrying triclosan in their bodies as well.

As for the controversial question of whether antibacterial soap is more effective than traditional soap and water, the answer seems to be no. According to the Centers for Disease Control and Prevention (CDC), washing your hands thoroughly with ordinary



CREDIT: MIKE MOZART, FLICKRCC

A 2016 report from the FDA found that the costs of antibacterial soaps likely outweigh the benefits, and now manufacturers may have to pull them from store shelves.

soap and warm water is still just as effective at warding off infection as treatment with triclosan. A 2016 report by the agency found that the costs of antibacterial soaps likely outweigh the benefits, and now manufacturers will have to justify the use of triclosan in their products or pull them from store shelves.

The implications of these findings are that anti-bacterial soaps may not be widely available in the U.S. for much longer. The non-

profit Beyond Pesticides reports that as a result of these negative studies, many major manufacturers "have quietly reformulated their products without triclosan."

Says the FDA's Theresa Michele: "Following simple handwashing practices is one of the most effective ways to prevent the spread of many types of infection and illness at home, at school and elsewhere...we can't advise this enough. It's simple, and it works."

CONTACTS:

FDA, www.fda.gov/forconsumers/consumerupdates/ucm378393.htm; Beyond Pesticides, www.beyondpesticides.org.

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

Rural from A5

the county earned the equivalent of \$1 million a day in tourist revenue starting in 2014.

A big part of that draw is the city of Frederick, its restaurants and, yes, its breweries and distilleries, which the county now promotes with a dedicated tour map.

"People are starting to ask where their whiskey comes

from," said Pearce. "They wouldn't have done that 10 years ago."

Frederick's food, drink and historic vibe have combined to create something intangible but crucial for the entire county—a scene. And getting in on that scene is agriculture, which is drawing tourists who come to the city of Frederick up county for its orchards, produce markets and creameries.

Even Frederick's tech community stands to benefit, if they can just get the word out.

"[Newcomers to Frederick] want to live here for quality of life and affordable housing," said Vaughn Thurman, founder of Swift Software and Swift Systems, which is located in Frederick and does IT support and workflow software. "But they don't realize

they should live here in order to work here."

Scott Ryser, CEO of Yakabod, a collaborative software company that is one of Frederick's first tech denizens, said he wants to put a billboard on I-270 south that tells people they're driving in the wrong direction.

"I walk to work," said Ryser. "I don't know why I didn't do this 20 years ago."

2017-2018

PRESS OUTREACH TOOLKIT

Hyattsville CDC + Gateway CDC with the support of the Maryland State Arts Council, are developing a Press Outreach Toolkit that will offer Gateway Arts District stakeholders the ability to access an online, nationwide press/media contact database called Cision.

Attend a Public Information Session with your CDCs to walkthrough the database and to network.

MONDAY, AUG 7 7P-8P	PYRAMID ATLANTIC ARTS CENTER 4318 Gallatin Street, Hyattsville, MD 20781
THURSDAY, AUG 17 7P-8P	GATEWAY MEDIA ARTS LAB 3311 Rhode Island Avenue, Mount Rainier, MD 20712
SATURDAY, NOV 4 2P-3P	BRENTWOOD ARTS EXCHANGE MAKE IT AS AN ARTIST - Part of BAE Series of Professional Development Workshop 3901 Rhode Island Ave, Brentwood, MD 20722

RSVP mygatewayarts.org/work/toolkit
or call 301.683.8267