

# The Prince George's Post



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## Prince George's County Local Development Council Awards \$337,000 In Impact Grants

Funding to Nonprofit Organizations Serving Impact Area Increased 50% Over Previous Year

By PRESS SECRETARY  
P.G. County Government

UPPER MARLBORO, MD (July 25, 2018)—The Office of County Executive and the Prince George's County Local Development Council (PGCLDC) hosted its 2nd Annual Local Impact Grants Awards Ceremony on Wednesday, July 25, 2018, at 7:00 p.m., at the Southern Regional Technology and Recreational Complex, 7007 Bock Road, Fort Washington, Md. This event celebrated the 11 nonprofit organizations that were awarded funding to serve the people and communities in the impact area around MGM National Harbor.

The Local Development Council, an advisory group mandated by State Law, exists in jurisdictions where there is a gaming facility. The Local Development Council was established in Prince George's County as a result of the opening of the MGM National Harbor Casino on December 8, 2016. The Prince George's Local Development Council consists of 15 members appointed by the County Executive. Since its formation in 2015, the LDC has awarded more than \$562,000 in

community grants (\$225,000 in 2017 and \$337,000 in 2018).

"I want to thank the PGCLDC for their leadership and stewardship and congratulate the 2018 recipients of the Prince George's County Local Development Council grants," said Prince George's County Executive Rushern L. Baker, III. "These grants are designed to assist people and communities in the vicinity of MGM National Harbor. The PGCLDC did a great job of selecting a diverse group of organizations that address a variety of challenges which range from mentoring and education of youth to organizations that provide resources with our senior community and those with disabilities. When we supported bringing the world class MGM National Harbor resort to Prince George's County, we created an innovative and robust Community Benefits Agreement with MGM. In this agreement, we laid out clear goals and expectations for MGM to hire Prince Georgians residents and provide resources to our County, and, specifically, the communities that surround the National

See GRANTS Page A4



By JEN SHECKELS, Editor

"[National Night Out is] a chance to bring neighborhoods together with the men and women who protect them. The safety of our communities depend on both law enforcement and the neighbors they serve. National Night Out enhances that cooperation."—Joe Biden, Vice President

August 7, 2018 will mark the 35th anniversary of the National Night Out program, sponsored by the National Association of Town Watch. Founded in 1984, National Night Out was developed to strengthen the sense of community between neighbors and their local police departments and promote anti-crime programming.

### Starting the Conversation

In the late 1970s, Matt Peskin began volunteering for his local Community Watch program in Lower Merion County, a suburb of Philadelphia, Pennsylvania. This group worked closely with its local police department, giving Peskin an opportunity to assist in neighborhood patrols and dispatch.

As the program's success grew, Peskin developed a newsletter highlighting the positive impact this partnership was producing. Building out, he looked to other local jurisdictions for additional new content to

## Creating Safer Neighborhoods Through Community-Police Partnerships and Camaraderie

Celebrating 35 Years of Community-Building, the 2018 National Night Out Takes Place On August 7



PHOTOGRAPH COURTESY OF THE PRINCE GEORGE'S COUNTY POLICE DEPARTMENT

Chief Henry P. Stawinski III joined members of the Special Operations Division, Motors Unit for community events at OakCrest Towers in Capital Heights during the 2017 National Night Out.

keep the newsletter fresh and inspire further success. He discovered an abundance of similar groups. The only problem was there wasn't one unifying entity to connect them all together.

Peskin spearheaded efforts to do just that, founding the National Association of Town Watch in early 1981. This organization provided the means and resources for motivating, informing, and supporting these local watch groups across the nation. The

program grew steadily with the support of neighborhoods and local law enforcement agencies until in 1984, the National Night Out program was introduced.

### 35 Years and Still Growing

Today, National Night Out touts that an astounding 38 million neighbors in 16 thou-

See NNO Page A3

## University of Maryland Extension Offers Urban Farmer Field School

Helping Urban Farmers Move From Surviving to Thriving

By PRESS OFFICER  
UMD Extension

BALTIMORE, MD (July 24, 2018)—University of Maryland Extension will host five farmer field school workshops to help urban farmers develop their agricultural enterprises for success. Held at farms across Prince George's County and Baltimore City, each Urban Farmer Field School in the series will cover a different topic and provide participants with the opportunity to learn in a hands-on setting, and set goals for improving the financial viability of their urban farms.

The series, developed as part of a grant from the Northeast Extension Risk Management Education Center, funded through the USDA National Institute of Food and Agriculture (NIFA), will help current and aspiring commercial urban farmers in the Baltimore and Washington, D.C. metro regions move from crisis-management to proactive risk management.

"Many urban farmers become overwhelmed by the daily challenges of farming, spending their time seeking short-term financial solutions to keep

their urban farms afloat," said Neith Little, urban agriculture Extension educator in Baltimore. "We want to help urban farmers use risk management strategies to move from survival mode to a more proactive understanding of what their farms need to thrive."

In June, UMD Extension hosted focus groups in both Baltimore City and Prince George's Co. to collect feedback on current challenges, needs, and opportunities for growth in urban agriculture in the region. The feedback determined the content of the farmer field schools, as well as a future guidebook, to assist urban farmers.

"Achieving economic viability is an urgent concern for urban farmers," said Mariya Strauss, executive director of the Farm Alliance of Baltimore, a grassroots membership group of 16 urban farms in the city. "They



PHOTOGRAPH BY EDWIN REMSBURG, COURTESY OF UMD EXTENSION

Manami Brown, City Extension Director at Greener Garden Urban Farm in Baltimore, with the Blue family.

face unique challenges such as having less land than rural farms do, and sometimes they struggle even to keep the little land they do have. The Urban Farmer Field School project will help them with business planning and other key pieces to support them in these unique struggles."

The Urban Farmer Field School series begins in August. Topics include marketing, self-care, business structure, insurance, and production techniques such as irrigation. Workshops are three hours, include light refreshments, and require a \$10 investment. For more information and to register, please visit [go.umd.edu/UFFS](http://go.umd.edu/UFFS).

The Urban Farmer Field School series is organized by UMD Extension, with support from the Northeast Extension Risk Management Education Center funded through the USDA National Institute of Food and Agriculture (NIFA), EcoCity Farms, Farm Alliance of Baltimore, Prince George's County Soil Conservation District, MidAtlantic Farm Credit, The Greener Garden Urban Farm, and Real Food Farm.

For more information, contact Neith Little at [nlittle@umd.edu](mailto:nlittle@umd.edu) or 410-856-1850.

## CVS Health Expands Initiatives to Help Combat Opioid Abuse in Maryland

Company Launches Safe Medication Disposal Program at CVS Pharmacy Locations; Foundation Pledges \$85,000 to Community Health Center to Support Addiction Recovery

By PRESS OFFICER  
CVS Health

WOONSOCKET, RI (July 12, 2018)—As part of CVS Health's (NYSE: CVS) national commitment to address and prevent opioid abuse and misuse, the company announced today it has installed 19 safe medication disposal units in CVS Pharmacy locations across Maryland [including 3 locations here in Prince George's County] and the CVS Health Foundation has provided \$85,000 to Total Health Care in Baltimore, a community health center dedicated to supporting opioid addiction recovery.

"Launching our in-store safe medication disposal program at CVS Pharmacy locations in Maryland will help remove unused prescription medications from medicine cabinets where they could be otherwise diverted or abused," said Tom Davis, R.Ph., vice president of professional services for CVS Health. "We are committed to addressing and preventing opioid abuse through our support of the work that organizations like Total Health Care do to promote addiction recovery, which directly aligns with our purpose of helping people on their path to better health."

The \$85,000 grant from the CVS Health Foundation will allow

Baltimore's Total Health Care to develop and implement a trauma informed care model which will increase participation in its substance abuse treatment program. Efforts include an increased focus on care coordination by the Substance Abuse Clinical Supervisor and incorporating alerts into the electronic health record to ensure patients are completing behavioral health visits and medication assisted treatment.

In addition to the 19 new disposal units inside CVS Pharmacy locations, CVS Health has also donated disposal kiosks to police departments in Hampstead, Ellicott City and Rising Sun. Other law enforcement officials in Maryland are encouraged to apply to receive a unit from the CVS Health Medication Disposal for Safe Communities Program. Nationwide, CVS Health has donated more than 900 units to police departments, collecting more than 350,000 pounds of unwanted medication.

The expansion of safe medication disposal to a total of 750 CVS Pharmacy locations across the U.S. was included among the enhancements to the company's strategy to address and prevent opioid

See SAFE DISPOSAL Page A7

PHOTOGRAPH BY NEITH LITTLE, COURTESY OF UMD EXTENSION

View of the rooftop gardens of Up Top Acres in Washington, D.C.



### INSIDE

#### County Executive Baker Announces Recipients of 2018 Community Partnership Grants

The Community Partnership Grants are designed to provide support funding to organizations that help to improve the quality of life for people and communities through community-based programs and valuable services.

Towns and Neighbors, Page A2

#### Dr. Monica Goldson Appointed PGCPIS Interim CEO

"She believes that every child has seeds of greatness in them and that it is her job to lead and help those seeds grow. And I am confident that she will move us in the right direction. It is time for us to turn the page and start anew."

Community, Page A3

#### PGCEDC's Innovation Station Accelerator Puts Businesses Within Walking Distance of Customers

Local business owners met at the PGCEDC's Innovation Station Accelerator to learn about millions of dollars in procurement opportunities available at the University of Maryland.

Business and Finance, Page A4

#### It's Back! Join the 8th Annual Stuff-A-Bus Campaign

The PGCPIS Stuff-A-Bus campaign kicks off again this August with several events that are open to the public. All are welcome to donate backpacks and supplies which will be distributed at the 8th Annual Back-to-School Fair Block Party.

Out on the Town, Page A6

#### Earth Talk

Dear EarthTalk:

What are some ways that companies can encourage or incentivize their employees to live greener and promote sustainability?

—Jane Bussbaum, Troy, NY

Features, Page A7

# TOWNS *and* NEIGHBORS

## In and Around Morningside-Skyline

by Mary McHale 301-735-3451

### Morningside VFD Names EMT and Member of the Month

Grace Petr, who's been putting in countless hours on the ambulance, has been named EMT (Emergency Medical Technician) of the Month by the Morningside Volunteer Fire Department. As the department's website says, she brings "light to every patient she runs on the ambulance. She also is the reason we now have new thermometers for the ambulance. She knew a proper temperature for possible sepsis patients was extremely important and she pushed to get the new thermometers."

"Nate "Nate Dawg" Bryan is Member of the Month. "Nate came to us with no knowledge and no expectations. At first he was very hesitant about accepting the responsibilities that come with being a Morningside Volunteer. But once he realized he was able to be a part of something bigger than himself, his actions changed and Nate's productivity increased tenfold ... We are proud of him."

By the way, Morningside Volunteer Fire Department is always looking to increase membership. Even if you have no public safety experience or if you are a veteran looking for a new challenge, there is room for you here at Morningside.

### People

Rita Beall, of Morningside, has moved her pool-playing 8-ball Angels from the Hangar Club to Fast Eddies in Andrews Manor Shopping Center. Years ago they were at Andrews Restaurant (which I still think of as Skyline Restaurant). They moved to Tucker's on Marlboro Pike, until it burned down, and then the Hangar Club. Now Fast Eddies. Despite all the moves, Rita says her 8-balls are still winning.

Dr. Monica Goldson, the new Interim CEO of the Prince George's County Public Schools, began her career as a math teacher at Suitland High School. She later served as assistant principal for Forestville and Frederick Douglass high schools and as principal of Frederick Douglass and Dr. Henry A. Wise Jr. high schools.

Father Michael Fisher was ordained an Auxiliary Bishop of Washington on June 29. He must already know South County pretty well, as he was pastor of Holy Family Parish in Hillcrest Heights from 1995 to 1999.

### Hands-on Needlework Workshop

During the mid-19th century Berlin Wool Work was considered Queen Victoria's favorite needlework and was named after the thread used to create.

The Surratt House is offering an all-day workshop on 19th Century Needlework, on August 18, from 8 a.m. to 4:30 p.m. Instructor Carolann Schmitt will teach participants about the history of the art, the yarn and patterns used to create a plethora of decorative and fashion accessories.

All supplies will be provided. Advanced reser-

vations and payment required. Cost: \$70 per person, which includes kit. Call 301-868-1121.

### Bingo every Wednesday

The K of C. in Forestville hosts Bingo every Wednesday. Doors open at 5 p.m., sales begin at 6 and Early Birds at 7. Recently they revised the games and the prizes and brought back the Treasure Chest Game with a chance to win \$500 and Speed Ball.

They also need volunteers. Proceeds go to fund their annual Clergy and Nuns' Nights, local food pantries and pro-life clinics. The hall is at 3611 Stewart Road in Forestville. For information, call Bingo Chairman Robert Jacobs, 301-937-1145.

### John Wilkes Booth Escape Route

The Surratt House is taking reservations for the popular John Wilkes Booth Escape Route Tours on September 8, 15, and 22, 7 a.m. to 7 p.m. Tours leave from the Surratt House in Clinton. Cost: \$85. Call 301-868-1121.

### Changing Landscape

Council Vice-Chair Todd Turner, and Council Members Obie Patterson and Mel Franklin joined MGM National Harbor executives to cut the ribbon on the new MGM National Harbor \$48 Million expansion, which will include a fast-casual dining venue as well as a 700-square-foot terrace.

The Warren Ammann complex of residential, office and storage facilities constructed from 1934 to 1984 on Auth Road, is being demolished. If you know what sort of development we can expect there, let me know.

### Morningside Memories: September 1958

Morningside Co-Op Kindergarten was all geared up to start another year with teacher Mrs. Irene Smith at the old Town Hall. The mothers had chosen officers: Ruth Spaid, president; Eleanor Kyser, vice-president; Murielle Levesque, treasurer; June Stocklinski, secretary; Mrs. Denton, juice chairman; Doris Gardner, participation chairman; Anna Patterson, telephone chairman; Audrey Matthews, supplies chairman; and Mary McHale, publicity chairman. (Some things never change.)

### Milestones

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

Happy anniversary to William and Orva Heisenbittel, their 71st (!) on Aug. 3, and to Denis and Donna Wood, on Aug. 7.

Happy 50th anniversary to Daniel and Carolyn Glee, of Upper Marlboro, on June 30.

## Brandywine-Aquasco

by Audrey Johnson 301-888-2153

### CHRIST CHURCH HISTORY

IN THE BEGINNING—From 1867–1973, Christ Church was known as the Woodville Charge, two churches—John Wesley United Methodist Church, organized in 1867, located in Aquasco, Maryland, and St. Thomas United Methodist Church, organized in 1868, located in Baden, Maryland. These two churches represented the first black churches established in the area following the Civil War.

Over the 106 years of the Woodville Charge, schools were erected to educate the "colored" people that were also used as the Church Houses in Aquasco and Baden. Land was purchased or donated, and later separate churches were built; parsonages were erected to house the charge pastors and their families and social halls were erected. In 1961, the members of John Wesley Church erected a new building where we are presently worshipping in today. The bell from the bell tower of the old church is now located west of the church entrance and it hangs from its own simple trellis. The Woodville Charge during this time proved to be more than buildings. Those charged worked faithfully to serve the community as well as its congregation.

### Somebody Had a Dream of a Merger in 1973 ...

So, the Woodville Charge, both churches wanting to do more for the Kingdom of God, dared to step out on faith. In March 1973, a spe-

cial task force was commissioned to study the proposal of the merger of the two churches. The task force worked diligently to develop a plan of merger. The task force worked diligently to develop a plan and in June 1973, the final plans for the merger were completed. The task force proposed that the effective date for the merger would be July 15, 1973. The vote was overwhelming and at 11:03 a.m., Christ United Methodist Church was born.

### The Dream of Ministry Continues

In mid-2011, a new chapter began for the fellowship of believers here in this part of God's vineyard. Christ Church became part of a cooperative parish, New Hope Fellowship, along with Nottingham-Myers Church. The mission of the New Hope Fellowship is to "Love God, Love People and Serve the World."

Christ Church has been on a steady move since the great days of merger and becoming a parish. It is our faith that keeps us moving forward, striving to respond to the great commission of Jesus "to make disciples" (Matthew 28:19). In addition, through our ministries, we have been trying to do our best to live by the scripture found in Matthew 25:35–36, "For I was hungry, and you gave me food ... We endeavor to provide food for the hungry; aid to the homeless and disenfranchised; visit those who are sick and shut-in at home, in hospitals or nursing homes;

honor the senior members of our church and community; provide support to organizations who respond to crisis around the world."

We all know that "all authority" has been given to us through Jesus Christ, and that "we are more than conquerors through him who loves us." Currently serving as our pastor since July 2014 is Rev. Constance C. Smith. To God be the glory for the things he has done!

Thanks, New Hope Fellowship Parish for your visits every month with Holy Communion, songs, prayers and love for my mother Ruth Turner and the patients and caregivers at Angels Assisted Living.

### HOSPITAL VOLUNTEER PROGRAM.

MedStar Southern Maryland Hospital Center volunteers make a difference every day helping to support the health of our community. Please call 301-877-4553 for more information about volunteer opportunities.

### BLACK CROWN

The Shelby Baggott Company presents *Black Crown*, a play written to promote the prevention of acts of domestic violence—September 8, 2018 at 7:30 p.m.. The address is Bowie Center for the Performing Arts, 15200 Annapolis Road, Bowie, Maryland 20715.

To purchase tickets visit [www.theshelbybaggottcompany.com](http://www.theshelbybaggottcompany.com), call 301-885-8644, or email: [theshelbybaggottcompany@gmail.com](mailto:theshelbybaggottcompany@gmail.com).

## Around the County

### County Executive Baker Announces Recipients of 2018 Community Partnership Grants

*Approximately \$1.4 Million Awarded to Nonprofits to Impact People and Communities in Prince George's County*

By PRESS OFFICER  
P.G. County Government

UPPER MARLBORO, MD (July 19, 2018)—The Office of the County Executive is proud to announce this year's recipients of the 2018 Community Partnership Grants. The County Executive awards approximately \$1.4 million in funding to 120 eligible nonprofits that serve the residents of Prince George's County. The Community Partnership Grants are designed to provide support funding to organizations that help to improve the quality of life for people and

communities through community-based programs and valuable services.

"These grants are going to 120 amazing nonprofit organizations that mentor our youth, support our senior citizens, provide resources for new mothers, aide those facing addiction and mental health challenges, create art, celebrate our history, diversity, and culture, and provide critical services to our residents," said Prince George's County Executive Rushern L. Baker, III. "I want to thank all of the applicants for the outstanding work they have

done throughout our communities and congratulate the 2018 recipients of the Community Partnership Grant."

Organizations that are interested in receiving CPG funds must submit an application and go through a very competitive review process. The Office of Management and Budget/Grants Management Unit reviews each application to ensure that all outlined eligibility requirements are met. Additionally, there is an Executive Review Panel that conducts a full evaluation of all complete applications. Visit [https://www.princegeorgescountymd.gov/Archive-Center/ViewFile/Item/3013?utm\\_medium=email&utm\\_source=govdelivery](https://www.princegeorgescountymd.gov/Archive-Center/ViewFile/Item/3013?utm_medium=email&utm_source=govdelivery) to view the recipient listing online and more information on the grant process.

### Helping Youth Heal After the Death of a Loved One

*Capital Caring Prince George's County to Host Grief Camp for Youth*

By PRESS OFFICER  
Capital Caring

When a family member dies, children react differently from adults as they deal with feelings of loss, emotional distress and, in some cases, depression. For the past two decades, Capital Caring has embraced grieving children by offering support at local Point of Hope Camps.

Capital Caring Prince George's County will host a Point of Hope Camp for children ages 6–15 on August 11, 2018. The half-day camp is provided at no cost and intended for children who have had a close loved one die recently. Campers will partake in expressive arts, crafts, movement therapy and connect with others who have lost a loved one.

Capital Caring Point of Hope Camps are staffed by trained and licensed social workers, counselors and chaplains who provide support to those facing loss throughout their emotional

journey. The camp offers grieving adolescents the opportunity to connect with others who have also suffered a loss in a safe, therapeutic environment. All activities that campers are engaged in are designed to be fun and help campers work through the grief process by building trust, self-esteem and skills to cope with their recent loss.

The camp on August 11 will be held at Watkins Park Nature Center in Prince George's County from 9:00 a.m.–1:00 p.m. **To register or for more info email: [tbooker@capitalcaring.org](mailto:tbooker@capitalcaring.org).**

*Since 1977, Capital Caring has simply improved care for those facing life-limiting illness through direct support of patients and their families, public education and advocacy. Since its inception, Capital Caring has provided hospice, palliative care, and counseling to nearly 120,000 patients and their families. Almost 800 employees and 1,000 volunteers provide these services to nearly 1,400 patients each day. As one of the nation's oldest and largest nonprofit providers of hospice and palliative care, Capital Caring is proud to provide nearly \$3.3 million in charitable care to families in need annually. To learn more about Capital Caring, visit [www.capitalcaring.org](http://www.capitalcaring.org) or call 800-869-2136.*

### Evidence Physical Therapy Announces Second Location

By PRESS OFFICER  
Evidence Physical Therapy

CLINTON, MD (July 20, 2018)—Evidence Physical Therapy, a 5-star rated physical therapy facility based in Glenn Dale, MD is proud to announce a second location now open for business at 7801 Old Branch Avenue, Suite 105, Clinton, Maryland 20735.

Evidence Physical Therapy is a premier, full-service out-patient physical therapy facility owned and operated by locally-based physical therapist, Emmanuel Moses

PT, DPT, OCS, CMTPT, CCI. Dr. Moses and his staff pride themselves on providing the highest quality of care by focusing on hands-on techniques and one-on-one care for pain relief and functional recovery. Our goal is to get people back to the life they love as soon as physically possible without the side effects of medications.

Evidence Physical Therapy offers professional one-on-one assistance to efficiently rehabilitate a variety of conditions including pre and post surgery cases, neurological disorders, arthritis, strains from auto and work injuries and scoliosis, as well as several specialized programs and services including

cardiac rehab, women's health, balance therapy, concussion therapy, sports therapy, jaw pain therapy and trigger point dry needling for muscle "knots."

Evidence Physical Therapy accepts Medicare, Medicaid, Military Health Plans, Work Injuries, Liability & Auto Cases as well as most Commercial Health Insurance.

Evidence Physical Therapy is open extended hours and offers same-day appointments. Please call 301-856-8386 or email [info@evidencept.com](mailto:info@evidencept.com) for more information about our services or to schedule an appointment.

Thank you for the warm welcome to the Clinton area, we are delighted to serve you!

### Spotlight on Local Students

#### Van Hollen Announces 2018 Public Service Awardees for Montgomery and Prince George's Counties

WASHINGTON, D.C. (July 3, 2018)—U.S. Senator Chris Van Hollen announced the recipients of his 2018 Public Service Award from Montgomery and Prince George's Counties. The Van Hollen Public Service Award is designed to commend a high school senior who has demonstrated a high level of commitment to community or public service. Students who embody this commitment are dedicated to making a positive change that will benefit their community, state, or nation. Senator Van Hollen is announcing over 90 recipients throughout Maryland.

"Just as we recognize students who perform well academically or athletically, students who are committed to serving others deserve public recognition and commendation. These students have each shown dedication to serving their communities, and I'm proud to honor their

work. I look forward to seeing the great things these young men and women will accomplish in the years ahead," said Senator Van Hollen.

Local recipients of the Van Hollen Public Service Award included **Molly Walker**, Academy of Health Sciences at Prince George's Community College, Largo, Md.; **Raven Truxson**, Bowie High School, Bowie, Md.; **Jalen Derrel Lee**, Charles Hubert Flowers High School, Ardmore, Md.; **Alexis Williams**, Elizabeth Seton High School, Bladensburg, Md.; **Miya Farmer**, Fairmont Heights High School, Landover, Md.; **Bryan Alcides Villatoro**, High Point High School, Beltsville, Md.; **Melanie Castillo**, Oxon Hill High School, Oxon Hill, Md.; and **Brittany Clay**, Potomac High School, Oxon Hill, Md.

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#### ACADEMIC ACHIEVEMENT

DES MOINES, IA (July 25, 2018)—Drake University announced that **Ayinde Ashford** of Suitland, Md. was named to the Dean's List by earning a GPA of 3.5 or higher during the Spring 2018 semester at Drake.

# COMMUNITY

## The American Counseling Association's Counseling Corner

### Developing a Realistic Approach to Life

All of us, in our younger days, had dreams and hopes about the things that would bring success and happiness to our lives. But for many of us the dreams and goals that we once had just never came to be.

This doesn't mean we're unhappy in our lives today, but at some level we may still feel slightly frustrated or disappointed about what we haven't achieved.

While there's no magic way to make all your dreams come true, you can take action to get closer to your life's goals and lessen any feelings of frustration.

Start by putting the past behind you. Unresolved anger and resentment over things that didn't work out uses up energy but accomplishes nothing. Instead, you need to begin managing your daily life so that it reflects who you are and what you value today.

Then evaluate your old dreams and goals. There is, for example, no "ideal" romantic relationship or "perfect" mate. But there can be someone who can accept and care about the real you, and who is able to get things right more often than not. Similarly, there's no perfect job but there are work situations that can challenge you and provide a real sense of accomplishment.

Knowing yourself is vital to feeling more fulfilled. Identify your personal strengths and interests, and then put time and energy into nourishing them. Don't try to be someone you're not. Whatever you do well, do it frequently and proudly and you'll find that rewards will follow.

To achieve specific goals, it's vital to take action toward them, rather than simply dreaming about them and waiting for something to happen. Small steps in the right direction make a difference—maybe a first phone call, rewriting your resume, or taking a class. Reaching the desired result will happen only if we take that first step.

You also want balance in your life. Saying "no" to excessive demands on your time, talents or goodwill will allow you time for the things you really want to do, without the resentment and anger that comes from agreeing to things you don't want to do.

Reaching your life's goals means you stop letting old beliefs and others' ideas define who you are and what you have to do. Instead, accept that you, and only you, can take action to reach the dreams and goals that matter to you.

*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.*

## Dr. Monica Goldson Appointed PGCPS Interim CEO

By PRESS OFFICER  
P.G. County Public Schools

LARGO, MD (July 24, 2018)—On July 23, Prince George's County Executive Rushern L. Baker III announced the appointment of Dr. Monica Goldson as Interim Chief Executive Officer (CEO) of Prince George's County Public Schools (PGCPS). A 27-year veteran of PGCPS, Goldson brings deep knowledge of PGCPS and a commitment to improving public confidence in the school system.

"I believe that Dr. Monica Goldson is the right person at the right time to lead our school system," said County Executive Baker. "She believes that every child has seeds of greatness in them and that it is her job to lead and help those seeds grow. And I am confident that she will move us in the right direction. It is time for us to turn the page and start anew. With rising enrollment, growing specialty programs, expansion of Pre-K and reduction in truancy rates, we must continue our march forward and work to provide our children with a good education."

Dr. Goldson has steadily climbed the

PGCPS leadership ranks, most recently serving as Deputy Superintendent of Teaching and Learning. In this role, she oversaw initiatives in curriculum and instruction, special education, testing, college and career readiness, and student services. She previously served as Chief Operating Officer.

"I am humbled to have this opportunity. It is truly an honor to lead a school system that made me who I am today," said PGCPS Interim CEO Dr. Monica Goldson. "Throughout my career, I have been privileged to oversee every department in the school system and I know what the work should look like. I am focused on doing what's best for children, returning resources to our schools and making sure that over the next 30 days, we prepare to receive students when the new school year begins on September 4th."

Dr. Goldson was unanimously selected July 12 by the Board of Education to serve as Acting CEO, succeeding Dr. Kevin M. Maxwell. Last week, she announced a reorganization of central office executive-level and managerial positions with the goal of redirecting at least \$1 million to schools.

A Potomac High School graduate, Dr. Goldson has spent her entire career with PGCPS. She began as a mathematics teacher at Suitland High School. She later served as assistant principal of Forestville and Frederick Douglass high schools and as principal of Frederick Douglass and Dr. Henry A. Wise Jr. high schools.

Dr. Goldson will oversee preparations for the 2018-19 school year and collaborate with the Board of Education on the school system's five focus areas: academic excellence, high-performing workforce, safe and supportive environments, family and community engagement, and organizational effectiveness. The first day of school is September 4.

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.

## West Nile Virus Detected In Maryland Resident

### Maryland Residents Reminded to Take Basic Steps to Reduce Risk

By PRESS OFFICER  
MD Dept. of Health

BALTIMORE, MD (July 23, 2018)—The Maryland Department of Health (MDH) today announced the first confirmed and locally acquired case of West Nile Virus (WNV) in Maryland this year. The infected individual is an adult who lives in the Baltimore Metro region. MDH routinely tracks and responds to mos-

quito-borne infections, including Zika virus, and no other locally acquired arboviral infections have been identified this year.

The number of human WNV cases in Maryland has varied over time. The peak years of human activity occurred in 2003 and 2012, with 73 and 47 WNV cases reported statewide, respectively. In 2015, there were 46 human cases of WNV infection in Maryland, nearly reaching the 2012 peak.

Marylanders are reminded that they can take simple steps to reduce the risk of getting infected. Those protective measures include:

- Avoiding areas of high mosquito activity
- Wearing long pants, long-sleeved shirts, and hats, when concerned about mosquitoes
- Using an Environmental Protection Agency (EPA)-registered insect repellent according to package directions

Most individuals infected with WNV will not have any symptoms. Those who do develop illness usually will have any combination of fever, headache, body aches, skin rash, and swollen lymph glands. These

symptoms generally appear two to 14 days following the bite of an infected mosquito. Fewer than one percent of individuals exposed to the virus will develop more severe infections, with symptoms such as headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, and paralysis.

In rare instances, WNV can be fatal. Individuals older than 60 have the greatest risk of developing severe disease. Individuals with compromised immune systems also may be at high risk of WNV infection.

See WEST NILE Page A8

## NNO from A1

sand communities across all 50 states take part in the program.

Celebrated annually on the first Tuesday of August, communities will turn on their porch lights, step outside, and join with their neighbors and the men and women of local law enforcement in partnership to take a stand against crime and violence while promoting a safer, more considerate, place to live.

From cookouts to parades, block parties and festivals, National Night Out events take many forms. But the goal of each remains the same—neighbors building stronger relationships with other neighbors as well as their local law enforcement officers while learning from emergency personnel, watching demonstrations, and gaining other useful information to support and promote anti-crime programs in their communities. The result is a positive experience that not only brings a sense of camaraderie to the community as a whole, but serves as a foundation for continued partnership and trust among all.

This August, join your neighbors, local police, Council Mem-

bers, and other local officials in your community's National Night Out activities on Tuesday, August 7th. For information about the time and locations of events in your area, contact your local police station:

District 1 Hyattsville:

301-699-2630

District 2 Bowie:

301-390-2100

District 3 Landover:

301-772-4900

District 4 Oxon Hill:

301-749-4901

District 5 Clinton:

301-856-3130

District 6 Beltsville:

301-937-0910

District 7 Fort Washington:

301-292-5300

You can also find more information and updated events lists by following the Prince George's County Police Department online at <https://www.princegeorgescountymd.gov/345/Police> and on Facebook, Twitter, and Instagram (@PGPDNews).

The following is the list of community events scheduled for the 2018 National Night Out in Prince George's County (as of our press deadline July 31, 2018):

### DISTRICT I

**Chillum/Ridgecrest/Lewisdale**  
Rollingcrest Community Center  
6120 Sargent Rd., 6-8 p.m.

**University City Apartments**  
Guilford Rd. at Fordham St.,  
6:30-8 p.m.

**University Garden Apartments**  
1801 Jasmine Terrace, 5-8 p.m.

**North Brentwood**  
4012 Webster St., 6-9 p.m.

**Colmar Manor**  
Newark St. at 40th Ave., 5-8 p.m.

**Cottage City**  
3840 40th Ave., 5-8 p.m.

**Hyattsville City**  
Neurich Park, 2800 Nicholson  
St., 6-9 p.m.

**Casa De Maryland**  
The Mansion, 8151 15th Ave.,  
4-8 p.m.

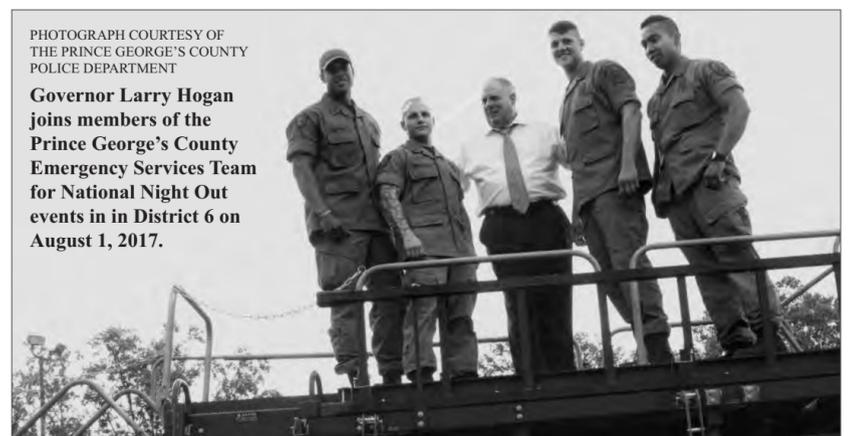
**Brentwood**  
Town Hall, 4300 39th Place,  
6-9 p.m.

**Riverdale Heights**  
Riverdale Heights Fire Dept.,  
6101 Roanoke Ave., 6:30-8 p.m.

**College Park Woods Association**  
College Park Woods, St. Andrews  
Place/De Pauw Place, 6:30-8 p.m.

**Lakeland Association**  
Lakeland Park, 5000 Lakeland  
Rd., 6-8:45 p.m.

**Bladensburg**  
Bladensburg Police Department,  
4910 Tilden Rd., 5-11 p.m.



PHOTOGRAPH COURTESY OF THE PRINCE GEORGE'S COUNTY POLICE DEPARTMENT  
**Governor Larry Hogan joins members of the Prince George's County Emergency Services Team for National Night Out events in in District 6 on August 1, 2017.**

**New Carrollton**  
Beckett Field,  
8511 Legation Rd., 5-8 p.m.

**Riverdale Park**  
Riverdale Town Center, 5004  
Queensbury Rd., 6:30-8 p.m.

**Berwyn Heights**  
Berwyn Heights Town Hall  
5700 Berwyn Rd., 6:30-8 p.m.

**Northern College Park**  
Duvall Field, 9200 Rhode Island  
Ave., 6:30-8:30 p.m.

**Cherry Hill**  
Cherry Hill Neighborhood Park,  
4610 Kiernan Rd., 6:30-8 p.m.

**Templeton Knolls/Eastpine**  
Templeton Knolls Elementary,  
6001 Carters Ln., 6:30-8 p.m.

**Kingswood Community**  
Cathedral Ave. Community Park,  
5:30-8:30 p.m.

**Radiant Valley/Landover Knolls**  
3500 Maryland Ave., 7-8:30 p.m.

### DISTRICT II

**Fairwood Community**  
12600 Fairwood Parkway,  
Bowie, 7-9 p.m.

**Dresden Green Civic Association**  
Tiffany Ln./Edgerton Dr.,  
Lanham, 6-8 p.m.

**Chelsea Wood Condominiums**  
8445 Greenbelt Rd., Greenbelt,  
(Community Pool), 4-7 p.m.

**Severn Crossing Community**  
11811 Backus Dr., 6-8 p.m.

**Patuxent Riding HOA**  
Stallion Court/Arabian Ln.,  
Bowie, 7:30-8:30 p.m.

**Lincoln Vista Civic Association**  
9800 Ridge St., Lanham, 6-8 p.m.

**Glen Forest Community**  
Glen Dale Forest Dr./Oakly Rd.,  
6-8 p.m.

**Ridgewood Park**  
Grey Gables Court/Campus Way  
North, 6-8 p.m.

**Westview Village**  
9911 Greenspire Way, 7-8:30 p.m.

**Dutch Village/Amish Market**  
5010 Brown Station Rd., Upper  
Marlboro, 5:30-8:30 p.m.

**Oak Creek Club HOA**  
14505 Mary Bowie Parkway,  
Upper Marlboro, 6:30-8:30 p.m.

**Cameron Grove**  
1 Cameron Grove Circle, Bowie,  
5-7 p.m.

**Kettering Civic Federation and Largo Civic Association**  
Kettering/Largo Plaza Shopping  
Center 10590 Campus Way  
South, Upper Marlboro,  
6:30-8:30 p.m.

### DISTRICT III

**Windsor Crossing**  
3000 Victory Ln., Suitland,  
5:30-8:30 p.m.

**District Heights Police Dept.**  
2001 Maury Dr., District  
Heights, 5:30-8:30 p.m.

**TARGET Store**  
3101 Donnell Dr., Forestville,  
6-8:30 p.m.

**Oakcrest Towers**  
Brooks Dr., Capitol Heights,  
6-8 p.m.

**Fairfield Knolls, Millwood, Waterford**  
Shady Glen Dr./Walker Mill Rd.,  
Capitol Heights, 6-8 p.m.

**Wilburn**  
Central High School, Cabin  
Branch Dr., Capitol Heights,  
6-9 p.m.

**St. Paul Senior Living**  
1207 Addison Rd. South,  
Capitol Heights, 6-8 p.m.

See NNO Page A7



PHOTOGRAPHS COURTESY OF THE PRINCE GEORGE'S COUNTY POLICE DEPARTMENT

Members of the Prince George's County Emergency Services Team visit with neighbors in District 6 during last year's National Night Out on August 1, 2017.

# BUSINESS AND FINANCE

## PGCEDC's Innovation Station Accelerator Puts Businesses Within Walking Distance of Customers

*University of Maryland Has Wealth of Procurement Opportunities*

By R. JOSHUA REYNOLDS  
PGCEDC

LARGO, MD (July 20, 2018)—This morning, local business owners met at the PGCEDC's Innovation Station Accelerator to learn about millions of dollars in procurement opportunities at the University of Maryland. Yvette Williams, Coordinator for the Business Diversity Office at the University of Maryland shared the many opportunities available for businesses to take advantage of within the University System. EDC President and Chief 'Excitement' Officer

Jim Coleman was thrilled to host another seminar providing lucrative opportunities and resources for the County's small business community.

"We are here to connect our businesses to customers," said Coleman. "The University of Maryland is one of the largest employers and customers in the State and region. It is our duty to connect our business community to powerful customers and that's exactly what we're doing at Innovation Station. All our tenants have to do is

walk down the hall to take advantage of a world of opportunity!"

Ms. Williams opened the seminar by hearing what type of industry sectors were in attendance from the business owners. She then shared the wealth of opportunities available for small businesses at the University of Maryland. Attendees were also able to hear a first-hand account of how, exactly, they can be successful at securing a contract to do business with the University of Maryland.

"The business owners and I engaged in really good dialogue and they asked very poignant questions," said Williams. "Many wanted to know specifically who to talk to regarding opportunities and what exact opportunities are available. The University purchases everything from t-shirts and sports equipment to various toiletries used in restrooms. We buy everything that you can imagine. If you're registered with the eMaryland marketplace and have a good marketing plan, you are in a good position to do business with the University of Maryland!"

This seminar was a part of the regular series of programming that the PGCEDC's Innovation Station Accelerator provides to connect its members, as well as the greater small business community in Prince George's County with savvy resources to grow their businesses.

Learn about more business development seminars taking place at the PGCEDC's Innovation Station by visiting [www.pgcdec.com/events](http://www.pgcdec.com/events) or follow the EDC on social media @PGCEDC.



PHOTOGRAPH COURTESY OF PGCEDC

Alicia Moran (left), EDC Small Business Resource Manager, and Yvette Williams, Coordinator, Business Diversity Office, University of Maryland kick off the Procurement Seminar.

## Sonabank Creates Community Believers Program to Support Nonprofits

*Bank Launches Innovative Package of Products and Services Designed to Meet the Unique Needs of Nonprofit Organizations*

By PRESS OFFICER  
Sonabank

RICHMOND, VA (July 12, 2018)—Many banks know that nonprofit organizations have unique financial needs. But only one financial institution, Sonabank, has created Community Believers, an innovative program that provides a custom-designed package of integrated financial products and marketing services to help nonprofits grow and excel.

The Community Believers initiative evolved from Sonabank's desire to build and maintain strong partnerships with nonprofits in communities where the bank is located.

"We conducted focus groups with over 25 nonprofits in the Richmond and Hampton Roads regions to find out what they really want in a long-term banking relationship and how Sonabank could help them accomplish their respective missions to be successful," said Joe A. Shearin, CEO of Sonabank. "As a result of that in-

depth research, we developed the Community Believers program of financial products, tools and resources to demonstrate that we understand their world and we support what they are doing."

There is no fee to enroll in the Community Believers program at Sonabank, which includes many benefits for nonprofit members:

- Dedicated Website and Exclusive Resources: At CommunityBelievers.com, participants can post volunteer positions and event calendar details, access a members-only directory to collaborate with other nonprofits and share information, cross-promote volunteer opportunities with Sonabank employees, request use of Sonabank conference rooms for meetings during banking hours, meet with consulting and human resources professionals at Sonabank, and more.

- Community Believers Merchant Services: Sonabank's partnership with BluePay Merchant Services gives nonprofits the ability to accept donations re-

motely while maintaining the security, flexibility and customer service that the organization's stakeholders require.

- Community Believers Checking: Free checking with no monthly fee, no balance requirement and no limit to the number of transactions per month; pays interest on the balance so nonprofits can keep their hard-earned donations working for the organization's mission.

- Community Believers Loan Program: Sonabank will tailor a loan or extend a line of credit based on the nonprofit organization's unique financial story, plans and capacity.

- Kasasa in the Community: Nonprofits can give their employees rewards like free checking, refunds on ATM purchases nation-wide and other benefits with Kasasa packages that are available at Sonabank.

In addition to these benefits and services, Sonabank's local offices will select a "Nonprofit of the Month" to feature in various ways at the branch, providing an opportunity to connect the nonprofit with the bank's employees and customers.

"These nonprofit organizations are improving the quality

of life for individuals and families in our communities. Our goal for Community Believers is to make their work easier with effective banking solutions that address their current and future needs," said Michelle Simon, senior vice president and chief marketing officer at Sonabank. "Sonabank wants to be right there beside them as a business partner, helping them achieve their financial goals and believing in them every step of the way."

To learn more or to enroll in Community Believers, contact a local office of Sonabank or visit [www.CommunityBelievers.com](http://www.CommunityBelievers.com).

Sonabank is a Virginia state-chartered bank which commenced operations on April 14, 2005. Sonabank provides a range of financial services to individuals and small and medium sized businesses. At December 31, 2017, Sonabank had thirty-eight full-service retail branches in Virginia and seven full-service retail branches in Maryland, in Rockville, Shady Grove, Bethesda, Upper Marlboro, Brandywine, Owings and Huntingtown. For more information, visit [sonabank.com](http://sonabank.com).

## Sonabank Collecting School Supplies for Local Students

Sonabank needs your help so that children in the community will have the tools they need to be successful in school. **The bank is collecting school supplies from now through August 13.** Drop-offs can be made at any Sonabank branch. Locations in Prince George's County include:

Upper Marlboro: 14804 Pratt Street  
Brandywine: 14118 Brandywine Road

Supplies needed include: Notebook paper, three-ring binders, spiral note-

books, composition notebooks, No. 2 pencils, pencil pouches, colored pencils, calculators, crayons, pencil erasers, dry erase markers, glue sticks, bottle glue, pocket folders, three-prong folders, pocket dictionaries, markers, highlighters, rulers, tissues, hand sanitizers, copy paper, sticky notes, back packs and blunt-end safety scissors.

The school supply drive is a big part of Sonabank's celebration of Community Believers Week from July 30-Aug. 3. Thanks for your support of students in our community!

## Grants from A1

Harbor facility. I am appreciative that MGM National Harbor has continued to honor the commitments they made to the residents of Prince George's County."

The \$337,000 in funding that was granted to these organizations ranged from \$20,000 to \$35,000. PGCLDC is responsible for awarding impact grants to organizations to serve communities in close proximity to the MGM National Harbor facility.

"We are pleased to make these awards to organizations with programs and services that positively impact the lives of people who live within our impact area," said PGCLDC Chairman, Rev. Jeffrey Chandler.

For more information about PGCLDC, please go to <https://www.princegeorgescountymd.gov/1125/Local-Development-Council>.

The 2018 Prince George's County Local Development Council Grant Recipients are:

Alice Ferguson Foundation, Inc.: To support life-changing outdoor, experiential education programs for Prince George's County students in the impact area—\$30,000.

Alliance for Innovation in Education: To help improve the academic performance and educational opportunities for students attending 6 high schools in impact area and vicinity—\$25,000.

Coalition for Public Safety Training In Schools, Inc.: To support youth education and advocacy program, designed to prepare at risk youth in TNI communities with career awareness and development opportunities in the public safety sector—\$35,000.

Community Ministry of Prince George's County: To support violence prevention workshops and activities for youth in Oxon Hill community and surrounding area—\$35,000.

Community Outreach and Development, CDC: To support the "Labor of Love Human Services Center" in providing one-stop-shop social and community services for households within the impact areas that need emergency assistance—\$27,000.

Housing Options and Planning Enterprises, Inc. (HOPE): To assist Birchwood/Clearview Community Association in addressing conditions of distress in their community relative to housing deterioration—\$35,000.

Junior Achievement (JA) of Greater Washington: To continue support for curriculum and programs of the JA Finance Park@Prince George's to 3 schools—John Hanson Montessori, Oxon Hill Middle & High Schools—\$20,000.

L.E.E.P to College Foundation: To expand and support programs for students in Oxon Hill and TNI community with achieving positive educational outcomes and opportunities—\$35,000.

New Horizons Supported Services, Inc.: To provide Personal Support services, such as transportation, healthcare, workforce development and life skills training to adults with intellectual and developmental disabilities within impact area—\$25,000.

Pickett Fences Senior Services, Inc.: To help improve the quality of life of seniors by supporting the Dementia-Friendly America South County partnership project—\$35,000.

The Ivy Community Charities of Prince George's County, Inc.: To support the tutoring and academic enrichment efforts, targeting 4th and 5th grade students, at Forest Heights Elementary School—\$35,000.

## COMMENTARY

### Child Watch by Marion Wright Edelman



## Dorothy Cotton: Lessons in Servant Leadership and Movement Building

(July 20, 2018)—"We love Dr. King. I love Dr. King, but it was not Dr. King's movement. He did not start the Civil Rights Movement ... It was started by one person here, one person there, one person over here. If you see something wrong, sometimes you may have to start an action all by yourself. One person sees something wrong and starts doing something about it. People will join you if you do it with the right spirit."

Dear friend Dorothy Cotton, who died last month at 88, worked tirelessly to do something about the injustices around her that she knew were wrong. She had a joyous, infectious spirit that made others want to join her. Like Septima Clark, Ella Baker, and other great women leaders in the Civil Rights Movement, she is too little known compared to some of her close male colleagues like Dr. Martin Luther King, Jr., Rev. Ralph Abernathy, and Ambassador Andrew Young. But as Education Director of the Southern Christian Leadership Conference (SCLC) Dorothy Cotton was an indispensable member of SCLC's inner circle. And her attitude about leadership has lessons for us right now.

She might have seemed an unlikely "leadership" candidate growing up in Goldsboro, North Carolina with her three sisters and their widower father, a tobacco factory worker who "didn't know what college was." She couldn't remember ever seeing a book at home. But she worked her way through college and while at Virginia State College in Petersburg, Virginia she joined civil rights leader Reverend Wyatt Tee Walker's church, where she quickly started getting involved in local movement activities. Dorothy Cotton eventually became secretary of the Petersburg Improvement Association founded by Rev. Walker.

When Dr. King asked Rev. Walker to come to Atlanta and become SCLC's first full time executive director in 1960, Rev. Walker asked Dorothy Cotton to go too. She originally intended to stay and help for just a few weeks but as she wrote in her book *If Your Back's Not Bent*, she realized "our work with SCLC was not just a job, it was a life commitment."

As SCLC's Education Director she ran its lauded Citizenship Education Program, training over 6,000 people from across the South in week-long workshops on voter education, literacy, and nonviolent protest tactics to prepare them to return home and spread the movement. SCLC built on the work the very great Septima Clark started at Highlander Folk School teaching people to run Citizenship Education Schools in their own communities. Dorothy Cotton had a wonderful angelic voice and was known for using music at every meeting to teach and inspire. She described their mission as "[helping] people realize that they have within themselves the stuff it takes to bring about a new order."

She accompanied Dr. King on his final trip to Memphis and later worked at the Dr. Martin Luther King Jr. Center for Nonviolent Social Change before beginning another phase of leadership as a university administrator. Today the Dorothy Cotton Institute, part of the Center for Transformative Action affiliated with Cornell University, continues her legacy by training a new generation to foster and protect human rights and achieve social change through civic participation.

She loved working with students and we were grateful that she generously shared her time and wisdom and gifted singing with young and older leaders at the Children's Defense Fund-Haley Farm and other meetings including at the Rockefeller Conference Center in Bellagio, Italy where women gathered from around the world. At one session she emphasized that action doesn't always have to stem from a formal plan: "On a lot of college campuses where I do workshops and talk, some young folk think us old folk had a blueprint ... We sat up almost all night sometimes strategizing. We would take an action, and then we would see what kind of reaction we got, and then we would do the next action based on the reaction we got. I just want to say, a movement is dynamic. It's evolving. It's changing. Nobody had a blueprint, and don't let anybody tell you that we

See CHILD WATCH Page A8

## The Prince George's Post

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# OUT on the TOWN

## 'Tis the Season ... Back-To-School Season That Is!

*Believe It or Not, It's Time to Start Preparing Students for the 2018–2019 School Year*

Midway through the summer, flyers, ads, and even television commercials start promoting those infamous back to school specials and deals—a sight most kids dread. But the new school year can be an exciting new step for students when they feel prepared.

Over the next few weeks we'll offer some fun insights and tips for getting kids back into the school mindset as well as those often hectic classwork and extracurricular schedules.

### OPEN TO THE PUBLIC



National Wildlife Visitor Center

PHOTOGRAPH BY P.G. POST STAFF

Located in Laurel, Md., the **National Wildlife Visitor Center** is a science and environmental education center situated in the Patuxent Wildlife Refuge. The interactive exhibits, gallery, and special events allow visitors to explore and learn about global environmental issues, migratory bird studies, habitats, endangered species, creature life cycles and the research tools and techniques used by scientists. Afterwards, take what you've learned out into the Refuge and watch the wildlife, hike, or bike the trails. You can even take a tram tour when weather permits. The Visitor Center is open daily 9:00 a.m. to 4:30 p.m. Hiking trails are open from sunrise to 4:30 p.m.

*National Wildlife Visitor Center:*  
10901 Scarlet Tanager Loop, Laurel, MD 20708 • 301-497-5760  
<https://www.fws.gov/refuge/Patuxent/>

## It's Back! Join the 8th Annual Stuff-A-Bus Campaign



PHOTOGRAPH BY DODGERTON SKILLHOUSE, MORGUEFILE.COM

Join with the Prince George's County Public Schools System to help send 15,000 PGCPS students back to school with a backpack and supplies to start the new 2018–2019 school year off right!

The PGCPS Stuff-A-Bus campaign kicks off again this August with several events that are open to the public. All are welcome to donate backpacks and supplies which will be distributed at the 8th Annual Back-to-School Fair Block Party on Saturday, August 25.

### 2018 Stuff-A-Bus Events

Date and Time: August 4, 2018, 11 a.m.–3 p.m.  
Location: Ivy Youth and Family Center  
6118 Walton Avenue, Suitland, MD 20746

Date and Time: August 5, 2018, 12 p.m.–4 p.m.  
Location: Bowie Town Center  
15606 Emerald Way, Bowie, MD 20716

Date and Time: August 7, 2018, 5:30 p.m.–8:45 p.m.  
Location: National Night Out at Largo Plaza Shopping Center  
10500 Campus Way South,  
Upper Marlboro, MD 20774

Date and Time: August 11, 2018, 11 a.m.–3 p.m.  
Location: Wegmans, 9001 McHugh Drive, Lanham 20706

### And Don't Forget to Save the Date!

The 8th Annual Back-to-School Fair Block Party takes place on August 25, 2018, 9 a.m.–2 p.m.

Location: Prince George's Stadium,  
Home of the Bowie Baysox  
4101 Crain Highway, Bowie, MD 20715

The PGCPS Back-to-School Block Party helps families prepare for the upcoming school year. The event features a free backpack giveaway (children must be present to receive a backpack), exhibitors and more. PGCPS representatives will be on hand to share information about a variety of student services.

### Requested Supplies

**Backpacks:** red, blue, yellow or green

**Elementary Supplies:** wide-ruled composition books, crayons, glue sticks and #2 pencils

**Secondary Supplies:** college-ruled notebook paper, blue/black pens, highlighters and pocket folders

### Bonus! Service Learning Hours are Available

Current PGCPS students in Grades 6–12 looking to complete service hours can register to volunteer at the Stuff-A-Bus events. Service hours earned are based on time spent collecting and delivering donations.

Parents must register student in advance (space is limited). For more information email: [volunteers@pgcps.org](mailto:volunteers@pgcps.org).

### Students in Need

Families must register for students to receive donated backpacks and supplies. Visit <http://www.pgcps.org/btsfair/> and click on the Registration link to register your student today. Please note, the form will automatically turn off at 12:05 a.m. on August 16. There will be limited on-site registrations accepted.

For more information, call 301-952-6380.

### ERIC D. SNIDER'S IN THE DARK

## ... Movie Review ...

### Ant-Man and the Wasp

Ant-Man and the Wasp  
Grade: B  
Rated PG-13, a little profanity,  
mild action violence  
1 hr., 53 min

As those still weeping over *Avengers: Infinity War* will tell you between muffled sobs, there's big doin's afoot in the Marvel Cinematic Universe. But none of that matters in *Ant-Man and the Wasp*, a direct sequel to *Ant-Man* that's just as cheerfully (and fittingly) small in scale, with personal stakes rather than fate-of-the-world stuff and a director who doesn't pretend it's anything more than that. (I'm still stinging from *Ready Player One*, where they were trying to save a video game but acted like they were saving the universe.)

Scott Lang (Paul Rudd) is on house arrest because of what he did in *Captain America: Civil War*, and is on the outs with scientists Hope Van Dyne (Evangeline Lilly) and her father, Dr. Hank Pym (Michael Douglas), for the same reason. Hope and Hank are fugitives now, working from a laboratory in a high-rise building, which they keep secret by shrinking it—the entire building—to the size of a carry-on bag when they're not using it. What are they working on? A quantum tunnel to take them to the quantum realm,

where Hope's mom, Janet (Michelle Pfeiffer), has been trapped for 30 years. They need Scott's help because he's been to the quantum realm and seems to have a quantum entanglement with Janet. The word "quantum" is spoken several million times.

And that's the whole objective: get Mom back from quantumland. (So she can help them save the world? Nope, just to have her back.) Hank has built a new suit for Hope that gives her wings and blasters; Scott's suit keeps malfunctioning, embiggening and debiggening him at random, for comedy. More serious complications include buying a necessary quantum-tunnel component from an oily black-market dealer named Sonny Burch (Walton Goggins), and a ghost-like figure (Hannah John-Kamen) who keeps trying to steal it. (People also keep stealing the shrunken laboratory, which gets tossed around like a suitcase without any of the fragile equipment inside being damaged.) Dr. Bill Foster (Laurence Fishburne), former partner and now enemy of Hank Pym, is also involved, and the film finds good use for Luis (Michael Peña), Scott's motor-mouthed ex-con friend, as well.

The returning director is Peyton Reed, of snappy comedies like *Bring It On* and *Down with Love*,



ROTTENTOMATOES.COM

**In the aftermath of *Captain America: Civil War*, Scott Lang grapples with the consequences of his choices as both a Super Hero and a father. As he struggles to rebalance his home life with his responsibilities as Ant-Man, he's confronted by Hope van Dyne and Dr. Hank Pym with an urgent new mission. Scott must once again put on the suit and learn to fight alongside The Wasp as the team works together to uncover secrets from their past.**

and his sensibilities have not changed. The screenplay is by the team of Chris McKenna and Erik Sommers (*Spider-Man: Homecoming*, *The LEGO Batman Movie*), plus newcomers Andrew Barrer and Gabriel Ferrari, plus Paul Rudd. Everything is geared toward comedy, with much of the humor stemming (as it did in McKenna and Sommers' other movies) from trivial things coming up during serious situations, the daily realities of life encroaching on the comic book world. It's a good strategy that efficiently delivers laughs and exposition simultaneously. One example: Scott has a vision of Janet playing hide-and-seek with a young Hope—proof that Janet's alive and psychically connected to Scott!—but when Hope confirms that the wardrobe in his vision is where she "always used to hide," Scott's takeaway is that young Hope didn't really understand how hide-and-seek works. (This is after asserting it wasn't a wardrobe he

saw, just a tall dresser.)

In the heart department, Scott feels bad for screwing things up with Hope and Hank last time, while Hope and Hank are eager for a reunion with their beloved Janet. Those threads play out nicely, though I'm unsettled by the recent observation, first in *The Catcher Was a Spy* and now here, that the beloved, ageless, perfect Paul Rudd might not be enough of an actor to convey gravity, even the limited amount called for by *Ant-Man and the Wasp* (which needs more Wasp, BTW). He has a surface-level appeal that is very appealing but very surface-level—which works fine for about 80% of this funny, good-natured material. The main draw continues to be seeing people and things drastically change in size right before our eyes, and that never gets old.

(P.S. Stay for the mid-credits scene. There's a very brief post-credits scene, too, but it's unimportant, and in the trailer.)

### Calendar Spotlight

— ART SHOW OPENING —



PHOTOGRAPH COURTESY OF P.G. PARKS AND RECREATION

Get more than a bird's eye view on photographs from one of the world's most celebrated conservation publications!

Experience the beauty of birdlife as seen in winning photos from *Audubon Magazine* in a new exhibit open through August 22, 2018

**Audubon Photography Awards Traveling Exhibit**  
August 1–22, 2018

The exhibit will be open Monday–Saturday from 8:30 a.m.–5:00 p.m. and Sunday from 11:00 a.m.–4:00 p.m. beginning August 1–August 22, 2018

Walk among the winning photographs selected from more than 5,500 entries that show birdlife at its most vivid, vulnerable, formidable, and elegant form. The photographs were published in the Summer 2017 issue of *Audubon Magazine* after photographers from 49 states and eight Canadian provinces submitted images in three categories: professional, amateur, and youth. A panel of five judges had the daunting task of sifting through the stunning images and grading them based on technical quality, originality, and artistic merit.

**Opening Reception: Sunday, August 5, 5 p.m.–8 p.m.**

The reception will include light refreshments as well as the opportunity to talk birding and photography with members of the Prince George's Audubon Society.

Cost: FREE  
Ages: Ages 13 and up  
Location: Watkins Nature Center  
301 Watkins Park Drive, Upper Marlboro, MD 20774  
Contact: 301-218-6700, TTY 301-218-6768

**We want your news!** Email your local- and community-related news and events to the editor for consideration at [pgpost@gmail.com](mailto:pgpost@gmail.com)

# Calendar of Events

## August 2—August 8, 2018

### Brown Bag Summer Series Environmental Film Fest: *Wasted! The Story of Food Waste*

Date and Time: August 3, 2018, 12:00 p.m.–2:00 p.m.  
 Description: The MD Department of the Environment continues its FREE summer series film festival with *Wasted!* This film aims to change the way people buy, cook, recycle and eat food, making the most of every kind of food, transforming what most people consider scraps into incredible dishes that create a more secure food system. Run Time: 95 min. **Sign up to attend by August 2nd.**  
 Cost: FREE (RSVP by August 2: bgarner@co.pg.md.us)  
 Ages: Adults  
 Location: MD Department of the Environment  
 1801 McCormick Dr.,  
 Largo, MD 20774, Suite 500  
 Contact: bgarner@co.pg.md.us

### Fish with a Ranger

Date and Time: August 4, 2018, 10:00 a.m.–12:00 p.m.  
 Description: Cast a line with a Ranger and learn about the fish you will be trying to catch, wildlife in the area, and the history of the Potomac river. The park has a few rods available for use—feel free to bring your own gear along. Please note that this program is cancelled if raining. The park will only allow Catch and Release during the program.  
 Cost: \$10 per car  
 Ages: All ages  
 Location: Fort Washington Park, Lighthouse  
 13551 Fort Washington Rd.  
 Fort Washington, MD 20744  
 Contact: 301-763-4600; <https://www.nps.gov/fowal/>

### Wine & Jazz at Marietta

Date and Time: August 4, 2018, 2:00 p.m.–7:00 p.m.  
 Description: Join us as we celebrate local Maryland wineries, including our own County winery, Romano's! Bring a blanket or lawn chair to enjoy the beautiful setting while listening to live jazz music by Wayna (2:00–4:00 p.m.) and AJQ Plus 1 (5:00–7:00 p.m.). Features food and craft vendors, various artisans, and extended hours for the Glenn Dale Farmer's Market. Tours of the historic home are offered throughout the day and are included with admission.  
 Cost: \$15/person, includes wine sampling glass. Must be 21 or older to purchase wine sampling glass. ID required.  
 Ages: Adults  
 Location: Marietta House Museum  
 5626 Bell Station Rd., Glenn Dale, MD 20769  
 Contact: 301-763-4600; <https://www.nps.gov/fowal/>

### 24th Annual Hoops 4 Peace Anti-Violence Youth Summit

Date and Time: August 4, 2018, 9:00 a.m.–5:00 p.m.  
 Description: Featuring speakers and advocates from within the community, empowering workshops covering a various array of topics, as well as a 3-on-3 Celebrity Hoops Alumni Basketball Tournament. There will be back-to-school giveaways, awards, vendors and more. **Basketball registration deadline is August 2, 2018.** Register online at <http://www.communitykinshipcoalition.org/>.  
 Cost: FREE  
 Ages: 8–18  
 Location: Seat Pleasant Activity Center  
 5720 Addison Rd., Seat Pleasant, MD 20743  
 Contact: 240-640-2902, ckc659@yahoo.com

### Film Screening: *Hebron*

Date and Time: August 4, 2018, 2:00 p.m.  
 Description: Prince George's County Peace & Justice Coalition invites the community to come see *Hebron*. Through provoking footage and interviews, this 40-minute film depicts Palestinian civilians attempting to exert their fundamental human rights, such as education, religion, movement, and dignity. A discussion with the filmmaker, Yousef Natsha, will follow the screening.  
 Cost: FREE—register your interest on the Facebook page at <https://www.facebook.com/events/523276461422542/>  
 Ages: Adults  
 Location: Greenbelt Community Center  
 15 Crescent Rd., Greenbelt MD  
 Contact: justpeacepg@earthlink.net or 301-577-2350.

### Secrets of 1770: Kitchen Garden

Date and Time: August 5, 2018, 10:00 a.m.–4:00 p.m.  
 Description: Ever wonder what life was like for an 18th century farm family? Working alongside costumed interpreters visitors can experience life on a working colonial-era farm. Lend a hand in the garden and learn about self-sufficiency by growing your own food.  
 Cost: FREE  
 Ages: All ages are welcome  
 Location: National Colonial Farm  
 3400 Bryan Point Rd., Accokeek, MD 20607  
 Contact: 301-283-2113; [info@accokeek.org](mailto:info@accokeek.org)

### Piscataway Indian Nation Performance

Date and Time: August 8, 2018, 7:00 p.m.  
 Description: Join us for an exciting evening of history, culture and dance! The Piscataway Indian Nation will be delving into the history of the tribe and will be performing traditional dance. Thanks to the Friends of the Accokeek Library for sponsoring.  
 Cost: FREE  
 Ages: 5–12  
 Location: PGCMLS, Accokeek Branch  
 15773 Livingston Rd., Accokeek, MD 20607  
 Contact: 301-292-2880

### Computer Basics for Job Seekers

Date and Time: August 8, 2018, 10:00 a.m.  
 Description: Learn basic computer skills and get help looking for jobs in an encouraging atmosphere. This class is perfect for beginners and seniors transitioning to a new career. Available on Wednesdays throughout August (except August 22). Note: the class has limited seating. Call (301) 772-5477 to register.  
 Cost: FREE  
 Ages: Adults  
 Location: PGCMLS, Glenarden Branch  
 8724 Glenarden Pkwy., Glenarden, MD 20770  
 Contact: 301-772-5477 | 240-696-3844

## Earth TALK™

# Companies Incentivizing Employees to Live Greener, Promote Sustainability

Dear EarthTalk:

*What are some ways that companies can encourage or incentivize their employees to live greener and promote sustainability?*

—Jane Bussbaum, Troy, NY

Many companies talk the talk when it comes to going green and do the minimum possible so as not to look bad (e.g., install recycling bins), but fewer actually walk the talk by actively investing in sustainability initiatives, let alone empower staffers to take action on behalf of the planet. But as employees start to demand more of their employers, some companies have begun to leverage corporate resources to help their people cut carbon footprints—both at home and at work—in various ways.

To wit, WeWork, a startup that runs some 200 “co-working” shared workspace facilities around the world with 200,000 customers, announced recently that it would no longer allow any of its own 6,000 employees to get reimbursed for meat meals (red meat, poultry and pork) on their expense reports—and will no longer serve any meat at company events. “As a company, WeWork can save an estimated 16.7 billion gallons of water, 445.1 million pounds of CO<sub>2</sub> emissions and over 15 million animals by 2023 by eliminating meat at our events,” says WeWork co-founder Miguel McKelvey.

Another way companies can cut their employees’ collective carbon footprint is by encouraging them to live close enough to work so they can walk or bike. Facebook reportedly compensates employees who buy or rent a home within 10 miles of its Menlo Park, California campus up to \$15,000 to discourage long fossil-fuel-spewing commutes. Energy

bar manufacturer Clif Bar offers employees \$500 toward the purchase of a “commuter bike” as an eco-friendly alternative to driving to work. Baltimore’s Live Near Your Work program matches employer grants to help employees purchase homes close enough to their jobs so they can walk or bike to work. And Make Collective, an advertising agency in Christchurch, New Zealand, recently started paying its employees who use their bikes to commute a \$5/day bonus. And for workers who keep up the bicycle commuting for more than six months, the benefit doubles to \$10/day, paid out at the end of the year as a bonus.

Helping employees go green on the home front is another way some companies are stepping up in terms of promoting sustainability. Bank of America offers employees \$500 off the installation of solar panels on their home rooftops, as well as a \$3,000 reimbursement incentive for those staffers who buy a hybrid, compressed natural gas or “highway-capable” electric vehicle.

Reinsurance giant Swiss Re’s COyou2 initiative grants employees up to half of the costs associated with shrinking their personal carbon footprints. The company makes upwards of 2,000 employee grants a year accordingly to help staffers replace aging appliances with newer energy-efficient models, beef up the insulation in their homes and switch over to hybrid and electric cars.

Likewise, staffers at the Vermont Energy Investment Corporation (VEIC) can access company funds to help defray costs associated



PHOTOGRAPH BY YUSUKE KAWASAKI, FLICKRCC

**At WeWork’s co-working office facilities, you will find foosball and pool tables, but you won’t find any red meat, pork or poultry as the company tries to reduce its environmental impact.**

with the purchase of energy-efficient appliances, hybrid or electric cars, home energy assessments, CSA (Community Supported Agriculture) memberships, composting supplies or anything else that will serve to cut their own household environmental impacts.

**CONTACTS:** “Avoiding meat and dairy is ‘single biggest way’ to reduce your impact on Earth,” [goo.gl/8eScEF](http://goo.gl/8eScEF); Baltimore’s Live Near Your Work, [livebaltimore.com/live-near-your-work/](http://livebaltimore.com/live-near-your-work/); Swiss Re COyou2, [www.swissre.com/corporate\\_responsibility/coyou2\\_programme.html](http://www.swissre.com/corporate_responsibility/coyou2_programme.html); VEIC Sustainability Benefits, [www.veic.org/company/brands/sustainability-benefits](http://www.veic.org/company/brands/sustainability-benefits).

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

## Hair Cuttery to Support Underprivileged Children With Back-to-School Share-A-Haircut Program

*For Every Children’s Haircut Purchased Between August 1–15, a Haircut Certificate Will Be Donated to a Child in Need—Just in Time for the New School Year*

By PRESS OFFICER

### Hair Cuttery

VIENNA, VA (July 17, 2018)—Hair Cuttery, the largest family-owned and operated chain of hair salons in the country, will be donating back-to-school haircuts to children who need it most this summer. From August 1–15, for every child up to age 18 who purchases a haircut at one of Hair Cuttery’s nearly 900 salons, one free haircut certificate will be donated to an underprivileged child in the community.

“A fresh haircut to celebrate a milestone is something that can easily be taken for granted,” said Dennis Ratner, Founder and CEO of Hair Cuttery. “Through our Share-A-Haircut program, we strive to provide

every child with this simple but impactful service that will help send them back to school with confidence and enthusiasm to kick-off the year.”

Within the first two weeks of August, Hair Cuttery is aiming to donate tens of thousands of free haircut certificates ahead of the new school year. Certificates will be distributed with the help of more than 200 local government and nonprofit organizations in communities across the country.

Since 1999, the Share-A-Haircut program has donated more than 2.4 million free haircut certificates valued at nearly \$50 million.

2018 marks the 19th year of Share-A-Haircut, with Hair Cuttery’s most recent campaign donating more than 80,000 haircuts to survivors of domestic violence this

past spring. The company has an established history of charitable giving and has supported a range of local and national causes, including St. Baldrick’s Foundation, American Red Cross, The National Network to End Domestic Violence, American Cancer Society and Girls on the Run.

*Hair Cuttery is the largest family-owned and operated chain of hair salons in the country, with nearly 900 company-owned locations on the East Coast, in New England and the Midwest. A full-service, value-priced salon, Hair Cuttery offers a full complement of cuts and styling, coloring, waxing and texturizing services with no appointment necessary, as well as a full line of professional hair care products. Hair Cuttery is committed to delivering a delightful client experience through WOW Service including a Smile Back Guarantee. Hair Cuttery is a division of Ratner Companies, based in Vienna, VA. For more information visit: [www.haircuttery.com](http://www.haircuttery.com)*

## NNO from A1

### Colony Square HOA

5800 S. Hill Mar Circle, District Heights, 5:30–8:30 p.m.

### Town of Seat Pleasant

MLK and Sheriff Rd Recreation Center, 6301 Addison Rd., Seat Pleasant, 6–8 p.m.

### Town of Glenarden

Teresa Banks Recreation Center, 8615 McLain Ave., Glenarden, 6–9 p.m.

### Addison Chapel Apartments

1501 Elkwood Dr., Capitol Heights, 6–8 p.m.

### Town of Fairmont Heights

Fairmont Heights Town Hall, Jost St./60th Ave., Fairmont Heights, 6–8 p.m.

## DISTRICT IV

### Hillcrest Heights Civic Association

Hillcrest Heights Community Center, 2300 Oxon Run Dr., Hillcrest Heights, 6–8 p.m.

### Skyline Civic Association

Skyline Elementary School, 6311 Randolph Rd., Suitland, 6–9 p.m.

### Applegrove CA/ Rosedale Estates

7007 Bock Rd., Temple Hills, 6–8 p.m.

### Church of the Living Waters

4915 Wheeler Rd., Oxon Hill, 6–9 p.m.

### Rosecroft Village HOA

2308 W. Rosecroft Village Circle, Oxon Hill, 5–8 p.m.

### Concerned Citizens of Lynnalnan

Lynnalnan Acres Community Center, 9001 Little Stone Dr., Fort Washington, 6–8:30 p.m.

## DISTRICT V

### All District V Communities

District V, 6707 Groveton Dr., Clinton, 5:30–8 p.m.

## DISTRICT VI

### All District VI Communities

District VI, 4321 Sellman Rd., Beltsville, 6–8 p.m.

### Powder Mill Village

11300 Evans Trail, Beltsville, 5–7 p.m.

### West Laurel

16601 Supplee Ln., Laurel, 6:30–8:30 p.m.

### Incorporated City of Laurel

Granville Gude Park, 8300 Mulberry St., Laurel, 6–9 p.m.

## DISTRICT VII

### All District VII Communities

District VII Police Station, 11108 Fort Washington Rd., Fort Washington, 6–9 p.m.

### Potomac Knolls

1101 Aragona Boulevard, Fort Washington, 6–9 p.m.

## SPECIALIZED OPERATIONS DIVISION (SOD)

District V, VI and VII, 5–9 p.m.

## Safe Disposal from A1

abuse announced in September 2017. As part of that effort, the company also said it would enhance opioid utilization management aligned with CDC Guideline for CVS Caremark clients and members, complementing measures already in place.

This work builds on ongoing programs the company operates including the Pharmacists Teach program, which brings CVS Pharmacists to local schools to talk to teens and parents about the dangers of abusing prescription drugs, with more than 5,500 teens and parents in Maryland having already participated in the program. CVS Health has also worked to expand access to the opioid overdose-reversal drug naloxone in 46 states, including Maryland.

The 19 new medication disposal units are located at the following CVS Pharmacy locations:

**Annapolis** (2601 Riva Rd.), **Baltimore** (7845 Wise Ave.), **Clinton** (8859 Branch Ave.), **Crofton** (2003 Davidsonville Rd.), **District Heights** (5870 Silver Hill Rd., Silver Hill Plaza), **Elkridge** (6480 Old Waterloo Rd.), **Ellicott City** (3300A Centennial Ln.), **Fred-erick** (402 SO Jefferson St.), **Gaithersburg** (19100 Montgomery Village Ave.), **Green-**

**belt** (7607 Greenbelt Rd.), **Hollywood** (24288 Three Notch Rd.), **Kensington** (3715 University Blvd. West), **La Plata** (6260 Crain Hwy), **Laurel** (15100 Baltimore Ave.), **North Potomac** (9920 Key West Ave.), **Olney** (3110 Olney Sandy Spring Rd.), **Pasadena** (28 Magothy Beach Rd.), **Rockville** (7955 Tuckerman Ln.), **Towson** (1001 York Rd.).

*CVS Health is a pharmacy innovation company helping people on their path to better health. Through its more than 9,800 retail locations, more than 1,100 walk-in medical clinics, a leading pharmacy benefits manager with approximately 94 million plan members, a dedicated senior pharmacy care business serving more than one million patients per year, expanding specialty pharmacy services, and a leading stand-alone Medicare Part D prescription drug plan, the company enables people, businesses and communities to manage health in more affordable and effective ways. This unique integrated model increases access to quality care, delivers better health outcomes and lowers overall health care costs. Find more information about how CVS Health is shaping the future of health at <http://www.cvshealth.com>.*

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**www.fbc-cp.org**

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Sunday Worship 11a.m.  
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Wednesday Bible Study 7-8p.m.  
Wednesday Prayer Service 8p.m.

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**Church (301) 627-5088**

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Fax (301) 839-1721  
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**West Nile from A3**

Marylanders are urged to monitor their own yards and gardens for standing water that can serve as a breeding ground for mosquitoes. Small amounts of water in a discarded can or container will support dozens of mosquitoes. To eliminate mosquito-breeding areas:

- Clean rain gutters to allow water to flow freely
- Empty or screen corrugated drain pipes
- Remove old tires or drill drainage holes in tires used as playground equipment
- Turn over wading pools, wheelbarrows, wagons, and carts when not in use
- Flush water from the bottom of plant holders twice a week
- Replace water in birdbaths at least twice a week
- Turn garbage can lids upside down and make sure trash receptacles are empty of water
- Fix dripping faucets
- Aerate ornamental pools and water gardens or stock with fish and use a circulating filter system

The Maryland Department of Agriculture (MDA) will conduct larvicidal and spraying activities within a three-quarter mile radius of where the individual resides. Routine spray operations will continue in all other participating communities throughout the state.

Although birds are not routinely tested for WNV in Maryland, sick or injured birds can be reported to an appropriate local wildlife rehabilitator. Residents can call 1-877-463-6497 for a list

of licensed rehabilitators or visit the Maryland Department of Natural Resources website, [http://dnr.maryland.gov/wildlife/Pages/plants\\_wildlife/rehabilitators.aspx](http://dnr.maryland.gov/wildlife/Pages/plants_wildlife/rehabilitators.aspx). Detailed instructions on what to do when you find a sick or dead bird can be found at [http://dnr.maryland.gov/Wildlife/Pages/plants\\_wildlife/wildlifeproblems.aspx](http://dnr.maryland.gov/Wildlife/Pages/plants_wildlife/wildlifeproblems.aspx).

MDH provides weekly updates of WNV detected in humans, mosquitoes, and horses in Maryland on its website. For each case, MDH indicates whether the infected individual is a child or an adult, and the region of the state where the individual resides. The reports are updated every Wednesday and can be found at <https://phpa.health.maryland.gov/OIDEOR/CZVBD/pages/Data-and-Statistics.aspx>.

For additional information on WNV, visit MDH at <https://phpa.health.maryland.gov/OIDEOR/CZVBD/Pages/west-nile-virus.aspx>, MDA at <http://mda.maryland.gov/AnimalHealth/Pages/Diseases.aspx>, and the U.S. Centers for Disease Control and Prevention at <http://www.cdc.gov/westnile>.

The Maryland Department of Health is the State agency that protects Maryland's public health. We work together to promote and improve the health and safety of all Marylanders through disease prevention, access to care, quality management, and community engagement. Stay connected: <http://www.twitter.com/MD-HealthDept> and <http://www.facebook.com/MarylandDHMH>.

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**Child Watch from A4**

did." She added: "Action springs up in a lot of different places at the same time ... We were sick and tired of being sick and tired, and some folk took action and we learned as we went." She always reminded us that we can't wait for leaders—leadership emerges from action.

Her words should be an encouragement to the wave of brave and committed students, other young people, and those of all ages in communities across the country who are speaking out today against gun violence, horrific immigration policies tearing children from parents, and a list of other injustices. Dorothy Cotton would love the resistance springing up across our nation right now and it must continue and grow and grow. Like

Dorothy, we must stand up and protest as so many are doing for as long as it takes when we see rampant injustice all around us. When we see something wrong, don't ask why doesn't somebody do something about it, but why don't I do something. This is how transforming movements happen—person by person speaking out and saying no against unjust policies.

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.childrens-defense.org](http://www.childrens-defense.org).

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

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