

The Prince George's Post



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Grief Campers Take the Field at Annual Bowie Baysox Outing

By ELYZABETH MARCUSSEN
Hospice of the Chesapeake

BOWIE, MD (Aug 29, 2018) —Every year, as the children prepare to leave Chesapeake Life Center's bereavement camps, an offer goes home with them to attend a Bowie Baysox game on a special night. On August 16, the bases were loaded with some of those young campers as members from the community cheered them on during the fifth annual Chesapeake Kids Night with the Bowie Baysox at Prince George's Stadium in Bowie.

Pregame action for the kids included hanging out in the dugout with the players, who happily signed the baseballs they received from the Baysox. Cooper Klein, 9, of Pasadena, was selected to throw out the first pitch. Then, several campers ran out with the players as the starting line-up took their places on the field before "The Star-Spangled Banner" was performed. Many of the kids also got to participate in the between-inning games for

which minor-league baseball games are known. At the seventh inning stretch, Hospice of the Chesapeake certified therapeutic musician Alex Strachan stepped out of the dugout with his violin and treated the crowd to "God Bless America" and "Take Me Out to the Ballgame."

Thanks to the generosity of M&T Bank and several other sponsors, this year's event raised about \$5,000 for Chesapeake Kids, a program of Hospice of the Chesapeake that supports children in Anne Arundel and Prince George's counties living with and affected by advanced illness. It also offers counseling and support programs for children and families grieving a loss, including Camp Nabi and Phoenix Rising children's bereavement camps.

Caring for life throughout the journey with illness and loss is the mission of Hospice of the Chesapeake. For more information, please visit www.hospicechesapeake.org.

Maris Thornburg of University Park (top right) runs out with Bowie Baysox shortstop Erick Salcedo.

After throwing out the first pitch, Cooper Klein, 9, of Pasadena, (right) is congratulated by guest wizard G. Wiz of the Washington Wizards basketball team.

PHOTOS BY ELYZABETH MARCUSSEN, HOSPICE OF THE CHESAPEAKE



Police Academy Session 136 Graduates Five New Deputy Sheriffs

By PRESS OFFICER
Prince George's County Office of the Sheriff

UPPER MARLBORO, MD (August 20, 2018)—The Prince George's County Office of the Sheriff welcomed five new Deputies to our ranks who graduated from the Prince George's County Police Academy on Wednesday, August 15, 2018. Deputy Sheriffs Jalaeme Gomez, Ryan Harris, Leonardo Johnson Jr., Saheed A. Lawal and Alejandra Medrano-Munoz all successfully completed eight rigorous months of police Academy basic training as members of Session 136.

Deputy Ryan Harris received three awards: the Marksmanship Award presented by Mr. James Baden III; the Sergeant Steven F. Gaughan Memorial Award for Achievement in Criminal Law; and, the Sergeant Joseph K. Brown Memorial Award for Academic Achievement. Friends of the Deputies gathered at Riverdale Baptist Church in Upper Marlboro, MD to see their loved ones sworn in and to witness their commitment to protect and serve the citizens of Prince George's County.

"It is an exciting time for the agency to be able to bring on these new Deputies. Their perspective, energy, and ideas make us better as we prepare them for their next training phase," said Sheriff High. "We are proud of all of their accomplishments. Academy training is a rigorous environment. Their dedication to serve the community is evident by their completion of this element of learning and preparing. We know that as they excelled in the Academy, they will continue to deliver top notch service to the citizens of the County."

Sheriff High joined County Executive Rushern L. Baker and other public safety agency heads in congratulating the graduates for their accomplishments and successful completion of the academy.

The remaining graduates in Session #136 will join the Prince George's County Police Department, City of Bowie Police Department, and the Maryland National Capital Park Police—Prince George's County Division.

For more information contact the Communications and Public Affairs Division at 301-780-7354.



PHOTO COURTESY OF THE P.G. COUNTY OFFICE OF THE SHERIFF

P.G. County Receives \$100 Thousand Dollar Grant to Improve Food Access for Needy Residents via Farmers' Markets

P.G. County Department of Social Services to award funding to incentivize Supplemental Nutrition Assistance Program (SNAP) spending at county farmers markets

By PRESS OFFICER
P.G. Co. Department of Social Services

LANDOVER, MD (August 2018)—The Prince George's County Department of Social Services has secured \$100,000 in additional funding to help improve access for needy residents to healthy farmers markets' foods. These funds will be used for the State's Maryland Market Money (MMM) which is a program that removes economic barriers for low-income shoppers by providing a dollar-for-dollar match for purchases made using food assistance benefits (such as SNAP/Electronic Balance Transfer (EBT)) at farmers markets. By incentivizing spending with local family farms, MMM also invests in a sustainable food system and fuels the regional economy.

"Access to healthy food choices is essential to good health in any family. This grant will help us to provide more options for families that need assistance," said

County Executive Rushern L. Baker, III. "There is no doubt this is a challenge in many of our communities, however thanks to the diligence of our Department of Social Services, more people will have access to fresh produce. This grant certainly does not solve the problem, but it is a very good step in the right direction. Although this is great news for the County, the real winners are the families and children that will benefit from this assistance."

Prince George's County boasts 15 farmers markets offering shoppers a wide range of locally grown and healthy foods. However, according to the U.S. Census, 9.2% of the County's population live below the poverty level and approximately 42,000 households receive SNAP benefits. For these individuals, fresh market foods are often out of the reach and SNAP benefits are only designed to supplement food costs. By financially supporting MMM, Prince George's County is improving healthy food access for its most vulnerable residents, by stretching the buying power of their federal food supplemental benefits and encouraging them to buy nutritious fresh foods.

"Partnering with our local farmers markets makes perfect sense as we continue our efforts to increase the opportunities for healthy food choices for our citizens who rely on SNAP and other supportive benefits," adds Gloria Brown Burnett, Director, Department of Social Services.

Since the inception of the program's implementation at the Riverdale Park Farmers Market, there has been annual growth in participation. In 2017 alone, the program has served close to 1,000 SNAP recipients with almost \$10,000 in matching funds used to purchase fresh foods. This funding can support the same success at all of the farmers markets across Prince George's County.

While it might not sound like much, doubling \$5 in benefits to \$10 can have a tremendous impact on shoppers in need. As an example, Maria, who lives in a neighboring jurisdiction, uses her SNAP benefits every week to buy fresh food for her four-person household. "The match helps my family eat healthier foods that we couldn't otherwise afford. It makes market shopping economical for us," she explains. By funding MMM, Prince George's County is investing in farmers markets where everyone can access fresh healthy foods, regardless of income.

The Prince George's County Department of Social Services (PGCDSS) provides an array of services designed to ensure the safety and wellbeing of at-risk children and vulnerable adults, as well as stabilize families. PGCDSS provides opportunities for residents to become independent, responsible and stable members of the community, by providing intervention services that strengthen families, protect children and vulnerable adults, encourage self-sufficiency and promote personal responsibility.



PHOTOGRAPH BY LADYHEART, MORGUEFILE.COM

Students Improve on State English Exam, Remain Steady On Math Exam

By OFFICE OF COMMUNICATIONS
Prince George's County Public Schools

UPPER MARLBORO, MD (August 28, 2018)—Today, the Maryland State Department of Education released results of the annual Partnership for Assessment of Readiness for College and Careers (PARCC). Results from the 2017–2018 school year show improvements in English Language Arts (ELA) for Prince George's County Public Schools (PGCPS) students and no significant changes in mathematics.

"PARCC scores are one of many sets of indicators we use to monitor student progress toward college and career readiness. We will continue to focus on supporting teachers and students, while engaging parents to prepare children for success after high school," said Dr. Monica Goldson, Interim Chief Executive Officer.

On a five-point scale, the state recognizes third-through eighth-grade students achieving levels four and five as prepared for coursework at the next grade in English/Language Arts and mathematics, with the goal of

preparing students to enter college or a career upon graduation. High school students taking Algebra I and English II are required to reach a certain proficiency level as a graduation requirement.

Overall, 28.1 percent of students in third through fifth grades who participated in the ELA assessments met or exceeded expectations, 2.2 percentage points higher than 2017. In sixth through eighth grades, 30.9 percent met or exceeded expectations, compared to 29.0 percent in 2017. Approximately one-fifth of students met or exceeded expectations on the math assessments in third through fifth grades, which is essentially unchanged from 2017. In sixth through eighth grades, 13.3 percent of students met or exceeded expectations in math, up slightly from 13.0 percent in 2017.

Nearly all elementary student demographic groups experienced

See STUDENTS Page A3

INSIDE

Keeping Children Safe When Going Back to School

The start of the school year is exciting and stressful for children and parents, so the Governor's Office of Crime Control and Prevention has a list of a few basic tips to get children off to a good start.

Community, Page A3

Gov. Hogan Announces Appointments to Commission to Restore Trust in Policing

The Honorable Alexander Williams Jr. was appointed Chair of the Commission.

Community, Page A4

Financial Peace University Provides Hope to Families in Upper Marlboro

Created by financial expert Dave Ramsey, the nine-week digital course provides families and individuals with practical tools to gain control of their finances and set themselves up for long-term financial success.

Business and Finance, Page A5

Movie Review:

Mission: Impossible—Fallout

While Ethan Hunt's psychology is at issue, the film isn't dour or introverted, though it does have fewer lighthearted touches (and cool gadgets) than *Ghost Protocol* and *Rogue Nation* did.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

I know that ranchers and environmentalists have traditionally been at odds, but what are some ways they are working together these days?

—Jim H., Boone, IA

Features, Page A7

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Another Hero Lands at Andrews

An Air Force C-32 transport landed at Andrews about 7 p.m. on Aug. 30, bearing the body of Senator John McCain and his family. About an hour later, the motorcade—including high-ranking military, Senator McCain's Capitol Hill staff, Jeff Flake (the other Arizona Senator) and more VIPs—headed into Washington where the Senator would lie in state at the Capitol the following day.

I watched from my porch for a time to see if the motorcade came up Suitland Road, half a block from my house, as it always used to. I've watched many Suitland Road motorcades over the years. But now there's a new exit from Joint Base Andrews that takes VIPs directly across Allentown Road and onto Suitland Parkway.

People

Morningside Mayor Benn Cann was Chairman of the Morningside Municipal League Conference held in Ocean City in June. He has also been elected a Board-Member-at-Large for the League.

Mike Da-riztaker Watson, I've learned, is the one that puts together the annual Morningside Reunion at Patterson Park. He reports that the Aug. 25th event "was a great time as always. Much love to everyone who came out!!!" Mike, by the way, grew up in Morningside, went to Crossland, and is now manager of Custom Performance & Auto Repair on Crain Highway in White Plains.

WUSA9 anchor Andrea Roane was honored by County Executive Baker, at the County Administrative Building on Aug. 29, for her "journalistic and philanthropic service to the residents of Prince George's County."

Changing Landscape

Value Village, in Andrews Manor Shopping Center, is closing. Right now they're selling everything at a reduced rate. I don't know why they're shutting their doors, as they're always busy. Now, where am I going to take my giveaways or check out the book selection?

We're celebrating! After four years, the corner of Allentown and Suitland Roads is getting paved. There's still a lot that needs doing, but the paving is in progress.

Ignatian Weekend Retreat, Sept. 7-9

If you've never made a retreat at Loyola on the Potomac, you can't imagine what you've been missing. And you don't have to be Catholic or even Christian to appreciate it.

The weekend begins with a crab cake dinner on Friday night, and continues with two days of silence. The retreat house is on a bluff overlooking the Potomac, surrounded by 235 acres of rolling woodland and hiking paths. Plenty of time for prayer and personal reflection.

Each private room has a twin bed, comfortable chair, desk, small dresser, sink and toilet. There are services and talks, but you are not obliged to attend anything. There are six meals, and the kitchen is open all night for homemade cookies or an apple. The cost is \$245 (less for first-timers) but if you can't afford that, you give what you can. And there is silence.

The weekend retreat of Sept. 7-9 is for men and women. There are other kinds of retreats throughout the year. For information, call Bill Malkowski, 301-423-0584, or Loyola, 301-392-0800.

Coming Up in September, October

Sept. 18: Monthly meeting of the Morningside Town Council, at the Town Hall, 7 p.m.

Sept. 19: Quarterly meeting of the Skyline Citizens Association, at the Morningside Fire House, 7 p.m.

Oct. 6: In the 1850s and '60s, the Surratt Tavern provided local patrons with a variety of distilled beverages. "Join us as we tempt you with a scrumptious meal and delight in the world of bourbon distilling." 4 p.m. Advanced registration required (301-699-2544); must be 21 or older.

Oct. 20: 20th Annual Women's Conference at Suitland Road Baptist Church. Information, 301-219-2296.

Oct. 20: The Great Jack O'Lantern Campfire. Information, 301-699-2544.

Oct. 31: Annual Halloween Costume judging in Morningside.

Morningside Memories: 1958

The first fall meeting of the Morningside P.T.A. was held Oct. 7, followed by a chance to meet the new teachers. The newly-elected officers were: Lt. Col. Gerald Edwards, president; Clair Loughmiller, vice-president; Martha Abernathy, recording secretary; Elizabeth Mullikin, treasurer; and Hope Tickell, corresponding secretary. By the way, a typewriter was needed for the school library.

May They Rest in Peace

The Honorable Robert H. Mason, 79, retired Prince George's County Circuit Court Judge, died June 30 at his home in Lothian. A native Washingtonian, he grew up in Riverdale, served in the Marine Corps, and earned a law degree at the University of Maryland. He served as Maryland Assistant State's Attorney, Juvenile Court Master and District Court Judge. He was a professor at Prince George's Community College and a member of the Maryland State Bar Association. Survivors include his wife of 59 years, Joyce Mason, three children and five grandchildren.

Leonard M. Bane Sr., 91, a steamfitter for the Federal Government, died July 24 at his home in Suitland. He was a WWII veteran, member of Masonic Naval Lodge #4, and the First Baptist Church of Camp Springs where his funeral was held. His wife Charlotte and son Leonard Jr. predeceased him. Survivors include his children, Elizabeth Boyd, William, Christopher and Charles Bane; seven grandchildren and two great-grands.

Milestones

Happy birthday to Melissa Howell, Sept. 7; Mike Dawes, Sept. 9; Charlie Deegan, twins Robert Andrew Woods and John Dexter Woods, and Carol Lee, Sept. 11; Anthony Thomas and Hank Busky, Sept. 12; and Patricia Epperly, Sept. 13.

Happy 49th anniversary to Morningside VFD's Les and Kathy Hedrick, Sept. 13.

Around the County



Khoi Young Represents Prince George's County Sports and Learning Complex Gymnastics Team at the 2018 U.S. Gymnastics Championship

By PRESS OFFICER

Prince George's County Department of Parks and Recreation

RIVERDALE, MD (August 29, 2018)—The Maryland-National Capital Park and Planning Commission (M-NCPPC) Department of Parks and Recreation congratulates Prince George's County native, Khoi Young, for being selected for the Junior National Team during 2018 U.S. Gymnastics Championships at TD Garden in Boston. At just 15 years old, he is now eligible to represent the United States at International competitions.

Young joined Sportsplex Gymnastics at the Prince George's Sports and Learning Complex when he was just two years old. He has been working under the direction of Head Coach Bob Lundy since joining the team back in 2009.

"My parents involved me in multiple sports like swimming, karate and basketball," said Young. "However, when my parents enrolled me in tumbling it led me to the gymnastics team and I enjoyed and excelled at it so much that I decided to pursue it."

In 2014, Young qualified for the Junior National Developmental Team but at the 2017 Junior National Championships, he just missed the National Team by placing 5th in the All-Around when the top 4 gymnasts were selected. Coming that close to making the National Team made Young more deter-

mined, than ever, to make the National Team.

Suffering a hamstring injury a week after winning the 2018 Region & Championships for Level 10, for ages 15-16 Junior Elite, Khoi was unable to perform his best at the 2018 Junior Olympic National Championships in Oklahoma and went on to compete at the 2018 Men's National Qualifier at the U.S. Olympic Training Center in Colorado Spring, CO as "Plan B". Proving what a skilled athlete he is, Young had the top Junior two-day total score in his 3rd year as a Level 10 National Qualifier.

His other accomplishments for this season include: U.S. Championships Qualifier and U.S. Pommel Horse Champion.

The Department of Parks and Recreation delivers an award-winning park system through progressive, innovative leadership and a commitment to the community and the environment in Prince George's County. For more on the Department of Parks and Recreation, visit www.pgpc.org and stay connected on Facebook, Twitter, Flickr, YouTube, and Instagram. The M-NCPPC Department of Parks and Recreation encourages and supports the participation of individuals with disabilities in all programs and services.

NEWS BRIEFS

Columbia College Summer Dean's List

By PRESS OFFICE
Columbia College

COLUMBIA, Missouri (August 28, 2018)—The following student from Joint Base Andrews was recently named to the Columbia College dean's list for the Summer Semester (May-August 2018):

Tatiana Altena, Online

To be named to the dean's list, a student must have completed 12 semester hours in a 16-week period and achieved a minimum GPA of 3.5 on a 4.0-point scale.

Founded in 1851 in Columbia, Missouri, Columbia College has been helping students advance their lives through higher education for more than 165 years. As a private, non-profit institution, the college takes pride in its small classes, experienced faculty and quality educational programs. The college is accredited by the Higher Learning Commission. Columbia College educates more than 20,000 students each year and has more than 89,000 alumni worldwide. For more information, visit www.ccis.edu.

Stuff-A-Bus Project

By PRESS OFFICE
The Ivy Community Charities of P.G. County

SUITLAND, MD (Aug 28, 2018)—On August 4, The Ivy Community Charities and Prince George's County Public Schools helped to send 15,000 students back to school with a backpack and supplies through the Stuff-A-Bus project. Thank you to all of our

volunteers and community donors for making this event a success!

Community Health Fair and Back-to-School Supplies

By PRESS OFFICE
Mission of Love Charities, Inc.

CAPITOL HEIGHTS, MD (August 28, 2018)—On August 25, 2018 Mission of Love Charities partnered with Doctor's Community Hospital and Family and Medical Counseling Service, Inc. and offered free screenings as well as Back-to-School supplies to needed children in our community. The organization distributed 291 backpacks filled with supplies and provided screenings to 20 individuals.

Sneaks the Cat Showcases the Library's New Electric Car at a Laurel Branch Library Charging Station

By PRESS OFFICER
PGCMLS

LAUREL, MD (August 30, 2018)—The Prince George's County Memorial Library System's (PGCMLS') mascot, Sneaks the Cat, is ready to roll in PGCMLS' newest vehicle: an electric car, the Nissan Leaf. "It only makes sense," says the Library's Co-CEO Michael Gannon, "for us to take advantage of our own electric charging stations at our award winning Laurel Branch Library." The two charging stations and now the electric car are just two of the "green" features throughout the Library System.

Other PGCMLS "green" features include: roof-mounted solar panels,

Brandywine-Aquasco

by Audrey Johnson 301-888-2153

REI CULINARY CAMPOUTS

Come and set up camp and stargaze with us from September 15-September 16 for our REI Culinary Campout: Patuxent River Park (Public-hosted by REI.) The address is Jug Bay Natural Area, 16000 Croom Airport Road, Upper Marlboro, Maryland 20772. Please visit the website to get tickets at www.reiculinarycampout.splashthat.com.

Join the guides from REI's Outdoor School and chefs. Food is cooked over an open fire served family style outdoors. Different chefs will pull off the culinary event of the year.

STEAM FEST

Saturday, October 27, 2018 the STEAM FEST will be held at the Show Place Arena from 11:00 a.m.-3:00 p.m. The address is 14900 Pennsylvania Avenue, Upper Marlboro, Maryland 20772. Cost is free for admittance. Contact number is 301-952-7900. "STEAM is an educational approach to learning that uses Science, Technology, Engineering, the Arts and Mathematics as access points for guiding student inquiry, dialogue, and critical thinking. The end results are students who take thoughtful risks, engage in experiential learning, persist in problem-solving, embrace collaboration, and work through the creative process."

2018 CONGRESSIONAL BLACK CAUCUS

Metropolitan Chapters of Kappa Alpha Psi Fraternity, Inc. present 2018 Congressional Black Caucus Reception Party Friday, September 14, 2018 from 8:00 p.m.-2:00 a.m. at RENAISSANCE Hotels, 999 9th Street NW. Doors open at 8:00 p.m. Performance starts at 10:00 p.m. The headline act performing live is Secret Society. (DJ Biggz, DJ Tonez, DJ Kicka) spinning in three separate rooms. Hip-Hop, Old School-New School Music, and Reggae-Island Music. Dress to impress.

Kickoff special \$25 (while they last)/Adv. Tickets \$35/Door \$45/ VIP Tables (10) \$500. Tickets can be purchased at kappacbc2018.ticketaop.com. For more information please contact METROKAPPAS@gmail.com.

MARYLAND HORSE AND PONY

The Maryland Horse and Pony Show will be held Wednesday, September 12, 2018-September 16, 2018 all day at the Show Place Arena. Address is 14900 Pennsylvania Avenue, Upper Marlboro, Maryland 20772. This show is free for spectators.

This show has been a premier equestrian event for 70

years. "The show provides the perfect chance for participants to show indoors before the Washington International Horse Show and the Capital Challenge Horse Show."

Visit <http://www.mncppc.org/pgparks/disclosure://mdhsa.org/> for more information about this event.

ANNUAL HOMECOMING

New Hope Fellowship Parish/Christ United Methodist Church is calling all Altos, Baritone, Tenors and Sopranos to be part of our praise and worship for our Annual Homecoming on Sunday, September 23, 2018 at our 11:00 a.m. Service. Please contact Kevin Bland for rehearsal dates at 240-988-5696.

The church address is 22919 Christ Church Road, Aquasco, Maryland 20608 Rev. Constance C. Smith, Pastor. Telephone number is 301-888-1316.

PRINCE GEORGE'S FALL FEST WINE AND MUSIC FESTIVAL

Concerts for Causes presents Fall Fest 2018, Food Wine and Music Festival October 20, 2018 at 11:00 a.m.-6:00 p.m. at Bowie Town Center. The address is 15606 Emerald Way. Complimentary Wine tastings from the areas best wineries. Vendors, Great food, Exhibitors and Artisans. Two stages and many areas of music and other entertainment. Benefiting Concerts for Causes raising funds to give musical instruments to students in underserved communities. Sponsorships and Vendor opportunities available. Tickets available at Eventbrite. One free general Complimentary General admission ticket.

FREDERICK DOUGLAS HIGH SCHOOL ALUMNI

Join us for our Pre-Homecoming Dance (Classes from the 40's, 50's, 60's, 70's, 80's, 90's, 00's) September 28, 2018 from 8:00 p.m.-12:00 a.m. in our Frederick Douglass High School's Multi-Purpose Room. The address is 8000 Croom Road, Upper Marlboro, Maryland 20772. Come and enjoy a night of light refreshments, DJ, dancing, laughs and fun.

Contact Aaron Person (240) 432-6433 for more information or send e-mail to: fdhsauppermarlboro@gmail.com. Please make checks payable to FDHS AA Upper Marlboro. On-line payments at PayPal.me/FDHSPTSO.

Advance ticket sales only. Absolutely no tickets sold at door. Limited seating. Tickets cost \$40. There will be a 50/50 raffle. Casual attire. No athletic wear. Alcohol prohibited anywhere on FDHS premises/property.

COMMUNITY

The American Counseling Association's Counseling Corner

Is It Time for That Career Change?

Current news reports seem to show that in many areas of the country the economy is performing strongly. Housing prices are up, corporate profits are increasing and unemployment rates in most places are at historic lows.

An environment like this can be a good time to evaluate your own employment situation and how satisfied you are with both where you're working and the kind of work you're doing. If the answers you find show you aren't enjoying your career, this might be the time to consider a change.

While making a mid-life career change can seem frightening for most people, if the alternative is staying in your current position where you're feeling unhappy and unsatisfied, then such a change is at least worth considering.

Start by asking yourself some questions about your current career:

- Do you find you dread going to work each day?
- Does Sunday afternoon leave you depressed because Monday morning and work are approaching?
- Is your current work providing a sense of contentment or accomplishment?
- Are there things you enjoy about your work, or do you find it difficult to be interested and motivated in your job or field of work?
- Do you feel your abilities and experience are being under-used?

If you're answering yes to the majority of such questions, it's a strong sign you may be ready for a career change. That doesn't mean you should head for work tomorrow and hand in your resignation, but rather that it's time to start researching options.

Your library or local bookstore is a good starting place. There are numerous books on career change that can help you identify your abilities, interests and values.

You may also want to consider meeting with a professional counselor specializing in career and employment guidance. Such counselors can provide resources such as interest and personality tests that can help you clarify your goals and identify possible careers. A counselor will work with you to help you narrow your focus and to develop a plan for action.

Making a major career change can seem daunting but staying in a job that leaves you unhappy and dissatisfied can lead to serious problems. Done correctly, a career change can give you a better sense of control over your life, and excitement about the opportunities in your future.

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.

STUDENTS from A1

growth in meeting or exceeding expectations on the ELA exam. Students with limited English proficiency achieved the highest growth rate compared with last year's performance (4.5 percentage points). Students from multiracial backgrounds experienced the second-highest increase (3.8 percentage points). The percentage of students who met or exceeded expectations on the math exam was essentially unchanged from the previous year.

High school results improved in English 11 and Algebra II and dipped slightly in English 10 and Algebra I. More than one-quarter of the students who took the English 11 exam met or exceeded expectations in 2018, up from about one-fifth in 2017. Students meeting or exceeding standards on the Algebra II exam improved to 6.4 percent, an increase of 1.9 percentage points.

Complete PARCC results are available online at MdReportCard.org.

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, DC 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.

LIBRARY from A2

permeable pavers in the parking lot that filter storm water run-off, recycling, green cleaning supplies, filtered water and energy efficient lighting. Additionally, 10 percent of all the electricity the Library purchases is generated by wind power. When asked if more charging stations are expected in the Library's future, Michael Gannon said, "As we renovate and build new branches, we will be adding more charging stations in the parking lots."

The Prince George's County Memorial Library System (PGCMLS), consisting of 19 branches, offers strategies for lifelong learning. Learn more about what your Library has to offer at www.pgcls.info.



BACK-TO-SCHOOL FEATURES

BGE's Captain Mercaptan Natural Gas Safety Hero Challenge

By PRESS OFFICER
BGE

BALTIMORE (Aug. 27, 2018)—BGE today announced the return of "The Adventures of Captain Mercaptan®, BGE Natural Gas Safety Hero Challenge." The contest challenges elementary school students in BGE's service area to submit a three-panel comic strip illustrating a natural gas safety message featuring Captain Mercaptan, BGE's fictional natural gas safety superhero. The top winning school receives \$10,000. A total of \$35,000 will be awarded to winning schools this year. Teachers from winning schools also receive a \$100 or \$500 prize.

The submission phase is now open and runs through Nov. 11. Public and private elementary schools in BGE's service area are urged to download the online entry kit and work with their students to complete their entries. Captain Mercaptan's name is derived from "mercaptan," a safety additive that BGE and other utilities put in natural gas to give it a distinctive rotten egg odor that makes gas easier to detect. The superhero and his safety sidekicks were designed by elementary school students through the BGE contest.

"At BGE, maintaining a reliable natural gas system for the customers we serve is a priority," said Christopher Burton, vice president of Gas Distribution, BGE. "This contest utilizes the creativity of children to learn about a very important topic—how to live and work safely around natural gas."

Schools are also encouraged to use the entry kit at BGEGasHero.com to review nat-

ural gas safety concepts and elements of science, technology, engineering and mathematics (STEM) with kindergarten through fifth grade students, and begin creating their contest entries. Beginning Nov. 19, entries will compete for votes during a two-week, online public voting period. The winning schools will be announced in January 2019. Last year's winning entry was from Fountain Green Elementary in Bel Air. To date, BGE has awarded \$175,000 to area schools during the first five contests.

Eligible schools will have an opportunity to win the following awards:

- BGE Captain's Choice Award —\$5,000 overall top winner among the Hero Award winners, meaning this school receives a total of \$10,000
 - BGE Hero Award—\$5,000 for winners in kindergarten through fifth grade (one winner per grade)
 - Rock the Vote (for the drawing with the most online votes)—BGE backpacks full of school supplies and safety gear
- Captain Mercaptan teaches children that they can be a hero too if they follow these simple safety tips:
- **Use your nose.** Mercaptan is a safety scent that BGE puts in natural gas to give it a rotten egg smell.
 - **Use your ears.** Listen for the hissing sound of escaping gas.
 - **Use your eyes.** Look for dirt being blown into the air, dead plants or grass in otherwise green areas, fire coming from the ground or water bubbling and being blown into the air.

- **If you detect natural gas,** leave immediately.
- **Don't attempt to detect the source** of the leak.
- **Don't use matches** or turn anything on (including a cell phone).
- **Find a safe place outside** and call BGE or have an adult call 800.685.0123.

BGE traces its roots back to 1816 and the first gas utility in North America. Today the company provides safe, reliable natural gas service to more than 650,000 gas customers in central Maryland. Customers are reminded to immediately contact BGE at 1.800.685.0123 from a safe location if they have any questions or concerns about natural gas. For more information on the Captain Mercaptan contest, including future adventures, visit bgegashero.com. Gas safety tips are available at bge.com/CaptainMercaptan.

BGE, founded in 1816 as the nation's first gas utility, is Maryland's largest natural gas and electric utility. Headquartered in Baltimore, BGE delivers power to more than 1.25 million electric customers and more than 650,000 natural gas customers in central Maryland. The company's approximately 3,200 employees are committed to the safe and reliable delivery of natural gas and electricity, as well as enhanced energy management, conservation, environmental stewardship and community assistance. The company also has an estimated annual economic impact of \$5 billion of output in its service area, supporting more than 9,500 local jobs and producing \$923 million in labor income. BGE is a subsidiary of Exelon Corporation (NYSE: EXC), the nation's leading competitive energy provider. Like us on Facebook and follow us on Twitter, YouTube and Flickr.

Keeping Children Safe When Going Back to School

By PRESS OFFICER
Governor's Office of Crime Control and Prevention

ANNAPOLIS, MD (August 27, 2018)—The start of the school year is exciting and stressful for children and parents, so the Governor's Office of Crime Control and Prevention has a list of a few basic tips to get children off to a good start.

"As parents, many of us focus on supplies needed for the school year," said V. Glenn Fueston, Jr., Executive Director of the Governor's Office of Crime Control and Prevention. "It's important that we also think about other things children need to be safe both inside and outside of the school walls. Most of these tips are things we already know, but bear remembering as the school year begins."

Young children (90 percent of abuse is perpetrated by someone a child knows and trusts)

Make sure children know:

- Their full name, address including city and state, and phone number including area code
- How and under what circumstances they should call 911
- To never accept a ride or gifts from someone unknown to them
- To always take the same way home from school
- To avoid walking next to curbs
- To walk confidently and to be alert to their surroundings
- To avoid strangers who may hang around playgrounds, public restrooms, empty buildings, etc.
- To be aware of safe places they can go in your neighborhood in an emergency, like a neighbor's house
- If they become separated from you, teach children to go to a store clerk, security guard, or police officer for help
- To be accompanied to public bathrooms
- That no one, not even someone they know, has the right to touch them in a way that makes them feel uncomfortable. Tell them they have the right to say "no" in this situation.
- Be aware of putting your child's name on anything that is readily visible. This might allow an abductor to get on a

"first name" basis with your child and develop a false sense of trust

- Be accessible and non-judgmental; be open to whatever a child wants to discuss, and don't shut down a conversation because a child is talking about something that makes you uncomfortable
- Maintain ongoing communication and dialogue about safety issues. Talk to your child about their body and that no one should ever touch or do anything to them that they don't like or don't want
- Don't keep secrets. Tell your children that there are no secrets kept in your family, and what they can do if someone asks them to keep a secret.
- Respect your child's decisions if he or she doesn't want to hug someone, respect that and honor their understanding of their own boundaries and space.
- Monitor internet and phone use

Getting to School Walkers

- Walk on the sidewalk; if there is no sidewalk and you must walk in the street, walk facing traffic
- Before crossing the street, stop and look left, right and left again to see if cars are coming
- Never dart out in front of a parked car
- Never walk while texting or talking on the phone
- Do not walk while using headphones or cell phone
- **Parents:** Practice walking to school with your child, crossing streets at crosswalks when available

Bike Riders

- Always wear a helmet that is fitted and secured properly
- Children need to know the rules of the road: Ride single file on the right side of the road, come to a complete stop before crossing the street and walk the bike across
- Watch for opening car doors and other hazards



PHOTOGRAPH BY MCCONNORS, MORGUEFILE.COM

- Use hand signals when turning
- Wear bright-colored clothing

Bus Riders

- Teach children the proper way to get on and off the bus
- Line up 6 feet away from the curb as the bus approaches
- If seat belts are available, buckle up
- Wait for the bus to stop completely before standing
- Do not cross in front of the bus if possible, or walk at least 10 feet ahead until you can see the other drivers
- Drivers, share the road
- Don't block crosswalks
- Yield to pedestrians in crosswalks, and take extra care in school zones
- Never pass a vehicle stopped for pedestrians
- Never pass a bus loading or unloading children
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them to safely enter and exit the bus

Teen Drivers

- Teens crash most often because they are inexperienced. They struggle judging gaps in traffic, driving the right speed for conditions and turning safely, among other things. As your teen becomes a new driver, learn more about what you can do as a parent to keep them safe. The Motor Vehicle Administration has a web page devoted to rookie drivers.

Tips for School

- Encourage children to walk and play with friends, not alone. Tell them to avoid places that could be dangerous such as vacant buildings, alleys, new construction, wooded areas, etc.
- Make sure children take the safest routes to and from school, stores, and friend's houses
- Teach children to walk confidently and to be alert to their surroundings
- Teach children to always take the same way home from school.
- Children should not wear expensive jewelry or clothing to school.
- A child should check in with a parent or trusted neighbor as soon as he/she arrives home from school. Someone should know if he/she is staying late at school.
- Parents should listen carefully to children's fears and feelings about people or places that scare them or make them uneasy. Tell them to trust their instincts. Take complaints about bullies seriously
- Children should be taught to settle arguments with words, not fists or weapons
- Children should be taught never to take guns, knives, or other weapons to school. They should tell a school official immediately if they see another student with a weapon.

COMMENTARY

Chris Van Hollen

United States Senator for Maryland



Van Hollen Announces Senate Passage of \$2 Million for Firefighter Cancer Registry

Per IAFF, Cancer is Considered the Leading Cause of Line-of-Duty Death Among Firefighters Nationwide

WASHINGTON—On August 23, 2018, U.S. Senator Chris Van Hollen (D-Md.), a member of the Senate Appropriations Committee, announced the passage of \$2 million in funding to implement the Firefighter Cancer Registry Act as part of the Labor, Health and Human Services, Education, and Related Agencies Appropriations bill. Senator Van Hollen was an original co-sponsor of the Firefighter Cancer Registry Act, which was signed into law in July. This legislation creates a national firefighter registry of cancer incidence—allowing for better research and understanding of the link between firefighting and cancer.

Statistics are limited, which is why this registry is so impor-

tant. According to the International Association of Fire Fighters (IAFF), cancer is now considered the leading cause of line-of-duty death among firefighters and nearly 60 percent of the firefighters whose names are added to the National IAFF Fallen Fire Fighters Memorial have died from occupational cancers. The Centers for Disease Control and Prevention has also found that when compared with the general population, firefighters on average are at higher risk for certain kinds of cancer.

“Firefighters in Maryland and across the country put their lives on the line every day to protect our communities. We know that cancer is an occupational hazard for firefighters—

but this new funding will help lay the foundation to better understand the cancer risk they face and help inform how to reduce these risks. As we work to better study the health risks to those on the front lines of protecting our communities, I am also fighting every day for the best equipment to protect firefighters in Maryland and across the country,” said Senator Van Hollen.

There are hundreds of registered fire departments and thousands of firefighters across the state. Since Senator Van Hollen joined the Senate last year, Maryland fire and emergency medical service departments have received over \$27 million in funding for new equipment, training, and other improve-

ments that enhance their ability to protect the health and safety of the public and of first-responder personnel.

The Firefighter Cancer Registry Act authorizes \$2 million in federal funds to the CDC from FY2018 to FY2022. Additionally, the legislation will:

- Develop a firefighter registry of available cancer incidence data collected by existing State Cancer Registries and a strategy to maximize participation;
- Create a registry that will contain relevant history, such as other occupational information, years of service, number of fire incidents responded to, and additional risk factors;
- Make de-identified data available to public health researchers to provide them with robust and comprehensive datasets to expand groundbreaking research; and
- Improve our understanding of cancer incidences by requiring administrators to consult regularly with public health experts, clinicians, and firefighters.

Gov. Hogan Announces Appointments to Commission to Restore Trust in Policing

Governor, Presiding Officers Make Joint Chair Appointment; Commission Will Examine Gun Trace Task Force

By PRESS OFFICER
Office of the Governor

ANNAPOLIS, MD (August 31, 2018)—Governor Larry Hogan today announced three appointments to the Commission to Restore Trust in Policing. The Commission was established by Senate Bill 1099, signed by Governor Hogan earlier this year. It will review, investigate, and make recommendations relating to the Baltimore City Police Department, including the operations of the Gun Trace Task Force and the investigations and cases handled by the Task Force. The Commission must provide a preliminary report of its findings to the Governor and General Assembly by the end of 2018 followed by a final report by the end of 2019.

The Honorable Alexander Williams Jr. was appointed Chair of the Commission jointly by Governor Hogan, Senate President Thomas V. “Mike” Miller, and House Speaker Michael Busch. Judge Williams is a retired United States District Court Judge and a former elected State’s Attorney for Prince George’s County. Since his retirement from the federal bench, Judge Williams joined the firm of Silverman, Thompson, Slutkin and White and also conducts mediations and arbitrations with the McCammon Group. He currently serves as Chair of the Appellate Courts Judicial Nominating Commission, Co-Chair of the Redistricting Reform Commission and as a member of the University of Maryland Medical System Corporation Board of Directors. Judge Williams is a Prince George’s County resident.

Gary W. McLhinney was appointed a member of the Commission by Governor Hogan. Mr. McLhinney currently serves as Director of

Professional Standards for the Maryland Department of Public Safety and Correctional Services. He previously served as Chief of Police for the Maryland Transportation Authority Police and as a police officer for the Baltimore City Police Department. He currently serves on the Municipal Credit Union Board of Directors and the Cystic Fibrosis Foundation Board of Directors. Mr. McLhinney is a Baltimore County resident.

Alicia Lynn Wilson, Esq. was appointed a member of the Commission by Governor Hogan. Ms. Wilson currently serves as Senior Legal Counsel and Senior Vice President of Impact Investments for Plank Industries/Port Covington Impact Investments. She previously served as a Labor and Employment and Litigation Partner at Gordon Feinblatt, LLC. Ms. Wilson is a member of the Johns Hopkins Bayview Medical Center Board, an Executive Board member and Program Chair of the College Bound Foundation, and is an Executive Board Member of The Choice Jobs Program, The Center for Urban Families, Baltimore Corps and Associated Black Charities. Ms. Wilson resides in Baltimore City.

The governor’s appointees will join Ashiah Parker, Chief Operating Officer of Baltimore City nonprofit No Boundaries Coalition, and Mitchel Gordon, a Baltimore attorney and former Baltimore City police officer, who were appointed by President Miller; as well as Sean Malone, former counsel to the Baltimore City Police Department and Labor Commissioner of Baltimore City, and Inez Robb, a Sandtown-Winchester resident and Chair of Western District Community Relations Council, who were appointed by Speaker Busch.

Marion Wright Edelman

President, Children’s Defense Fund



ChildWatch:

Prayers for Our School Children

As children across the country return to their classrooms, I share prayers for them in this new school year. I begin with a special prayer for children struggling to beat the odds:

Live child—no matter what!
Don’t let anybody or anything stop you
Like the flowers in the crannies
squeeze life as ivy, ferns,
molds, and yellow buds
stretching towards the sun
rise from the rocky soil
cling to the naked bumpy
walls
work your roots into the tiny
crevices, nooks, and cran-
nies of the unfriendly walls
of race and class and gen-
der that try to block
your way
Live no matter what
lapping up sun’s warmth and
rain’s drops
bend with the wind and
dance with the breeze

crawl up and down and all
around
cover the stone walls with
your green coverlet
going on with your life.

Dr. Benjamin E. Mays, the great president of Morehouse College, who shaped so many of my generation including Dr. Martin Luther King, Jr., said: “I am disturbed, I am uneasy about men because we have no guarantee that when we train a man’s mind, we will train his heart; no guarantee that when we increase a man’s knowledge, we will increase his goodness. There is no necessary correlation between knowledge and goodness.” I share this prayer for 21st-century children and their teachers and parents so that all children will be taught what really matters.

God, help us not to raise a new generation of children

with high intellectual quotients and low caring and compassion quotients;
with sharp competitive edges but dull cooperative instincts;
with highly developed computer skills but poorly developed consciences;
with a gigantic commitment to the big “I” but little sense of responsibility to the bigger “we”;
with mounds of disconnected information without a moral context to determine its worth;
with more and more knowledge and less and less imagination and appreciation for the magic of life that cannot be quantified or computerized;
and with more and more worldliness and less and less wonder and awe for the sacred and everyday miracles of life.

God, help us to raise children who care.

I share a final prayer for all of our children.

God, help our children to learn what is real. Help them not to defer to people because they are powerful or rich but because they are good or wise or helpful or loving.

Help them not to defer to people because they are attractive or famous but because they share a mission, a life view, a commitment to something bigger than themselves.

Help them to not defer to people because of race or gender but because they are principled and honest.

We must all do our part each day to teach the next generation what we really value—as a nation and a people!

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.

Rushern L. Baker, III

County Executive, Prince George’s County



Senator John McCain

By PRESS SECRETARY
Office of the County Executive

UPPER MARLBORO, MD (August 27, 2018)—Prince George’s County Executive Rushern L. Baker, III, released this statement following the passing of Senator John S. McCain, III (R-AZ).

“Prince George’s County joins the nation and world in mourning the passing of Senator

John McCain. Our thoughts and prayers go out to his wife Cindy McCain, his family and friends.

A truly unique American hero, Senator McCain showed us time and time again how to live our lives with purpose, tenacity, and character. Throughout his career in public service, he chose to do the right thing—as a prisoner of war during the Vietnam era to campaign finance reform to taking a stand

in support of the Affordable Care Act essentially saving health insurance for millions of Americans.

John McCain was always optimistic and proud about the United States of America and was dedicated to public service, diversity, and our nation’s principles of equality, justice, and democracy for all. His legacy will forever be a significant part of our nation’s history.”

The Prince George’s Post

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Email the editor at
pgpost@gmail.com

The Prince George’s Post

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Overpayment Notice Due to Ex-spouse Benefits

By RUSSELL GLOOR,
AMAC Certified Social Security Advisor
Association of Mature American Citizens

Dear Rusty: My husband got an overpayment notice from Social Security telling us that his former wife had collected \$32,640.34 in benefits she wasn't entitled to and they want us to repay the overpayment. We knew that his ex-wife had been married another 3 times, but she was single at 62 when she filed for ex-spouse benefits from my husband. When her current husband went to retire, he asked if he could collect benefits from his wife who had just died; Social Security told him "no" as she was collecting benefits from an ex-husband. He asked, "which husband?," which triggered the overpayment letter to us. If Social Security had an "adverse letter" system like they do for children, we could have answered the letter by stating that she had been married three times. Social Security should have run her SS number and saw how many times she changed her name on the card. End of story. \$32,640.34 is hard to swallow when you are 80 and 85 and we now must repay this amount. **Signed: Upset and Angry**

Dear Upset: Social Security's rules say that you must be unmarried when you apply for ex-spouse benefits, not that you cannot have remarried and subsequently again divorced, been widowed or had the later marriage annulled. If an ex-spouse collecting benefits from a former husband remarries, they are obligated to inform Social Security that they are no longer eligible to collect ex-spouse benefits because they have remarried. It sounds as if your husband's ex-wife neglected to inform Social Security of her several remarriages, each of which made her ineligible to collect from your husband while she was married to another. I suggest that you appeal this Social Security ruling on the basis that the former wife negligently continued to collect ex-spouse benefits from your husband after she had remarried. This was clearly something that your husband had no control over since his Social Security benefit wasn't affected in any way by his ex-wife collecting benefits on his record. Although there are time limits specified to contest an adverse ruling, you are hopefully within the "3 years, 3 months and 15 days after the year the adjustment relates." Your right to re-appeal continues even if you have been initially and subsequently denied, even taking your appeal to an Administrative Law Judge if need be. Considering the amount of money involved here, and the clarity of the ex-wife's neglecting to inform Social Security of her remarriage(s), I encourage you to immediately appeal Social Security's ruling.

So that you know, there is precedent within Social Security for situations where benefits were overpaid to one person without the knowledge of or benefit to another—for example, your husband's ex-wife collecting benefits she wasn't entitled to because she was remarried. This precedent information can be found at the following Social Security link, which deals with a ruling that is "against equity and good conscience": https://www.ssa.gov/OP_Home/cfr20/404/404-0509.htm. For your convenience, here is what the Federal Code says about this (please print this and take it with you when you meet with Social Security): "Recovery of an overpayment is against equity and good conscience ... if an individual ... was living in a separate household from the overpaid person at the time of the overpayment and did not receive the overpayment". I believe your husband's situation regarding his ex-wife getting benefits she wasn't entitled to, and that he had no knowledge of, clearly qualifies as "against equity and good conscience." Please make an appointment at your local Social Security office as soon as possible and file an appeal on this ruling, and don't simply accept it if they initially reject your appeal. Your right to appeal continues up to and including consideration by an independent Administrative Law Judge and I encourage you to use the appeal process to its fullest.

The Association of Mature American Citizens (A.M.A.C.), <https://www.amac.us>, is a vibrant, vital senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at <https://amac.us/join-amac>.

The information presented in this article is intended for general information purposes only. The opinions and interpretations expressed are the viewpoints of the A.M.A.C. Foundation's Social Security advisory staff, trained and accredited under the National Social Security advisors program of the National Social Security association, LLC (NSSA). NSSA, the A.M.A.C. Foundation, and the Foundation's Social Security advisors are not affiliated with or endorsed by the United States government, the Social Security administration, or any other state government. Furthermore, the A.M.A.C. Foundation and its staff do not provide legal or accounting services. The Foundation welcomes questions from readers regarding Social Security issues. To submit a request, contact the Foundation at ssadviser@amacfoundation.org, or visit the Foundation's website at www.amacfoundation.org.

World Food Day Poetry Competition

Calling all poets in Washington, D.C. and surrounding Counties! In recognition of World Food Day on October 16, the Food and Agriculture Organization of the United Nations' Liaison Office for North America, in conjunction with the Poetry X Hunger initiative, is inviting submissions of poetry that focuses on taking urgent action to eliminate global hunger and malnutrition. Held every year on October 16, this year's World Food Day will focus on the theme: "Our Actions Are Our Future: A Zero Hunger World by 2030 is Possible."

First prize is \$1,000, plus readings. There is no entry fee. **Submission deadline is Sept. 9, 2018.** For submission guidelines, visit the Poetry X Hunger Facebook page—<https://www.facebook.com/Poetry-X-Hunger>. Email questions about the competition to poetryxhunger@gmail.com.

Financial Peace University Provides Hope to Families in Upper Marlboro

By PRESS OFFICER
Ramsey Solutions

NASHVILLE, Tenn. (August 14, 2018)—More than 5 million people have positively changed their financial future through Ramsey Solutions' Financial Peace University (FPU). Created by financial expert Dave Ramsey, the nine-week digital course provides families and individuals with practical tools to gain control of their finances and set themselves up for long-term financial success. FPU will be held in Upper Marlboro at:

Evangel Cathedral located at 13901 Central Avenue in Upper Marlboro. The classes will begin Monday, September 17, 2018 at 7:00 p.m. Go to www.fpu.com/1062458 for more information or to register.

Through common-sense principles, FPU gives people the tools they need to

change their behavior and succeed financially. Along with Ramsey Personalities Rachel Cruze and Chris Hogan, Ramsey teaches lessons on budgeting, relationships and money, getting out of debt, saving for emergencies and investing. On average, families who complete FPU pay off \$5,300 and save \$2,700 in the first 90 days. Following the class nearly 94 percent of those families budget regularly.

"FPU will not only transform the way you handle money, but also your marriage and other areas of your life," says Ramsey. "This isn't a boring financial class. We make learning about money fun and easy to understand so people in every situation can benefit from the information."

An FPU membership includes immediate access to online video lessons, financial coaching assistance, digital tools and a one-year subscription to the EveryDollar Plus budgeting tool. Also included is the

follow up course, Legacy Journey, which shows families and individuals what to do once they have control of their finances and helps them navigate their way through building wealth, so they can leave a lasting legacy. Go to DaveRamsey.com/FPU for more information.

Ramsey Solutions is committed to helping people regain control of their money, build wealth, grow their leadership skills, and enhance their lives through personal development. The company's success is defined by the number of people whose lives are changed by a message of hope. Through a variety of mediums including live events, publishing, syndicated columns and a nationally syndicated radio show, Ramsey Solutions uses common sense education to empower people to win at life and money. Ramsey Solutions' world-class speakers have brought vision, inspiration, and encouragement to more than a million more. Voted among Nashville's best places to work ten times, Ramsey Solutions employs more than 700 team members focused and dedicated to doing work that matters.

Apply for SBA Disaster Assistance Before the September 24 Physical Damage Application Deadline for Severe Flooding

By PRESS OFFICE
U.S. Small Business Administration

ATLANTA (Aug. 22, 2018)—The U.S. Small Business Administration (SBA) encourages businesses of all sizes, private nonprofit organizations, homeowners and renters to apply for a disaster loan for physical damage before the Sept. 24 deadline. Anyone in the declared counties in Maryland with damages caused by the severe flooding on May 27, 2018 should apply for the SBA disaster loan assistance.

The disaster declaration covers Baltimore City and Howard counties and the adjacent counties of Anne Arundel, Baltimore, Carroll, Frederick, Montgomery and Prince George's in Maryland.

Businesses and nonprofits can apply up to \$2 million to repair or replace disaster damaged real estate, machinery, equipment, inventory, and other business assets. Loans for working capital, known as Economic Injury Disaster Loans, are available even if the business did not suffer any physical damage. Homeowners can apply up to \$200,000 to repair or replace disaster damaged real estate. Homeowners and renters can apply up to \$40,000 to repair

or replace damaged personal property including automobiles.

Interest rates are as low as 3.61 percent for businesses, 2.5 percent for private nonprofit organizations, and 1.938 percent for homeowners and renters, with terms up to 30 years. The SBA determines loan amounts and terms based on each applicant's circumstances.

Applicants may be eligible for a loan amount increase up to 20 percent of their physical damages, as verified by the SBA for mitigation purposes. Eligible mitigation improvements may include a safe room or storm shelter to help protect property and occupants from future damage caused by a similar disaster.

Applicants may apply online using the Electronic Loan Application (ELA) via the SBA's secure website at disaster-loan.sba.gov.

Additional details on the loan application process can be obtained by calling the SBA Customer Service Center at 800-659-2955 (800-877-8339 for the deaf and hard-of-hearing) or by sending an e mail to disastercustomerservice@sba.gov. Loan applications can also be downloaded at www.sba.gov. Completed applications



should be returned to a recovery center or mailed to: U.S. Small Business Administration, Processing and Disbursement Center, 14925 Kingsport Road, Fort Worth, TX 76155.

The filing deadline to submit applications for physical property damage is September 24, 2018. The deadline for economic injury applications is April 25, 2019.

The U.S. Small Business Administration makes the American dream of business ownership a reality. As the only go-to resource and voice for small businesses backed by the strength of the federal government, the SBA empowers entrepreneurs and small business owners with the resources and support they need to start, grow or expand their businesses, or recover from a declared disaster. It delivers services through an extensive network of SBA field offices and partnerships with public and private organizations. To learn more, visit www.sba.gov.

Practical Money Matters:

The New Tax Bill Makes a Side-Gig More Enticing, but You Still Need to Save for Taxes

By HUGH NORTON

This article and the recommendations included within it are provided for informational and educational purposes only and should not be relied upon for tax, legal, regulatory or other advice. Recommendations should be independently evaluated by a tax professional in light of your specific needs and any applicable laws and regulations. Neither Visa nor Mr. Norton is responsible for your use of the recommendations or other information, including errors of any kind, contained in this document.

Whether they're renting out a spare room, driving others, delivering food or products, selling crafts or offering services online, many people are trying to find new and interesting ways to make money outside of their nine-to-five jobs. Some turn to online platforms that connect contractors with work and others are creating their own small businesses. Either way, a side gig can help you make ends meet or provide you with extra spending money.

The idea of joining the "gig economy" may be even more enticing for some after the passage of the Tax Cuts and Job Act (the new tax bill), which offers some contractors and

business owners a tax break if they meet certain outlined criteria. Even if you're eligible for the new deduction, you should still plan ahead to avoid a surprise next tax season.

What does the new tax bill offer freelancers and contractors? In short, you may be able to deduct 20 percent of the net income (your income after expenses) you earn as a sole proprietor or contractor. Owners of a pass-through entity, such as an S-corporation or limited liability company (LLC), could also be eligible.

The deduction doesn't apply to income you earn as an employee of a temp company, even if you've moved from one short-term gig to another. And there are exceptions for high-income earners. But many people who work a regular job and have a side gig, or even a few side gigs, could be eligible.

Freelancers and contractors still have to pay taxes. The new deduction could help limit how much you'll owe when you file a tax return next year. However, even if you are eligible for the deductions, your net income will likely still be subject to income taxes—you should consult a tax professional for further information. You could also have to pay So-

cial Security, Medicare and self-employment taxes on all your earnings (including the deductible portion).

Unlike income earned as an employee, when you work as an independent contractor, taxes generally aren't taken out of your paychecks. As a result, contractors could face a hefty tax bill because they'll owe the full amount at filing time.

If you don't want to be caught off guard at filing time, consider one of the following ways to prepare:

- **Save part of your contract income.** Knowing that you'll eventually have to pay taxes on the contract or freelance income you earn, you could set aside a portion of the money in a savings account as you receive it. An added financial benefit of doing this is that you could earn interest on the savings throughout the year.
- **Make estimated tax payments.** If you owe more than \$1,000 in taxes when you file your return, you may have to pay an additional penalty for underpaying your taxes throughout the year. To avoid this, you can make estimated tax payments online, by phone or by mail each quarter.

- **Increase your W-4(s) withholdings.** If you're an employee (as opposed to a contractor), the Form W-4 you fill out helps the company determine how much money it should withhold and send to the IRS from each of your paychecks. When you start a new side gig, you can update your Form W-4 and change your withholdings based on your new total income.

To determine the correct withholdings, you can use the worksheet attached to the W-4 or try the free IRS tool online. Once you figure out the correct withholdings amount, fill out a new Form W-4 and give it to your company's HR department (or whoever manages your payroll). You can update your W-4 as many times as you want throughout the year.

Bottom line: There are many ways to get a side gig and earn extra money, and the new tax bill means many contractor workers may be able to keep more of the money they earn. However, freelancers and contractors should still take steps throughout the year to avoid being caught off guard when they file a tax return next year.

Hugh Norton directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.

OUT on the TOWN

Register Now for the 10th Annual 5K Fort McHenry Tunnel Fun Run

By PRESS OFFICER
MDTA

BALTIMORE (Aug 29)—The Maryland Transportation Authority (MDTA) will host the 10th Annual 5K Fort McHenry Tunnel Fun Run presented by Geico on Sunday, Sept. 16, to benefit Special Olympics Maryland (SOMD). The event will begin at 9 a.m. and will take participants on an out-and-back course through the northbound right tunnel tube.

“The MDTA Police is honored to be a part of such a terrific event that will benefit the many athletes associated with Special Olympics Maryland,” said MDTA Police Chief Colonel Jerry Jones. “This exciting event taking place underneath the Baltimore Harbor will spotlight one of the MDTA’s most unique facilities and at the same time raise funds and awareness for SOMD athletes.”

“I am grateful to the MDTA and our title sponsor Geico for

their incredible efforts and support in hosting the event,” said SOMD President and CEO Jim Schmutz. “We’re expecting more than 400 enthusiastic runners who are eager to fundraise all in support of our 7,785 SOMD athletes who compete year-round in 27 sports free of charge. Together through sport, we are creating a world where opportunity is not limited by disability.”

Visit tunnelrun.org to register, form a team or support a

registered runner/walker. Awards will be presented in various categories, including numerous age groups for men and women. Participants are invited to a post-race celebration sponsored by SOMD. The entry fee is \$35 through Sept. 15 and \$40 the day of the event.

All northbound I-95 traffic will be directed through the tunnel’s northbound left tube until the conclusion of the event at approximately 12 noon. Minimal traffic impact is expected.

To Raise Creative Kids—Let Them Play

(NAPSI)—Fostering a child’s courage to express creativity is perhaps one of the most important goals that parents can set for themselves.

Understanding Creativity

Often, when people think of creativity, they think of the arts, but it starts with play early in life and leads to other things as children grow. It’s through play that children begin to develop their creative muscles, whether with blocks, dolls or action figures. Beyond play, kids may find creativity in the way they play sports, clean their room, prepare their food or do their homework.

According to experts at The Genius of Play™, a national movement to raise awareness about play’s critical role in child development and encourage more play in children’s lives, creativity can help build confidence, flexibility, individuality and mental agility, and even contribute to better physical health.

Expert Advice

Dr. Erik Fisher, Ph.D. and The Genius of Play expert, believes the best way to foster children’s creativity is to encourage them to try things and not feel afraid to fail. Failure itself is an amazing learning experience as it helps children develop tenacity and perseverance, which are some of the most important skills they’ll need later in life. At the same time, parents should be aware of their own emotions, attitudes and beliefs and be willing to create with their child. Many times, parents want their kids to “fit in” and don’t realize they’re stifling creativity.

To help ensure that creativity is part of your child’s play routine, Dr. Fisher suggests:

- Don’t focus on just the arts. Play has a key role in helping develop children’s creative muscles. As children develop creativity in one area, it often extends to other areas.



PHOTOGRAPH COURTESY OF NAPSI

Enhance your children’s creativity by encouraging them to try new things.

- Help your kids stretch their creativity muscles and yours by experimenting with many different kinds of toys and playful activities. Trying new things lets kids discover what they like and explore their own talents.
- Observe and appreciate your children’s uniqueness and celebrate how they do things differently.
- There’s no better way to dry up creativity than with criticism. Try to find constructive

ways to give feedback and seek ways to be positive.

- Help your child see failure through play as a learning experience, not a time to quit.

Learn More

You can get ideas on how to enhance creativity and other developmental benefits, expert advice and play resources at www.TheGeniusofPlay.org, @GeniusOfPlay on Facebook and on Instagram.

Calendar Spotlight



September 8, 2018
10 a.m.–2 p.m.

Spend the day in the life of the Boltons! Residents of the National Colonial Farm need your help tending to their 1770 tobacco farm. Discover the sights, sounds, and tastes of the 18th century. Make and take home a crafty keepsake to remember a day in the life of a colonist. Rain date: September 15, 2018.

Register at accokeekfoundation.org/events.

Cost: \$5 per person; children under 3 are FREE
All ages welcome
National Colonial Farm
3400 Bryan Point Rd., Accokeek, MD 20607
Contact: 301-283-2113

OPEN TO THE PUBLIC



National Colonial Farm
& Piscataway Park

PHOTO COURTESY NPS

Founded in 1957 to protect the view from Mount Vernon across the Potomac River, the Accokeek Foundation, an educational nonprofit, became one of the nation’s first land trusts. Today, the Foundation stewards 200 hundred acres of Piscataway National Park in Accokeek, MD, where visitors can hike a network of trails winding through wetlands, visit a native tree arboretum, and observe an award-winning forest restoration project. The Foundation also runs the National Colonial Farm, a living history museum that depicts a Maryland middle-class family farm on the eve of the American Revolution. Through their heritage breed livestock and seed saving programs, nearly extinct heirloom crops and animals are preserved for future generations. The Foundation’s organic Ecosystem Farm emphasizes the future of agriculture as farmers learn the tools of a new trade and practice sustainable use of natural resources. “Shares” of the farm’s organic produce are sold to area households. The park’s beautiful grounds, trails, and programs are open to the public year ’round from sunrise to sunset. The National Colonial Farm and the Visitor Center is open March–December, 10 a.m. to 4 p.m., Tuesday–Sunday.

The Accokeek Foundation at Piscataway Park: 3400 Bryan Point Road Accokeek, MD 20607 • (301) 283-2113 • accokeekfoundation.org

ERIC D. SNIDER’S IN THE DARK

.... Movie Review

Mission: Impossible—Fallout

Mission: Impossible—Fallout
Grade: B+
Rated PG-13, a little profanity,
a lot of action violence,
nothing very graphic
2 hrs., 27 min

Tom Cruise has been starring in *Mission: Impossible* movies for 22 years, and his character, un-killable super-spy Ethan Hunt, has been on the job for about the same length of time. Hunt isn’t an archetype like James Bond, kept forever young(-ish) by recasting the role and disregarding continuity. The things that happened to thirtysomething Ethan Hunt in 1996 (and since) have shaped the fiftysomething man he is now.

The deliriously exciting sixth chapter, *Mission: Impossible—Fallout*, isn’t the first episode to acknowledge the events of a previous one, but it’s the first to really consider their weight and bring all the chickens home to roost. A direct sequel to *Rogue Nation* (and again written and directed by Christopher McQuarrie, the only repeat customer in this franchise), *Fallout* also has significant references to *III* and minor references to *I* and *Ghost Protocol*. Even *2*, everyone’s least favorite entry, is represented in the form of rock-climbing.

And Ethan? Oh, he’s pluggin’ away, running faster, falling farther, and clinging longer than ever before, as if trying to convince us (or himself) that he’s still got it. But it’s taking its toll. He has guilty nightmares about ruining the life of his one true love, Julia (Michelle Monaghan).

When faced with a choice between saving one life and saving millions—which happens to him with alarming frequency—he’s still always unable to make the “correct” choice and save the millions. Alan Hunley (Alec Baldwin), the former CIA boss now heading the IMF, sees this as one of Ethan’s strengths: a savior of the world who cares about the one as much as the many. The new CIA boss, Erica Sloan (Angela Bassett), sees it as a weakness.

That’s partly why she insists on sending a CIA operative, August Walker (Henry Cavill), with Ethan and his team on the latest mission, which involves recovering plutonium from an anarchist group affiliated with the last movie’s baddie, Solomon Lane (Sean Harris), who’s in custody getting the crap interrogated out of him. The only reason the anarchists have the plutonium is that Ethan let it out of his sight while saving Luther (Ving Rhames) and Benji (Simon Pegg)—and yes, Ethan feels very bad about this, you don’t need to rub it in, ERICA SLOAN.

Ethan and Walker go to Paris in search of an enigmatic weapons dealer named John Lark, resulting in a slam-bang two-on-one fight that destroys most of a pristine white nightclub bathroom. Then it’s off to meet with a broker, called the White Widow (Vanessa Kirby), who lays out her plutonium-possessing clients’ terms: They won’t sell it, but they’ll trade it for Solomon Lane. And you know who else wants Solomon Lane? Ilsa Faust (Rebecca Ferguson), the kickass MI6 agent who was first introduced to us while working undercover for him.

So it’s business as usual, plotwise. But from the pre-titles vignette to the cliffside climax, McQuarrie and Cruise are determined to entertain us to within an inch of our lives, or die in the attempt. They pack the film with one adrenaline-charged sequence after another—a terrifying skydiving mission; a breathless motorcycle chase; close-quarters knife fights; abundant running, leap-

ing, and climbing—and none of it ever feels extraneous to the story. McQuarrie favors long, unbroken takes, the better to show off that it’s usually Cruise himself and not a stuntman. In the chase scenes, the camera swoops in and out of Paris traffic in a way that made me fear for the camera operator’s life.

While Ethan Hunt’s psychology is at issue, the film isn’t dour or introverted, though it does have fewer lighthearted touches (and cool gadgets) than *Ghost Protocol* and *Rogue Nation* did. McQuarrie has found a way to bring the elements of the series together—despite each chapter having been conceived separately, with no master plan—and to provide satisfying resolution for the main character without adopting a grave tone. This would be an appropriate finale if the series ended now, but I suspect Cruise (who’s also the producer) has more ideas for how to nearly kill himself for our pleasure. I can’t wait!



ROTTENTOMATOES.COM

The best intentions often come back to haunt you. *Mission: Impossible—Fallout* finds Ethan Hunt (Tom Cruise) and his IMF team (Alec Baldwin, Simon Pegg, Ving Rhames) along with some familiar allies (Rebecca Ferguson, Michelle Monaghan) in a race against time after a mission gone wrong. Henry Cavill, Angela Bassett, and Vanessa Kirby also join the dynamic cast with filmmaker Christopher McQuarrie returning to the helm.

Christmas in April ★ Prince George’s County

ATTENTION GOLFERS!
Christmas in April needs you!!

Help us Celebrate 30 years in the County!
Andrews Air Force Base, September 24, 2018
All Day at The Courses at AAFB

Prince George’s County Christmas in April is sponsoring its 29th Annual Christmas in April★Prince George’s County—Susan Mona I John Denison Golf Tournament on September 24, 2018, at the Courses at Andrews Air Force Base. All profits from the tournament go toward funding the 2019 program, which renovates the homes of the elderly and disabled residents of Prince George’s County at no cost to the homeowner. Golfers and sponsors are needed! Please call 301-868-0937 to register for the tournament. Fees include a buffet, cart, tee and green fees, prizes, refreshments on the course, and more. Your participation will enable Christmas in April to repair the hearts and homes of 80 needy families in 2019.

Please call soon as space is limited.

Calendar of Events

September 6– September 12, 2018

The Prince George's County Fair

Date and Time: September 6–9, 2018
 Description: Maryland's longest running fair, the Prince George's County Fair showcases the best of our local community, from agriculture competitions and showcases, to midway rides and live entertainment, to vendors and (of course) the food! The Fair has something for everyone young and old to enjoy. For more information, visit the fair website at <http://www.countyfair.org/>.
 Cost: Adults and Children ages 6 and above: \$6; Seniors (55+) and Children age 5 and under: \$5, Thursday: FREE for Seniors (55+); Sunday: FREE for Military Personnel and immediate family members
 Ages: All ages are welcome
 Location: Show Place Arena
 14900 Pennsylvania Ave.,
 Upper Marlboro, MD 20772
 Contact: 301-404-5566; info@countyfair.org

National Folk Festival

Date and Time: September 7–9, 2018 (6 p.m.–10:30 p.m. Friday; Noon–10:30 p.m. Saturday; Noon–6:30 p.m. Sunday)
 Description: The oldest multi-cultural, traditional arts celebration begins its three-year run in Salisbury. Featuring more than 350 artists, a juried marketplace, dance, music, and amazing foods from all over the world, all on the banks of the beautiful Wicomico River, you won't want to miss this amazing American tradition. Find out more about the activities and performers for this year's event at www.nationalfolkfestival.com.
 Cost: FREE
 Ages: All ages are welcome
 Location: Downtown Salisbury, MD
 Contact: www.nationalfolkfestival.com, 410-677-1917

Summer Movies at the Pond: Coco

Date and Time: September 8, 2018, starting at 8:00 p.m. (Rain date September 15)
 Description: Come out and join the Town Events Committee for their FREE Summer Movie Night series at the Schoolhouse Pond. Bring a blanket and enjoy some fresh popcorn and food vendors. Free street parking is available pond-side, across the street from the County Administration Building.
 Cost: FREE
 Ages: All ages
 Location: Schoolhouse Pond
 14100 Governor Oden Bowie Dr.,
 Upper Marlboro, MD 20772
 Contact: Email: events@UpperMarlboroMD.gov

Junior Academy for the Performing Arts Open House

Date and Time: September 8, 2018, 10:00 a.m.–12:00 noon
 Description: Meet our instructors and find out how your child can act, sing, and dance their way to the stage! The Junior Academy of the Performing Arts (JAPA) introduces musical theater to students who have a talent and curiosity for the performing arts and strengthens the knowledge and skill level of students already interested in pursuing theatre as a profession. For more information, visit arts.pg-parks.com. Registration for the next session is available in the 2018 Fall Guide (Activity Number: 23643-502A).
 Cost: FREE for all interested participants
 Ages: 8–15, and parents
 Location: The Prince George's County Room,
 The Clarice Smith Performing Arts Center
 8270 Alumni Dr., College Park, MD 20742
 Contact: 301-446-3259

Maryland Seafood Festival

Date and Time: September 8 and 9, 2018, 10 a.m.–9 p.m.
 Description: Let the flavors of the Chesapeake Bay tingle your taste buds during a weekend full of delicious seafood dishes, interactive cooking demonstrations, exciting competitions, kids' activities and more. Come prepared to identify your favorite crab soup during the 51st annual event's ever-popular crab soup cookoff. A host of local craft beers and wines will help ensure you end up with perfect pairings—all on the beautiful shores of the Chesapeake Bay!
 Cost: General \$15, Seniors/Military \$10 (with ID), Kids are FREE, Crab Soup Cook-Off \$10
 Location: Sandy Point State Park
 1100 East College Parkway, Annapolis, MD
 Contact: 410-353-9237, www.mdseafoodfestival.com

Glade Dance Collective Improv Workshop and Performance

Date and Time: September 9, 2018, 3 p.m. and 6 p.m.
 Description: Workshop 3–5 pm (\$10): participants will learn how Glade uses improvisation in dance creation and performance, PLUS the opportunity to be part of Glade's performance. Glade Dance Collective appreciates your donations for their 6 p.m. performance (\$15 suggested).
 Cost: \$10 Workshop; \$15 suggested Performance
 Ages: Ages 12+
 Location: Old Parish House, 4711 Knox Road (Knox Road and Dartmouth Avenue), College Park
 Contact: <http://www.cpae.org>, 301-927-3013

National Capital Region 9/11 Memorial Stair Club & 5K Walk

Date and Time: September 15, 2018, **Online registration will close September 13th at midnight.** Registration: 6 a.m., Opening Ceremony: 8 a.m., Climb & Walk Start: 8:46 a.m., Climb & Walk Ends: 12:30 p.m.
 Description: The National Capital Region 9/11 Memorial Stair Climb and Walk, hosted by the Prince Georges County Fire/EMS Department is a way to honor and remember the FDNY firefighters who selflessly gave their lives so that others might live on 9-11-2001. Each participant pays tribute to an FDNY firefighter by climbing or walking the equivalent of the 110 stories of the World Trade Center.
 Cost: \$35/Climber, includes t-shirt & fallen hero badge
 Ages: All ages welcome
 Location: Gaylord National Resort & Convention Center,
 201 Waterfront Street, National Harbor, MD 20745
 Contact: events.firehero.org/nationalcapital, 301-447-1365

Earth TALK™

What's Old Is New as Sustainable Ranching Comes of Age

Dear EarthTalk:

I know that ranchers and environmentalists have traditionally been at odds, but what are some ways they are working together these days?

—Jim H., Boone, IA

Ranchers and environmental advocates haven't always seen eye-to-eye, but the differences between the two aren't as extreme anymore, as more and more ranchers have come around to the understanding that taking good care of the land supports both economic stability and environmental health.

"For some, ranching was pursued in the past with an emphasis on raising beef at the expense of everything else," says Bill Bryan of the Montana-based Rural Landscape Institute in a recent Christian Science Monitor. "As a matter of necessity, the old way of ranching is giving way to a new paradigm. Raising animals for the dinner table isn't an

activity that has to be at odds with the environment."

According to the non-profit WWF, grazing—when done right—is key to maintaining biological diversity and ecosystem health across the Northern Great Plains, a 183-million-acre expanse of rangelands spanning five U.S. states and two Canadian provinces. "This vast landscape evolved in harmony with large herbivores such as bison and elk, and must be grazed in order to remain healthy," reports WWF, which works with hundreds of ranchers across the region as part of its Sustainable Ranching Initiative. "Without grazing, woody vegetation such as juniper and cedar creep in and choke out plants that threatened species such as grassland birds need to survive."

Not surprisingly, many of the ranchers that are following in the forebears' footsteps have been utilizing what we now call "sustainable ranching" practices for decades already. One example is rotational grazing, that is, moving cattle herds more frequently to different pastures so they don't overgraze any one particular patch of land. Another is utilizing buffer strips and grassed waterways away from hungry livestock to support soil and water quality.

A newer "best practice" entails depositing a quarter to half inch of compost on grazed land to kickstart the soil chemistry below while also absorbing significant amounts of methane—the most potent greenhouse gas—before it can head for the atmosphere and exacerbate global warming. This technique,

dubbed "range composting," is now becoming more commonplace as today's ranchers care about reducing their carbon footprints like no generation before them.

Some ranchers are going a step further by adopting so-called "Holistic Resource Management" techniques based on traditional practices whereby they treat cattle and livestock more like a wild herd. "Altering cattle grazing patterns and herd clustering to emulate those of their buffalo predecessors has a significant positive impact on the environment, including the health and diversity of the native grasses," reports the non-profit Organic Consumers Association.

"If this were really widely applied ... you could zero out the greenhouse gas contribution from areas that are grazed," says John Hart, an environmental journalist and the author of *An Island in Time*, a retrospective look back on 50 years of tensions between ranchers and environmentalists in Northern California. "I think this is an example of the need simply to be smarter in everything we do with the land and look for things other than what seem like black-and-white choices."

CONTACTS: WWF, worldwildlife.org/projects/sustainable-ranching-initiative; Organic Consumers Association, organicconsumers.org/usa; John Hart's *An Island in Time*, amzn.to/2Pz50KR.

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



IMAGE CREDIT: DAVID KINGHAM, FLICKRCC.

Sustainable ranching involves techniques like pasture rotation, range composting and other ways to reuse nature's resources for the long-term health of the land.

Tips for Harvesting Vegetables from Your Garden

By PRESS OFFICER

University of Maryland Extension, Prince George's County

CLINTON, MD (August 31, 2018)—Most vegetables are ready to harvest during August and September. Below are some tips on when and how to harvest vegetables from your garden.

1. Do not harvest when the fruit is wet. Wait a day or so after a rain.
2. Some vegetables do better if the stems are cut instead of pulling them from the vine.
3. Harvest often. It will give you better yield, better taste, and better quality. The more you pick the more it will encourage the plant to re-bloom and produce more crops.
4. Smaller is tastier for some vegetables. Some vegetables are at their peak of quality and tenderness when still immature including salad greens, zucchini, cucumbers, beans, peas, potatoes, and turnips.
5. Others are best picked fully ripe. Produce, like tomatoes and watermelons, are best picked when they have been given ample time to develop because the flavor will be much more complex. Here are some tips for specific fruits and vegetables.

Cantaloupes and honeydews: Thumping the melon and listening for a dull, hollow sound or sniffing it to see if it smells sweet, are two ways to determine when to harvest. Ripe cantaloupes or muskmelons will have a tan or yellowish color beneath the skin. A honeydew will feel smooth, not hairy. Cut the stem rather than breaking the fruit off, which creates a wound that invites the fruit to rot.

Cucumbers:

You can pick cucumbers at any stage, depending on what you want to use them for. Smaller ones will be more tender, with thinner skins and few or immature seeds. Too-old cucumbers get dry and woody. Cucumbers should be cut from the vine, not pulled.

Green beans: Pick the pods when they are almost to their maximum size. If you delay, the seeds will mature and harden, and the pod will become tough. Regular harvesting will encourage the vine to keep flowering and producing pods.

Herbs: Pinch back herbs frequently to keep them from blooming. Blooming will change the flavor.

Okra: Harvest the pods about four days after the flowers close. Pick the pods before they become tough; this is usually when they're about 4 inches long.

Onions: A good indicator that your onions are ready is when the foliage topples over. Dig the bulbs and store them in a dry place to cure for at least a week.

Peppers: Peppers are mature and ready to eat when full-sized

Potatoes: Tubers are fully ripe after the plants bloom and start to turn brown and die back.

Sweet corn: Sweet corn is ready to eat when you can feel full, rounded kernels beneath the husk; the silk at the top of the ear is drying out and a squished kernel produces a milky sap.

Summer Squash: The fruits have the best flavor and texture if you pick them when they're about 4 or 5 inches long.

Tomatoes: A tomato is fully ripe when it releases easily from the stem. Tomatoes that are "determinate" types, will stop bearing after a few weeks. Most tomatoes are "indeterminate" and will keep flowering and setting fruit until frost.

Watermelons: When the spot beneath the melon where it sits on the ground turns yellowish, the melon is close to ripe. The rind also gets tougher; so test it with your thumbnail to how easily it dents.

Zucchini: For the tastiest and firmest zucchini, harvest when the fruits are immature—about 4 to 6 inches long for elongated varieties or one and a half to three inches across for the pattypan types. Slice fruits from the plants with a sharp knife or pair of pruners and place gently in a basket to prevent damage.



IMAGE CREDIT: UNIVERSITY OF MD EXTENSION, P. G. COUNTY

TUESDAY TIP

SAVE MONEY & ENERGY

Properly insulating your home can save up to 25% on annual utility costs. Learn how to protect the "shell" of your home - outer walls, doors, windows and floor.

- Add insulation to every level of your home from the attic to the bottom floor to prevent air leaks.
- Install a minimum of R-49 insulation in your top floor. The higher the "R-value," the greater the insulating effectiveness.
- Seek alternative insulation choices such as blue jeans, cellulose and wool.
- Check out incentives to insulate, seal and other energy efficiency measures including the installation of solar at bit.ly/efficiencygrants.

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Gov. Larry Hogan Announces "Day to Serve" in Maryland

Volunteer Initiatives Include Statewide Waterway Clean-up Effort, New Social Media Challenge

By PRESS OFFICER
Office of the Governor

ANNAPOLIS, MD (August 27, 2018)—Governor Larry Hogan today issued a proclamation declaring September 11 through October 10 as "Day to Serve" month in Maryland. As part of the announcement, Governor Hogan is encouraging all Maryland citizens to choose a day to participate in a volunteer activity. The "Day to Serve" initiative includes Maryland, Washington, D.C., Virginia, and West Virginia, each of which tracks statistics such as number of volunteers, hours served, and pounds of food donated in a friendly competition.

"The Day to Serve initiative is an excellent opportunity for Marylanders to join together in volunteer efforts, as well as highlight the incredible service and volunteerism that occurs year-round in our state," said Governor Hogan. "Our citizens take great pride in our shorelines and beaches, our communities, and our state, and by working together, we can continue changing Maryland for the better."

Governor Hogan will kick off "Day to Serve" on September 11 at the Maryland Center for Veterans Education and Training (MCVET) in Baltimore. Volunteers from the Governor's Office of Community Initiatives, state agencies, and the local community will work alongside the homeless veterans who reside at MCVET on various projects to help uplift and revitalize the center.

In an effort to promote responsible stewardship of our environment and keep Maryland's shorelines and beaches litter-free, the Governor's Office of Community Initiatives is organizing a statewide waterway clean-up event for Maryland's waterways, which will take place September 14-15. With events taking place in all 23 Maryland counties and Baltimore City, one great example is an event sponsored by the Kent Island Beach

Clean Ups planned for Terrapin Beach on September 15, which is also International Coastal Cleanup Day.

To further promote the spirit of volunteerism, Governor Hogan has once again granted four hours of administrative leave for state employees to participate in a volunteer activity of their choice from September 11 to October 10. In addition to the many state employees who will be participating as individuals, several agencies plan to organize projects throughout the state to encourage employee participation.

"We greatly appreciate Governor Hogan's continued support of promoting service and volunteerism throughout the state," said Steve McAdams, Executive Director of the Governor's Office of Community Initiatives. "As our office travels to meet with communities around Maryland, we have seen first-hand the incredible impact volunteerism can have by addressing important issues and building lasting bonds."

New this year, the Governor's Office of Community Initiatives announced the "Day to Serve Challenge." Volunteers can participate by uploading pictures from their service activity with the hashtags "#MDDTS2018" and "#iServeMD" to Facebook and/or Twitter and "tag" three individuals and/or organizations with an invitation to participate. Individual(s) and/or organization(s) with the most likes on their post by October 20 will win a special prize.

Past "Day to Serve" service events have varied from cleaning up parks, streams, and beaches to creating care packages for military troops and feeding the hungry. Marylanders looking for volunteer opportunities are encouraged to check the Day to Serve event map periodically, as events will continue to be added. Volunteer service event organizers are requested to register events on the "Day to Serve" webpage.

To learn more about "Day to Serve," visit <http://goci.maryland.gov/dts/>.

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Part Time Office Position: Typesetting/page layout with additional office duties as needed. Experience with QuarkXpress and/or InDesign required, as well as working knowledge of Microsoft Office. Previous experience with publication work is a plus. Call Brenda Boice at 301-580-5137 or email bboice@pgpost.com.

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Children from A3

- Always have updated policies and practices in place and communicate them often to staff, volunteers and administration.
 - Staff should know and understand their duties as mandated reporters of child abuse and neglect. For more information on mandated reporting of child abuse and neglect, please visit: <http://dhr.maryland.gov/child-protective-services/reporting-suspected-child-abuse-or-neglect/mandated-reporters/>. For additional training on mandated reporting, please visit www.reportabusemd.com.
 - Ensure a child is never alone with one adult. Establish the "Rule of 2's" (minimum 2 kids & 2 adults) when moving kids or taking them to the restroom
 - Evaluate the physical environment of each room; open up hidden areas & secure private spaces. Make it impossible for an adult to be alone or out of sight with a child
 - Establish consistent screening policies for volunteers, staff and individuals working in the school or participating in special event activities
- For more information about school safety issues, visit <http://safeschoolsmd.org/>.

The Governor's Office of Crime Control & Prevention serves as a coordinating office that advises the governor on criminal justice strategies. The office plans, promotes, and funds efforts with government entities, private organizations, and the community to advance public policy, enhance public safety, reduce crime and juvenile delinquency, and serve victims. Learn more by visiting our website at goccp.maryland.gov and connect with us on Facebook and Twitter.

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