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Prince George's County Library Names Interim Co-CEOs

By PRESS OFFICER
PGCMLS

LARGO, MD—Prince George's County Memorial Library System named Michael Gannon and Michelle Hamiel interim co-CEOs. In addition, both will continue to serve as chief operating officers for Prince George's County Memorial Library System. They bring more than 45 years of combined experience in public library leadership.

Michael Gannon is chief operating officer for support services for Prince George's County Memorial Library System, where he serves on the senior executive team, supervises library opera-



PHOTO COURTESY PGCMLS
Michael Gannon

tions, leads branch redevelopment projects and makes budget

See PGCMLS Page A3

PG County Council Announces Second Consecutive Year of Domestic Violence Grant Funding

By PRESS OFFICER
PG County Government

UPPER MARLBORO, MD—The Prince George's County Council has reaffirmed its commitment to heighten awareness, strengthen the County's safety net, and enhance the effectiveness of nonprofit partners by appropriating \$500,000 in FY 2018 to domestic violence programs in Prince George's County for a second consecutive year.

The Prince George's County Council Grant Program provides funding support to programs that serve the housing, counseling or

advocacy needs of County residents who are victims of domestic violence. The program also supports prevention activities through a coordinated and collaborative community response to domestic violence in the County. The Council has invested \$1 million County dollars in grant funding to fight domestic violence, including \$500,000 in FY 2017 to 11 nonprofits.

Prince George's County Council Chair Davis says County government must work comprehen-

See GRANT Page A7

Governor Appoints Top Leader at Melwood to Maryland Community Health Resources Commission

Scott Gibson, Vice President of Human Resources at Melwood, Advocates for People With Differing Abilities as Maryland Looks to Close Health Care Gap

By PRESS OFFICER
Bendure Communications, Inc.

UPPER MARLBORO, MD—On August 2, 2017, Cari DeSantis, president and CEO at Melwood, announced the appointment of Scott Gibson, its Vice President of Human Resources, to the Maryland Community Health Resources Commission. Governor Larry Hogan (R-Md.) appointed Gibson to the commission effective on July 1. Gibson was officially sworn in on July 21 in Annapolis, MD. The Commission was created in 2005 to expand accessible health care in underserved communities. The programs created through the Commission have served more than 330,000 people around the state.

Since joining Melwood in 2013, Gibson has expanded his role in HR to providing leadership for Melwood's Vocational Support Services program, which provides career-related accommodations and supports to 650 people with differing abilities. He has proven to be a strong advocate for individuals with differing abilities. In 2016, Gibson was among the leaders calling on the General Assembly to end the practice of paying



Robert P. Duckworth swears in Scott Gibson.

PHOTO COURTESY BENDURE COMMUNICATIONS, INC.

workers with disabilities less than the minimum wage.

"We are honored to have one of our team members serve on such a critical Commission," said DeSantis. "This appointment provides Scott with the

ability to reach beyond the Melwood walls to those vulnerable communities to discuss expanding access to public health care."

This appointment is a natural progression for Gibson, who has spent his career in public

service. Some of his positions included, Director of Human Resources of Harford County, MD, Deputy Director of the

See GIBSON Page A5

Economic Development Corporation Brings Local Manufacturing From Darkness to the Light

Roundtable Gives Local Innovative Manufacturers New Avenues to Drive Productivity and Success

By LORI C. VALENTINE
PGCEDC

LARGO, MD—On July 28, 2017, innovative and advanced manufacturing took center stage in Prince George's County as the Prince George's County Economic Development Corporation (EDC) launched its first Innovative Manufacturing Roundtable, connecting advanced manufacturer challenges to public sector problem solvers. This roundtable represents the first of many forums geared towards providing the manufacturing industry, government agencies and the education community with the opportunity to come together to form a think tank that jumpstarts growth, expansion and prosperity in innovative and advanced manufacturing in Prince George's County. Top manufacturing companies connected with public sector problem solvers as



PHOTO COURTESY LORI C. VALENTINE
President and CEO of the EDC, Jim Coleman, the EDC team, and Innovative Manufacturing Roundtable participants.

well as officials from the Prince George's Community College and the Prince George's County Public Schools to discuss opportunities for the manufacturers to increase their productivity and to build up the pipeline of employees for the manufacturing supply chain. EDC President and CEO Jim Coleman welcomed the participants and encouraged them to take advantage of the resources that each stakeholder in the room represented to expand and increase their bottom lines.

"Today is just the beginning of great things to come for manufacturing in Prince George's County," said Coleman. "Our goal is to explore the opportunities that exist in innovative manufacturing and to encourage investment and support of these forward thinking companies. Ultimately, we want to be ready to invite more innovative manufacturers to the County, help our existing manufacturers to expand and grow, and bring more good, high-wage jobs to the residents of Prince George's County."

Top officials from Eaton Aerospace, Local Motors, U.S. Medical Innovations, LLC, and Alertus Technologies kicked off the Roundtable Discussion by giving a brief overview of their companies and then sharing what their top challenges are in keeping their companies on the cutting edge. Some of the companies expressed concerns about inventory management, supply chain and shipping logistics or ways to reduce energy and manufacturing costs. One thread that seemed universal throughout the conversation was the need for high-quality skilled labor. Craig Skelly, Operations Manager from Eaton Aerospace in Beltsville, Maryland was pleased to see so many people with a passion for manufacturing.

"Today was a very exciting event, and the Roundtable was

See EDC Page A6

Beltsville Native Completes Tour as Commanding Officer of USS Harry S. Truman

By MASON GILLAN
Mass Communication Specialist
2nd Class USS Harry S. Truman
Navy Community Outreach

PORTSMOUTH, VA—USS Harry S. Truman (CVN 75) held a change of command ceremony in the ship's hangar bay at Naval Station Norfolk, July 28.

More than 1,000 people were in attendance to see Capt. Nicolas Dienna, a native of Drexel Hill, Pa., take the helm from

Capt. Ryan B. Scholl, a native from Beltsville, Md., as Truman's commanding officer in a ceremony presided by Commander, Carrier Strike Group 8, Rear Adm. Dale Horan. During the ceremony, Horan presented Scholl with the Legion of Merit for his superior performance.

"Doc (Capt. Scholl), thank you for an incredibly successful

See OFFICER Page A3



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST SEAMAN KAYSEE LOHMANN/RELEASED

From left to right: Command Master Chief Antonio Perryman; Incoming commanding officer, Capt. Nicolas Dienna and Off-going Commanding Officer, Capt. Ryan B. Scholl stand at attention while sailors parade the colors during the Truman change of command ceremony in the ship's hangar bay.

INSIDE

Lt. Governor Rutherford Joins Maryland Commerce to Announce State Support for Research Professorships at Three Universities

The endorsements were made through the state's Maryland E-Innovation Initiative (MEI), a state program created to spur basic and applied research in scientific and technical fields at the colleges and universities. Community, Page A3

A Child Advocate's Beatitudes

Parents and grandparents and all who care for children and strive to be good role models for them are child advocates. Doctors, social workers and others who work with and serve children are child advocates. Librarians and coaches are child advocates. Political leaders who put children first are child advocates. Commentary, Page A4

Maryland Retains Triple AAA Bond Rating, to Sell Up to \$1.45 Billion of General Obligation Bonds

Maryland is one of 11 states* to hold the coveted AAA rating, the highest possible rating, from all three major bond rating agencies. S&P Global Ratings (formerly Standard and Poor's) has rated the bonds AAA since 1961. Business, Page A5

Movie Review:

Spider-Man: Homecoming

Michael Keaton makes for a menacing villain, his articulate eyebrows doing much of the work, even if Toomes' motivation is disappointingly vague. And for all the hoopla over Aunt May being significantly younger than she's been in past versions, she's sadly underused here. Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

How does Canada's newly released "Food Guide" differ from the food recommendations offered up by the U.S. government?

—J. Wheeler,
Albany, NY

Features, Page A7

Towns and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301 735 3451

New Frederick Douglass Bridge, over the Anacostia, planned

Washington is set to begin its largest construction project in history—replacing the Frederick Douglass Memorial Bridge, which opened in 1950 over the Anacostia River and is one of its busiest commuter gateways, carrying 70,000 vehicles every day, and the route I take into the city.

D.C. Mayor Muriel Bowser unveiled the design of the new bridge last week. The new, wider bridge will be built parallel to the current one, near Nationals Park. Sections of South Capitol Street will be re-created as a scenic boulevard. And the project includes reconstruction of the interchange with Suitland Parkway and Interstate 295.

Projected to open in 2021, the bridge is designed to increase pedestrian and vehicular safety, and increase access to the river. Video simulations of the bridge show a structure with parallel arches, a multi-use path and pedestrian overlooks. The green areas on each side of the bridge will provide space for community activities.

People

Dave Williams emailed the sad news that Ernie Bayne has died. He was a member of the Morningside Sportsman Club and a frequent Santa Claus. I'll write about him next week.

I appreciate so much having my readers phone or email news. I don't do Facebook (or anything else you have to hold in your hand), so I miss out on a lot of area news. Keep me informed.

Coming up

- 3rd Annual Capital Dragon Boat Regatta: Aug. 26, 9 a.m. to 4:40 p.m., 600 Water St. SE, in Washington.

- Movies on the Potomac at National Harbor: a double feature, *Cinderella* (1950) and *Cinderella* (1997), on Sept. 3. Bring a blanket or low-seated chair, or sit on the Spanish Steps. Bring a picnic dinner if you wish (though there are plenty of food and drink options otherwise). Shows begin at 4 p.m.

BINGO at the K of C helps food pantries

The Knights of Columbus in Forestville has BINGO every Wednesday night. You can hope to win the \$1,000 Bonanza Game, the \$500 Treasure Chest Game or the \$500 Jackpot. But if you lose, you know your loss helps some generous causes, from the local food pantries, to Pro Life clinics, annual Clergy and Nuns' Nights, and more.

The doors open at 5 p.m., sales begin at 6 and early birds start at 7. And they have a New "Team Vivian" in the kitchen with a full short-order menu every week. By the way, they can also use volunteers.

Sarto Hall is at 3511 Stewart Road in Forestville. For information, call Bingo Chairman Robert Jacobs, 301-937-1145.

Changing landscape

I'm excited about the almost-finished new sidewalk at the motel corner of Suitland and Allentown roads. Now I hope some basic landscaping will be done and the road resurfaced.

But if I thought that work was taking too long, guess what: the two parallel Beltway bridges that carry the traffic over Suitland Road are going to be replaced. The bridges are 54 years old and considered "structurally deficient." The project area will be two miles long, from the Auth Road overpass to the Pennsylvania interchange ramps. Work should be complete by 2020. Weather permitting.

May they rest in peace

There's a sign in front of Texas Ribs in Clinton: "In Loving Memory, Judy our Pit Boss."

Judith Ann Joseph, 72, of Clinton, a Prince George's County Board of Education retiree, died July 19. She was the daughter of Susie (Pasano) and Joseph Esposito. In retirement, Judy worked 20 years at Texas Ribs, running KENO and serving carryout and was dearly loved by her co-workers and customers. She was the wife for 48 years of George Joseph, mother of Julie Joseph, sister of

Linda Martin, Steven Esposito, and the late Petty, Florence, Rosie and Jimmy. By the way, one of Judy's customers was President Obama who dropped by her carryout window for ribs.

David Stephen Dalpra, 56, of Temple Hills, who snow-skied his way through the Colorado and Canadian Rockies, cruised the Potomac, and hiked in Shenandoah National Forest, died May 7. He enjoyed being outdoors but by trade, he was an ironworker, though gravely injured on the job. He enjoyed tinkering and repairing, traits he shared to some degree with his late father, Clarence Dalpra. Survivors include his mother, Constance K. Dalpra; brothers Christopher and Curtis Dalpra; sister Gina Dalpra-Berman; and two nephews. Mass of Christian Burial was at St. Philip's with burial at Resurrection Cemetery.

James E. "Jim" Miller, 98, of Potomac Falls, VA, and a 45-year resident of Camp Springs, died June 19. A native of New Rockford, ND, he attended Oregon State, joined the Army Air Corps and was responsible for training hundreds of bomber pilots, stayed on in the Air Force, was a pilot for the CIA and had multiple assignments at Andrews AFB, the Pentagon and NASA. In retirement, in 1968, he worked for Westinghouse on one of the moon-landing projects and then was an independent stockbroker. In 2003 he moved to Virginia. He was predeceased by his wife of 62 years, Rita. Survivors include two children, KK and Archy, three grandchildren and a granddaughter.

Milestones

Happy birthday to my granddaughter-in-law Heather McHale, Le August Brent and Mark Cummings, Jr., Aug. 19; Melody Barnes, Aug. 20; Austin Michael Fowler, Aug. 21; Wayne Anderson, Barbara Phipps and Gavin Michael Glaubitz, Aug. 22; and Joseph R. Maiden, Jr., Aug. 23.

Happy 14th anniversary to my dear next-door neighbors John and Stacie Smith, on Aug. 23.

the Café benefit St. Paul's outreach to community schools. David Cole, guitar, with Sharon Raquel, vocals, will appear Friday, September 15, 2017 from 7:00 PM–9:00 PM. The cost is \$5.00. Location is St. Paul United Methodist Church (Fellowship Hall), 6634 St. Barnabas Road, Oxon Hill, Maryland 20745. Telephone number is 301-567-4433.

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.

NOTTINGHAM MYERS HOME COMING 2017

Join us August 20, 2017 at 11:00 AM for our Homecoming Service at Nottingham Myers

UMC of the New Hope Fellowship Cooperative Parish Rev. Constance C. Smith, Senior Pastor. Guest Speaker for the day will be Rev. Brian T. Walker, Sr. Pastor, Grace Tabernacle Community Church. The church address is 15601 Brooks Church Road, Upper Marlboro, Maryland 20772. Church telephone number is 301-888-2171.

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/10333330910>. There will be a free preview on 9/3 after the 10:30 AM service (approximately 12:00). The church address is 10700 Brandywine Road, Clinton, Maryland 20735. Church office number is 301-868-1281.

Neighborhoods

Doctors Community Hospital Plans Green Energy Initiative

LANHAM, MD—Doctors Community Hospital has announced plans to launch a cutting-edge green energy initiative. Starting in July 2017, the hospital will begin construction of a cogeneration power plant—an efficient system that generates electricity and usable heat from a single energy source. This internal power plant will lower the hospital's carbon emissions, reduce energy costs and ensure continued patient services in the event of an electric grid failure.

Providing state-of-the-art care to tens of thousands of patients each year requires some serious energy—and not just from Doctors Community Hospital's clinical staff. With buildings to heat, rooms to light and machines to power, hospital systems require large amounts of power. With traditional energy systems, efficiency is lost through heat discharged in power plant smokestacks. Also, energy is lost in transmission lines. Scientists believe that the emission of these greenhouse gases contribute to global warming. Environmentally friendly cogeneration plants, such as the one to be built at Doctors Community Hospital, are more efficient. With this type of system, electricity is produced on-site by natural gas generators. Then, the by-product heat is repurposed to warm the hospital's rooms and water.

For the leadership at Doctors Community Hospital, the benefits of the new system are clear. "Building a cogeneration plant is an exciting step for Doctors Community Hospital," says Paul Grenaldo, chief operating officer at Doctors Community Hospital. "We are committed to keeping Prince George's County healthy both now and in the future. That mission extends to being good stewards of the environment that we all share. The cogeneration plant will bring many internal benefits including lowering energy costs so that we can reallocate funds to patient care. But it will also significantly cut our carbon emissions, reducing our impact on the environment. We are delighted to be doing our part to keep Prince George's County green."

Doctors Community Hospital's new cogeneration plant will be roughly the size of a tractor trailer and provide more than 80 percent of the hospital's annual electrical load while offsetting almost 90 percent of its thermal load. Requiring only natural gas to operate, this new system is not vulnerable to natural disasters or bad weather. This resiliency can be critically important during times of disaster. "A consistent energy supply is critically important in a hospital setting," says Jerry Dyer, director of Plant Operations at Doctors Community Hospital. "Even during a hurricane or a blizzard, we need to keep the lights on and medical devices running. Doctors Community Hospital has always had backup generators in place in case of electrical grid failure, but this new system provides an extra layer of power security. It feels good to know that, no matter what, our energy supply will be as unstoppable as our staff."

Volvo is Going All-Electric Or Hybrid, Is It Enough To Get Area Motorists to Go Green With Envy For an EV?

As of July 1, Maryland Electric Vehicle Purchasers Eligible for a Tax Credit Up to \$3,000

WASHINGTON, D.C.—Volvo has announced it will become the first traditional automaker to go all-electric or hybrid, instead of manufacturing vehicles using conventional vehicle fuels like gasoline and diesel. Electric vehicles get a lot of media and consumer attention in the Washington metro area, so it's big news for some local consumers. Beginning in 2019, the luxury sedan line will only sell all-electric or hybrid vehicles. Yet motorists residing in the region might find a variety of valid federal and state electric vehicle incentives for 2017, depending upon where they live and register their vehicles. But they have to read the fine print, explains AAA Mid-Atlantic. Some states, like Maryland, provide tax credits up to \$3,000. In Maryland, the plug-in electric vehicle must be purchased on or after July 1, 2017.

Other states offer rebates. Then there's the biggest incentives of all. Plug-in hybrids and all-electric vehicles "qualify for a \$2,500 to \$7,500 federal tax credit," explains the United States Department of Energy (DOE). In addition to a federal tax incentive of up to \$7,500 for the purchase of an electric vehicle, Maryland is now offering motorists in the state, starting July 1, 2017, a one-time excise tax credit up to \$3,000 based on the vehicle's battery capacity. District residents purchasing an electric vehicle are also eligible for a reduced vehicle registration fee of \$36. Despite the "new wave of car technology," Virginia no longer offers any incentives or rebates for purchasing an electric vehicle (EV).

Currently, more than 30 different electric vehicle models are on the market in the United States. Electric vehicle sales increased by 38 percent in the United States during 2016, a year after declining by five percent from 2014 to 2015. Locally, electric vehicle sales rose 1,014 percent in Maryland in the five-year period from 2012 to 2016, calculates AAA Mid-Atlantic. "The total number of PEVs registered in Maryland increase from 609 in fiscal year (FY) 2012 to 6,788 in FY 2016," reports the Maryland Electric Vehicle Infrastructure Council (EVIC). "In FY 2016, 39 percent (2,643) of the vehicles registered were Battery Electric Vehicles (BEVs) and 61% (4,145) were Plug-in Hybrid Electric Vehicles (PHEVs)."

"As with any automobile choice, there are advantages and disadvantages to electric cars," said John B. Townsend II, AAA Mid-Atlantic's Manager of Public and Government Affairs. "A number of electric vehicles are already on the market, and automakers have announced ongoing development of additional and enhanced models. Today's electric cars don't just offer an alternative means of propulsion, they provide a

new and different driving experience along with significant changes in vehicle fueling and maintenance."

Maryland's last electric vehicle tax credit ran from July 1, 2014 through last Friday, June 30, 2017. "Over the three-year period, the tax credit was applied to 2,165 vehicles at an average rate of \$2,478.47 per vehicle," reports the Maryland Department of Transportation (MDOT). Now a new tax credit is in place.

Although just over 159,000 brand new EVs hit the highway across the nation last year, electric vehicles comprise one to three percent of the light duty vehicle sales across the United States, some estimates show. For example, in Maryland, one of the greenest states on the East Coast, electric vehicles represent "less than one percent of valid federal and state registrations," according to the latest report by the Maryland Electric Vehicle Infrastructure Council (EVIC). The sales of electric cars increased by 21% in the metro area in 2013.

What is more, "the lack of public charging stations may discourage the adoption of electric vehicles," explains the National Conference of State Legislatures (NCSL). At the moment, there are more than 800 public EV charging stations in the Washington, D.C.—Baltimore area for vehicles that do not produce any tailpipe emissions, notes the Electric Vehicle Association of Greater Washington, D.C.

Currently, in Maryland, the drivers of plug-in electric or hybrid vehicles, that are titled and registered in the state, are allowed to use the High-Occupancy Vehicle (HOV) lanes in Maryland regardless of the number of passengers riding in the vehicle. In Virginia, drivers of alternative fuel vehicles (AFVs) displaying the Virginia Clean Special Fuel license plate may use Virginia HOV lanes, regardless of the number of occupants. Yet, they are not exempt from HOV lane occupancy requirements on the I-95/I-395 corridor.

Despite all the hoopla and hype, electric vehicles have a higher up-front price tag than conventional vehicles. Compounding matters, some states are rolling back the economic incentives designed to encourage electric vehicle ownership, according to an investigation by the *New York Times*. It reported "The state actions could put the business of electric vehicles, already rocky, on even more precarious footing. That is particularly true as gas prices stay low, and as the Trump administration appears set to give the nascent market much less of a hand." However, around "17 states" offer incentives "for electric vehicles and/or charging stations." Some EV programs are "are technically out of funds, and therefore, no longer accepting applications," says Plugless. Electric vehicle incentives vary across the Washington metro area.

- Starting July 1, 2017, Maryland motorists purchasing or leasing a "qualifying plug-in electric vehicle may be eligible for a one-time ex-

Brandywine-Aquasco

by Audrey Johnson 301 888 2153

BIRTHDAY GREETINGS

Happy Birthday to Marcus Long, Brian Harper, Anna Tucker, Sanaa Simmons, Demetria Brook Knight, Emeka Mbakwe, Ben Caple, Karl Pinkney, Valentine Gant, Sr., Donovan Joiner, Kevin Augustus, James V. Dorsett, Norville Hughes, Rev. Stella Tay, Courtney Diane Sims, Esther Neckere, Carlton Williams, Georgia Kinard, Janice Moore and Denia Paretla who are Clinton United Methodist Church members celebrating birthdays in August.

WEDDING ANNIVERSARIES

Happy wedding anniversary to Elton and Janet Smalling, Wayne and Beverly Baker, Roy and Shela Sedgwick, John and Pamela Stahl, Cameron Barron and Betty Rivers, Umaru and Mariama Davies, Judy and William Terry who are Clinton United Methodist Church Members celebrating a wedding anniversary in August.

CAFÉ AGAPE

Café Agape creates a musical space filled by fantastic musicians, music fellowship, and informal dining. Proceeds from

COMMUNITY

The American Counseling Association's Counseling Corner

How Can You Restore Someone's Trust in You?

Anyone who has experienced a breach of trust knows the pain and confusion that can go into trying to restore that trust. Any number of circumstances can cause us to lose trust. It can be a fairly minor incident, like a teen being late for a few too many curfews, or a major one, like an infidelity in a relationship. The person who lied feels they can never do enough to be trusted again. The deceived person probably feels it would be foolish to become too accepting too soon.

If you want someone to regain their trust in you, try these tips that can help:

- **Don't make excuses.** Apologize and affirm that you won't behave in the same manner again. Blaming someone else or claiming something happened beyond your control won't help regain trust.

- **Deliver on your promises.** Even in areas that might seem trivial, you can build trust by doing what you say you will do. If you say you'll call if you're going to be late, call. If you say you'll do the laundry, do it. No forgetting, no having to be reminded, no offering excuses.

- **Expect the healing process to take time.** Expect it to take more time than you thought it would, and probably more time than you think your original mistake deserves. The simple truth is that rebuilding trust is a slow process, one that requires repeated demonstrations of you being honest and following through, before trust begins to return.

If you are the person who was deceived, you can help in the rebuilding of trust if you really value your relationship with the other person. You can start by paying attention to the things he or she is doing to try and reestablish your trust in them. Appreciate the effort that's being made, as opposed to the other person just expecting you to "get over it."

Though at first, it may seem as if a broken trust can never be repaired, people have a marvelous ability to make amends. The tough part is holding on through the rebuilding phase while consistency replaces doubt, time reduces discomfort and forgiveness replaces anger. If, despite these efforts, problems with trust and honesty persist in your family, or if anger prevents movement toward forgiveness, a consultation with a professional counselor might help fine-tune your relationships and get you moving toward healthier communication.

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

Fort Washington Sailor Serves in Coral Sea Aboard USS Bonhomme Richard



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 2ND CLASS SARAH VILLEGAS/RELEASED

CORAL SEA (Aug. 3, 2017) Seaman Kristopher Chapman, from Fort Washington, MD, updates a log on the bridge of the amphibious assault ship USS Bonhomme Richard (LHD 6) during a replenishment-at-sea. Bonhomme Richard, flagship of the Bonhomme Richard Expeditionary Strike Group (ESG), is operating in the Indo-Asia-Pacific region to enhance partnerships and be a ready-response force for any type of contingency.

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Lt. Governor Rutherford Joins Maryland Commerce to Announce State Support for Research Professorships at Three Universities

College of Southern Maryland, Johns Hopkins University, and University of Maryland, College Park Raise Matching Funds to Promote Research and Technology

By PRESS OFFICER
Office of the Lt. Governor

ANNAPOLIS, MD—On August 2, 2017, Lt. Governor Boyd Rutherford announced that the College of Southern Maryland (CSM), Johns Hopkins University; and the University of Maryland, College Park, in partnership with the Maryland Department of Commerce, have endowed a total of \$8.6 million in three new research professorships. The endowments were made through the state's Maryland E-Nnovation Initiative (MEI), a state program created to spur basic and applied research in scientific and technical fields at the colleges and universities. The schools raised a total of \$5 million in private funding for each chair and Maryland Commerce approved matching grants of \$3.6 million to support the endowments. The announcement took place during Lt. Governor Rutherford's visit to CSM's Leonardtown campus on August 2, 2017.

"Maryland boasts some of the top academic institutions in the world," said Lt. Governor Rutherford. "We are proud to support the groundbreaking work these schools are doing, from drug discovery research to cybersecurity, to ensure both our local businesses and our residents are the first to benefit from these inspiring academic achievements."

"The College of Southern Maryland, Johns Hopkins and the University of Maryland, College Park are significant economic drivers for the entire state of Maryland," said Commerce

Secretary Mike Gill said. "The research they conduct and the bright young minds they nurture fuel Maryland's economy and keep our state on the cutting edge of technology and discovery. We are proud to partner with these institutions and look forward to seeing the fruits of the professorships for years to come."

The College of Southern Maryland received \$500,000 for the Entrepreneur and Innovation Institute, an initiative to support the college and their existing technology transfer activities, students, local businesses, and federal researchers at the nearby PAX River. The specific initiatives will focus on training and education, technology commercialization, workspace for startups, and the growth and establishment of businesses and their resources for local companies.

"The College of Southern Maryland is honored to be among the three institutions in Maryland to be awarded this endowed matching fund," said Dr. Maureen Murphy, president of the College of Southern Maryland. "These funds will allow the college to create a more sustainable and vibrant innovation ecosystem through public-private partnerships that support and impact the critical and innovative research being conducted at the Navy research labs in Southern Maryland. The Entrepreneur and Innovation Institute will not only support technology transfer initiatives, but will also enhance the regional and state economic and workforce development expansion."

Johns Hopkins University received \$1 million for the Charles Glenn Grover Estate for Advanced Muscular Degeneration to further explore drug therapies for advanced muscular degeneration. This highly collaborative drug discovery focused program's central component is a unique core facility providing powerful new screening technology that places living disease models at the start of the delivery process. It addresses a key bottleneck in modern drug development and could become the new standard for research and development initiatives in Maryland's pharmaceutical industry.

"Once again, Johns Hopkins is tremendously grateful for the State of Maryland's visionary MEI program," said Denis Wirtz, vice provost for research at Johns Hopkins University. "With inaugural chair Dr. Jeff Mumm, The Helen Larson and Charles Glenn Grover Endowed Fund for Basic Science Research into Macular Degeneration will expedite drug discovery, bringing the benefits of research to our community and beyond. Through Dr. Mumm's cutting-edge research in developing in-vivo platforms, he is revolutionizing our ability to identify and translate new treatments for ophthalmological diseases."

The University of Maryland, College Park received \$2.1 million for the Capital One Chair in Machine Learning and Computer Science, which will support cybersecurity, machine learning, and data analytics research. Capital One has become a significant

global investor in such work in an effort to keep sensitive customer information protected and secure. These technical fields represent a critical area for 21st century technology investment. This grant will elevate research, education, and entrepreneurship activities in the areas of machine learning and predictive analytics, allowing companies to use data to make better management and manufacturing decisions, and enable precisely tailored products and services.

"Developing a pipeline of graduates who meet the demands of our state and nation's workforce is central to our land-grant mission," said Mary Ann Rankin, UMD's senior vice president and provost. "I am grateful for the investment that the state of Maryland and Capital One are making in our faculty and students to spur innovation in these areas of critical unmet need. Through these generous gifts, UMD will become a hub for research and innovation in machine learning and data science."

The Maryland E-Nnovation Initiative was created by the General Assembly during the 2014 legislative session and has provided \$20.1 million in funding to leverage \$23 million in private donations. The funding can be used to pay salaries of newly endowed department chairs, staff, and support personnel in designated scientific and technical fields of study; fund related research fellowships for graduate and undergraduate students; and purchase lab equipment and other basic infrastructure and equipment.

Officer from A1

command tour," said Horan, "it's been a pleasure watching. Blade (Capt. Dienna), welcome. You're the perfect choice for this. You've got the right mind set, the right intelligence, and you're going to have a blast—enjoy it. Congratulations and welcome aboard."

During his tenure, Scholl led Truman through a condensed shipyard maintenance period and workup cycle and an 8-month extended deployment in support of Operation Inherent Resolve (OIR). During deployment, the strike group made significant contributions to degrade ISIL as well as disaggregated to support OIR from both the Arabian Gulf and the Mediterranean Sea—marking the first time during OIR a U.S. carrier conducted airstrikes from the Mediterranean.

Following deployment, Scholl led Truman through a successful, on-time, Periodic Incremental Availability at Norfolk Naval Shipyard. As evidence of the his and his crew's sustained achievement, Truman earned 2016 Commander, Naval Air Force Atlantic CVN Battle Efficiency award, the James "Jim Dog" Ramage Award and the Secretary of the Navy Environmental Award—among others.

"An aircraft carrier—this fantastical beast that goes to sea—is one hundred thousand tons of lifeless metal without you shipmates," said Scholl. "She does great things when we are on here, fighting the fight both in the shipyard and out at sea. Continue to give this ship its great personality, and all of the same hard work you have given her before."

As Scholl thanked the crew for their hard work and dedication, he reminded them there was still work to be done. "Right now, shipmates, you need to get ready to take this ship on work ups, get her ready, and then go execute this nation's business once again and do what we need to do for our country."

Scholl, who is transferring to Commander, Naval Air Force Atlantic, also expressed his excitement for the new commanding officer to build on to the Truman standard of excellence. The new commanding officer is no stranger to leading an east coast carrier in combat operations.

Dienna previously served as the USS Dwight D. Eisenhower (CVN 69) executive officer and the USS Mesa Verde (LPD 19) commanding officer. A seasoned pilot, Dienna has accu-

mulated more than 2900 flight hours and 800 arrested landings. Dienna's most recent assignment was as the assistant chief of staff for airwing, training and readiness at Commander, Naval Air Force Atlantic.

"Harry S. Truman once said, it's amazing what you can accomplish when you don't care who gets the credit," said Dienna. "Teams not individuals win championships, and teams win our nation's wars. The team here today—representing thousands of Sailors, engineers and artisans—is simply the best, and I'm greatly honored to now be a part of that team."

Truman is currently homeported in Naval Station Norfolk and is beginning a rigorous work-up cycle to prepare to return to sea and conduct combat operations.

PGCMLS from A1

decisions. Previously, Gannon was head of administrative and borrower services for Anne Arundel County Public Library and also held the positions of branch manager and librarian.

He is past president of the Maryland Library Association and part of the American Library Association, Library Leadership and Management Association and Public Library Association. Gannon holds a Master of Library Science from the University of Maryland, a Master of Arts from Loyola University Maryland and a Bachelor of Arts from Johns Hopkins University.

Michelle Hamiel is chief operating officer for public services for Prince George's County Memorial Library System,

where she serves on the senior executive team, supervises library branch operations in 19 branches and Prince George's County Detention Center and makes budget decisions.

Hamiel directs LINK, a program providing library access to all county public school students, Books from Birth and early literacy centers in branches as well as the library system's other services. She is an adjunct professor for the University of Maryland, College Park. Previously, Hamiel held the positions of library manager II, library manager I and assistant library manager II for Baltimore County Public Library.

She has directed conferences for the Maryland Library Association, where she is a member. She is also part of the American



PHOTO COURTESY PGCMLS
Michelle Hamiel

Library Association, Public Library Association and Young Adult Library Services Association. She holds a Master of Library Science from the University of Maryland, College Park, and a Bachelor of Business Administration from Towson University.

Prince George's County Memorial Library System is seeking a permanent CEO. Candidates may learn more and apply through the library's website at www.pgcmls.info.

Prince George's County Memorial Library System provides materials and information for study and personal enrichment, offering strategies for lifelong learning through access to varied media and professional guidance. The library system consists of branches in 19 communities including Accokeek, Baden, Beltsville, Bladensburg, Bowie, Fairmount Heights, Glenarden, Greenbelt, Hillcrest Heights, Hyattsville, Largo-Kettering, Laurel, Mount Rainier, New Carrollton, Oxon Hill, South Bowie, Spauldings, Surratts-Clinton and Upper Marlboro. (www.pgcmls.info).

COMMENTARY

Cong. Chris Van Hollen United States Senator for Maryland



Van Hollen, Klobuchar Introduce Legislation to Ensure a Better Deal for Seniors on Prescription Drug Costs

WASHINGTON, D.C.—Today U.S. Senator Chris Van Hollen (D-MD) joined Senator Amy Klobuchar (D-MN) in introducing legislation to unleash the bargaining power of seniors for a better deal on prescription drug costs. The legislation would allow for Medicare to negotiate the best possible price of prescription drugs to cut costs for nearly 41 million seniors enrolled in Medicare Part D. Current law only allows for bargaining by pharmaceutical companies and bans Medicare from doing so.

“Seniors in Maryland and across the country are burdened by the skyrocketing prices of essential and lifesaving medications, and they deserve better,” Senator Van Hollen said. “Allowing Medicare to negotiate the best possible price is a common sense reform that will help control costs for the millions of Americans struggling to afford care. It is imperative that we work to improve our health care system, and making prescription drugs more affordable is a key pillar of that effort.”

“Medicare is one of the largest drug purchasers in the country. It makes no sense that it’s restricted from negotiating the best deal with drug manufacturers,” Senator Klobuchar said. “American seniors deserve a better deal. This legislation would leverage the bargaining power of nearly 41 million seniors to negotiate less expensive prices under Medicare.”

The legislation would allow the Secretary of Health and Human Services to directly negotiate with drug companies for price discounts for the Medicare Prescription Drug Program, eliminating the “non-interference” clause that expressly bans Medicare from negotiating for the best possible prices. By harnessing the bargaining power of nearly 41 million seniors, Medicare could negotiate bigger discounts than pharmaceutical companies.

Senator Van Hollen has also cosponsored legislation to improve the *Affordable Care Act* by tackling the cost of prescription drugs, and has cosponsored legislation to allow Americans to import safe, low-cost medicine from Canada.

Senators Chuck Schumer (D-NY), Patty Murray (D-WA), Tammy Baldwin (D-WI), Ron Wyden (D-OR), Richard Blumenthal (D-CT), Cory Booker (D-NJ), Sherrod Brown (D-OH), Tammy Duckworth (D-IL), Al Franken (D-MN), Kamala Harris (D-CA), Maggie Hassan (D-NH), Martin Heinrich (D-NM), Tim Kaine (D-VA), Angus King (I-ME), Patrick Leahy (D-VT), Claire McCaskill (D-MO), Chris Murphy (D-CT), Debbie Stabenow (D-MI), Ben Cardin (D-MD), Tom Udall (D-NM), Kirsten Gillibrand (D-NY), Michael Bennet (D-CO), Maria Cantwell (D-WA), Mazie Hirono (D-HI), Joe Manchin (D-WV), Jeff Merkley (D-OR), Bill Nelson (D-FL), Jeanne Shaheen (D-NH), Mark Warner (D-VA), and Elizabeth Warren (D-MA) are cosponsors of the legislation.

Marc Morial, President and CEO National Urban League



Ferguson Empowerment Center a Tribute To Movement for Social Change that Followed Michael Brown’s Death

“Ferguson was used by some of America’s enemies and critics to deflect attention from their shortcomings overseas; to undermine our efforts to promote justice around the world ... But America is special not because we’re perfect; America is special because we work to address our problems, to make our union more perfect. We fight for more justice. We fight to cure what ails us. We fight for our ideals, and we’re willing to criticize ourselves when we fall short. And we address our differences in the open space of democracy -- with respect for the rule of law; with a place for people of every race and religion; and with an unyielding belief that people who love their country can change it.”

—President Barack Obama

Three years ago this week, a police officer in Ferguson, Missouri, fatally shot an unarmed, Black 18-year-old named Michael Brown. The anger and unrest sparked by that shooting came to be symbolized by the image of a burning convenience store on West Florissant Avenue. And it presented one of the greatest challenges of his career for Michael McMillan, who’d been appointed President and CEO of the Urban League of Metropolitan St. Louis just a year before.

Last week, hope rose from the ashes as Michael McMillan and I opened the National Urban League Conference with the dedication of the Ferguson Community Empowerment Center, built upon the foundation of that convenience store.

I could not have imagined a more appropriate way to mark the opening of the National Urban League Conference, or an event more representative of the work of the Urban League Movement.

After Michael Brown’s tragic death, activists and advocates from across the nation, activists and advocates converged upon Ferguson, rightly and justly bringing the eyes and ears of America to focus on a violent injustice. When the marchers and the protestors had moved on, it was the Urban League of Metropolitan St. Louis, under McMillan’s outstanding leadership, who went to work, literally building upon that foundation.

Where once the flames of righteous anger burned, lives will be transformed.

The building is shared by the Salvation Army and the Urban League of Metropolitan St. Louis, and will house the Urban League’s Save Our Sons program, is one of the most successful job placement initiatives anywhere in the nation. While in St. Louis, I had the pleasure to meet Willard Donlow Jr.

A little over a year ago, 35-year-old Willard Donlow, Jr., found himself in a deep depression. A single father, newly divorced, he had lost his job. He was praying for a way out. And his prayer was answered. Through Save Our Sons, he learned new computer skills, how to craft a resume, how to network, how to present yourself in the right manner at an interview. How to find a job, and how to keep a job.

Just three days after completing the program, he was offered a job, and he’s hard at work redeveloping abandoned buildings here in St. Louis. Join me in congratulating Willard Dunlow.

Lives are being transformed.

As part of the opening ceremonies last week, we dedicated a memorial to Michael Brown. The concrete slab into which a bench and plaque are set is flecked with pink, orange and yellow. These colors are the shreds of 100 stuffed animals, left as part of a makeshift memorial in the middle of the street where Brown died. The Urban League of Metropolitan St. Louis kept the offerings in storage when the street had to be cleared.

The plaque reads, “This bench and decorative concrete base commemorate the social justice, change and movement towards a more just society that came about after his death. This base contains pieces of his memorial in the Canfield Green Apartments complex brought by people from all over the world.”

The Ferguson Empowerment Center stands as a tribute to the Urban League Movement’s mission to create a more just society, and the young men whose lives will be transformed there will be a testament to that mission.



Chesapeake Beach Railway Station

Open to the Public

WIKIMEDIA COMMONS PHOTO BY: PUBDOG

CHESAPEAKE BEACH RAILWAY STATION

The Museum offers a wide variety of objects and artifacts, both original and best representations of the era. The Museum brings the railway and amusement park to life with pictorial displays, postcards, oral histories and memorabilia. The exhibits range from railroading lanterns to a Dentzel carousel kangaroo from the park as well as authentic period bathing suits. Visitors may also enjoy the diorama showing the train depot and boardwalk as it appeared in the early 1900’s. In addition, the Museum also offers a DVD presentation of the history of the Chesapeake Beach Railway which includes oral histories of the amusement park that was part of the resort area. The Chesapeake Beach Railway Museum is home to the last known railcar, *The Dolores*, which is located behind the Museum. Admission is free, mid-March–March 31, weekends only, 1:00 p.m.–4:00 p.m.; April 1–October 31, weekday and weekend hours, 1:00 p.m.–4:00 p.m.; November 1–30, weekends only, 1:00 p.m.–4:00 p.m. For more information call 410-257-3892.

Child Watch by Marion Wright Edelman



A Child Advocate’s Beatitudes

Below is a prayer for child advocates. Teachers and school administrators are always on the front lines advocating for children so maybe one of them could use this today as s/he is preparing for the new school year. They are not alone. Parents and grandparents and all who care for children and strive to be good role models for them are child advocates. Doctors, social workers and others who work with and serve children are child advocates. Librarians and coaches are child advocates. Political leaders who put children first are child advocates. And all are joined by the millions of people, with or without children of their own, who spend time and talent fighting for just policies and practices that help children and families and all who are vulnerable and needy.

A Child Advocate’s Beatitudes
(Inspired by Clarence Jordan’s *Sermon on the Mount*)

Blessed are the poor in spirit—who do not measure themselves by money or worldly power but who ask God for what they need and are not mired in pride—for theirs is the kingdom of God.

Blessed are those who mourn—who are concerned about the needs of children and the poor and others in need who cannot speak for themselves—for they will be comforted.

Blessed are the meek—who do not seek only their own good but their neighbors’ too—for they will inherit the earth.

Blessed are those who hunger and thirst after righteousness—who do not work for the praise of others or earthly gain or fame and share gladly their talents, energy and money—for they will be filled.

Blessed are the merciful—who know they are sinners and are dependent on God’s and others’ forgiveness every minute of every day—for they will receive mercy.

Blessed are the pure in heart—who are not hypocrites but who struggle to live what they preach—for they will see God.

Blessed are the peacemakers—who do not prepare for war while talking about peace, who do not kill others in order to stop killing, who do not love just those who love them but reach out to make their enemies friends—for they will be called children of God.

Blessed are those who are persecuted for righteousness’ sake—who do not run or waver in the face of criticism, threats, or death—for theirs is the kingdom of heaven.

Blessed are those who speak kindly and not meanly of others—who do not tear down others but build them up for the kingdom’s work and children’s well-being—for they shall receive their reward.

Blessed are the just—who do not adhere to the letter of the law and regulations for some but ignore them for others—for they will hear God’s well done.

Marion 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.

The Prince George’s Post

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BUSINESS

Your Money Matters

Will You Have Enough Green For Your Golden Years?

(NAPSI)—If you or someone you care about is among America's more than 74 million baby boomers, you may be glad to know of a helpful new book. It was written by a go-to resource for crisis financial planning, who frequently receives referrals from nursing homes, assisted-living facilities and home health agencies for clients in need of last-minute financial planning assistance. The easy-to-read book, *The Complete Cardinal Guide to Planning for and Living in Retirement* by Hans E. Scheil, CFP®, can help you avoid a financial planning crisis in the first place.



PHOTO COURTESY NAPSI

Certified Financial Planner Hans E. Scheil has written a definitive guide to help you prepare for and enjoy your retirement.

The Problem

All too many people count on Social Security as their main source of retirement income but it doesn't really go very far—less than \$1,500 a month in current dollars, on average. The U.S. Department of Labor (DOL) estimates you'll need between 70 and 90 percent of your pre-retirement income to maintain your standard of living when you stop working. In addition, your age has a big effect on your Social Security benefits. If you were born between 1943 and 1954, the Social Security Administration says, you can get full benefits at age 66. This full retirement age will gradually rise toward 67 for those born after 1954. Claiming benefits too early can mean permanent reductions to your income. What's more, according to 2015's *Medicare & You*, from the Centers for Medicare & Medicaid Services, at least 70 percent of people over 65 will need long-term care services and support at some point in their lives.

Know What to Ask

According to Scheil, there are three questions you should find the answers to if you're helping a family member navigate retirement:

- Does the elderly family member need power of attorney?
- Do you know the family member's existing policy benefits, including long-term care insurance, Medicare Supplements, Medicare Part D prescription drug plans and so on?
- Will you have to take over the family member's finances?

Scheil's 40-year career—as well as his personal involvement caring for his mother, father and grandmother in their later years—provided hands-on experience that he's now sharing. The book, which rose to be the No. 1 bestseller in Amazon's Retirement Planning category, is published by Tupelo Press and sold through amazon.com and barnesandnoble.com. It's an in-depth, easy-to-understand guide to retirement and long-term care to assist retirees and their families through the most difficult financial complexities they will likely face.

It also includes many items that are important for a successful retirement, as well as the details of Social Security and Medicare, long-term care, post-retirement investment strategies, tax reduction strategies and more. Easy-to-understand chapter summaries, charts, reports and sample documents help the reader gain a better understanding of each retirement planning topic. Each chapter also provides an in-depth analysis of each topic through real-life examples from Scheil's own practice.

A Lawyer's Letter

As one reader, an attorney who counsels clients in elder law and estate planning, put it, "I find the *Guide* to be a valuable resource. After reading the first chapter, it is clear that Hans has a wealth of personal and professional experience in the area of planning for living in retirement. Each chapter includes a summary that brings closure and deeper understanding to the topics discussed. I plan to purchase additional copies for our practice and will recommend the *Guide* to my older clients as well as family members who are assisting them."

Learn More

For more information, go to www.cardinalguide.com.

Gibson from A1

Maryland Racing Commission, and Vice Chairman and Trustee of Chesapeake Therapeutic Riding. Among others, Gibson also served on the Board of Directors for the Maryland Public Employers Labor Relations Association and National Public Employers Labor Relations Association, where he chaired the Legislative/Legal Advocacy Committee.

"I am truly honored to have the opportunity to serve on the Maryland Community Health Resources Commission," said Gibson, who throughout his ca-

reer, has worked to identify some less obvious correlations between human resources and human services. "Access to health care, even the most basic health care, is critical to the well-being of our communities; it is even more critical for our neighbors with differing abilities. I look forward to helping Maryland leverage resources to close this gap."

Gibson earned his Master of Government Administration from the University of Pennsylvania and his Bachelor of Arts from Mount Saint Mary's College, where he has served on the adjunct faculty.

Maryland Retains Triple AAA Bond Rating, to Sell Up to \$1.45 Billion of General Obligation Bonds

By PRESS OFFICER
Maryland State Treasurer

ANNAPOLIS, MD—On August 3, 2017, Maryland State Treasurer Nancy K. Kopp announced that all three major national bond rating agencies have re-affirmed the State's strong AAA bond rating, all with stable outlooks, in preparation for the upcoming competitive sale of State General Obligation Bonds on Wednesday, August 16, 2017.

Maryland is one of 11 states* to hold the coveted AAA rating, the highest possible rating, from all three major bond rating agencies. S&P Global Ratings (formerly Standard and Poor's) has rated the bonds AAA since 1961. Moody's Investors has assigned the bonds a rating of Aaa since 1973, and Fitch Ratings has rated the bonds AAA since 1993.

Treasurer Kopp said, "We are pleased and proud that Maryland continues to be recognized as a strong AAA State. The retention of an AAA rating from all three major bond rating firms is an affirmation of our State's continuing overall fiscal strength and longstanding commitment to prudent and proactive financial management. The rating agencies recognize the contribution of our diverse economy, well-educated workforce, and above-average wealth and income levels to the overall quality of an investment in Maryland."

"The taxpayers of Maryland will continue to save millions of dollars as they benefit from lower interest rates prompted by these AAA ratings. This achievement allows us to continue to invest in our communities, notably our schools, libraries, institutions of higher education, healthcare facilities and cultural projects important to the residents of our State," Treasurer Kopp added.

Fitch, in assigning its AAA rating and stable outlook, said: "Maryland's 'AAA' IDR [Issuer Default Rating] reflects its broad, diverse and wealthy economy, extensive budget controls and sound financial operations, and strong management of debt."

Fitch Ratings further noted: "Fiscal management is very

strong, with consensus-oriented long-term planning and multiple sources of flexibility including a consistently solid budgetary reserve and a demonstrated ability to adjust spending to address changing circumstances."

Moody's, in explaining its Aaa rating and stable outlook said "The highest quality rating reflects Maryland's strong financial management policies, ample liquidity levels, stable economy and high personal income levels." While Moody's acknowledged "... the state's economic exposure to constrained federal spending, and above average debt and pension burdens stemming from the state's practice of issuing debt and absorbing certain pension costs on behalf of local governments," they also noted "[c]onsistent with its history of proactive financial management, the state has proactively addressed its structural budget gap and pension funding challenges even under historically slow economic growth conditions."

In assigning its AAA long-term rating and stable outlook, S&P Global Ratings said: "The 'AAA' GO rating reflects what we view as Maryland's: Broad and diverse economy, which continues to recover slowly after weakness in recent years due to federal budget uncertainty and sequestration; Strong wealth and income levels relative to those of the nation; Long history of proactive financial and budget management, including implementation of frequent and timely budget adjustments to align revenues and expenditures and long-term financial planning that should continue to be helpful in addressing future budget challenges; and Well-developed debt management practices with a moderate debt burden for most measures and rapid amortization, although long-term pension and other postemployment benefits (OPEB) liabilities are relatively high, in our opinion."

S&P Global Ratings further stated: "The stable outlook reflects Maryland's continued focus on structural budget alignment and maintenance of

minimum state reserve levels, despite continued slow economic growth. The state's continued practice of making proactive midyear adjustments to align the budget in case of slower-than-anticipated revenue growth will remain an important credit factor over the two-year outlook horizon, given Maryland's above-average economic dependence on federal government employment and spending."

All three rating agencies praised Maryland's history of strong, sound financial management. Moody's recognized "Maryland's financial practices and flexibility are very strong. For example, the state has a binding consensus revenue forecast, multiyear financial planning, and its Board of Public Works, consisting of the Governor, the Comptroller and the Treasurer, is able to respond swiftly to mid-year budget challenges. The state also has no tax and spending limitations or supermajority requirements limiting its flexibility." S&P Global Ratings assigned a rating of "strong" to Maryland's management practices, noting that such a designation "indicates that practices are strong, well embedded and likely sustainable" and expressed a favorable view of "the state's long history of proactive financial and budget management to align revenues and expenditures, ..." "In assessing Maryland's operating performance, Fitch concluded: "Financial resilience is very strong, with a well-funded budgetary reserve and a willingness to trim spending commitments and increase revenues in response to changing circumstances. Multi-year forecasting and planning are disciplined ... Consensus-oriented practices ensure steady management of budgetary conditions and liabilities."

Each of the rating agencies commented on the State's long-term pension liabilities as well as efforts undertaken to improve funding levels. While noting that "[t]he financial condition of Maryland's retirement system represents the state's most significant credit challenge,"

Moody's recognized the State's many efforts to manage its pension burden as "[d]emonstrating its proactive management approach." Fitch Ratings noted, "[p]ensions are a comparative credit weakness in Maryland, although the state has taken repeated action since 2011 to reform benefits and contributions practices" and "to improve pension sustainability and accelerate funded ratio improvement over time." S&P Global Ratings indicated "[w]e consider the state's overall three-year average pension funded ratio relatively low at 69%" but noted they expect to "monitor the state's future adherence to its revised pension funding policy to budget for actuarially based pension contributions and demonstrate strong funding discipline and commitment to funding the long-term liability."

The bond sale will include two competitive bids which are expected to be sold to institutions. The sale will include \$550 million of tax-exempt bonds and up to \$900 million of tax-exempt refunding bonds.

As has always been the case with the issuance of Maryland's tax-exempt General Obligation Bonds, the State uses the proceeds to finance necessary capital projects, such as schools, community colleges, university projects and hospitals. The refunding bonds will reduce the State's overall debt service costs without extending the period of indebtedness.

The Maryland Board of Public Works, composed of Governor Lawrence J. Hogan, Jr., Comptroller Peter Franchot, and Treasurer Nancy K. Kopp, will preside over the competitive bond sale on Wednesday, August 16, 2017 in the Assembly Room in the Goldstein Treasury Building in Annapolis. The Maryland State Treasurer's Office expects to conduct another bond sale in February or March 2018.

* The other 10 states with AAA ratings from all three rating agencies are Delaware, Georgia, Iowa, Missouri, North Carolina, South Dakota, Tennessee, Texas, Utah, and Virginia.

University of Maryland Medical System Board Votes to Approve Affiliation Agreement With Dimensions Healthcare System

By PRESS OFFICER
PG County Government

BALTIMORE, MD—On July 12, 2017, the Executive Committee of the Board of Directors of the University of Maryland Medical System (UMMS) authorized the Corporation's Chief Executive Officer to enter into an affiliation agreement with Dimensions Health Corporation in Prince George's County, Maryland. This action follows the June 8, 2017 vote by the Dimensions Board to approve the affiliation under which UMMS would become the sole corporate member of Dimensions Health Corporation.

UMMS and Dimensions will now work toward completion of several remaining legal, regulatory, financial and transactional details required to complete the transition of Dimensions to UMMS ownership, which is expected to take place in the next several months.

Dimensions and UMMS will continue to inform constituents of significant developments

along this journey toward a new era of health care for Prince George's County and the Southern Maryland region, bringing an expanded array of the highest quality healthcare services through a university-based health system. Groundbreaking for the construction of a new regional medical center in Largo is expected later this year.

About the University of Maryland Medical System

The University of Maryland Medical System (UMMS) is an academic-based health system providing primary and specialty care in more than 150 locations across 12 Maryland counties, with more than 4,000 physicians and 24,000 employees. Our hospitals include the flagship academic downtown campus University of Maryland Medical Center and 10 affiliated acute care hospitals serving urban, suburban and rural communities: UMMC Midtown Campus, UM Baltimore Washington Medical Center, UM Charles Regional Medical Center, UM Harford

Memorial Hospital, UM Shore Regional Health (campuses in Chestertown, Dorchester & Easton), UM St. Joseph Medical Center and University of Maryland Upper Chesapeake Medical Center. UMMS hospitals benefit from the University of Maryland School of Medicine's world-renowned faculty, innovative and cutting-edge medicine and research. UMMS also operates two specialty hospitals - University of Maryland Rehabilitation

& Orthopaedic Institute and the Mt. Washington Pediatric Hospital (a joint venture with Johns Hopkins Medicine), as well as the freestanding UM Shore Emergency Center at Queenstown and the UM Shore Nursing & Rehabilitation Center in Chestertown, UM Community Medical Group, University of Maryland Medical System Health Plans for Medicare and Medicaid beneficiaries and the UM Quality Care Network.

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OUT ON THE TOWN

ERIC D. SNIDER'S
IN THE DARK

Movie Review

Spider-Man: Homecoming

Spider-Man: Homecoming
Grade: B+
Rated PG-13, action
violence, one or two mildly
suggestive references
2 hrs., 13 min

Some superhero movies have subtitles referring to the dramatic events or villains featured therein: *Apocalypse*, *The Age of Ultron*, *Civil War*, *The Last Stand*. Then there's *Spider-Man: Homecoming*, which refers to a dance at Peter Parker's high school. Yes, the new incarnation of the web-slinger is a scrawny 15-year-old who's at least as concerned about the perils of adolescence as he is about using his great power with great responsibility. He has to save the world—but there's a Spanish quiz today!

Taking Peter back to high school is one of several things *Homecoming* does to distract us from the fact that this is the sixth Spider-Man movie and third Spider-Man actor since 2002. (If the new Peter Parker is 15, he was born the year Sam Raimi's *Spider-Man* came out.) But the main trick employed to keep us from feeling exhausted by the repetition is to make *Homecoming* exhilarating, hilarious, fast-paced, and grounded in reality. It's the funniest chapter yet in the Marvel Cinematic Universe, directed by Jon Watts (*Cop Car*—see it) with an eye for humorous details and recognizable teen angst. Imagine if John Hughes had made a Spider-Man movie, using a script punched up by SNL writers (the good ones, though).

Of course, the title *Homecoming* is also a nod to the character's long-awaited adoption into the Disney-owned Marvel Cinematic Universe after being held captive by Sony all these years—and you'd be surprised how many seemingly ordinary moviegoers that matters to. Now, at last, he can interact with the other Marvel heroes (except for the X-Men, who belong to 20th Century Fox, but never mind), adding a much-needed teenager's perspective to the affairs of Norse gods, irradiated green monsters, and patriotic Nazi-punchers.

Played with adorable eagerness by baby-faced Tom Holland (who was 20 when it was filmed), this Spider-Man memorably made his debut in *Captain America: Civil War*, helping Tony Stark (Robert Downey Jr.) sort out some intra-Avengers



ROTTENTOMATOES

A young Peter Parker/Spider-Man (Tom Holland), who made his sensational debut in *Captain America: Civil War*, begins to navigate his newfound identity as the web-slinging super hero in *Spider-Man: Homecoming*. Thrilled by his experience with the Avengers, Peter returns home, where he lives with his Aunt May (Marisa Tomei), under the watchful eye of his new mentor Tony Stark (Robert Downey, Jr.). Peter tries to fall back into his normal daily routine—distracted by thoughts of proving himself to be more than just your friendly neighborhood Spider-Man—but when the Vulture (Michael Keaton) emerges as a new villain, everything that Peter holds most important will be threatened.

squabbles. *Homecoming* is set two months after that, with Peter back in Queens, NY, waiting for Mr. Stark to call again. Keeping his secret from his worried Aunt May (Marisa Tomei), Peter spends his non-school hours doing whatever heroics he can in his neighborhood, which sometimes just means giving people street directions. “The Spider-Man,” as he’s called, is a YouTube celebrity, loosely identified with the Avengers and included with them when Peter’s female classmates play “Eff, Marry, Kill.” But he wants to be an official Avenger, pestering Tony Stark’s right-hand man Happy Hogan (Jon Favreau) for an invitation.

Meanwhile, Peter wants to impress Liz (Laura Harrier), a pretty senior at his school, and to do well at the academic decathlon, and to continue perfecting his web-fluid formula (which he works on in science class when the teacher isn’t looking). Soon he has a new goal, too: keeping his nerdy best friend Ned (Jacob Batalon), who has discovered his Spider secret, from revealing it to the world. Ned proves crucial to the film, grounding it, acting the way we suppose we would if we found out our friend was a superhero. Between that and the authentic-feeling Queens locations, this might be the Marvel film that

seems most like real life. It conveys what has always been the selling point for Spider-Man: he’s just a regular kid, with the powers of a superhero but the brain of a teenager. He often plunges headlong into a conflict with no actual plan for resolving it, motivated by good intentions but lacking the maturity and experience of his fellow superheroes. It’s highly endearing.

Like any kid, Peter pushes against the boundaries established by the adults in his life. In his case, that means pursuing a potentially very dangerous villain, one Adrian Toomes (Michael Keaton), who’s been using stolen alien technology to develop high-tech weapons that he sells on the black market. Peter-as-Spidey gets in over his head more than once and has to be humiliatingly rescued by Iron Man, which only makes him more determined to prove himself. He’s frustrated by the “training wheels” limitations built in to the high-tech Spidey suit Tony Stark made for him, and he feels stifled by his geographically small sphere of influence. (When was the last time a movie superhero worried about something as mundane as how he was going to get from New York to Washington D.C.?)

Watts, who’s credited with five (!) other writers for the screenplay, marvelously keeps

the story clear and cohesive and manages to pull off a few delightful narrative surprises. He has also conscientiously inserted humor wherever he could, never in a jokey, set-up/punchline kind of way, but naturally: a bored Washington Monument tour guide; a nihilistic classmate named Michelle (Zendaya); a poster warning against identity theft in the background when Spider-Man fights bank robbers impersonating the Avengers; Captain America (Chris Evans) doing educational PSAs for public schools.

Michael Keaton makes for a menacing villain, his articulate eyebrows doing much of the work, even if Toomes’ motivation is disappointingly vague. And for all the hoopla over Aunt May being significantly younger than she’s been in past versions, she’s sadly underused here. Apart from a running joke where every male in Peter’s life has the hots for her, she doesn’t serve any purpose in the story.

Little else is wasted, though. Watts makes every one of the film’s 133 minutes count (including the post-credits scenes), relying on Holland’s relentless enthusiasm to carry us through and delivering action sequences worthy of the character. Let’s hope there are more bright adventures to come before they reboot him all over again.

EDC from A1

fantastic,” said Skelly. “Going around to job fairs, you often don’t see people interested in manufacturing. It was great to see so many partners here today with a passion for manufacturing and who can connect us with top talent.”

As the innovative and advanced manufacturers focused on not falling behind in manufacturing, the solution providers highlighted the resources and programs that are available to the manufacturing industry to ensure that there is a solid pipeline of employees trained to work in advanced manufacturing. The solution providers at the Roundtable included the EDC, the Maryland Department of Commerce, the Regional Manufacturing Institute, the Maryland Manufacturing Extension Part-

nership, and the Made In America Initiative representatives. Through their dialogue, it became apparent that many of the resources that support innovative manufacturing are unknown in the manufacturing community.

“I think Prince George’s County is doing something that every region in the State of Maryland should do with this Roundtable,” said Peter Gourlay, Vice President of the Regional Manufacturing Institute. “Manufacturing is the industry that gives a pathway to middle-class America. Prince George’s County has done a phenomenal job of bringing some great advanced manufacturers in the room with all the resources that can help; from the public sector, the academic sector, the government sector—both in the County and the State Department of Commerce.”

Manufacturers also heard from Kristen Shock, Senior Director of Strategic Industries and Entrepreneurship at the Maryland Department of Commerce who walked the participants through Governor Hogan’s new More Jobs for Marylanders Act. This new provision encourages additional investment in new equipment through accelerated and bonus depreciation and strengthens Maryland’s workforce through State investment in workforce scholarships and apprenticeship programs.

Lateefah Durant, Director of Career Readiness and Innovative Programs for the Prince George’s County Public Schools and John Deadwyler, Program Coordinator for the Prince George’s Community College shared their ability to develop customized curriculum for internships as

well as connect companies to future talent.

“We are looking forward to great things to come in the innovative manufacturing industry,” said John Mason, EDC Business Development Director for Manufacturing. “We are just at the tip of the iceberg of collaboration that will not only sustain but exponentially grow this industry in Prince George’s County. Our discussion revealed specifically how solution providers can help our thriving companies grow, create more jobs and provide stellar opportunities for residents.”

For more information about innovative and advanced manufacturing collaboration with local academic institutions, contact EDC Business Development Director, John Mason (jamason@co.pg.md.us) at 301-583-4650.

Fresh Gardening Tips

Keeping It Fresh From The Garden to the Table

By Melinda Myers



You spent the summer weeding, watering and tending to your vegetable garden. Now all your effort has paid off with a bountiful harvest. Maximize the flavor and nutritional value of your home-grown vegetables with proper harvesting and storage.

For the freshest flavor, always prepare and serve vegetables immediately after harvest. But let’s face it, most of us are living busy lives and lucky to get the vegetables picked and eventually cooked. Plus, all the extras will need to be shared, preserved or stored for future enjoyment. Here are a few things you can do to keep the flavor fresh.

Handle produce with care. Nicking, breaking and bruising the vegetables during harvest decreases storage life and quality. Harvest leafy crops such as lettuce, kale, and collards last as they quickly wilt after harvest. And with the wilting goes the ascorbic acid (Vitamin C).

Ideally, vegetables you plan to prepare immediately should be cleaned outdoors. You’ll keep garden soil out of the kitchen sink and in the garden where it belongs. Collect your veggies in an open weave wire or plastic harvest basket like the Mod Hod. Its fold out legs allow the produce to dry before bringing it indoors. Rinse off the soil with the hose, drain excess water and carry your veggies into the kitchen to prepare.

Clean your counters and cutting boards before you start slicing, cutting and dicing your vegetables. Trim stems, remove damaged leaves and compost these in the garden or worm bin. They will have a second life as compost in next year’s garden.

Wait to wash, trim, and clean the vegetables you plan to store or prepare later. The scraping, cutting and slicing process increases the loss of vitamins and flavor and reduces storage quality.

Increase storage longevity by matching vegetables with their preferred storage conditions. The closer you come to this, the longer your produce will last.

Store roots crops like beets, turnips and radishes as well as cabbage and Brussels sprouts in a cold, moist condition. A spare refrigerator works great for these. Those in colder climates can store their carrots and parsnips right in the garden. Once the soil gets a bit crunchy, cover them with straw or evergreen boughs for easier digging in winter. Then dig as needed or harvest during the first winter thaw.

Keep potatoes in a cool, humid and dark location like a cool corner in the basement. Sunlight causes the exposed portions to produce green chlorophyll and solanine, a glycoalkaloid toxin. The solanine gives the potatoes a bitter flavor and can cause vomiting and diarrhea if enough green potatoes are eaten. Just cut away any green portions before using.

Store winter squash in a cool location as well. They can tolerate a bit lower humidity and last for four months or more when properly harvested and stored.

Use slatted crates or other vegetable storage solutions (gardeners.com) to maximize storage space and increase storage longevity. These systems provide ample storage space, so fruits and vegetables do not touch. Keeping stored fruit separated prevents rot from spreading from one fruit to the next. Plus, the slatted sides allow airflow to extend storage longevity.

A few simple changes in handling your harvest will improve its storage life, flavor, and nutritional quality. Better quality means less waste and more abundance for cooking and sharing.

Follow these harvesting tips to enjoy garden-fresh meals throughout the remainder of the growing season. Then continue creating tasty meals reminiscent of the garden season with properly stored produce long after your harvest is past.

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

Calendar of Events

August 17 — August 23, 2017

Exhibition—Melissa Burley: Existence

Date and time: Thursday, August 17, 2017, 8:30 am–8:00 pm
Description: The illuminated sculptures by local artist Melissa Burley strive to investigate the concept of “beauty after death.” Incorporating natural, man-made and recycled materials, Burley creates beautiful and complex, machine-inspired compositions bathed in light that seek to highlight and call attention to our role in the preservation of Earth.

Burley lures the viewer by creating a wide pattern of shadows on the surrounding wall and floor surfaces, and incorporating a strong light source and combining and arranging discarded artifacts that ordinarily would end up in a landfill.

Cost: FREE

Ages: All ages are welcome

Location: Harmony Hall Regional Center
10701 Livingston Road, Fort Washington, MD

Contact: 301-203-6070; TTY 301-699-2544

Wellness: Yoga in the Parks

Date and time: Thursday, August 17, 2017, 9:00 am–10:00 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 through Labor Day. No registration is required. Namaste!

Cost: FREE

Ages: 13 and older

Location: Watkins Regional Park
301 Watkins Park Drive, Upper Marlboro, MD

Contact: 301-218-6700; TTY 301-699-2544

Fabulous Fridays

Date and time: Friday, August 18, 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: Residents \$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

19th-Century Hands-On Embroidery Workshop

Date and time: Saturday, August 19, 2107, 8:00 am–4:30 pm
Description: *Broderie anglaise* is a form of whitework embroidery that was very popular in the mid-nineteenth century. It was primarily used to ornament “personal linen,” such as collars, cuffs, undersleeves, and christening gowns. Join clothing historian, Carolann Schmitt, as she guides you through this beautiful 19th-century art form.

Cost: \$60 per person

Ages: 18 and older

Location: Surratt House Museum
9118 Brandywine Road, Clinton, MD

Contact: 301-868-1121; TTY 301-699-2544

Vansville Community Yard Sale

Date and time: Saturday, August 19, 2107, 10:00 am–2:00 pm
Description: One man's trash is another man's treasure. Come sell and shop at our Community Yard Sale. Tables are \$5.00. First come, first serve.

Cost: \$5 per person

Ages: 18 and older

Location: Vansville Community Center
6813 Ammendale Road, Beltsville, MD

Contact: 301-937-6621; TTY 301-699-2544

Campfire program: How the U.S. Army Helped Preserve National Parks

Date and time: Sunday, August 20, 2017, 7:30 pm
Description: Let's celebrate the 101st birthday of the National Park Service by discovering how parks were preserved and protected in late 1800's. Campground guests and the public are welcome to join us under the stars at the Campfire Circle for a traditional NPS campfire program.

Cost: FREE

Ages: All ages are welcome

Location: Greenbelt Park
6565 Greenbelt Road, Greenbelt, MD

Contact: 301-344-3944

Total Solar Eclipse

Date and time: Monday, August 21, 2017, 2:42 pm
Description: On August 21, the sky will go dark in D.C. Well, mostly dark. A rare total solar eclipse will make its way around the world, but those viewing it in Washington will get about an 81 percent obscuration of the Sun. The field in Sweetgum Picnic Area is an ideal viewing place. Take proper precautions: DO NOT LOOK DIRECTLY AT THE SUN!

See <https://eclipse2017.nasa.gov/eclipse-who-what-where-when-and-how-for-viewing-tips>.

Cost: FREE

Ages: All ages are welcome

Location: Sweetgum Picnic Area
Greenbelt Park
6565 Greenbelt Road, Greenbelt, MD

Contact: 301-344-3944

Grant from A1

sively and collectively with the nonprofit community to effectively support victims of domestic violence.

“During the Council's first round of grant funding, there was a great deal of enthusiasm in our nonprofit community and we want to keep the momentum going. We cannot effectively address the issue of

domestic violence in our communities with a silo mentality. A community working together is the only way we can work towards effectively addressing and ending domestic violence in Prince George's County.”

For additional information on the Council's Domestic Violence Grant Program, including the application and process timeline, visit <http://pgccouncil.us/DVGG>.

EARTH TALK ... Canada Leads Way on Nutrition With New Food Guide

Dear EarthTalk:

How does Canada's newly released “Food Guide” differ from the food recommendations offered up by the U.S. government?

—J. Wheeler,
Albany, NY

These days, many countries around the world produce food guidelines periodically to help improve nutrition and encourage healthy lifestyles among their populations. The most recent update for Americans came in 2013 when the Obama administration released its MyPlate guidelines suggesting that a healthy diet consists of 30 percent grains, 40 percent vegetables, 10 percent fruits and 20 percent protein, the latter including some dairy. In unveiling the MyPlate guidelines, First Lady Michelle Obama suggested that Americans need not measure out exact proportions but instead simply make sure to exercise portion control and fill half their plates with fruits and vegetables and the other half with lean proteins, whole grains, and low-fat dairy.

But earlier this year Canada came out with its own new set of more detailed food guidelines which public health advocates are praising as an improvement over America's relatively simplistic standards. Indeed, Canada's new Food Guide incorporates specific recommendations for eating the right foods

according to an individual's age and gender, and also offers tips regarding serving size for each food and preferred cooking methods, as well as suggestions for maintaining a wholesome lifestyle and body weight with daily physical activity.

Based on input from some 20,000 Canadians, Canada's new Food Guide encourages the intake of plant-based proteins like legumes and soy products rather than meats and dairy (although still advises to give whole milk, low-fat yogurt and cheese to young children). “There's no more dairy food group, a win not only for public health but also cultural inclusivity, given that up to 90 percent of some non-European ethnicities are lactose intolerant,” says Anna Pippus, an animal rights lawyer and director of Farmed Animal Advocacy at the non-profit Animal Justice. “It's also a huge win for the cows who really don't want us to kill their babies so we can steal their milk.” Pippus adds that instead the new guidelines “sensibly advise people to drink water.”

Canada's new Food Guide also recommends avoiding fruit juices—even those that are 100 percent fruit—as well as other sweetened beverages and energy drinks, instead suggesting water as by far the best way to stay hydrated. The Canadian guidelines also promotes making food from scratch whenever possible, while acknowledging that



CREDIT: T. TSENG, FLICKRCC

Canada's new Food Guide encourages people to eat more plant-based proteins like legumes and soy products rather than meat and dairy.

frozen, packaged and canned foods can be worthy substitutes if necessary. And in a nod to the interconnectedness of our food systems, Canada's new guide highlights how the choices we make about what we eat impacts the environment and has serious consequences regarding keeping the planet safe and clean.

While Canada may be far ahead of many countries in promoting healthier lifestyles and smarter food choices, we can all learn a thing or two from our neighbors to the north about how making small changes in our diets can lead to healthier, longer lives. The release of Canada's new guide also underscores the need for the U.S. to update its own food guidelines accordingly. But regardless of whether or not the Trump administration feels compelled to issue its own dietary up-

dates, concerned Americans can take matters into their own hands by upping the proportion of organic and locally sourced foods on their dinner plates and tempering a balanced diet with moderate amounts of daily exercise.

CONTACTS: MyPlate, www.cnpp.usda.gov/MyPlate; Canada's Food Guide, www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/get-your-copy.html; Animal Justice, www.animaljustice.ca.

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Environment Maryland and Environment America Launch Multi-Million Dollar Outreach Effort to Defend our Environment

By PRESS OFFICER
Environment Maryland

WASHINGTON, D.C.—On June 12, 2017 Environment Maryland and Environment America announced a \$7.5 million public education campaign to convince a majority of U.S. senators to stand up for a cleaner, healthier future, and oppose a return to a dirtier, more dangerous past.

Environment Maryland is running the in-state campaign out of its College Park office. Organizers will talk to 23,100 Marylanders about threats to the Chesapeake Bay and other important waterways. Across the country, with 30+ campaign offices in 22 states and the District of Columbia, the summer-long effort will educate over 1 million Americans face-to-face, over the phone, and online about the need for senators to stand up for core environmental and health protections.

“Since the first Earth Day nearly 50 years ago, our air has gotten cleaner, our waterways have become less polluted, and more of our treasured landscapes have been protected. But we're still not close to having the clean and healthy environment we need or deserve and we need to

keep moving forward, not backward,” said Morgan Folger, an Environment America fellow.

Here in Maryland, the cleanup of the Chesapeake Bay is at a critical crossroad. After decades of dead zones and delay, the federal Bay cleanup program that Environment Maryland helped win is finally beginning to show progress. But the Trump administration's plans to weaken clean water protections and zero-out Bay cleanup funding would set the Bay back with more pollution.

Clean air is also at risk. Recent research from The Frontier Group and the Environment America Research & Policy Center, as of 2015 (the last year for which data is available) reveals that Americans in nearly every state still breathe polluted air. Furthermore, of course we have only a brief period of time left to reduce greenhouse gas emissions and stave off the worst of sea level rise, extreme weather events, and other impacts of climate change.

Unfortunately, President Trump's decision to pull the U.S. out of the Paris Climate Agreement, along with his many proposals that weaken existing safeguards, will mean more air

pollution and climate impacts in Maryland and elsewhere. So far this session Congress also has failed to stand up to attacks on clean air and clean water. Senators Van Hollen and Cardin have voted to protect clean water in the past, and in the face of such dire threats, we will need their most determined efforts to protect clean air and clean water.

“To give our families and future generations a great chance at a healthy and safe environment, we need to stop environmental rollbacks and move quickly and boldly to ensure clean air and water and a livable planet. We need a funded and functioning EPA and we need to strengthen—not weaken—our core environmental, conservation and public health protections,” noted Folger.

Environment America's outreach campaign, reaching from Maine to California, is calling senators to be part of a Green Line of Defense, voting to stop any rollbacks of current law and instead push the nation towards 100% renewable energy, fully protected waterways, and increased federal protection of sensitive lands. In addition, the organization's outreach teams will collect hundreds

of thousands of petitions, help generate 10,000 calls to senators, and organize visibility events encouraging each congressional delegation to take strong environmental action. As part of this effort Environment Maryland will generate 7,220 petitions and spend over \$136,000 on other efforts to demonstrate the public's support for Maryland's senators to intensify their efforts to defend clean air and clean water.

“We're living in challenging times,” added Folger. “On the one hand, special interests, the Trump administration and some in Congress are stuck in old ways of thinking, as if environmental protection was a luxury we couldn't afford. On the other hand, the science has never been clearer, there's never been as much mobilized public support as there is today for a clean and healthy environment, and the means for achieving it are well within our reach. I'm confident our campaign will help galvanize the public, and make sure people's voices are heard loud and clear. Together, I know we'll find the way to protect the environmental values we share and the places we love. Our families and our future depend on it.”

AIR QUALITY BEGINS WITH YOU

Air quality is improving in the Washington metropolitan region but there is more work to be done. Ground level ozone is a harmful pollutant found in the air that can cause shortness of breath, aggravate asthma and pose other respiratory challenges. It forms when pollutants emitted by cars, power plants and other sources chemically react in the presence of sunlight.

Here are some things you can do to reduce ground level ozone, improve our air quality and breathe easier:

- ▶ Conserve electricity and reduce the demand for power generation;
- ▶ Reduce emissions by sharing a ride or walking to your destination; and
- ▶ Consider manual or electric-powered lawn and garden maintenance equipment when replacing a gasoline-powered mower.

Environment America logo