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24th Annual 'Hoops 4 Peace' **Anti-Violence Youth Summit Returns** to Seat Pleasant This August

Free Annual Event Provides Youth With Encouragement and Resources for Overcoming Adversity and Self-Defeating Barriers

By DIVINA FISHER and JEN SHECKELS

SEAT PLEASANT, MD—Community Kinship Coalition, Inc. (CKC) announced June 21, 2018 that it will host its 24th Annual Hoops 4 Peace Anti-Violence Youth Summit on Saturday, August 4, 2018, at the Seat Pleasant Activity Center.

A highlight of the Hoops 4 Peace event is the annual 3-on-3 Celebrity Hoops Alumni Basketball Tournament. In a release distributed on July 5, 2018 the communications office of local pro



team PG Valor announced that they have been challenged to compete against the CKC alumni team this year. "This is truly an exciting time for PG Valor as one of our missions is to donate any time and resources that we are able to back to the community that I grew up in and love," stated LaDonna M. Smith, owner of PG Valor and a native of Fairmount Heights. "Many members of our communities utilize the Seat Pleasant Recreation Center, myself included. It is an honor and truly humbling to have George Hodge partner with me [for this event]."

Having experienced the anger, frustration, and loss associated with growing up in the inner city firsthand, CKC's founder and Executive Director, George Hodge, was befriended by a man early on who pro-

PHOTOGRAPH COURTESY OF ASHLEIGHH

After successfully completing their workshops at the 2017 'Hoops 4 Peace' Anti-Violence Summit, participants engaged in the annual 3-on-3 **Celebrity Hoops Alumni Basketball Tournament.**

vided the direction he needed. He took those powerful emotions "to court," turning to basketball as a means of release. That mentor reminded him to never forget his roots. "I have been working to pass the torch along ever since," said Hodge in during an earlier interview.

Hodge has dedicated his life to empowering young people with the knowledge and resources they need to traverse the many issues they face today. He stresses the importance of "continuing their development as a person," beyond the basketball court, and strives to promote those necessary life-skills. In recognition of the growing need for innovative youth intervention programs targeting at-risk youth in Prince George's County, he founded the Community Kinship Coalition, Inc. in 1987. One of the primary projects of the organization has been the annual Hoops 4 Peace event.

This year, the 2018 Hoops 4 Peace Youth Summit will feature speakers and advocates from within the community, offer empowering workshops covering a various array of topics such as HIV, AIDS, and Hepatitis C, substance abuse, domestic violence, conflict resolution, health and wellness, mental health, financial and academic empowerment, and provide a lot of helpful resources.

The keynote speaker for this year's event will be William "BJ" Paige. A noted motivational speaker, facilitator, and life coach, Paige is the founder of Boys 2

See HOOPS 4 PEACE Page A3

County Council Opposes Proposed Transfer of B/W Parkway

Council Expresses Strong Opposition to the Transfer of the Baltimore-Washington Parkway from the National Park Service

By PRESS OFFICER

Prince George's County Council

UPPER MARLBORO, MD (July 17, 2018)—The Prince George's County Council, during a session on Tuesday, July 17, authorized the Chair's signature on a letter to Maryland Governor Larry Hogan expressing strong opposition to the transfer of the Baltimore-Washington Parkway from the United States Park Service to the state of Maryland.

Governor Hogan's highway expansion plan includes widening a portion of the Baltimore-Washington Parkway and adding express toll lanes. Expanding I-295 would require the federal government to transfer the highway to the state of Maryland.

The Baltimore-Washington Parkway, completed in 1954, stretches 32 miles across Maryland and connects the cities of Baltimore and Washington, improving connectivity and providing access to locations of public interest. Despite substantial development since its construction, the Baltimore-Washington Parkway has maintained its forest-lined lanes and natural aesthetic.

The letter supports Council Resolution CR-24-2018, adopted in April, declaring the Council's opposition to the proposal to transfer the Baltimore-Washington Parkway from the National Park Service to the state of Maryland. The legislation notes the transfer could result in the establishment of toll lanes resulting in costly ridership.

To review the Council Resolution or the letter that supports it, visit https://princegeorgescountymd.legistar.com/LegislationDetail.aspx?ID=34850 53&GUID=525BA2DC-8D90-4833-BDCA-02774B3036C6.

Hogan Announces College Affordability and Student **Debt Relief Initiatives**

Includes Additional \$385 Million Commitment, New "SmartStart" Portal; Higher Education Funding Tops \$7 Billion Under Hogan Administration

By PRESS OFFICER MD Governor's Office

ANNAPOLIS, MD (July 16, 2018)—Governor Larry Hogan today announced a comprehensive series of initiatives to make a college education more affordable and provide relief to Marylanders burdened by student debt. Governor Hogan made the announcement at the Universities at Shady Grove campus in Rockville, Md.

The governor was joined by University System of Maryland Chancellor Dr. Robert Caret, Maryland Secretary of Higher Education Dr. James Fielder, Executive Director of the Maryland Department of Budget and Management's Office of Personnel Services and Benefits Cindy Kollner, and Deputy Chief of Staff Tiffany Robinson. Also attending were university presidents and personnel including University of Maryland Baltimore County President Freeman Hrabowski, University of Maryland Baltimore President Jay Perman, University of Baltimore President Kurt Schmoke, Bowie State President Aminta Breaux,

University of Maryland University College Chief Academic Officer Alan Drimmer, and University of Maryland Provost Mary Ann Rankin, as well as students participating in the Governor's Summer Internship Program.

"In Maryland, nearly 60 percent of all of our college students are graduating with thousands of dollars in student debt. This financial burden is preventing young Marylanders from achieving financial security and has become a roadblock to home ownership and saving for retirement," said Governor Larry Hogan. "That changes today, as we provide real and pragmatic solutions for our students and continue to invest, a record \$7 billion, into making college affordable and relieving crushing student loan debt."

Governor Hogan announced that he will reintroduce the administration's Student Debt Relief Act as emergency legislation on the first day of the 2019 legislative session, allowing Marylanders to deduct 100

See DEBT RELIEF Page A3



Prince George's Sierra Club Presents 2018 Environmental Award to Environment Director, Former Mayor Adam C. Ortiz

By PRESS OFFICER

Prince George's Sierra Club

COLLEGE PARK, MD (July 12, 2018)—The Prince George's Sierra Club has awarded its 2018 Walter "Mike" Maloney Environmental Service Award to Director of the County's Department of the Environment and former Edmonston Mayor, Adam C. Ortiz. The award is presented annually to a County resident for excellence in environmental leadership.

"This award honors Adam Ortiz's outstanding leadership

in promoting environmental made major progress in reducsustainability in Prince George's County," said Martha Ainsworth, Chair of the Prince George's Sierra Club Group. "As mayor of Edmonston from 2005-2011, he spearheaded Maryland's first complete Green Street that has successfully captured and filtered stormwater runoff, prevented chronic flooding, and improved the quality of life of its residents. Under his leadership as Director of the Prince George's County Department of Environment since 2012, the county has

ing stormwater runoff through the Clean Water Partnership and in moving the department and the county closer to a Zero Waste policy in principle and on the ground."

Edmondson's Green Street

Edmonston is a working-class Port Town of about 1,500 people that straddles the Anacostia River, with a history of severe flooding. Levees and a pumping station were not adequate to protect the town, while stormwater runoff from impervious surfaces that

PHOTOGRAPH COURTESY

OF SARAH STILLERMAN

(At left): Adam C. Ortiz (right) receives the 2018 **Environmental Service Award** from Martha Ainsworth Chair of the Prince George's Sierra Club Group, at Watkins Regional Park.

come with development was creating a separate flooding problem. During Ortiz's tenure as mayor, Edmonston adopted a two-pronged solution. The County financed a new \$6 million pumping station that used three enormous Archimedes screws to lift floodwater out of the town and over the levee. At the same time, Mayor Ortiz sought to reduce stormwater runoff and beautify the town by combining stormwater mitigation and sustainability measures to transform Decatur Street, the main thoroughfare, into a "complete Green Street."

The Green Street was one of the shovel-ready projects financed by the Obama Administration's stimulus program, supplemented by a grant from the Chesapeake Bay Trust and town funds. Decatur Street was narrowed. Rain gardens between the curb and the sidewalk and permeable pavement were installed to capture and filter stormwater on its way to the Anacostia, improving water quality and reducing flooding. Sidewalks were widened, street

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INSIDE

be reorganized, realigned, reclassified or eliminated. Employees facing job eliminations may apply for vacant positions elsewhere in the system based on their skills, background

Towns and Neighbors, Page A2

PGCPS Announces Central

Several offices and positions will

Office Reorganization

and expertise.

University of Maryland Prince George's Hospital Center Cardiac Surgery Program Earns Highest Quality Rating for the Third Time

UM PGHC's Cardiac Surgery Program received a "3-star" rating from STS, which is the highest available rating and achieved by only 12 to 15 percent of the 1,054 hospitals ranked nationwide ...

Community, Page A3

America Will Be!

America must continue to struggle as hard as necessary to live up to the creed enunciated in the Declaration of Independence but not yet a reality for millions of excluded and marginalized children, women and men .. still fighting to access America's promise of equal opportunity ...

Commentary, Page A4

Movie Review: Uncle Drew

... while Howery is a funny comic, Jay Longino's screenplay doesn't give him much to work with. The oldtimers are a farce, of course, but there's enough relatable material in their interactions to ground the film.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

Are modern-day hunting practices having any noticeable evolutionary or behavioral effects on wildlife populations?

-Bill Cochrane, New York, NY

Features, Page AX

TOWNS and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Suitland High Alumna Pleads for Kidney Donor

Susan Diederick, a 1966 graduate of Suitland High School and former District Heights resident, is in desperate need of help and has sent out, via Facebook, this message:

"Please share this request. I am in need of a live kidney donor. As most all of you know, I was in the hospital for 3 months since January when my kidneys shut down. I have tried both types of dialysis (peritoneal and hemodialysis) and neither is a good option for me. Best bet for a good outcome is a live donor. Must have type "O" blood, a nonsmoker, in good health, and a BMI of less than 35. My insurance pays your expenses. If you are willing and able to help, please contact me through FB and we can discuss further. God Bless You if you are even considering helping."

Sue Stine McConkey Mason sent me this information and adds, "Even if you don't know her, please pass this message on to others so the word can get around. You never know who can help.'

People

Granddaughter Claire Mudd, a summer intern at the Capitol, has memorized all 100 Senators and can identify them, and their State, on sight. This week, thanks to my cousin Diane and to Claire, I had lunch in the Senate Dining Room with them and my daughter and sonin-law Sheila and John Mudd. Claire identified for us 23 Senators, including Maryland Senators Ben Cardin and Chris Van Hollen. (Delicious lunch, by the way.)

Col. E. John Teichert, Commander of the 11th Wing at Joint Base Andrews, has issued a big Thank You to everyone he's worked with. And he thanked those of us outside the gate: "As I leave this incredible place, I want to use this last opportunity to thank our friends outside the gate for your enduring support of our Airmen, Sailors, Soldiers and Marines over these last two years."

Peg Richardson emailed, "In the Memories from 1958, that should read Harry Richardson, not Barry Richardson. Harry was my dad." And she sent a photo of Harry and Elmer Hicks on guitar. Thanks, Peg.

Academia

Morningside School (officially known as Imagine Foundations at Morningside Public Charter School) will have a new principal in the coming school year, Jessica Johnson. Also, Imagine officials have renewed the school's charter for three years.

St. Philip's School, in Camp Springs, has a new principal, Stephen O'Shaughnessy. His 4-year-old son Liam will also attend St. Philip's.

Changing Landscape

The landscape would look lots better if political candidates—both winners and losers-would remove their posters!

Some progress at the intersection of Allentown and Suitland: a nearly finished sidewalk now allows those staying at the motel to cross Suitland Road to get a Big Mac at McDonald's.

Family Movies at **National Harbor**

Pack your chairs, grab food to go from one of the delicious dining establishments, and meet at the Plaza screen for a free evening of fun! Coming up on Sundays: July 29, *Charlie and the Chocolate Factory;* Aug. 5, Maleficent; Aug. 12, The Little Mermaid; Aug. 19, The Chronicles of Narnia: The Lion, The Witch, and the Wardrobe; and Aug. 26, Annie (2014 version). Free family movies continue on Sunday nights through September.

There are also free Date Movies (a little more adult) on Thursdays at 7:00 PM through September.

Morningside Memories: 1978

Groundbreaking for Michael Pol-Skyline School with County Coun- 29; Helen Rawlett and Helen cilman William Amonett, guest Cordero, July 30; John Short, Paula speaker. Pastor R. W. Fry of Morn- Boxley and Howard C. Booth, July

invocation and the Morningside Kedettes entertained.

Mike Polley was remembered for his contribution to the Morningside community. He attended local schools, graduated from Crossland and the University of Maryland. He played Morningside sports and was one of my Cub Scouts. He headed the Morningside-Skyline Recreation Council and the Morningside Youth Council. A County agency named him Outstanding Young Man of the Year. He bought a home in Morningside and hoped to be Mayor one day, but he died of cancer August 23, 1976. He was only 23.

May They Rest in Peace

John Roger "Johnny" Sansbury, Jr., 76, of Upper Marlboro, a lifetime member of the Forestville Volunteer Fire Dept., died July 7. He was a County firefighter for 22 years, reaching the rank of lieutenant. He served as President of County Fire Dept. Union Local 1619. He was an avid hunter, golfer, fisherman and a charter boat captain. He was the husband of Shelly (Suitland High, Class of '64); father of Greg, Sherri, Dianna, Christina, and John. He also leaves grand- and great-grandchildren.

Harry Taylor, Jr., a lawyer who practiced in Washington, Upper Marlboro, and Brandywine from the 1950s to the 1980s, died May 31 at a retirement community Solomons. A native of Honolulu, he settled here after WWII. He was a Republican member of the Maryland House of Delegates in the 1950s, a delegate to the Maryland Constitutional Convention in 1968, and for 25 years was master of the De La Brooke foxhunt.

Milestones

Happy birthday to Floyd Shields, Connie Robbins and Patricia Rosetta, July 27; Matthew Gryskewicz, Kenny Hunt and Jason ley Park was held Oct. 5, 1978, at Nichols, July 28; Gary Barnes, July ingside Baptist Church offered the 31; and Carolyn Dade, Aug. 1.

Brandywine-Aquasco

by Audrey Johnson 301-888-2153

50TH WEDDING ANNIVERSARY CELEBRATION

Daniel and Carolyn Glee who live in Upper Marlboro, Maryland celebrated their 50th Wedding Anniversary on June 30, 2018 at Washington Navy Yard. Daniel and Carolyn Glee were married at Vermont Avenue Baptist Church in Washington, D.C. on June 29, 1968. They have been blessed with two daughters, Melissa McGuire (Tamer) and Monica Proctor (Glenn). Daniel and Carolyn have three grandchildren that they cherish, Melissa's son Vincent Woodward, Monica's son Maleke Glee and daughter Alexis Proctor.

The celebration consisted of a procession, followed by Declaration of Intentions by Alexis Proctor and Vincent Woodward. A greeting was given by Melissa McGuire and the blessing of food by Linda Jones, followed by dinner. Celebration continued with an Anniversary Presentation, scripture reading by Tamer McGuire, celebratory remarks by Monica Proctor, Maleke Glee and Melissa McGuire. Rudell Jones provided the musical selections and the couple delivered celebratory remarks.

Daniel and Carolyn have been blessed on their 50 year journey with the love, support and friendship of family, co-workers, old and new neighbors. They remain dedicated to their marriage and family. Daniel and Carolyn pray for many more years together. God has been good to them.

"We would like to thank our friends and family for joining us on this special day. We will continue to cherish all of the precious memories."—Daniel and Carolyn Glee

JULY BIRTHDAY CELEBRATIONS

Happy Birthday to Timothy Edwards, Joe Thatcher, Bob Miley, Ezra Prah, Barbara Burdette, Betty King, Anthony Ayden Jones, Alma Pinkney, Trevor Bourne, Osama Omoregbe, Anston Williams, Wayne Baker, Shirley Young, Marc Shipp, Sally Davies and Etinosa Omoregbe who are Clinton United Methodist Church members celebrating their birthdays during the month of July.

JULY WEDDING

ANNIVERSARIES Happy Wedding Anniversary and congratulations to Karl & Romonia Pinkney who celebrated their anniversary on July 12, Ulric & Veronica Thomas who celebrated their anniversary on July 24. Both couples are members of Clinton United Methodist Church.

SUSAN G. KOMEN RACE FOR THE CURE

Westphalia United Methodist Women invite you to join the Westphalia Team Race (Rev. Dr. Timothy West Senior Pastor). Race for the Cure is Saturday September 8, 2018, starting at 8:00 AM at Freedom Plaza—14th Street and Pennsylvania Ave. NW, Washington, D.C. Visit our website: www.westphaliaum.org, phone (301) 735-9373 or email: umwomen@westphalliaum.org.

CRAB FEAST

Join us Sunday, September 30, 2018 from 2:00 PM-6:00 PM for an "ALL YOU CAN EAT" CRAB FEAST at St. Phillip's Church Hall— 13801 Baden Westwood Road, Brandywine, Maryland. Food will include fried chicken, hot dogs, bake beans, corn on the cob, iced tea, and soda. Event is sponsored by the Peter A. Gross, Sr. Scholarship/Memorial Fund, Inc.

Tickets cost \$55.00 in advance, \$65.00 at door. For information or tickets please call Michele Chase (240-882-3369), Vivian Rich (804-301-9530). Shirley Cleaves (302-690-4260), or Ruby Hinnant (301-943-2816).

45TH ANNIVERSARY

Christ United Methodist Church (New Hope Fellowship Parish) in Aquasco, Maryland celebrated their 45th Anniversary (1973–2018; previous history 1868-1973) on Sunday, July 15, 2018 at 11:00 AM. Theme: Faith Without Works is Dead (James 2:26). Rev. Constance Smith, Pastor, Rev. Dr. Rebecca Iannicelli, Washington East District Superintendent and Rev. LaTrelle Easterling, Resident Bishop.

The guest speaker was Rev. Walter Skinner, Jr., a native of Washington, D.C., who was ordained under the leadership of Pastor Phillip L. Pointer, Sr. He currently serves under Dr. Rev. Anthony Moore, the pastor of Carolina Missionary Baptist Church, Fort Washington, Maryland. He is a father, leader, and businessman who is not ashamed of the gospel or his testimony, "That God Is Able." Rev. Skinner is the son of Lillie Skinner who resides in Brandywine, Maryland.

Rev. Walter L. Skinner, Jr., was educated in Prince George's County Maryland School System and attended International Union Decorators Trade School where he received his Journeymen's License. Rev.

Around the County

PGCPS Announces **Central Office** Reorganization

Goldson: Redirected Funds and Services Will Better Support Students and Families

By PRESS OFFICER P.G. County Public Schools

UPPER MARLBORO, MD (July 19, 2018)—Today, Dr. Monica E. Goldson, Acting Chief Executive Officer, announced a reorganization of central office executive-level and managerial positions within Prince George's County Public Schools (PGCPS) to redirect funds and resources to schools.

All non-essential central office hiring is frozen until further notice. Several offices and positions will be reorganized, realigned, reclassified or eliminated. Employees facing job eliminations may apply for vacant positions elsewhere in the system based on their skills, background and expertise. Job reclassifications will be addressed after the start of the 2018-

'Our community has spoken loudly about the need to give schools as many resources for teaching and learning as the system can support," said Dr. Goldson. "There are concerns about the size of our executive leadership team. My goal is to identify at least \$1 million in position eliminations and reclassifications from this reorganization in order to improve school services."

The updated central office organization chart eliminates two deputy superintendent positions under a more streamlined model commonly used in large urban school systems. There are three newly-created positions: Chief Accountability Officer, Chief of Special Education and Student Services, and Chief of School Leadership and Support.

"This model will enhance school oversight, reduce bureaucratic excess and improve central office transparency and accountability," said Dr. Goldson. "My focus is on strengthening system oversight and delivery of instruction in our schools."

Key leadership vacancies, including the Chief Financial Officer position, will be filled prior to the new school year.

Prince George's County Public Schools (PGCPS), one of the nation's 25 largest school districts, has 208 schools and centers, more than 130,000 students and nearly 19,000 employees. The school system serves a diverse student population from urban, suburban and rural communities located in the Washington, D.C. suburbs. PGCPS is nationally recognized for innovative programs and initiatives that provide students with unique learning opportunities, including arts integration, environmental and financial literacy, and language immersion.

Spotlight on Local Students

SCHOLARSHIP:

CHERRY HILL, NJ (June 29, 2018)— The Heroes' Legacy Scholarship Program announced that Aiyana Harris of Brandywine, MD was among those awarded with the 2018 Heroes' Legacy Scholarships for Children of Fallen or Disabled Service Members.

The scholarship grants for this special program are principally underwritten by the author's after tax proceeds from the book Of Thee I Sing: A Letter to My Daughters, written by President Barack Obama, as well as corporate sponsorships and private donations.

Aiyana is attending Towson University, majoring in Athletic Training.

The Heroes' Legacy Scholarships for Children of Fallen or Disabled Service Members is administered by the Fisher House Foundation through Scholarship Managers, a professional scholarship management services organization located in Cherry Hill, New Jersey.

GRADUATES:

NORTHFIELD, MN (July 3, 2018)—St. Olaf College announces Michael Joosten of Fort Washington, Md. graduated with a degree in Environmental Studies.

WOODLAND PARK, NJ (July 5, 2018)—Berkeley University proudly announces that Doris Velazquez of Upper Marlboro, Md. graduated, with honors, and earned her Bachelor of Business Administration in Fashion Merchandising and Management degree.

WICHITA, KS (July 11, 2018)—Wichita State University announced two local students have completed their bachelor's degrees: Whitley N Quan of Greenbelt, Md., Bachelor of Science, Biological Sciences, and Javona M Pearsall of Spring-

dale, Md., BS in Nursing, Nursing-Accelerated BSN, Cum Laude.

LENEXA, KS (July 12, 2018)—Grantham University announces that **Jerome Bruce** of Bowie, Md. graduated with an online Master Business Administration degree.

HAYS, KS (July 20, 2018)-The following local students were among the 2,409 who completed associate, bachelor's or graduate degrees at Fort Hays State University in the spring 2018 semester: Kristie S. Sohn-Chung of Bowie, Md., Bachelor of General Studies (Psychological); Chelsea Santiago of Largo, Md., Bachelor of Arts in Political Science; Yordanos B. Tewolde of Laurel, Md., Bachelor of Science in Nursing; Elie Ledoux Tcheimegni of Silver Spring, Md., Education Specialist degree in Advanced Professional Studies.

ACADEMIC HONORS:

MINNEAPOLIS / ST. PAUL, MN (July 5, 2018)—University of Minnesota Twin Cities announces that Roslyn J Brehl of Mount Rainier, Md. was named to the Dean's List for academic achievements in the 2018 Spring semester.

MADISON, WI (July 9, 2018)—The University of Wisconsin-Madison has recognized two students named to the Dean's List for the spring semester of the 2017-2018 academic year: Kevin Crosby of Brandywine, Md., College of Agricultural & Life Sciences, and Joziah Mays of Fort Washington, Md., College of Letters and Science.

WICHITA, KS (July 11, 2018)—Wichita State University announces that Javona M Pearsall of Springdale, Md. was named to the dean's honor roll for spring 2018.

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Skinner's spiritual journey started at Christ United Methodist Church, where he encountered God's call on his life in 1990. After surrendering his life to Christ, he attended Richmond, Virginia Seminary where he has completed numerous courses in his pursuit of a Bachelor of Theology Degree.

He travels preaching and teaching about the love of Jesus. This goal along with many others is the vision that drives this faithful, anointed man of God, to run on and see what the end is going to be.

Correction from the July 19, 2018 edition:

Last week we reported on the Parks and Recreation's Make A Splash swimming initiative. Unfortunately after going to press, word was received that all Make a Splash Initiative activities have ended. We apologize for any confusion this may have caused. The Parks and Recreation Department still offers low cost swim lessons for ages 6 months and up for anyone interested. You can find more information on their website at http://www.mncppc.org/ 1036/Swimming-Lessons, or by calling 301-699-2255 (TTY: 301-699-2544).

COMMUNITY

The American Counseling Association's **Counseling Corner**

Learning How to Handle Stress in Your Life

Whether it's the news out of Washington, work problems or just the daily issues of life in today's world, there are plenty of things to stress us out.

The stress of certain big events, such as house purchases, job changes, or the loss of a loved one, has been shown to affect our health and perhaps even our life span. But most sources of stress are much smaller things we can learn to control and even to direct their effects.

Stress has the potential to motivate us and to help us focus. It's a remnant of when our cave-dwelling ancestors had to be always alert and ready to act in order to survive.

Today, it's important to learn to handle the sources of stress in your life in order to keep them under control. A good starting point is to analyze how stress affects you. Does it make you feel irritated, physically tense or prone to headaches? Or do you feel jumpy, or very talkative, or maybe quiet and listless?

When you start to see what stress does to you, you can begin to look for better ways to handle your reactions. If stress seems to give you energy, try to channel it in appropriate directions and use that energy productively. This can mean taking

Stress is a given in our lives. a walk, cleaning out a closet, or another physical activity that gets you away from the source of stress and allows you to redirect that stress-induced energy.

> If stressful events leave you listless, take time to rest and get back on track—maybe a few minutes for meditation, or something relaxing like gardening, reading or listening to music. Your goal is to find a pleasant activity rather than just facing the unpleasant reactions stress can bring.

> As you learn to handle your stress, you also want to look at why you're feeling stressed to begin with. Make a list of situations and activities that prompt stressful feelings for you. As you develop such lists, try to analyze the fears that make these situations stressful.

Managing stress can take work, but if you find the stress in your life overwhelming, consider talking to a professional counselor. He or she can provide stress management tools to help reduce stress levels and allow you to use your stress for more positive outcomes.

Counseling Corner is provided by the American Counseling Association. Send comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org.

University of Maryland Prince George's **Hospital Center Cardiac Surgery Program Earns Highest Possible Quality Rating for the Third Time**

By PRESS OFFICER **UM Capital Region Health**

CHEVERLY, MD (July 12, 2018)—The Cardiac Surgery Program at University of Maryland Prince George's Hospital Center (UM PGHC) continues its successful track record, earning the highest rating from the Society of Thoracic Surgeons (STS) for the quality of the hospital's Coronary Artery Bypass Grafting (CABG) procedure for the last three out of four reporting periods. CABG (often referred to as "cabbage") is the most common type of open heart surgery, improving blood flow to the heart by bypassing clogged arteries.

UM PGHC's Cardiac Surgery Program received a "3-star" rating from STS, which is the highest available rating and achieved by only 12 to 15 percent of the 1,054 hospitals ranked nationwide during the most recent reporting period, January through December 2017. In addition to earning this high quality rating, the program has also achieved consistently high patient satisfaction scores and a shorter than average hos-

"Since re-launching the program in 2014 we have seen tremendous success serving the cardiac surgery needs of area residents who previously needed to seek care elsewhere," said Jamie Brown, Md., a cardiothoracic surgeon who serves as director of cardiac surgery at UM PGHC and Associate

Professor of surgery at the University of Maryland School of Medicine. "We have been able to provide life-saving and life-enhancing care to many patients, performing more than 300 procedures. This recognition by STS reflects the skilled team of professionals committed to serving our patients close to their homes in Prince George's County and the surrounding area."

Cardiac surgery is one of several marquis programs currently at UM Prince George's Hospital Center included in a comprehensive range of advanced clinical services to be offered at the new UM Capital Region Medical Center, which is under construction in Largo, Md. and expected to open in 2021.

The comprehensive rating system, developed by STS, reflects quality and safety improvements based on a national database which accounts for factors including mortality, morbidity, and medications. A "threestar" rating score indicates that University of Maryland Prince George's Hospital Center's performance is statistically significantly better than the national STS average for the CABG procedure. "The Society of Thoracic Surgeons congratulates STS National Database participants who have received three-star ratings," said David M. Shahian, Md., Chair of the STS Council on Quality, Research, and Patient Safety. "Participation in the Database and public reporting demonstrates a commitment to quality improvement in health care delivery and

provides patients and their families with meaningful information to help them make informed decisions about health care."

Providing primary and specialty health care services to Prince George's County and the neighboring area, University of Maryland Capital Region Health was established in September 2017 upon the formal affiliation of the University of Maryland Medical System (UMMS). University of Maryland Capital Region Health operates the University of Maryland Prince George's Hospital Center in Cheverly, University of Maryland Laurel Regional Hospital, University of Maryland Bowie Health Campus, and the University of Maryland Family Health & Wellness Center in Suitland. University of Maryland School of Medicine (SOM) faculty direct several University of Maryland Capital Region Health clinical programs, including anesthesiology, critical care, emergency medicine, neonatology, orthopedics and vascular surgery, and the State's second-busiest Trauma Center. University of Maryland School of Medicine faculty also lead the highly-regarded cardiac surgery program at UM Prince George's Hospital Center. A new state-of-the-art regional medical center is expected to open in Largo in 2021. For more information, visit http://www. umcapitalregion.org/

The Society of Thoracic Surgeons (STS) is a not-for-profit organization that represents more than 7,400 surgeons, researchers, and allied health care professionals worldwide who are dedicated to ensuring the best possible outcomes for surgeries of the heart, lung, and esophagus, as well as other surgical procedures within the chest. The Society's mission is to enhance the ability of cardiothoracic surgeons to provide the highest quality patient care through education, research, and advocacy. www.sts.org

Debt Relief from A1

percent of the interest paid on their student loans from their income tax return.

The proposed legislation will also expand the Maryland Community College Promise Scholarship Program to include fouryear Maryland public institutions. Students who qualify for the Promise Scholarship and fulfill the requirements by graduating from community college with an associate's degree while maintaining at least a 2.3 GPA will receive free tuition for the remaining two years.

The governor also announced that the administration will double the deduction for families participating in Maryland 529 savings plans from \$2,500 to \$5,000. In total, today's announcements provide an additional \$385 million over five years in funding for college affordability and savings for Marylanders struggling with student debt.

To make navigating the paths to college tuition and debt assistance more streamlined and

user-friendly, Governor Hogan announced the launch of a comprehensive initiative known as "SmartStart" for prospective college students, college graduates, and their parents. Smart-Start has three components: SmartSave, SmartBuy, and SmartWork, which will collectively ensure that all Marylanders are fully equipped to make the most of their higher educa-

 Maryland SmartBuy helps homebuyers with qualifying student debt purchase a home. Today's \$3 million expansion to the program, and Hogan administration commitment to double to \$6 million in funding over the next year, works by paying off student debt during the purchase of the home through special Maryland Mortgage Program (MMP) financing. Maryland SmartBuy involves the purchase of move-inready homes currently owned by, and available from, the State of Maryland. Coming early August 2018, Maryland SmartBuy 2.0, a limited-time program, will provide an opportunity for homebuyers to purchase any home in Maryland that meets MMP guidelines while paying off student debt.

• Maryland SmartWork will offer Maryland state employees working in specified shortage areas-such as correctional officers, nurses, and IT workers the opportunity to receive state assistance to repay their student loans. Current state employees working in those areas that are paying down their children's student loans also qualify for this benefit. To enact this program, the governor signed Executive Order 01.01.2018.17, Student Loan Repayment Benefits to Re-

lieve State Workforce Shortages. • Maryland SmartSave is an extensive resource of financial aid programs in the form of grants, scholarships, and other awards to help pay for furthering education. Financial aid can come in the form of grants, work, student loans, parent loans, scholarships, and other awards.

The new comprehensive SmartStart website can be found at SmartStart.Maryland.gov.

Since taking office, Governor Hogan has invested more than \$7.1 billion in higher education and has diligently worked with Maryland's public colleges and universities to cap tuition growth at two percent annually for Maryland residents at these schools, a commitment the governor reaffirmed today.

"Governor Hogan has demonstrated a true understanding of education's critical role and its im pact on Maryland's workforce, economy, and quality of life," said Chancellor Caret. "The governor's vision, which is shared by the University System of Maryland, will create more high-paying jobs in Maryland, more educated citizens to lead the state, and a better quality of life for all."

"Governor Hogan's education priorities set a new standard of student achievement by allowing for affordable access to higher education," said Secretary Fielder. "It is through the governor's leadership that we can promote access, affordability, and innovation to fulfill our goal of increasing student success with less debt.'

Entrepreneurs Learn How to Start Their Businesses With an Exit Plan

PGCEDC Innovation Station Accelerator Hosts Seminar Series to Empower Small Business Community



(Left to right): Paul Herrmann, JGL, PA; David Lewis, EDC Business Development Dir.; Bob Sammis, Principal at Business Transition Advisors; Jim Coleman, EDC President and CEO; Peter De Angelo, Partner at Business Transition Advisors; and Alicia Moran, EDC Small Business Resources Manager

By PRESS OFFICER PGCEDC

LARGO, MD (July 18, 2018)— Yesterday, over 30 Prince George's County business owners met at the PGCEDC's Innovation Station Accelerator to learn how to set up a solid exit strategy for their companies. Experts Bob Sammis and Peter De Angelo of the Business Transition Advisors shared tips and tools that will lead to a successful plan of succession. EDC President and Chief 'Excitement' Officer Jim Coleman was exuberant to host another seminar in a series geared towards supporting

the small business community. "We launched Innovation Station to give our small businesses everything they need to succeed," said Coleman. "Most entrepreneurs start their businesses without a viable plan of succession and today, they were given the tools to secure their legacy. Creating generational wealth through an effective exit strategy is how our entrepreneurs will secure their legacy. I couldn't be happier to have our friends from the Business Transition Advisors here to empower the County's small business community."

The EDC partnered with

Business Transition Advisors to bring the concept of exit strategies to the forefront of the business planning process. Bob Sammis, Principal at Business Transition emphasized the importance of entrepreneurs thinking about their exit strategy from the company from day one of operations.

"It is vitally important to put together an exit plan," said Sammis. "I'm a big believer in planning for the unexpected because it usually shows up. If that happens and there is no succession plan in place, that is a problem. That's why we work with the owners of closely held businesses to determine what's important, who's important and how their plans of succession should be made."

Yesterday's seminar was the latest installment in a series facilitated by the EDC's Innovation Station Accelerator with the aim to empower the County's small business community and was sponsored by Joseph Greenwald & Laake, PA.

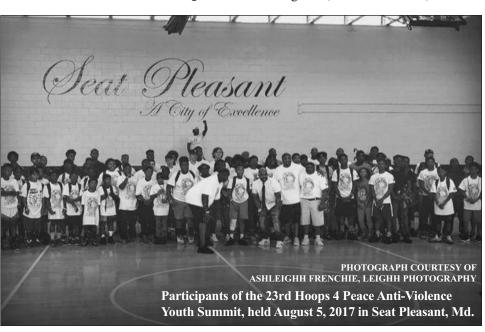
Learn about more business development seminars taking place at the PGCEDC's Innovation Station by visiting www.pgcedc.com/events or follow the EDC on social media @PGCEDC.

Hoops 4 Peace from A1

Bowties, a nonprofit mentorship organization aimed at supporting adolescent youth ages 8–18 through workshops, mentors, and consultations to positively change their outlooks and lives. He serves on several civic-based programs that focus on services such as feeding the underserved and providing re-entry programs for released offenders. He also serves as the Youth Advisor on the Executive Committee for NAACP, Prince George's County Branch. He is currently a Youth Business Consultant for the KEYS Program at

Prince George's County Economic Development Corporation (PGCEDC) promoting workforce development opportunities.

The event will also feature back-to-school giveaways, awards, vendors and so much more. Who knows? There may even be a dropin visit from NBA superstar and celebrity CKC alumni Kevin Durant. "We never know when he could stop by," said Divina Fisher, Public Relations Director for CKC, during a phone conversation. "But I always tell people 'this could be the year!" In 2013, Durant donated \$150,000 to local community organizations including CKC, who received \$50,000.



The 2018 Hoops 4 Peace Anti-Violence Youth Summit will take place August 4, 2018 from 9:00 AM-5:00 PM at the Seat Pleasant Activity Center, located at 5720 Addison Rd, Seat Pleasant, MD 20743. It is open to youth, ages 8-18 and FREE to the community at large. Registration/RSVP can be made online at http://www.communitykinshipcoalition.org/ or by emailing ckc659@yahoo.com.

Community Kinship Coalition, Inc. is a 501(c)3 community-based organization that provides services to youth and families in Prince George's County, Md. and the Washington metropolitan area for over a decade. Their mission is to empower youth to be productive and successful leaders with high moral character in the 21st century and to ensure that youth and families are empowered and included as active participants in the decision-making process in improving and sustaining livable communities. This unique organization offers individual, group, and family counseling, mentoring, tutoring, educational and vocational enhancement, and entrepreneur training. Additionally, the CKC provides parenting empowerment seminars, youth summits, and fundraisers. For more information, visit http://www.communitykinshipcoalition.org/.

COMMENTARY

Marc Morial, President and CEO

National Urban League



The Passing of Civil Rights Legend John Mack is a Deeply-Felt Loss to the Urban League Movement

"John understood that to truly change hearts and minds in the LAPD, he had to go to work on the inside. And because he was not someone who just shouted in anger and tore things down for the sake of tearing them down, the LAPD saw they could trust him. That's rare leadership."

—Civil Rights Attorney Connie Rice, on John Mack's appointment as Los Angeles Police Commission President

(July 13, 2018)—When Los Angeles was devastated by unrest in the aftermath of the Rodney King trial, the person to whom President George H.W. Bush reached out was Los Angeles Urban League President John Mack. It was John Mack who guided the redevelopment of the neighborhoods shattered by the riots.

It was a familiar role for John, who first arrived in Los Angeles in 1969 just a few years after the infamous Watts riots.

The death of John Mack last month, at age 81, was a tremendous loss to the city, to the Urban League Movement, and to me, personally.

While John's service to the Urban League goes back more than half a century, his association with the leaders of the movement goes back even further. While he was studying for his Master of Social Work degree at Atlanta University (now

Clark Atlanta), he became a protégé of Whitney M. Young, then Dean of the School of Social Work. Just a few short years later, Young would take the helm of the National Urban League and ask John to lead the affiliate in Flint, Michigan.

He was the obvious choice to lead the Los Angeles Urban League in 1969, at the height of the Black Power movement. He called himself a "sane militant" and was unmatched in his ability to channel the city's passion and fury into positive change. He could negotiate as skillfully with street gang members as with mayors and Congress members.

His life was an emblem of the African American journey itself. He was born into the segregated South in 1937 and spent his sum-

See MORIAL Page A8

Benjamin L. Cardin

United States Senator for Maryland



Cardin Calls Trump-Putin Summit, Foreign Trip Detrimental to U.S. National Security Interests, Values

WASHINGTON, D.C. (July 16, 2018)—U.S. Senator Ben Cardin (D-Md.), a senior member of the Senate Foreign Relations Committee who earlier this year commissioned a major report on Vladimir Putin's attacks against democracy, universal values, and the rule of law in Russia and throughout Europe, released the following statement Monday after the conclusion of a summit between President Trump and Mr. Putin in Helsinki, Finland:

"President Trump's conduct in Helsinki was dangerous and flies in the face of how the leader of the free world should conduct themselves on the international stage.

"The president's entire trip abroad in Europe was detrimental to U.S. national security interests and another assault on the values that define us as Americans and as a global leader. The trip was punctuated by a disastrous press conference alongside Vladimir Putin where Mr. Trump said

he did not 'see any reason why it would be' Russia that meddled in our 2016 election, despite his own Intelligence Community unanimously confirming it to be true. Such a statement is deeply disturbing, defies logic, and appears to be the latest gift from the American president to the Russian dictator. Vladimir Putin has shown time and again that if you do not stand up to his aggression, he will continue to push further and grow more dangerous.

"President Trump is unable or unwilling to defend America's interests, values, or friends, or to stand up to adversaries such as Mr. Putin. It is unacceptable conduct from the U.S. president and further evidence that on behalf of the American people, Congress will need to play an even stronger role in U.S. foreign policy to protect the friends, interests, and institutions that help keep our country safe."

The Prince George's Post—Proudly Serving Prince George's County Since 1932

Child Watch

by Marion Wright Edelman



America Will Be!

(July 6, 2018)—In 1935, the brilliant Black poet Langston Hughes wrote "Let America Be America Again." Hughes wasn't looking back to a nostalgic, idealized fantasy of America's past. As he says in the refrain: "America never was America to me." Instead, the poem is about the dream so many people of all colors, backgrounds, faiths, and nationalities have always had of what America should be—the "dream it used to be" of love, opportunity, equality, and freedom for all. That was the "dream so strong, so brave, so true" it drew generations of poor and working-class immigrants here from "dark Ireland's shore, and Poland's plain, and England's grassy lea" to join the farmers, laborers and factory workers—and slaves and Native Americans—on whose backs America was built. His poem draws a stark contrast between the dream and the reality of America's long history of economic and racial oppression and exploitation that left it "almost dead." But it says that American dream must live on:

O, let America be
America again—
The land that never has
been yet—
And yet must be—the land where
every man is free.
The land that's mine—
the poor man's, Indian's,
Negro's, ME—
Who made America,
Whose sweat and blood, whose faith
and pain,
Whose hand at the foundry, whose plow

O, yes,
I say it plain,
America never was America to me,
And yet I swear this oath—
America will be!

Must bring back our mighty dream again. ...

America will be. My late beloved theologian friend Dr. Vincent Harding, close adviser of Dr. Martin Luther King, Jr., quoted this verse as a challenge to all of us: "We can always stop there and complain and complain and complain—'you've never been America to me.' But remember, Langston did not stop there. 'America, you've never been America to me. But I swear this oath—you will be!' I want you, those who are not afraid to swear oaths, to swear that oath for yourself, for your children ... You will be, America. You will be what you could be. You will be what you should be, and I am going to give my life to working for that." And so must we all in these times.

The last weeks and months have given many

of us pause about the viability of America's dream as every day brings new assaults within and without government on American ideals and the hard earned progress made but still not complete. Many in power seem bent on turning the clock backwards and transforming the dream into a nightmare—closing its doors to those seeking freedom, justice, safety and equal opportunity. America is not America right now to many millions within and without our borders as we cruelly separate children and parents seeking a safe haven from repression and violence in their countries and let 13.2 million children live in poverty. So we must speak up and vote massively and demand leaders who will keep moving us towards America's true promise.

America must continue to struggle as hard as necessary to live up to the creed enunciated in the Declaration of Independence but not yet a reality for millions of excluded and marginalized children, women and men-especially those of color—still fighting to access America's promise of equal opportunity and build a safe and just America for themselves and their children and grandchildren. Deep-seated cultural, racial, economic, and gender impediments to a just union challenge us mightily still and must be fought with all our strength. We must remain ever vigilant and never tire of fighting every attempt to turn back the clock of racial and economic progress or allow political and economic self-interest to sully our national dream. We must stand up and fight every new unjust policy that excludes rather than includes all those left behind because they are women, poor, disabled, immigrants seeking a better life in our nation of fellow immigrants, or others seen as without power. It is simply un-American.

Our voices must get louder and our struggle must accelerate and grow into a mighty sustained roar until our political and economic leaders realize that America is not just for the privileged few but for all and that these core values of freedom and justice are under assault. Celebrating another July 4th is hollow if we do not join together to affirm Langston Hughes's dream and build a nation we are proud of because of our human decency.

America will be—if you and I stand up, speak up and vote to make America's light shine bright rather than spread darkness across our world.

Marian Wright Edelman is President of the Children's Defense Fund whose Leave No Child Behind® mission is to ensure every child a Healthy Start, a Head Start, a Fair Start, a Safe Start and a Moral Start in life and successful passage to adulthood with the help of caring families and communities. For more information go to www.childrensdefense.org.

Cong. Chris Van Hollen

United States Senator for Maryland



Van Hollen Statement on Kavanaugh Nomination

WASHINGTON, D.C. (July 9, 2018)—Today, U.S. Senator Chris Van Hollen released the following statement regarding President Trump's nomination of Brett Kavanaugh to the Supreme Court:

paign, Trump established a litmus test for any Supreme Court nominee—saying he would pick someone who would overturn a woman's right to reproductive choice as decided in *Roe v. Wade*.

"The person who fills Justice Kennedy's position on the Supreme Court will have a pivotal role in making decisions that will impact every American for generations to come. Tonight, President Trump had an opportunity to pick a mainstream, consensus Supreme Court nominee who could garner broad bipartisan support. Disappointingly, but not surprisingly, President Trump squandered that opportunity. Instead, by nominating Brett Kavanaugh, President Trump contracted out this important decision to right-wing groups like the Federalist Society and the Heritage Foundation. The result is a highly ideological nominee who cannot be trusted to be a fair and impartial administrator of justice. The risk is compounded by the fact that, during his presidential campaign, Trump established a litmus test for any Supreme Court nominee—saying he would pick someone who would overturn a woman's right to reproductive choice as decided in *Roe v. Wade*. He also stated that women who exercise that choice should be subjected to "some form of punishment." The lists assembled by the Federalist Society and the Heritage Foundation were compiled with that litmus test in mind.

"In addition to protecting a woman's right to choose, the Supreme Court will make other key decisions on fundamental issues like civil rights, voting rights, freedom of the press, environmental protections, workers' rights, and the undemocratic flood of secret money in elections. Day after day, President Trump has shown his disdain for the rule of law and principles of fairness and equal justice under the law. And, at this moment, the Trump Administration is supporting an effort to get the courts to overturn key healthcare protections for the tens of

millions of Americans with preexisting conditions.

"With so much at stake, we needed a nominee who can give the country confidence that he will be impartial and will adhere to the principles in the Constitution and the laws established by the Congress. What Donald Trump demanded—and what we now have—is something very different. Brett Kavanaugh has a public record that has already been well-examined. In fact, he only ended up on this pre-vetted, right-wing list because he was open to using the courts to push the Republicans' activist agenda. I expect hearings and floor debate will further underscore these concerns.

"People in Maryland and across the country need and deserve a Supreme Court justice who will stand up for liberty and justice for all—not someone preselected by right-wing groups who consistently sides with powerful special interests over the rights of workers, consumers, and individuals. Brett Kavanaugh simply does not meet that basic standard, and I cannot support his nomination to the Supreme Court."

Do you have news or events to share? We'd love to hear from you!

Email the editor at pgpost@gmail.com



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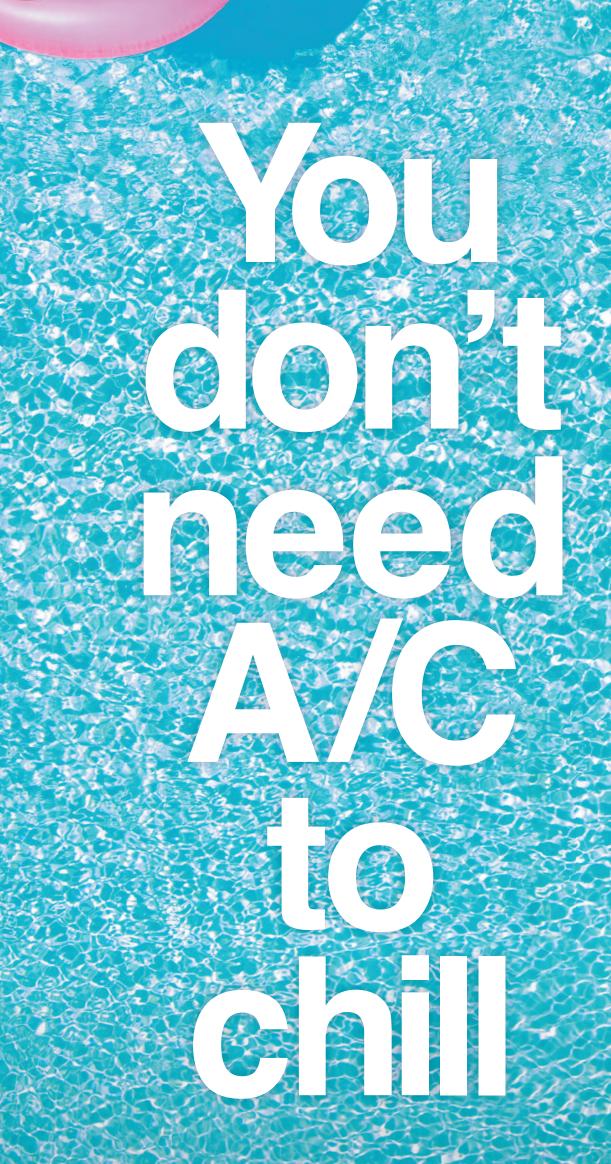
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Save Money on Peak Savings Days

This summer, you can relax and save money by saving energy.
On Pepco's Peak Savings Days, the less energy you use
the more money you could save on your bill.

Learn more at pepco.com/peak



An Exelon Company

OUT on the TOWN

NOW PLAYING

Summer Movie Nights in Your Own Backyard

(StatePoint)—Looking for a way to get the most out of your summer evenings? Make it a night at the drive-in at home! With the right equipment and planning, you can easily enjoy your favorite movies under the stars, right in your own backyard. Here are a few simple steps for bringing your new favorite tradition to life.

The Setup

Designing your outdoor screening space is a simple process. To begin, determine where your screen should be placed. You will want your screen positioned where there is minimal light once the house lights are off and the sun has set. There should be ample space for guest seating, and room for the projector's image throw distance. For optimal image quality, your projector should be elevated.

For seating, an assortment of lawn chairs, floor chairs, outdoor ottomans and outdoor rugs will accommodate preferences for guests of all ages.

Since you will be limiting ambient light as



much as possible, keeping pathways lit for

safety purposes is a sensible exception. Solar

LED pathway lights are a tasteful accent that

will keep guests safe around tripping hazards.

Select the right projector. Since outdoor

settings include a number of light sources

that are not always within your control, such

as street lights and moonlight, choosing a

projector with the right lumen level for your

space is critical for clear image projection.

As a rule, the more ambient light in your

backyard, the higher you will want your

The second component to consider is

sound. No home theater system is complete

without quality sound, and your outdoor

screening experience is no exception. Your

guests will appreciate an audio source with

enough output to cut through ambient noise.

an all-in-one outdoor movie theater kit, such

as the one offered by Improvements, which

For simplicity and convenience, consider

projector's lumen level to be.

The Basics

is Wi-Fi enabled and features everything your backyard home theater needs, including a 1,200 lumen projector with 800x480 DPI, Bluetooth speaker and a 90-inch screen.

The Extra Details

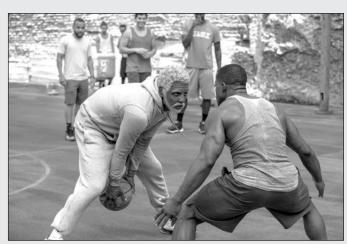
Since you'll most likely be waiting for the sun to set before starting the movie, get creative with activities for both kids and adults to pass the time. It's a smart step to spray the area for bugs before guests arrive, and keep additional pest control solutions on hand.

Hosting an outdoor movie party is a fun opportunity to put a twist on movie theater snacks, especially ideas that can be prepared in advance. However, fresh popcorn is an absolute must.

Creating a drive-in theater in your backyard is easier than you think. With the right equipment, and some planning, the most difficult step will be picking out the movie.

ERIC D. SNIDER'S IN THE DARK ···· Movie Review ····

Uncle Drew



ROTTENTOMATOES.COM

After draining his life savings to enter a team in the Rucker Classic street ball tournament in Harlem, Dax (LilRel Howery) is dealt a series of unfortunate setbacks, including losing his team to his longtime rival (Nick Kroll). Desperate to win the tournament and the cash prize, Dax stumbles upon the man, the myth, the legend Uncle Drew (NBA All-Star Kyrie Irving) and convinces him to return to the court one more time. The two men embark on a road trip to round up Drew's old basketball squad and prove that a group of septuagenarians can still win the big one.

Uncle Drew Grade: C Rated PG-13, a little profanity, Shaq's butt. 1 hr., 43 min

Uncle Drew, a basketball comedy directed by Charles Stone III (Drumline, Mr. 3000), ought to be about the title character, a septuagenarian who was the best street-ball player in New York in 1968 before flaming out and disappearing. Played by NBA star Kyrie Irving and a lot of makeup, Uncle Drew is summoned from obscurity for a street-ball tournament, for which he recruits four (Shaquille O'Neal), now a martial-arts instructor; Preacher (Chris Webber), a preacher; Lights (Reggie Miller), who is mostly blind now; and Boots (Nate Robinson), who hasn't stood up under his own power in years. The group's old rivalries resurface as they prepare to play against guys one-third

their age. For some reason, though, the movie is focused on Dax (Lil Rel Howery), the youngish man who wants to coach a team and persuades Uncle Drew to lead it. Dax's star player, Casper (Aaron Gordon), was stolen away by his rival, Mookie (Nick Kroll), who ended Dax's basketball career when they were teenagers, blocking a game-winning shot and humiliating him. Somehow Dax comes to believe that a squad of feeble senior citizens will be able to defeat Mookie's dream team and shut Mookie up once and for all.

Dax's story is unappealing and pathetic (he also has a girlfriend who doesn't like him, played by Tiffany Haddish), and while Howery is a funny comic, Jay Longino's screenplay doesn't give him much to work with. The old-timers are a farce, of course, but there's enough relatable material in their interactions to ground the film. Even the ridiculous subplot of Preacher's wife (the fellow old-timers: Big Fella WNBA's Lisa Leslie) angrily pursuing him when he drops everything to drive to New York for the tournament has a likable sweetness to it.

The movie would have also been better if it were actually funny instead of just amiable. Granted, as someone who doesn't watch basketball and was really only familiar with Shaq, I'm not the target audience for a lackadaisical, minimally plotted excuse for NBA stars to goof around. Word among friends who do fit the demographic is that they found Uncle Drew entertaining enough, but I contend it fails the Gene Siskel test: Is this film more interesting than a documentary of the same actors having lunch? It is not.

Calendar Spotlights

FREE SKATE DAYS!



Bowie Ice Arena Offers FREE "Skate in the Shade" Sessions

Bowie Ice Arena and the SHADE Foundation have teamed up to give your skin a break with FREE admission and skate rentals during special summer sessions. Don't forget to wear long pants and socks!

And remember ... the sun's harmful rays are at their peak between the hours of 10:00 AM-4:00 PM. Learn more about skin cancer prevention at www. shadefoun-

July 30 and July 31, 2018, 11:45 AM-1:00 PM

FREE

Ages: All ages are welcome Location: City of Bowie Ice Arena

3330 Northview Dr., Bowie, MD 20716

Contact: 301-809-3090

PHOTOGRAPH BY GABORFROMHUNGARY MORGUEFILE.COM

Catch a Glimpse of the Red Planet

Get Outside Next Weekend for the Best View of Mars in 15 Years!

(NASA)—Next weekend Mars will be at its closest to Earth in 15 years, appearing as a bright red-orange jewel in the night sky. Simply go outside and look up, contact your local planetarium, or look for a star party near you.

MARS IN THE

Mars will appear brightest in the night sky from July 27 to July 30, with its "Close Approach," or the point in its orbit when it comes closest to Earth, happening on July 31, 2018.

Mars reaches its highest point around midnight about 35 degrees above the southern horizon, or will be visible for much of the night.

IMAGE COURTESY OF NASA/JPL-CALTECH one third of the distance between the horizon and overhead. Mars

Find more information on Mars and NASA's exploratory missions, including news and photographs, at https://mars.nasa.gov/.

Miss seeing Mars Close Approach in 2018? The next Mars Close Approach is October 6, 2020.

IMAGE AT TOP COURTESY OF NASA/JPL-CALTECH/MSSS

PHOTOGRAPH COURTESY OF STATEPOINT MEDIA, ©DUDAREV MIKHAIL/STOCK.ADOBE.COM

Beat-the-Heat Tips for Summer

(StatePoint)—Want to beat the heat this summer? Staying cool in hot weather can be easier with these top tips.

Bottom's Up

Staying hydrated is one of the most important things you can do to regulate your body temperature. While it certainly helps to carry a water bottle with you everywhere you go, you don't have to stick to plain water in order to quench your thirst. Summer is all about fresh fruit and vegetables like cucumber, watermelon, berries and pineapples. Add slices of these juicy summer fa-

vorites to a pitcher of water, or simply make a fruit salad or smoothie.

Eat Cool Foods

Want to keep both your home and yourself cooler? On the hottest days of summer, skip laboring over a hot stove or opening and closing a blazing oven. Instead, opt for light, cook-free meals. Gazpacho, creative salads, lettuce wraps, summer rolls, hummus and grape leaves are all great options for lunch and dinner, as are sweet or savory yogurt and cottage cheese parfaits for breakfast.

Take a Dip

Getting cool by spending time in and around water? Before hitting the pool, beach or lake, be sure your tech is designed to handle all your outdoor fun. To get equipped, consider rugged wearable timepieces, like the WSD-F20 Pro Trek Smart Outdoor Watch, which is 50-meter waterresistant and a good choice for all your summer water activities. Use the altimeter, barometer, and compass, along with a fullcolor map display, to explore lakes, rivers and ocean vistas.

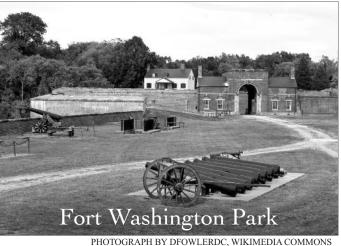
Before you head out, download apps, such as MySwimPro for swimming, Glassy for surfing and Fishbrain for fishing, to enhance your summer sport activities.

Dress Right

On sweltering days, sweat less by selecting breathable, natural fibers for outfits and linens. Avoid polyester and other synthetics whenever possible. Loose, flowing garments are ideal choices for beating both heat and humidity.

This summer, stay cool with the right gear and habits.

OPEN TO THE PUBLIC



PHOTOGRAPH BY DFOWLERDC, WIKIMEDIA COMMONS

Overlooking the Potomac River, Fort Washington has "stood as a silent sentry" for over 200 years, and remains one of the few U.S. seacoast fortifications still in its original form. Fort Washington Park joined the National Park Service in 1946 and today offers scenic views of Washington, D.C. and Virginia for picnicking, fishing, and an extensive collection of paths for hiking and bike riding. A small museum and occasional re-enactments provide a glimpse into the history of this important defense for our Nation's Capitol.

Fort Washington Park: 13551 Fort Washington Road, Fort Washington, MD 20744 301-763-4600 • https://www.nps.gov/fowa/index.htm

Calendar of Events

July 26-August 1, 2018

Concerts in the Park:

Oasis Island Sounds (Reggae, Calypso, -, Latin)

Date and Time: July 27, 7:30 PM-9:30 PM

Description: Summer Arts in the Parks—Grab a blanket or lawn chairs, pack a picnic dinner, and come out to enjoy a variety of arts performances this summer throughout the county.

Cost: **FREE** All ages welcome Ages:

Location: Watkins Regional Park (On the Green)

301 Watkins Park Dr., Upper Marlboro, MD 20774 (Rain Location: Largo/Perrywood Community Center, 431 Watkins Park Dr., Upper Marlboro, MD 20774)

Contact: 301-218-6700

FREE Paper Shredding Day

Date and Time: July 28, 2018, 8:00 AM-12:00 Noon (or until the truck is full)

Description: Dispose of your unwanted personal documents safely and securely! This event is free and open to all. Donations will be accepted for the Beltsville Lions Club. All money raised by the Lions is given back to the community. In addition, the Lions will be selling refreshments and raffle tickets. (Sponsored by Revere Bank to benefit the Beltsville Lions Club)

FREE Cost: Location: Behnke Nurseries

11300 Beltsville Ave., Beltsville, MD 20705 Contact: 301-937-1100; http://behnkes.com

Colonial Market Day

Date and Time: July 28, 2018, 10:00 AM-4:00 PM

Description: Hear Ye! Hear ye! We are transforming our courtyard into a Colonial Market Square. Interact with colonial vendors and buy a bag of boiled salted peanuts, dip your own beeswax candles to take home or try your hand at our rope making demonstration. Families, students, scouts and adults will all enjoy this unique summertime opportunity. Pre-registration is required: www.mdhs.org/civicrm/event/info

\$5 per person/children 3 and under FREE Cost: (includes museum admission and FREE parking)

All ages welcome Ages: Location: Maryland Historical Society

201 West Monument St., Baltimore, MD 21201 Contact: 410-685-3750, ext.343; mkopera@mdhs.org

Xtreme Teens: Crates and Turntables

Date and Time: July 28, 2018, 8:30 PM-10:30 PM Description: Join us to enjoy classic jams from back in the day, hip-hop novelties and even some of your all-time favorite comic books. For all of you visual artists, there will be a live mural. Choose your favorite R&B, Hip Hop, Soul, or Pop tunes from crates of vinyl records. You can choose what music the DJ spins, or have your own party—your choice!

Cost: **FREE** 12 - 17Ages:

Location: Cedar Heights Community Center

1200 Glen Willow Dr., Capitol Heights, MD 20743

Contact: 301-773-8881; TTY 301-699-2544

Secrets of 1770: Sheep to Shawl

Date and Time: July 28, 2018, 1:00 PM-4:00 PM Description: Follow the journey of an important 18th century

commodity with experts from our volunteer based textiles club, Stitch n' Time. Try your hand at a spinning wheel or drop spindle with wool from our heritage breed sheep. This event is organized by the Accokeek Foundation.

FREE Cost:

Ages: All ages are welcome Location: National Colonial Farm

3400 Bryan Point Rd., Accokeek, MD 20607

Contact: 301-283-2113; info@accokeek.org

Evolution Engine

Date and Time: July 28, 2018, 10:00 AM-3:00 PM and July 29, 2018, 11:00 AM-3:00 PM

Description: Hosted by the B&O Railroad Museum, this series highlights the technological evolution of locomotives and the environmental changes which impacted the lives of dinosaurs. Roam the evolution maze discovering facts and truths about the extinction of dinosaurs and the shift from steam engines to diesel engines. Sensory challenges include an excavation and rail design station, egg collecting game, waterworks zone, and more. Please join us for a dino-riffic time!

Adults: \$20, Seniors (60+): \$17, Children (2-12 years old): \$12, B&O Members: FREE

All ages are welcome Location: B&O Railroad Museum

901 W. Pratt St., Baltimore, MD 21223

Contact: 410-752-2490; www.borail.org

2nd Annual Buy Local Challenge Celebration

Date and Time: July 30, 2018, 5:30 PM-8:30 PM Description: Join us for an evening celebrating Maryland's farms and food. Purchase from Maryland farmers, producers, artisans, and crafters; enjoy food trucks featuring locally sourced ingredients, live music, carriage rides, and much more! For a list of all participating vendors and more information visit https://www. buylocalchallenge.com/blc-celebration. Tickets can be purchased at https://www.eventbrite.com.

Cost: \$12 per person (7 years of age or older), FREE for children 6 years old and under

Location: Greenstreet Gardens

391 W Bay Front Rd., Lothian, MD 20711 Contact: 301-274-1922 x1; info@smadc.com

> Find more events happening this week by visiting www.pgparks.com/Calendar.aspx

Do you have an upcoming local event open to the public? Email the editor at pgpost@gmail.com to submit your event for the calendar listing.

Earth $\mathsf{TALK}^{\scriptscriptstyle\mathsf{TM}}$

Evolutionary Effect: Wildlife Adapts, Evolves Thanks to Hunting

Dear EarthTalk:

Are modern-day hunting practices having any noticeable evolutionary or behavioral effects on wildlife populations?

> -Bill Cochrane, New York, NY

Based on recent observation, some wild animals appear to be evolving in a variety

of genetic and behavioral ways influenced by intense hunting practices. Selective trophy hunting of bighorn sheep on Ram Mountain near Nordegg in Alberta, Canada has led to a reduction in horn length. Data collected by University of Alberta biologist David Coltman and colleagues show that the average size of a set of horns at Ram Mountain has declined more than 20 percent since 1975.

"What you have here is clearly artificial selection," Coltman argues. "You can imagine that harvested animals don't have any more offspring. Their genes are removed from the gene pool." Additionally, even if artificial selection stops, recovery of horn length will be slow. "If we stop hunting based on horn

size, the horn size will increase, albeit slowly," Coltman adds. "We have to be more evolutionarily enlightened about how we manage and conserve animal populations."

Meanwhile, researchers at the University of California Riverside (UCR) had similar findings with the commercially-exploited Atlantic silverside fish. Their analysis reveals that the removal of large fish over several generations has caused the remaining fish in the population to become progres-

sively smaller, to produce eggs with lower survival and growth rates and have poorer foraging and feeding rates. "We have shown for the first time that many traits correlated with fish body-size may be evolving in response to intense fishing pressure," says UCR biologist Matthew Walsh, who led the research project. Like Alberta's bighorns, recovery to previous size may be a slow



PHOTOGRAPH BY MAVERI4201, FLICKRCC

Modern-day hunting practices are affecting the behavior and evolution of various wildlife species, like brown bears in Sweden.

process. "We know that commercially exploited populations of fish often are slow to recover when fishing pressure is reduced," Walsh adds. "Because the changes in the fish are genetic, they don't immediately go away when fishing ceases."

In another example, Mozambique's civil war between 1977 and 1992 led to an uptick in elephant poaching, with sales of ivory tusks used to fund the purchase of arms and ammunition. As a result, many of the tuskless females survived: Half of older females alive during the war and a third of their 10-20year-old offspring are tuskless; in populations less affected by poaching, tuskless females are only two to six percent of the total number. Joyce Poole of Elephant Voices also observed large tuskless populations in areas of southern Tanzania and Uganda, where elephants have been heavily poached.

In addition to genetic changes, some wildlife populations are shifting behavior as a result of hunting pressures. Sweden's ban on the hunting of family groups of brown bears has resulted in more mama bears keep-

ing their cubs with them for 2.5 years, a year longer than the typical 1.5 years. From 2005 to 2015, the number of females keeping their cubs for an additional year increased from seven to 36 percent.

But more mama bears surviving hunting season doesn't mean the species is doing better overall. "In an evolutionary perspective, this would not be beneficial," says Professor Jon Swenson from the Norwegian University of Life Sciences. "The animals with the most offspring [are the most successful]."

CONTACTS: Bighorn sheep, phys.org/ news/2016-01-intense-trophy-artificialevolution-horn.html#jCp; Overfishing, newsroom.ucr.edu/1224; Tuskless Elephants, www.hhmi.org/biointeractive/selection-tuskless-elephants; Elephant Voices, www.elephantvoices.org; Hunting and bear

man-cub- parenting.html.

cub parenting, phys.org/news/2018-03-hu-

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Award from A1

lights were replaced with LED fixtures powered by wind, native tree varieties were planted to expand the tree canopy, and bike lanes were added that link to the trail system.

As a result, the flooding has been eliminated, stormwater runoff is being filtered from pollutants, and the quality of life for residents has improved. A second Green Street is under construction on nearby Crittenden Street. There are now many more green streets in the state and country, but Edmonston, under Mayor Ortiz's leadership, led the way.

Moving the County Toward Zero Waste

Ortiz's environmental leadership expanded to the County level in 2012, when he was appointed Director of the Department of Environmental Resources, subsequently renamed Department of the Environment.

"During Adam's tenure as DoE Director, the county has made major strides in the direction of reducing waste, increasing recycling and composting, and moving toward Zero Waste principles," according to Sydney Jacobs, Prince George's Sierra Club Executive Committee member and Chair of the Maryland Sierra Club Zero Waste Committee. "Following the finding that threequarters of municipal solid waste at the County landfill could be recycled, composted, or diverted, the mindset of the Department has been transformed from one of waste disposal to waste reduction, reuse, recycling, composting, and diversion."

"Staff have received training

in Zero Waste approaches and the Waste Management Division has been renamed the Resource Recovery Division," Ainsworth added. "Prince George's is expanding its nationally-recognized food waste compost program to be the largest on the East Coast, and has taken the lead state-wide in the recycling rate." Under Ortiz's leadership, the DoE has prepared a menu of policies and programs to minimize waste and has commissioned a County "Resource Recovery Master Plan," set to come out this month for review.

as DoE Director include the Clean Water Partnership, a public-private partnership that has retrofitted 2,000 acres of impervious surface using local small and disadvantaged businesses, and an ambitious program to map the County's litter using a new application called LitterTrak that will help focus resources on addressing litter "hot spots." The Prince George's Sierra Club has partnered with DoE to educate businesses on the County's ban on expanded polystyrene foam food containers.

"Adam Ortiz is most deserving of this award," said Jacqueline Goodall, former Forest Heights Mayor and previous recipient of the Sierra Club award. "Over the years as head of the Department of Environment, he has worked hard to raise the consciousness of those in Prince George's County about environmental matters. He has been open and approachable to discuss residents' concerns. Under his leadership and through his work and commitment, the De-



PHOTOGRAPH COURTESY OF MARTHA AINSWORTH

Other innovative environmen- On Edmonston's Green Street, initiated by then-Mayor Ortiz, initiatives launched by Ortiz rain gardens between the curb and the sidewalk and permeable pavement capture and filter storm water on its way to the Anacostia River, improving water quality and reducing flooding.

> partment of Environment in Prince George's County has grown to be a leader in the state."

Ortiz is originally from Dutchess County, New York, in the Hudson River Valley, where he grew up hiking and fishing on the river. His first internship was with the Hudson River Clearwater, a non-profit that aims to protect the Hudson, its wetlands and waterways, through advocacy and public education. He has a B.A. from Goucher College in Towson, Md.

The award was presented to Mr. Ortiz on Saturday, July 7th, at the annual Prince George's Sierra Club picnic at Watkins Regional Park in Kettering.

The Prince George's Sierra Club Group established the annual environmental service award in 2005 to honor the late Walter "Mike" Maloney—a civic activist, County Council member, and attorney dedicated to the rights and the quality-oflife of everyday people. Nominees are County residents who have shown excellence in local environmental leadership. Previous winners include Thomas Dernoga (2005), Fred Tutman (2006), Imani Kazana (2007), Carmen Anderson (2008), Paul Pinsky (2009), Kelly Canavan (2010), Bonnie Bick (2011), Dan Smith (2012), Vernon Wade (2013), Jacqueline Goodall (2014), Mary A. Lehman (2015), Lore Rosenthal (2016), and Marian Dombroski (2017).

The Sierra Club is the oldest and largest grassroots environmental organization in the nation. Its mission is to explore, enjoy, and protect the wild places of the Earth. Find out more about the Prince George's Sierra Club Group at https://www.sierraclub.org/maryland/prince-georges.

Become a voice for a child in foster care!

Want to make a difference in the life of abused or abandoned children in your community? There are over 500 youth in foster care in Prince George's County and Court Appointed Special Advocate (CASA) is looking for compassionate and motivated individuals to advocate for these youth. CASA volunteers create relationships with youth in foster care to ensure that the court and child welfare systems remain focused on their specific needs and finding a safe permanent home. Apply today for our Fall Training (October 18, 2018-November 12, 2018). The deadline to apply is October 1st! Applicants must be 21 or older and willing to complete a background check. For more information and to apply, please visit our website at www.pgcasa.org or email volunteer@pgcasa.org.

> Will you speak for abused and neglected children in your community?

To learn more attend our Volunteer Information Session on September 17, 2018 at 6:00 PM at the Hyattsville Administrative Building—4310 Gallatin Street, Hyattsville, MD 20781. Please RSVP by emailing volunteer@pgcasa.org.

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spoke often of the indignities of

Jim Crow, his feelings may best

be represented by what happened

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building a dormitory at North Car-

olina Agricultural & Technical

State University set up separate

"white" and "colored" outhouses.

John—a founder of the student

chapter of the NAACP—and his

John Mack earned during his

many years of service is long and

includes the very first National

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Young, Jr. Award for Leadership

in Race Relations, and League's

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in 2000. In 2005, the Los Ange-

les Unified School District rec-

ognized his commitment to equal

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Award—which John and the Los

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port sensitivity training among

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student leaders in middle school,

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American-Jewish Leadership

Connection. At the time, the

group was fighting California's

The Whitney M. Young, Jr.,

Elementary School."

The list of honors and awards

friends burned them down.

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mative action initiative. Though

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statewide, it was rejected by a

majority of voters in Los Ange-

les County, where John and the

during the 2018 Conference next

month in Columbus, Ohio, and

now will pay tribute to his mem-

orv. A scholarship fund has been

established in his honor through

the California Community Foun-

dation—for more information.

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President and CEO; he was a

leader among leaders, helming

the Association of Executives.

He was a member of the Acad-

emy of Fellows, a group of af-

filiate leaders with 15 years or

more of experience, who served

as mentors to new affiliate

CEOs. And he served as Vice

Chair of the National Urban

President and CEO of the Na-

tional Urban League in 2003,

John was a longtime veteran. His

mentorship over the years has been invaluable, and I knew I

could rely on his steady guid-

ance. It is a loss deeply felt

throughout our movement and

we join his children and grand-

children in mourning him.

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