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Hogan Administration Donates Resources to Bladensburg to Help Modernize Public Schools

535 Computers and Accessories Provided Totaling Over \$535,000

BV PRESS OFFICER Office of the Lt. Governor

ANNAPOLIS, MD (October 22, 2018)—Lt. Governor Boyd Rutherford today joined the Maryland Department of General Services (DGS) in partnership with the Governor's Office of Community Initiatives (GOCI) and Bladensburg Mayor Takisha James to announce the donation of 535 computers and accessories to the Town of Bladensburg in Prince George's County. The donation is valued at over \$535,000. DGS and GOCI are proud to announce this unprecedented event, which marks the first time that an incorporated township has received a donation of this size, through the Federal Surplus Donation program, to benefit the public schools within their jurisdiction.

administration remains "Our strongly committed to leveraging every

available resource to help Marylanders in need," said Lt. Governor Rutherford. "These computers will serve as tools to help students bridge the digital divide existing in our underserved communities."

The donation was made possible through General Services Administration's (GSA) Federal Surplus Donation program. As the designated Maryland state agency to receive surplus property through the GSA, DGS administers the program, which enables eligible, nonfederal organizations to obtain surplus property no longer required by the federal government-at no cost.

"Today's donation was made possible because of the state's focused outreach and network-building to deliver surplus property to Marylanders in need," said DGS Secretary Ellington E. Churchill. "These computers will provide essential access to technology for students and local residents."

The Town of Bladensburg received 535 Dell desktop computers, including a 24-inch flat screen monitor for each computer and all related accessories. The following public schools, along with the Bladensburg Community Center, received computers:

- Bladensburg High School: 250 Dell desktops,
- Templeton Elementary School: 120 Dell desktops,
- Port Towns Elementary School: 100 Dell desktops, and
- Bladensburg Community Outreach Office: 4 Dell desktops.

The remaining computers were donated to Bladensburg Elementary School, Elizabeth Seton High School, International High School at Langley Park, and Rogers Heights Elementary School.

"On behalf of the Bladensburg Community, I am extremely grateful for the computer donations we received thanks to the generosity of Lt. Governor Rutherford and Secretary Churchill," said Bladensburg Mayor James. "These donations will ensure that our students have access to online educational tools to enhance their knowledge and cultivate the necessary technological skills to make them competitive in the future."





PHOTOGRAPH CREDIT BOWIE STATE SPORTS INFORMATION

Wissmann and Pryor Selected to CIAA Football Week #8 Honor Roll

By GREGORY C. GOINGS **Bowie State Sports Information**

CHARLOTTE, N.C. (October 23, 2018)—The Central Intercollegiate Athletic Association (CIAA) along with the conference head football coaches and Sports Information Directors released its Week #8 Honor Roll and Bowie State Christopher Wissmann along with Joshua Pryor were among the honorees. Wissman was voted Offensive field goal.

Lineman of the Week and played a big role along Bowie State's offensive front, helping the Bulldogs amass 457 yards of total offense in Saturday's 27-13 road win at Virginia Union. Pryor, the Rookie of the Week for the third time this season, tied for second in team total tackles versus Virginia Union, accounting for five (4 solo and 1 assisted), one tackle for a loss and was also credited with a blocked

Library to Host CEO Candidate **Public Forum**

By PRESS OFFICER PGCMLS

LARGO, MD (October 23, 2018)-The Board of Library Trustees of the Prince George's County Memorial Library System (PGCMLS) will host a CEO Candidate Public Forum at the Bowie Branch from 7 p.m. to 8:30 p.m. on Thursday, November 1, 2018. Meet the leading candidates for Chief Executive Officer (CEO) of the Library System. Listen to their presentations to learn about their background and qualifications, ask questions and impact the future direction of your Library. "The Board of Library Trustees has been dedicated to listening to the community throughout this CEO search. The results are encouraging. We look forward to having community members come to the Bowie

Branch Library and hearing from these final candidates," stated Board President Samuel A. Epps, IV. Upon joining PGCMLS, the new CEO will be the seventh leader (excluding interim positions) of the Library System since its establishment in 1946, "as a living memorial to those who made the supreme sacrifice and a testimonial to all those who served in wars."

The Prince George's County Memorial Library System (PGCMLS), consisting of 19 branches, offers strategies for lifelong learning. Skills development library resources include: Rosetta Stone Library Solution, Lynda.com, Brainfuse's HelpNow and JobNow, ArtistWorks for Libraries and Learning Express Library. Learn more about what your Library has to offer at www.pgcmls.info.



PHOTOGRAPH CREDIT OFFICE OF THE LT. GOVERNOR

The donations were made possible by the following partnering organizations: the Office of the Governor, the Maryland Department of General Services (DGS), the Governor's Office of Community Initiatives (GOCI), the Town of Bladensburg, the Anne Arundel County Food Bank and Resource Center, and our Federal Surplus Property Program partnership with the U.S. General Services Administration (GSA) and the Centers for Medicare and Medicaid Services.

2018 Race for Every Child Raises More Than **\$1.4 Million for Children's National**

More than 5,500 community members unite to celebrate pediatric health and raise money for world-class care for children and families

By PRESS OFFICER Children's Hospital Foundation

WASHINGTON, DC (October 23, 2018)—The 2018 Race for Every Child raised more than \$1.4 million to help ensure world-class care and treatment is available for every child regardless of insurance or their family's ability to pay. More than 5,500 runners, walkers, and spectators joined together in support of Children's National Health System, the region's only hospital dedicated to children's health. Donations continue to be accepted through December 31 at donate.raceforeverychild.org.

Hosted October 20 at Freedom Plaza, the Race for Every Child offered a widerange of activities, including:

- A USATF-certified 5K course down Pennsylvania Avenue for runners and walkers
- 100-yard Kids Dash with more than 600 children, ages 3 to 10

- Awards ceremony recognizing top finishers, fundraisers, and teams
- Meet and greets with superheroes, mascots, and Children's National's Dr. Bear
- Family-fun activities including games, obstacle courses, live entertainment, and more

Brigg and Melanie Bunker, of Team Gracie Gives Back-Foulger-Pratt, and Heather and Jeff Goldman, of Team LionHeart, led the event as co-chairs.

"The Race for Every Child is the best way to show our gratitude for the exceptional care our daughter and our whole family received," said Brigg and Melanie Bunker. "Having Children's National in our backyard gives us a wonderful sense of comfort—we know that any child and family in our community will receive the same level of care we did."

The top individual fundraisers were:

- 1. Nick Seidenberg of Washington, DC-\$17,050 raised
- 2. Jennifer Dix from McLean, VA-\$14,150 raised
- 3. Trevor Vietor from Bethesda, MD-\$13,825 raised The top fundraising teams were:
- 1. Pippa's Princesses—\$72,333 raised
- 2. Grateful Family Team-\$32,583 raised
- 3. Team LionHeart—\$31,273 raised

Sprinting to the finish line as the 5K top male finisher was Anthony Lee from Berkeley, CA, who completed the race in 17:01. The top female finisher was Melissa Salerno from Washington, DC, with a time of 18:40.

Race emcees were Chilli Amar, cohost from 97.1 WASH FM; Eileen Whelan, Meteorologist for ABC7 News'



PHOTOGRAPH CREDIT: CHILDREN'S HOSPITAL FOUNDATION

Participants line up for the start of the Race for Every Child 5k Run/Walk on October 20, 2018.

Good Morning Washington; and Keira D'Amato, Richmond-based long-distance runner and 2018 Rock 'n' Roll Washington DC Half Marathon winner.

The 2018 Race for Every Child is generously supported by Trammell Crow Company & CBRE, Clark Construction Group, LLC, Costco Whole-

sale, CubeSmart, JBG SMITH, J. Willard and Alice S. Marriott Foundation, L.F. Jennings, NFP | The Meltzer Group, The Washington Post, 97.1 WASH FM, El Zol 107.9, WJLA/ABC

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Free Symposium and Holiday	The Midterm Elections: What's at	Main Street Maryland Program	Movie Review:	Earth Talk	
Workshops Offered by Hospice of	Stake For Communities of Color?	Celebrates 20 Years of Economic	First Man	Dear EarthTalk:	
the Chesapeake	It's not just a slogan to say this is	Investment in Maryland's His-	You wouldn't initially think of it		
The symposium will feature expert	the most important election of our life-	toric Business Districts	as an effects-heavy film—it's science-	Do environmental factors influence	
presenters in the fields of hospice and	times. The very future of democracy as	The City of Laurel is the first des-	fact, not science-fiction—but the se-	fall foliage colors?	
palliative care, grief counseling and ag-	we know it may hinge on the outcome.	ignated Maryland Main Street in	quences set in space and on the moon	-Bess Walker, Clinton, CT	
ing the Prince George's County	Enough is enough. VOTE!	Prince George's County.	are uncannily convincing, even better		
workshop will welcome families with			than the ones Stanley Kubrick faked		
children so that together they can learn			49 years ago (kidding).		
how to work through their loss.					
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TOWNS and NEIGHBORS

In and Around Morningside-Skyline

Purple Light Nights celebrates 5th anniversary; Cordero among those honored

Helen Cordero, of Skyline, received a Purple Light Nights (PLN) Award by the Office of the Sheriff at the 5th Anniversary of PLN on Oct. 1 at the County Administration Building.

Helen has long been involved in public safety organizations, including the Sheriff's Advisory Council, Chief's Advisory Council, and Family Justice Center at the University of Maryland. I remember years ago when Helen and her late husband Al did a Police Department ride-along.

Also, her son Tim Cordero served 24 years with the County Police Department. He retired as a lieutenant last Dec. 31.

Purple Light Nights lighting ceremony is the kickoff event for Domestic Violence Awareness Month. "This fifth anniversary is a celebration of what our county can accomplish when we work together," said Sheriff Melvin C. High, recognizing partners in raising awareness of domestic violence.

Purple light bulbs were distributed. They were to shine during October, Domestic Violence Awareness Month.

Buy Forevers now!

Come January, the first-ounce Forever Stamp will rise from the current 50 cents to 55 cents, a 10% increase. However, the news isn't all bad-the additional-ounce Forever Stamp will fall from the current 21 cents to 15 cents. Which means, the 2-ounce birthday card you mail today costs 71 cents. After January, it'll be 70 cents.

People

Dolores Steinhilber, formerly of Skyline, reports that her granddaughter Tara—or Tiny Tara (115 pounds), as she is known in MMA—just won her first professional fight in the 1st round, with a TKO. (MMA is for Mixed Martial Arts.)

Ten-year-old Madison Fields, of the

Carol" at Ford's Theatre. Recently, she was Dorothy in "The Wizard of OZ".

Margaret White called about the activities of the very active Millwood-Waterford Citizens Association, which represents the Capitol Heights/Walker Mill Road area. She'll be contacting me with news from time to time.

The Oxon Hill Food Pantry announced in their newsletter, "Food for Thought", that they have lost two of their most valuable men volunteers, Carroll Garland and A.J. Martin. Mr. Garland, who died last July, gave directions for shelving and checked on out-of-date food. Mr. Martin had the distinction of being the Pantry's tallest volunteer. He handled high storage and helped with deliveries.

By the way, I don't do Facebook, or anything else I have to fit in my hand. So I rely on you, Dear Readers, to keep me informed.

Changing landscape

Rite Aid Pharmacy, on Woodyard Road in Clinton, has closed. It is now an auto parts store.

Maryland has a new Chesapeake Bay license plate, which became available Oct. 29. It features a picture of the Chesapeake Bay and the words "Protect the Chesapeake." Purchasers pay \$20 extra for the plate; the funds raised go to the Chesapeake Bay Trust.

I bought my Kenmore stove and bunk beds for the kids, and a hundred other things, from the Sears Catalog. And I shopped at Sears on Alabama Avenue (I think it was) and at Landover Mall. Now Sears has declared bankruptcy, 150 years after Richard W. Sears and Alvah C. Roebuck founded it. As Micheline Maynard, business journalist for "The Washington Post", says, "Every time a department store closes, a world vanishes."

Morningside Memories: 20 years ago

My son John McHale and his wife Michelle attended the 25th reunion of his Crossland Class of '73 at Martin's City of District Heights Theater, will Crosswinds on Aug. 21, 1988. He re- Post 9619, which was founded Nov. 4 be playing Belinda in "A Christmas ported to me that he had a great time 1947.

by Mary McHale 301-735-3451

visiting with old classmates, including Bob Bresnahan, Donald Goode, Mary Power, Kenny Kellstrom, Bobby Mc-Cann, Terry Poe, Terry Burkett, John Gannon and others whose names he couldn't remember just then. Kevin Reilly, of Skyline, was D. J.

1973 was a momentous year for Crossland and other area schools which began busing for integration at mid-term. Freshman, sophomores and juniors from the Morningside/Skyline community were transferred from Crossland to Central High School. Seniors, like John, were left at Crossland to graduate.

John Dickson, lay reader at **Epiphany Episcopal Church**

John Earl Dickson, 75, of Forestville and Clinton, died Oct. 9 in his sleep. He was the son of the late Amelia P. Ellis and Allen W. Dickson of Prince Edward Island, Canada. He grew up in Forestville, graduated from Suitland High and served with the Navy Reserves as an aircraft mechanic.

John was a supervisor at the Lorton Landfill. He was a devoted member of Epiphany Episcopal in Forestville. In his leisure time he enjoyed building things and he liked to travel. Niagara Falls was his favorite place to visit.

He's survived by his wife of 50 years, Sharon; his sons and their wives, John & Jody Dickson Jr. and David & Marta Dickson, daughter Amber Dickson, and two granddaughters. Services were at Lee Funeral Home with burial at Cheltenham.

Milestones

Happy birthday to my son-in-law Luke Seidman and Flossie Keck, Nov. 3; Bella Cordero, Nov. 4; Brandon Wood and Bob Elborne, Nov. 5; Steve Call, Linda Beatty and Dennis Waby, Nov. 6.

Happy anniversary to Al and Debbie Callison on Nov. 4; and happy 43rd to John and Dineen Whipple who wed Nov. 8, 1975, at St. John's in Clinton.

Happy 71st anniversary to V.F.W.

Around the County

Free Health Fair in Brandywine Hosted by **Greater Baden Medical Services on November 3**

Henry Schein's Donation Helps Deliver Free Health Screenings for Children and Their Families

By CHRIS MUNZING Henry Schein, Inc.

BRANDYWINE, MD (October 18, 2018)-Greater Baden Medical Services is hosting its Fall Festival and Community Health Fair Saturday, November 3 from 10 a.m. to 2 p.m. Children and their families will have an opportunity to receive free health screenings and oral health examinations. The event will also feature cooking demonstrations, free food, face painting, balloon animals, music, and more.

gram, Healthy Life-styles, Healthy Communities (HLHC), which provided a \$5,000 grant, as well as medical and dental supplies valued at \$5,000 to ensure much-needed care is delivered.

WHAT: Free health fair offering medical and dental screenings to local community members

WHERE: 7450 Albert Road, Brandywine, MD, 20613 WHEN: Saturday, November 3 from 10 a.m. to 2 p.m. WHO: Greater Baden Medical Serv-

ices and Henry Schein Cares, the global corporate social responsibility program of Henry Schein, Inc.

This health fair is supported by Henry Schein Cares' flagship pro-

Prince George's County Department of Social Services Achieves National Accreditation

BV PRESS OFFICER P.G. Co. Dept. of Social Services

LANDOVER, MD (October 22, 2018)—The Prince George's County Department of Social Services (PGCDSS) has once again achieved national accreditation through the New York-based Council on Accreditation (COA). Accredited since 1996, the new accreditation is valid through January 31, 2022.

The PGCDSS's accreditation process involved the submission of a self-study followed by a site visit from COA for observations and recommendations. The site visit provides a unique view of the agency as seen through the eyes of COA's highly experienced and professional review team. During the site visit, executive leadership, staff, and external stakeholders were interviewed.

From COA's evaluation, each

rective action needed. The PGCDSS was found in compliance with the COA standards.

"This is a significant achievement that shows that Prince George's County Department of Social services is recognized as an agency that continues to implement high performance standards and is successfully delivering the highest quality services to those who we serve," said Gloria Brown Burnett, Director, PGCDSS.

The 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 in Prince George's County Maryland.

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.

Brandywine-Aquasco

FESTIVAL OF LIGHTS

The Festival of Lights bring a little twinkle to your holidays at this spectacular drive-through event featuring dazzling displays with more than 2.5 million lights throughout the park. There is also a 54-foot LED musical tree on display.

The Festival of Lights will be on display Friday, November 23, 2018-Tuesday, January 1, 2019 daily from 5:00 p.m. to 9:30 p.m. at Watkins Regional Park. The address is 301 Watkins Park Drive, Upper Marlboro, Maryland 20774. Phone number is 301-699-2456, TTY: 301-699-2544.

Admission Fees for Car or Van \$10, Multi-Visit Pass 3 Visits (car or van) \$20, Mini-Bus or Limo \$40, Bus \$30. A Multi-Visit pass is transferable for cars and vans for up to 3 visits. A mini-bus seats 13 to 24 passengers and a bus seats 25 or more passengers.

Admissions Features: NEW!! We are now accepting Credit Cards and you can purchase your tickets in advance online. Visit PARKS DIRECT and search for keyword "Festival under Ticketing. Multi-visit passes will be sold at the gate. Get your Festival Spectacles at the gate for just \$1 which is a surprise for your eyes. Watch as the lenses magically transform every point of light in our holiday displays into magical floating holographic images. December 3, we will host a free Appreciation Night for the residents of Prince George's County for their support of the Department of Parks and Recreation programs year around. On Christmas Day the festival is free.

MADE IN MARYLAND

We attended the Made in Maryland event held at the Chancellors' residence in Baltimore, Maryland hosted by Chancellor Robert Caret and Dr. Elizabeth Zoltan. Made in Maryland event celebrated the foods of Maryland and University System of Maryland (USM's) innovations and impact. The event featured products produced by our alumni.

CONGRATULATIONS

Congratulations to Bowie State University who earned a huge CIAA divisional win on Saturday October 20, knocking

by Audrey Johnson 301-888-2153

off the previous Northern Division leader Virginia Union Panthers by a score of 27-13.

BIRTHDAY CELEBRATIONS

Happy Birthday to Mary Contee, Gwendolyn DeVille, Stephanie Eugene, Phillip Hill, Pamela Baker, Grace Bryant, Eva Cooper, Jonnetta Dent, Gloria Dotson, Arthur Duckett, Sr., James Lee, Derrick Pinkney, George Saunders, Mark Taylor, William Taylor Jr., Lakeisha Thomas who are New Hope Fellowship members celebrating birthdays in November.

30-YEAR SCHOOL BUS DRIVER

Pat Bell's job working as a school bus driver has become her way of giving back to the community. "The greatest benefit: student smiles. "Parents depend on us to get their children to and from school. It's a job of great responsibility, "Bell said. "How you treat a child who steps on your bus matters. Just a smile or a "good morning" can change the course of their entire day. When parents see that their child is in good hands, it puts them at ease."

During her three-decade tenure with PGCPS, Pat has driven routes as far as Baltimore and safely transported countless students. "Her advice to anyone considering the job: be willing to treat every child as your own." "I want our community to know we are very committed to our job as drivers, "she said, "we are people with a purpose." Thanks Ms. Pat Bell for being a dedicated bus driver.

SHOWTIME

Bowie State University will present Showtime in their Fine and Performing Arts Center Main Stage Theater November 3, 2018 at 6:00 p.m. The Show will feature FOR-EVER YOURS ("A Tribute to the O'Jays and The Four Tops"). Special Guest Heywood Turnipseed, comedian

General admission cost \$40, Seniors \$30, Faculty and Staff \$20, Groups (10 or more) \$30, Students \$10. Tickets: www.bowiestate.edu/about/calendar. For more information contact cknight@bowiestate.edu Dr. Clarence E. Knight, Jr. 301-860-3760.

M-NCPPC, Department of Parks and Recreation Holiday Schedule for Veterans Day 2018

Regional Parks	OPEN
Historic Sites/Rentals	
Community Centers and Arts Centers	OPEN
Senior Activity Centers	CLOSED
Sports Facilities	OPEN

program in the agency was then given a standard rating of 1-4. If ratings of 3 and 4 are given, the agency must respond with a corrective action plan to outline the steps the agency will take to make improvements. The PGCDSS completed the site visit with ratings of 1 and 2 for all programs and no cor-

M-NCPPC, Department of Parks and Recreation Gymnast Jessica Stevens Heads to the **Gymnastics World Championship in Russia**

BV PRESS OFFICE M-NCPPC

RIVERDALE, MD-The M-NCPPC, Department of Parks and Recreation's Fairland Sports and Aquatics Complex host[ed] a sendoff party for Jessica Stevens, [on] Saturday, October 27, as she prepares to travel abroad with her U.S.A. Gymnastics teammates to the 33rd Trampoline Gymnastics World Championships.

Stevens has been an athlete at Fairland Sports and Aquatics for the past five years in their Trampoline & Tumbling program, where she adheres to rigorous 5-days per week training schedule in preparation for the upcoming competition November 7-10, 2018 in St. Petersburg, Russia. The program, headed by Konstantin Gulisashvili, Head Trampoline & Tumbling Coach has resided at Fairland for the past 16 years.

Starting in 'Mommy and Me' gymnastics classes at just 18 months, Stevens switched solely to trampoline and tumbling when she was 8 years old. She qualified for the JumpStart National Team, the USA Gymnastics talent identification program for 8-10 year olds, in 2009. After becoming a Junior Elite in 2013, Stevens made the Junior National Team in 2014, 2015 and 2016, and had the honor of bringing home a gold medal in synchronized (synchro) trampoline at the World Age Group Competition in Daytona Beach, FL.

Through gymnastics, Stevens has been able to travel and represent Fairland around the globe. She's won the bronze medal in synchro at the 2015 World Age Group Competition in Odense, Denmark, represented the United States in the World Championships in Sofia, Bulgaria last year in November 2017, and this past April, was a part of the team that won the silver medal in the Pacific Rim Championships in Medellin, Colombia. Stevens became the top level, senior elite, in 2017 and made the 2017-2018 US Senior National Team and is currently a member of the 2018–2019 US Senior National Team. In September, she contributed to the team gold medal as well as earned an individual silver medal at the Senior Pan American Championships in Lima, Peru.

After the Trampoline & Tumbling World Championships, Stevens will continue to balance her training time with college as she pursues a degree in criminal justice at Howard Community College, in hopes of qualifying for the Olympic Games in Tokyo, Japan, which will be held in August 2020.

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. Visit www. pgparks.com

COMMUNITY

The American Counseling Association's Counseling Corner

It's Time To Understand Depression

People commonly say, "I don't know, I'm just a little depressed today." We all have days when things seem off and we're feeling a little blue. But, in most cases, the sun shines the following day, what was bothering us has disappeared and we're feeling fine again. However, in some cases, those feelings of sadness don't just go away. It's important to be able to recognize what true depression is and to get it treated.

Why does it matter? For starters, untreated depression greatly increases an individual's risk of suicide, and suicide is this nation's 10th leading cause of death and the 2nd leading cause of death among young people ages 15 to 24. Almost half a million people visited U.S. hospitals last year due to self-inflicted harm.

So while it's obvious that serious depression can be a health problem not to be ignored, far too few people recognize depression in themselves, or someone close to them, and seek treatment. That's unfortunate because most serious depression is highly treatable and, unlike a cold or the flu, is not simply going to away on its own.

What is depression? Actually, it can come in several forms, some more serious than others. Around this time of the year, for example, many people will experience "seasonal depression," those sad or blue feelings that accompany the coming of autumn, shorter days and cooler weather. It's usually a mild form of depression and one that's relatively easy to treat.

"Postpartum depression" is a common problem for many women after giving birth. They tend to experience stress, sadness, loneliness and exhaustion, especially during the first couple of weeks after the new baby's arrival. Again, it's a form of depression that can be treated.

"Clinical depression" can be a very serious problem. It's not only feeling sad, but is usually characterized by a lack of energy to do even routine tasks. It can make ordinary life difficult or impossible to live successfully.

Seek help if you, or someone close to you, and especially if that someone is a young person, is experiencing feelings of sadness, worthlessness and loss of interest in normal life, and it has been going on for several weeks. A counseling professional can offer a wide range of techniques and tools to help overcome the problems that depression brings, and to help the person return to a happy, productive life.

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

Free Symposium and Holiday Workshops Offered by Hospice of the Chesapeake

By ELYZABETH MARCUSSEN **Hospice of the Chesapeake**

Free symposium an ideal way to kick off National Hospice and Palliative Care Month

PASADENA, MD (Oct. 22, 2018)—Each year in November, organizations across the nation celebrate National Hospice and Palliative Care Month, an opportunity to help the community understand how important hospice and palliative care is to all ages.

Hospice of the Chesapeake has chosen 2018 to launch a revolutionary idea of offering a free day of learning to anyone who wants to be more informed and better prepared in the event of serious illness or loss. The Caring for the Continuum of Life: A 2018 Healthcare Symposium will be held from 9 a.m. to 4 p.m. Nov. 3 at Prince George's Community College in Largo.

Hosted by the Chesapeake Life Center, Hospice of the Chesapeake and Chesapeake Palliative Medicine and sponsored by University of Maryland Capital Region Health and Liquefied Creative, the symposium will feature more than 20 expert presenters in the fields of hospice and palliative care, grief counseling and aging in 14 different sessions. Five of the sessions offer free continuing education units for Maryland social workers, while all will offer insight into important end-of-life topics that should be part of the vocabulary of every health professional and family.

"It is essential that people understand that hospice and palliative care is not giving up, it is not the abandonment of care, it is not reserved for the imminently dying," said Edo Banach, president and CEO of the National Hospice and Palliative Care Organization. "Hospice is a successful model of person-centered care that brings hope, dignity and compassion when they are most needed." The symposium seeks to empower professionals and the community with information and understanding that can change the way families experience advanced illness and end of life, as well as recover from the loss of a loved one whether that loss be from illness or trauma.

Duke Medical Center bioethicist Dr. Richard Payne will open the symposium by discussing what it takes to ensure quality hospice and palliative care is available for anyone facing serious illness. This will be followed by a series of breakout sessions in three different tracks.

The first track for caregivers offers four learning sessions that support the role of caregivers regarding accessing care for an aging parent, planning a legacy, self-care and helping children cope with the grief of losing someone dear.

A second track for healthcare professionals focuses on enhancing their understanding of end-of-life choices and the impact on families. Topics range from exploring grief in older adults to how to create a dignified dialogue with patients.

The third track seeks to educate both professionals and community members on subject matter unique to the hospice and palliative care specialty, including the role of faith in end of life, the importance of documenting your healthcare decisions, navigating traumatic grief and caring for veterans at the end of life.

The closing session includes a Q&A session with a panel of local physicians to answer questions about making critical

choices while living with advanced illness.

The symposium is supported in part by a grant from the Hospice Care Connection.

For details and to register, visit www. caringforlifemd.org.

Workshops will help adults and children cope with grief during the holidays

PASADENA, MD (Sept. 17, 2018)—For many years, Chesapeake Life Center's popular Hope Full Holidays workshops have helped adults grieving a loss get through the holidays. This year, children can get that help, too, as the Prince George's County session will welcome families with children ages 6 and older so that together they can learn how to work through their loss.

Bereavement Manager Amy Stapleton said the organization, which is a program service of Hospice of the Chesapeake, decided to offer the program to better help families who are grieving the loss of someone dear at this critical time. "While adults who are grieving often want to avoid the holidays and wish they could skip them all together, children are not as prone to losing their excitement. They still want to participate in the season's traditions," Stapleton said.

The new family-centered workshop will be held from 10 a.m. to 1 p.m. Saturday, Nov. 17, in the nonprofit's offices at 9500 Medical Center Drive, Suite 250, Largo, Maryland. As different age groups experience grief

See WORKSHOPS Page A8



AND HE'S FIGHTING FOR THE

standing up for our values.

Steny gets things done for Maryland families. He helped create and save nearly 23,000 jobs in and around Maryland's 5th District. He is fighting to make Prince George's County the home of the new FBI headquarters. And he is a strong advocate for fair pay and benefits for federal employees.



THINGS THAT MATTER TO US:

- Sringing down health care costs.
- Raising wages and ensuring equal pay.
- ✓ Making college more affordable.
- Section 2 Constraining programs.
- ✓ Strengthening our local infrastructure.
- Working to pass commonsense gun safety legislation.
- Protecting our environment.
- ✓ Combating corruption.



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COMMENTARY

Marc Morial

President and CEO, National Urban League

To Be Equal: **The Midterm Elections:** What's at Stake For Communities of Color?

"When there's a vacuum in our democracy, when we don't vote, when we take our basic rights and freedoms for granted, when we turn away and stop paying attention and stop engaging and stop believing and look for the newest diversion, the electronic versions of bread and circuses, then other voices fill the void. A politics of fear and resentment and retrenchment takes hold. And demagogues promise simple fixes to complex problems.

-President Barack Obama

For several weeks now, the Urban League Movement and our sister civil rights organizations have been working hard to get Americans registered to vote and finding ways to get voters to the polls, through campaign, "Enough Is Enough. VOTE!" and

through our partners in the W.K. Kellogg Foundation-supported Racial Equity Anchors Collaborative. You have seen our hashtags on social media-#EnoughIsEnoughVOTE, #TogetherWeVote and #WeVoteWeCount. You can check your registration, find your polling place and learn about the candidates on our website.

The outcome of the November 6 Congressional elections will have a profound impact on the nation, and on communities of color in particular. Perhaps most critical among the issues at state is healthcare. For nearly a decade, the National Urban League has fought to protect, strengthen and expand the Affordable Care Act, which slashed the uninsured rate among African Americans by a third. The House of Representatives has voted more than 60 times since

2010 to repeal the law. While Congress has not yet succeeded in a wholesale repeal, the repeal of the individual mandate-which goes into effect this year, is expected to leave as many as 13 million Americans uninsured, with premiums for ACA's "bronze plans" rising as much as 13%. Already, the uninsured rate has risen by about 2%, thanks to deep cuts in advertising and outreach during the marketplace open-enrollment periods, a shorter open enrollment period. We need to elect leaders who will defend and strengthen the ACA.

Our racially-discriminatory criminal justice system also has degraded over the last two years. The Justice Department has moved to abandon consent decrees-formal reform agreements with police departments accused of racially-motivated excessive force and constitutional violations-and to ramp up the disastrous and racially-discriminatory "war on drugs while rescinding an initiative that reduced racial disparities in federal drug sentencing, and improved reentry opportunities for people leaving prison. We need to elect leaders who support criminal justice reform.

The federal government used to be a champion for voting rights, challenging discriminatory practices like voter purges and restrictive I.D. laws. Its position on voting has completely reversed, as it joins state legislatures in defending voter suppression. We need to elect leaders who will restore the Voting Rights Act and defend it.

While the unemployment rate has continued the steady decline begun during the Obama Administration, Black unemployment stubbornly remains twice as high as the white rate, and wage growth has been completely wiped out by inflation. We need to elect leaders who will raise the minimum wage and who support a comprehensive plan to address urban unemployment and underemployment.

As we have seen this week with the shocking delivery of actual bombs to perceived political critics, irresponsible rhetoric and a refusal to repudiate racists and hate groups has degraded our civil discourse to unprecedented levels. We need to elect leaders who will uphold standards of decency and dignity.

The level of vitriol aimed at refugees fleeing violence and terror, seeking safe harbor in the United States, is shocking. According to national and international law, refugees have the right to seek asylum here. Study after study confirms that immigrants contribute to the nation's economic growth and present even less of a threat from crime than native-born Americans. Yet fear and hatred have dominated our immigration policies for the last two years. We need to elect leaders who will support comprehensive immigration reform, recognize the dignity of refugees and restore our status as Mother of Exiles.

It's not just a slogan to say this is the most important election of our lifetimes. The very future of democracy as we know it may hinge on the outcome. Enough is enough. VOTE!

Marion Wright Edelman

President, Children's Defense Fund



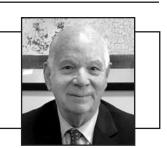
ChildWatch: **Lessons from Ruby Bridges**

I recently had the joy of presenting an award from the Washington Lawyers' Committee for Civil Rights and Urban Affairs to Ruby Bridges. As a six-year-old first grader in New Orleans in 1960, Ruby Bridges became the first Black student to attend an all-White elementary school in the crowds outside her New Orleans South. She showed unforgettable school reminded her of Mardi loving forgiveness and courage Gras and at first she thought she when faced with ugly screaming White mobs who jeered and taunted her every day as she walked into William Frantz Elementary School. Federal marshals had to escort Ruby to school every day, but she never quit or turned back. Norman Rockwell immortalized Ruby's courage with his landmark 1964 painting "The Problem We All Live With". Ruby astonished her teacher one day when she asked Ruby why she had paused and talked to the crowd of White adults that morning. Ruby responded, "I wasn't talking. I was praying. I was praying for them." And a little child shall lead us! As a young psychiatrist Dr. Robert Coles volunteered to work with Ruby Bridges during her first year at William Frantz. Years later she collaborated with him on his 1995 children's book "The Story of Ruby Bridges" to share with new generations what she experienced. She realized after that book was published that children had even more questions about her life, so she wrote two autobiographies for young readers including her award-winning book "Through My Eyes". Today she is the founder and head of the Ruby Bridges Foundation, which seeks to end racism and prejudice and promote tolerance, respect and appreciation across all differences. Ruby's messages of tolerance and mutual respect are so urgent right now. Equal access to a quality education for all children remains the unfinished business of the Civil Rights Movement and the nation. Our country must wake up and stop the backwards slide away from fair treatment for poor and non-White children. When Ruby Bridges spoke at a Children's Defense Fund conference she took us back to her first year at William Frantz and a few key lessons she learned that shaped her life.

to attend William Frantz because they understood it would provide a better education in our separate and unequal segregated school system still too prevalent today. On her first day of school she was unaware she was making history. The chaos of milling White was part of a parade. Eventually it became clear that the White adults surrounding her with racial jeers and epithets were full of hatred not celebration. But then she met Barbara Henry, the White schoolteacher from Boston who was assigned to teach her all year alone after other teachers refused to teach a Black child. Barbara Henry's kindness set an unforgettable example for Ruby: "You cannot look at a person and tell whether they're good or bad. Evil comes in all shades and colors. That is the lesson that I learned from the teacher that looked exactly like the people outside that threw things, spit, and yelledshe looked exactly like them, but she was different, and I knew that at six years old, because she showed me her heart." Learning that you can never judge anyone from the outside was the first lesson of that tumultuous year. A second was that we must all "become brothers and sisters." "We must absolutely take care of one another. It does take a village, but we have to be a village first. We have to take care of each other's children." She remembered some of the adults in her neighborhood who did this for her: "I was escorted every day by Federal marshals, but everyone on my street walked behind the car every day ... I would pass [the windows of a dry cleaners' shop] every day, and all the men that worked in the dry cleaners would wave and say, 'How are you doing today? You do good in school.' So when I got my report card, I would stand by those windows . . . and they would see it and they would hand me dollar bills . . . That's a community, and that's what we need again."

ing children accurate history including stories like her own. She says: "If you really think about it, if we begin to teach history exactly the way that it happened, good, bad, ugly, no matter what, I believe that we're going to find that we are closer, more connected than we are apart." When she was told that her plan for educational equity was grandiose, she responded: "Well, it was a grandiose

Benjamin L. Cardin



United States Senator for Maryland

Cardin on Hand as Bipartisan Water Infrastructure Bill Signed Into Law

Cardin language strengthens Maryland's stormwater, wastewater and clean drinking water treatment capabilities; helps flooded communities rebuild resilient infrastructure.

"Water infrastructure should not be a partisan issue and I have been proud to lead the Senate with my EPW colleagues to develop this new law that will benefit our aging water resources and infrastructure."

WASHINGTON (Oct 23, 2018)—U.S. Senator Ben is the first reauthorization of the Drinking Water State Revolving Fund for more than two decades. It authorizes \$1.17 billion for fiscal year 2019; \$1.3 billion for fiscal year 2020; and \$1.95 billion for fiscal year 2021 for the Drinking Water State Revolving Loan funds. This nearly

The task force will, with feedback from permittees, state and local governments and other stakeholders, provide in a report to Congress suggestions for improving the funding and financing of stormwater systems.

Expands Onsite Wastewater Treatment. The bill addresses the need for information about onsite waste water recycling as one alternative for communities who cannot afford the upfront costs or ongoing maintenance costs of traditional wastewater infrastructure.



Ruby explained that her parents seized the opportunity for her

As an adult Ruby Bridges takes very seriously her own commitment to being part of that community needed to care for the next generation of children. She is a fierce advocate for integration and equity in education and for teach-

plan when you marched my little butt up those stairs back in 1960, but it happened." In a nation desperate for moral leadership and vision we need many more citizens with grandiosity like Ruby's.

In 2011, President Barack Obama invited Ruby Bridges to the White House to see Norman Rockwell's iconic painting of her which was on loan to hang outside the Oval Office. President Obama told her, "I think it's fair to say that if it wasn't for you guys, I wouldn't be here today."

Ruby Bridges is an inspiring reminder that our entire nation owes a huge debt of gratitude not just to the adults who took a stand during the Civil Rights Movement but to the thousands of extraordinary children and youths who were frontline soldiers in the war to overthrow Jim Crow in American life, from the Birmingham Children's March to the children locked in cattle pens in Jackson, Mississippi protesting segregation. Children were the frontline soldiers in desegregating our segregated schools across the nation. Our children and young people taught us to be courageous, to stand up against injustice and to do so with uncommon dignity, maturity, nonviolence, and grace. What a contrast to the ugly violent behavior of hate-filled adults all around them.

It's time to thank Ruby Bridges today by following her example and supporting all our children who are standing up against injustice and pervasive gun violence because we adults have dropped the ball of adult responsibility. It's time to ensure every child equal education, health care, a strong early childhood foundation and safe passage to adulthood. It's time to replace the greed of those at the top to ensure the hopes and dreams of our millions of children crying out for hope and help. We must all follow Ruby Bridges' example.

Cardin (D-Md.) today joined a bipartisan group of lawmakers in the Oval Office to watch as the America's Water Infrastructure Act was signed into law. The new law will repair aging drinking water, wastewater and irrigation systems; deepen nationally significant ports and maintain the navigability of inland waterways across the country; and provide better protection from dangerous floodwaters.

"This is a win for Maryland and our country. At a time when Congress is seen as divided on too many topics, we have come together with an overwhelming majority to show our strong support for repairing and maintaining our nation's waterways and infrastructure, and clean water," said Senator Cardin, the Ranking Member of the Senate Environment and Public Works Transportation and Infrastructure Subcommittee. "Marylanders, and communities nationwide, will greatly benefit from how we have been able to work together to ensure the safety and resiliency of our waterways and water systems."

The legislative package includes multiple individual pieces of legislation either authored or championed by Senator Cardin, including measures to reject the Trump administration's proposed reclassification of the Poplar Island restoration project, which could imperil the progress of this national model for restoration success located in Talbot County. It extends the original seven-year authorization of the Mid-Bay Island Ecosystem Restoration Project, focused on James and Barren Islands in Dorchester County, by an additional three years, to total 10 years.

The legislation also:

Nearly Doubles Grants to States for Drinking Water **Revolving Loan Funds.** This doubles the current annual authorization.

Includes S. 1137, the Clean, Safe, Reliable Water Infrastructure Act. This bill, introduced by Senators Cardin, Boozman, Inhofe and Duckworth, addresses the need to invest in our nation's drinking water, sewer and stormwater systems. It also provides for increased water efficiency, specifically by including \$450 million to protect the sources of our drinking water and funding to repair and eliminate combined sewer overflows. And it formally authorizes the voluntary WaterSense program, which identifies and promotes water-efficient products through voluntary labeling.

Creates Multiagency Federal Task Force on Stormwater Infrastructure.

- Includes S. 451, the Water **Resources Research Amend**ments Act. This bill, introduced by Senators Cardin and Boozman, addresses the need for additional research into increasing the effectiveness and efficiency of new and existing water treatment works.
- **Enhances Drinking Water** Infrastructure Resiliency and Sustainability. This provision directs the EPA to establish a "Water Infrastructure Resiliency and Sustainability

See CARDIN Page A5

The Prince George's Post

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Writer Disagrees About the **Social Security Trust Fund**

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

Dear Rusty:

Sometimes words used have different meaning to others, like your recent article on the Social Security "Trust Fund." In a true trust fund, monies are only used for a specific purpose. Our so-called Social Security Trust Fund doesn't work like that. Instead, money collected goes directly into the US Treasury, mixed up with everything else. To the government, Social Security is just another revenue stream. They don't separate it from others and have no intention of doing so. Soon, we've been told, the Social Security fund will be declared insolvent. It should never happen but when you spend every penny that comes in on everything else, when the real purpose needs it the well is dry. Lock up the money so that the political elites can't use it for their other important items and save the systems. Let them continue to do as they are and have been doing since the 60's, and it's gone. Signed: Disgruntled

Dear Disgruntled: I understand that using the term "trust fund" in the context of Social Security may not fit the precise definition of those words, but they do serve well as an easyto-understand description of an account dedicated only for a specific purpose. Those of us intimately familiar with the topic of Social Security are well aware that many believe strongly the Social Security "Trust Fund" either doesn't truly exist or that the Government "raids" the fund for general purposes. I can only assure you that I have researched this topic extensively and found that, indeed, there are two Federal financial accounts which contain Social Security assets, namely, the "Old Age and Survivors Insurance Trust Fund" and the "Disability Insurance Trust Fund." And, by Federal law, assets in these accounts can be used only for the purposes they were set up for-paying Social Security benefits to eligible retirees, disabled workers, their dependents, and survivors. While revenues from payroll taxes do technically flow into the U.S. Treasury first, that money is then appropriated for the two Social Security "Trust Funds" as reserves to pay benefits to Social Security recipients. But it's important to note that payroll taxes aren't the only source of revenue for these accounts; income taxes on Social Security benefits, as well as interest on the excess monies held in reserve are additional sources. Indeed, interest on the \$2.9 trillion in the "trust funds" contributed over \$85 billion to the reserves last year. "Locking up" the money would only serve to exacerbate those solvency issues by eliminating interest as a revenue source. And, just for information, the average interest yield was about 2.9% in 2017.

Social Security's looming financial issue wasn't caused by "political elites" using the money for purposes other than Social Security. Rather, the issue is a result of the declining ratio of workers to beneficiaries, and the constantly improving longevity of our population. In other words, the number of beneficiaries is growing faster than the number of contributing workers and those beneficiaries are collecting benefits longer. Average longevity at the program's inception was about 65; today it's about 85. And the ratio of workers to beneficiaries in 1945 was about 42:1, whereas today there are less than 3 workers for every recipient of Social Security benefits. Starting this year, Social Security will be paying out more in benefits than it receives in revenue and will use the reserves to fulfill its obligations. Unless Congress addresses this problem soon, all \$2.9 trillion of the reserves will be depleted by about 2034. But that doesn't mean the system will be insolvent at that time; rather it will be able to pay out in benefits only the same amount as was received in revenue. And that would, according to the latest report from the Trustees of Social Security, result in a benefit cut of about 21% to all

Main Street Maryland Program Celebrates 20 Years of Economic Investment in Maryland's Historic Business Districts

Two new communities designated, bringing statewide total to 30 Main Streets

By PRESS OFFICER Maryland Department of Housing and Community Development

LAUREL, MD (October 24, 2018)—The State of Maryland today celebrated the 20th anniversary of its Main Street Maryland program by announcing two new designated communities: the Town of New Market and the City of Laurel, at an event held in downtown Laurel. Created in 1998 and managed by the Maryland Department of Housing and Community Development, the Main Street Maryland program builds partnerships with local governments, nonprofits, and businesses to strengthen the economic development potential in Maryland's historic downtown districts and neighborhoods.

"Main Street Maryland communities represent the very best of what our state has to offer," said Governor Larry Hogan. "I encourage our citizens and visitors alike to celebrate and enjoy our great state by planning a trip to one of these vibrant Main Streets and enjoying the unique shops, activities, and restaurants available in each community." As the state coordinating program of the National Main

Street Center, Main Street Maryland is part of a national network of 42 state programs across the country and is authorized to bestow official, nationally-recognized, Main Street designations for communities in Maryland. The City of Laurel is the first designated Maryland Main Street in Prince George's County. The Town of New Market is the fifth Main Street community to be designated in Frederick County, making it the county with the most designated Main Streets. With these two designations, Main Street Maryland has now designated 30 communities statewide, supporting the locallyowned shops and restaurants, exciting events and festivals, and a variety of activities that provide an authentic Maryland experience for residents and visitors.

"We are pleased to announce New Market and Laurel as our newest, designated Main Street Maryland communities and help them celebrate this special mark of distinction," said Maryland Department of Housing and Community Development Secretary Kenneth C. Holt. "The Main Street Maryland designation is effectively a seal of approval, recognizing that participating local governments and stakeholders are part of a statewide effort to improve the local economy, celebrate community character, preserve local history, and generate impressive economic returns."

To date, neighborhood revitalization and redevelopment activities in designated Main Street Maryland communities have supported approximately 2,800 new and expanding businesses; created more than 10,000 jobs; leveraged nearly \$305 million in private investment for nearly 3,900 projects, as well as nearly \$210 million in public investment for more than 1,200 projects, and; sponsored almost 700,000 hours of volunteer work with a wage value of more than \$19 million.

For more information about Main Street Maryland and the state's 30 designated Main Streets, visit: http://www.mainstreetmaryland.org.



recipients. Will that happen? We can't predict what a future Congress may do, but hopefully Congress will act soon to restore Social Security's financial health.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

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.

Cardin from A4

Program" to award grants in each of fiscal years 2019 and 2020 to increase the resiliency or adaptability of drinking water systems to regional changes in hydrologic conditions like droughts, floods and sea level rise. This section authorizes \$4 million to carry out this section for each of fiscal years 2019 and 2020.

Bolsters Voluntary School and Child Care Program Lead Testing Grant Program. This provision requires technical assistance to be given to recipients of grants contained in the WIIN Act that are to be used to carry out testing for lead contamination of drinking water in schools and day care centers. This technical

assistance will be to aid the pair and maintain our nation's recipients in identifying the source of the contamination, identifying and applying for federal and state grant programs to eliminate the lead contamination, to provide information on other financing options, and to connect grant recipients with nonprofit or other organizations that may be able to assist with elimination of contamination. Priority must be reaches Marylanders' homes, given to schools in low income areas.

"Water infrastructure should not be a partisan issue and I have been proud to lead the Senate with my EPW colleagues to develop this new law that will benefit our aging water resources and infrastructure. Congress has a responsibility to be a strong partner with states and localities to re-

waterways and infrastructure, and this new law is a major step toward fulfilling that responsibility," said Senator Cardin, the Ranking Member of the Transportation and Infrastructure Subcommittee. "The America's Water Infrastructure Act will help Maryland counties meet state storm water requirements, ensure that clean drinking water protect our drinking water from the effects of climate change, and keep kids safer from lead contamination. It will allow the Army Corps to better maintain federal channels in Maryland, replenish our beaches, and restore and expand islands in the Chesapeake Bay that protect Maryland communities and improve habitats for fish and wildlife."

Ready, Set, Go! The Nuts & Bolts of Starting a Business Register at www.marylandsbdc.org November 8, 2018 • Time: 2-4:30 p.m. South Bowie Library, 15301 Hall Rd, Bowie, MD 20721

This FREE workshop is for those who are interested in starting their first business, but want to find out more information on what to expect before they begin their first business. Our experienced business consultants will share with you everything to anticipate when starting a new business. Topics Include:

strategy

 Information on the legal and licensing requirements

Business plan

- Different financing options · All the perks and draw- Preparing a marketing
 - backs that come with the life of an entrepreneur

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OUT on the TOWN

Calendar Spotlight

Step Into History This Weekend at Montpelier



Chocolate, Gifts and Wine

Date and Time: Saturday, November 3, 2018, 6–8 p.m. Description: Indulge in chocolate and wine-a calm before the holiday storm. Also, make a luxurious gift for someone on your list (or keep it for yourself!)

- Cost: \$20/advance, \$25 at the door. Reservations recommended. Space is limited. Ages: 21 and over
- Montpelier Mansion Historic Site, 9650 Location: Muirkirk Road, Laurel, Maryland 20708 Contact: 301-377-7817, TTY 301-699-2544

Enjoy chocolate and wine and make a gift for someone on your list! PHOTOGRAPH CREDIT M-NCPPC

Hidden Spaces Tour

Date and time: Sunday, November 4, 2018, 4 p.m. Description: Reservations required. Don't miss out. Call us to guarantee your place! Reservations and advance payment required. 301-377-7817. Ever wonder what's behind the doors that say "Staff Only" and "Do Not Enter"? Montpelier staff will conduct tours of the areas that are seldom open to the general public, including cellars, the attic, the walk-in vault, the Summer House and Carriage House. You'll learn about the construction of the house and the changes over its 230-year history, including 20th century, historic preservation and construction. Tour includes narrow winding staircases and optional step ladders. Older clothes and comfortable shoes recommended. Cost: Ages16 and older: \$15; Friends of Montpelier

- and active military: \$10.
- 16 and older Ages:
- Location: Montpelier Mansion Historic Site, 9650 Muirkirk Road, Laurel, MD 20708
- Contact: 301-377-7817; TTY 301-699-2544



PHOTOGRAPH CREDIT M-NCPPC

See what's behind the scenes of a historic mansion at the Hidden **Spaces Tour at Montpelier Mansion.**

OPEN TO THE PUBLIC =

Montpelier Mansion Historic Site

Step inside the Montpelier Mansion Historic Site and learn what life was like in 18th-and-19th-century Maryland. Stroll the grounds with over 70 acres of fields and wooded paths-an oasis of tranquility in a bustling world. Built in the 1780s and now a national historic landmark, Montpelier was one of several Snowden homes on what was once a vast land holding. This stately, Georgian style house was home to four generations of Snowdens, as well as enslaved individuals like Nance and Catte Creek, and Ben, a blacksmith. The site is open to the public daily, 11 a.m.–3 p.m. except on Wednesday, when it is reserved for school programs/tours only. Admission: Seniors: \$4, Adults: \$5, Children (5-18): \$2, Children (4 and Under): Free, Dinosaur Room Only: \$1/person

Events at Montpelier Arts Center

Creative Voices Teen Writing Workshop

Date and time: Saturday, November 3, 2018, 1 p.m.-4 p.m. Book reading to follow workshop from 3 p.m. to 4 p.m.

Description: Bring your pencils and ideas to this 90-minute workshop for young writers! Workshop includes a master class, and meet and greet with acclaimed local young adult author Robin Stevens Payes. Resident: \$10; Non-resident: \$13 Cost:

Ages: 11 - 17

Location: Montpelier Arts Center, 9652 Muirkirk Road, Laurel, MD 20708

Contact: 301-377-7800; TTY 301-699-2544

Book Reading with Robin Stevens Payes

Date and time: Saturday, November 3, 2018, 3 p.m.-4 p.m. Description: Discover the magic of the STEAM-focused book, "Edge of Yesterday", by local, young adult author Robin Stevens Payes. Payes will share her background as an author, the inspiration behind the story, and read an excerpt from her upcoming novel, "Da Vinci's Way". A meet & greet and book signing will follow the event. Cost: FREE

All ages are welcome Ages:

- Location: Montpelier Arts Center, 9652 Muirkirk Road, Laurel, MD 20708
- Contact: 301-377-7800; TTY 301-699-2544

PLAN AHEAD

19th Annual Gingerbread House Contest (Entry)

Date and time: November 9, 2018 deadline

Description: Enter your personal gingerbread masterpiece in the 19th annual Gingerbread House Contest at Darnall's Chance House Museum! All entries are due by November 9, 2018-contact the museum today for more details! All entries will be on display to the public Friday-Sunday, November 23-25 and 30, as well as December 1-2 and 7-9.

Location: Darnall's Chance House Museum

14800 Governor Bowie Oden Dr.,

Upper Marlboro, MD 20772

Contact: 301-952-8010; TTY 301-699-2544

Dinosaur Park Open House

Date and time: Saturday, November 17, 2018, 12 p.m.-4 p.m. Description: This event is held on the 1st and 3rd Saturday of every month! Meet paleontologists, learn about Maryland prehistory, and search a real fossil quarry for 110 million-year-old fossils. FREE Cost:

- Ages: All ages are welcome
- Location: Dinosaur Park, 13100 Mid Atlantic Boulevard, Laurel, MD 20708
- Contact: 301-627-1286; TTY 301-699-2544

Beer, Blues, & Burgers at Marietta House Museum

Date and time: November 10, 2018, 1–6 p.m. Description: Enjoy various styles of beer from the Calvert Brewing



Montpelier Mansion Historic Site: 9650 Muirkirk Rd., Laurel, MD 20708 • 301-377-7817 • http://www.pgparks.com/3044/Montpelier-Mansion-Historic-Site

Company, along with the sounds of blues musicians: Higher Standards Jazz (1-3 p.m.) and The Lovejoy Group (4-6 p.m.) Bring a lawn chair and blanket and enjoy a relaxing autumn afternoon! \$10/person Cost: 21 & older Ages:

Location: Marietta House Museum, 5626 Bell Station Road, Glenn Dale, MD 20769 Contact: 301-464-5291; TTY 301-699-2544

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

First Man

First Man Grade: B Rated PG-13, one F-word 2 hrs., 18 min.

height of the Cold War and "space the race," and the Soviets have been beating

America to all

bench-

the

Ryan Gosling is a handsome man, but it's his profile that's most aesthetically pleasing. We saw a lot of it in "Drive," where he sat behind the wheel of a car and was often photographed from the passenger seat, and we see it again in "First Man," where he's a test pilot in a cockpit. The pilot, like the driver, is a man of few words who keeps his emotions under wraps. But unlike the driver, the pilot has a name: NEIL ARM-STRONG.

Yes, that one. "First Man," which reunites Gosling with "La La Land" director Damien Chazelle, is a biography of Armstrong covering the decade-long journey that ended with him on the moon (well, that ended with him coming back from the moon). Adapted by Josh Singer ("The Post," "Spotlight") from James R. Hansen's book, the film handles the biopic tropes with betterthan-average success, shedding light on a man who had a household name but whose private nature made him an enigma to the public. It runs long, with restlessness setting in during the midsection, but Chazelle handles the climax—the moon landing itself-with breathless, meticulous cinematic skill.

Neil is an aeronautics engineer (an "egghead" in one observer's estimation) and a fearless test pilot when, in 1962, he's chosen for NASA's Project Gemini, a steppingstone toward the Apollo missions that will lead us to the moon. It's the nerves, saving his own life or the lives of others



ROTTENTOMATOES.COM

On the heels of their six-time Academy Award (R)-winning smash, La La Land, Oscar (R)-winning director Damien Chazelle and star Ryan Gosling reteam for Universal Pictures' First Man, the riveting story of NASA's mission to land a man on the moon, fomarks. It's imcusing on Neil Armstrong and the years 1961–1969. A visceral, first-person account, based on the book by James R. Hansen, the perative, movie will explore the sacrifices and the cost on Armstrong and on the nation of one of the most dangerous missions in history. therefore, that

we get to the moon before

they do, because if they get there first, well, then, that would be bad, because.... (The movie does not finish the sentence.)

Neil and his wife, Janet (Claire Foy), and their little boy move to Houston, having already lost a daughter to cancer (they would have another son in Texas). Neil's new co-worker, Ed White (Jason Clarke), lives across the street with his wife, Pat (Olivia Hamilton). The wives bond over the stress of being married to astronauts; Neil and Ed enjoy working together and would describe themselves as friends, but Neil never talks to Ed-or anyone -about his feelings. He's particularly tightlipped about the death of his daughter, which affected him deeply.

The years pass quickly in movie terms as Chazelle hits the highlights of the Gemini missions and Armstrong's role in them. (Side note: "Gemini" is consistently pronounced "gemin-ee," not "gemin-eye." The '60s were a crazy time, man.) Neil emerges as a thoughtful scientist with steel

on more than one exciting occasion. But there are tragedies he cannot prevent, as space-exploration buffs no doubt recall. As time passes and the casualties mount, and as America is mired ever deeper in Vietnam and other unrest, people start to ask: Is going to the moon worth all the money and lives it's costing?

The answer can only be yes, right? Chazelle doesn't really make a strong case for it (other than presenting the culmination of the mission with reverent awe), but if it was all a boondoggle, then this story is depressing and ironic, not inspiring. But it seems a misstep to raise the "Is it worth it?" question and then act like it was rhetorical.

Like most of the missions it depicts, the film is top-notch in technical aspects, Linus Sandgren's cinematography and Justin Hurwitz's sweeping musical score leading the way. Also like the missions, the movie drags in the middle as a sense of repetition creeps in. (I know, I know: The process WAS repetitive.) You wouldn't initially think of it as an effects-heavy film-it's science-fact, not science-fiction—but the sequences set in space and on the moon are uncannily convincing, even better than the ones Stanley Kubrick faked 49 years ago (kidding). The supporting cast is full of familiar faces: Kyle Chandler, Pablo Schreiber, Christopher Abbott, Ciaran Hinds, Patrick Fugit, Lukas Haas, Shea Whigham, Ethan Embry, and Corey Stull. The latter plays Buzz Aldrin, who was a bit of a jerk, or at least comes off that way when the movie is about Neil Armstrong.

Biopics about people who were stoic and inscrutable are risky, as there often isn't enough available information about them-because they were stoic and inscrutable, you see-to flesh out a movie protagonist. "First Man" and Gosling's performance avoid that problem by giving Neil an arc that, accurate or not, provides satisfying resolution to his character. Scenes of people around the world celebrating what America has achieved on behalf of all mankind (minus the Soviets-this was to spite them, not help them) are a reminder that for all our manmade divisions and quarrels, we are one world that reached out and touched another one. And that's pretty awesome.

Calendar of Events

November 1– November 7, 2018

Paint Branch Creek Tribute to Paul Simon

Date and time: Friday, November 2, 2018, 7–10 p.m. Description: Paint Branch Creek returns to the Old Parish House for a night of music including a tribute to the legendary Paul Simon! With Rocky Korr, Matt Jones and the next generation. Cost: Voluntary donation Ages: Adults

Location: College Park Arts Exchange, Old Parish House, 4711 Knox Rd, College Park, MD Contact: 301-927-3013

Friends of the Patuxent Wildlife Holiday Bazaar

Date and Time: November 3, 2018, 9:00 a.m.–3:00 p.m. Description: Shop for wild and not-so-wild new and gently used treasures and unique items from local crafters. Bazaar features live animals, tram rides (weather permitting), wildlife games and stories, door prizes, bake sale, and lunch at the Crane Café. Find a gift for that special someone while supporting the Patuxent Wildlife Research Center and Refuge!

Cost: FREE Ages: All ages are welcome Location: National Wildlife Visitor Center Patuxent Research Refuge 10901 Scarlet Tanager Loop, Laurel, MD 20708 Contact: 301-497-5772, www.friendsofpatuxent.org

Undaunted Courage: African Americans & World War 1

Date and time: Saturday, November 3, 2018, 1 p.m. Description: 100 years after World War I, CR Gibbs will share unheralded stories of African Americans from DC, Maryland & Virginia who served valiantly against a background of vicious racism and brutal lynchings. Cost: FREE Ages: Adults

Location: Oxon Hill Branch Library, 6200 Oxon Hill Rd., Oxon Hill, MD 20745 Contact: 301-839-2400

Community Art Drop-in

Date and time: Sunday, November 4, 2018, 1–3 p.m.Description: Make felt ornaments and other crafts this workshopwith Artist in Residence Celestine Ranney-Howes.Cost:FREEAges:All ages are welcome

Location: Greenbelt Community Center, 15 Crescent Road, Greenbelt, MD 20770

Contact: 301-397-2208, www.greenbeltmd.gov/arts

Art Gallery Exhibition

Date and time: November 4, 2018–January 4, 2019 Description: "The View Within and Without: Painting and Collage" by Sylvie van Helden. Discover the artist's work through selections from two series. The Legend of the Koi is based on an ancient Chinese tale about perseverance that guided a personal journey through grief.

Cost: FREE

Ages: All ages are welcome

Location: Greenbelt Community Center, 15 Crescent Road,

National Law Enforcement Museum Officially Opens to the Public

Opening marks the first national museum dedicated to telling the story of nearly every facet of American law enforcement

By PRESS OFFICER **National Law Enforcement Museum**

WASHINGTON(October 17, 2018)—The National Law Enforcement Museum at the Motorola Solutions Foundation Building officially opened its doors to the public last week, welcoming thousands to both a ribbon-cutting ceremony and community day celebrating the Museum's grand opening a feat 20 years in the making.

The ribbon-cutting ceremony—held on Thursday, October 11, 2018—drew hundreds of attendees from across the country representing current and retired members of law enforcement and their families, members of the community and general public, as well as dignitaries and celebrities.

Remarks were kicked off by renowned actor Clint Eastwood who has served as the honorary chairman of the fundraising campaign for the Museum since its inception.

"Long before I was telling people to get off my lawn, I was telling them to go ahead and make my day," Eastwood said. "I won't say either of those things today, I just want to say how much I appreciate being involved with the [National Law Enforcement Museum] and police officers in general. I've been lucky enough to portray them, lucky enough to make a living portraying them and I'm glad to be here."

Also delivering remarks at the ceremony, were National Law Enforcement Officers Memorial Fund founding CEO Craig Floyd and Museum Executive Director David Brant; former U.S. Attorney General John Ashcroft; U.S. Deputy Attorney General Rod Rosenstein; Washington, DC Mayor Muriel Bowser; U.S. Secretary of the Interior Ryan Zinke; Motorola Solutions Chairman and CEO Greg Brown; and Retired Philadelphia Police Commissioner Charles Ramsey, who discussed changes in law enforcement over his more than 50-year career, as well as the importance of engaging the community.

"Policing has gone through triumphs, we've gone through tragedies, we've gone through controversy-you name it, our profession has gone through it, and that continues today," said Ramsey. "I really see police as more of a thread that is woven throughout the communities we serve-a thread that actually helps hold together the fabric of democracy," continued Ramsey. "We are no longer just expected to respond to calls for service, we're expected to deal with mental health issues, we're expected to deal with the opioid crisis, we're expected to deal with immigration issues, we're supposed to build trust and legitimacy in some of our more challenged neighborhoods that, in some cases, never trusted police and, in some cases, for very good reasons." Ramsey concluded by sharing some advice for visitors and law enforcement: "When you go into the Museum, I ask that you look beyond the artifacts that are in the Museum. Look beyond some of the displays and interactive videos [...] and think about the people that serve. Think about the period of time in which they served. I want you to think about why it is so important that, as a profession, we don't act as if we can do it all by ourselves."

A community block party to celebrate the first day of public ticket sales kicked off on Saturday, October 13, 2018 with the Run for the Badge 5K race. Visitors and their families were treated to a variety of outdoor attractions as part of the family-friendly event—K9 demonstrations, historic police cars, face-painting and balloon animals, as well as live music. Also present was a temporary experiential installation entitled "The Bridge" that invited visitors to explore and interact with real stories and content from community members and law enforcement to discover what unites us."

The Museum, located in historic Judiciary Square, tells the story of American law enforcement through pivotal moments in history that changed policing, beginning with the earliest forms of colonial law and order, through the formation of the FBI, the civil rights movement, the 9/11 terror attacks, and current day events like Ferguson, Mo. and community relations. It is the only Museum in the country that explores nearly every facet of American law enforcement."

"Over the last decade, the National Law Enforcement Museum has worked with dozens of law enforcement experts, historians, academics and community leaders to develop the core of the Museum's exhibitions and programming to ensure an accurate, unbiased portrayal of American law enforcement," said Museum executive director David Brant."

Visitors "walk in the shoes" of law enforcement officers with the help of the Museum's interactive and experiential exhibits, like: 911 Emergency Ops, where visitors take on the role of a 911 operator, hearing scripted 911 calls and dispatching first responders to assist; Take the Case, which invites visitors to use actual law enforcement techniques to collect and analyze evidence, interview suspects, and solve simulated crimes; as well as The Training Simulator, which places visitors in true-to-life simulations involving law enforcement officers and citizens that are stressful and require complex decision making."

As part of the Museum's commitment to

forcement leaders, and educational workshops and activities for children of all ages."

"Law enforcement has played a pivotal role in shaping our everyday lives and our nation's history," said Rebecca Looney, Senior Director of Exhibits & Programs. "We're excited for visitors to explore the role and history of law enforcement and to experience first-hand what the work of law enforcement entails, while serving as a platform for much-needed conversations for the sake and safety of our communities and law enforcement professionals."

The Museum is housed inside a 57,000 square-foot, state-of-the-art facility that is mostly underground and named after the founding partner—Motorola Solutions and its charitable foundation—which graciously contributed more than \$18 million to the construction and establishment of the National Law Enforcement Museum, including in-kind support."

"We are honored to be part of this historic occasion—opening a Museum that tells the story of U.S. law enforcement," said Greg Brown, chairman and CEO, Motorola Solutions. "As the leading provider of missioncritical communications and video solutions for public safety users, our support for the Museum is rooted in our belief that the story of law enforcement—the story of our customers—needs to be told. We are proud to support the Museum's efforts to bring to life the full scope of law enforcement."

"Our goal is for every Museum visitor to leave with a better understanding of the vital role that law enforcement plays in our society and they will hopefully realize that public safety is a shared responsibility," said Craig Floyd, founding CEO of the National Law Enforcement Officers Memorial Fund. "Law enforcement needs to know they must work constantly to earn the support and respect of the communities they serve."

The National Law Enforcement Museum at the Motorola Solutions Foundation Building is located at Judiciary Square—444 E Street, NW, Washington, DC 20001—just blocks from the National Mall and numerous DC landmarks, and is open daily from 10 a.m. to 6 p.m. (and from 10 a.m. to 9 p.m. on Thursdays).

For more information about the National Law Enforcement Museum and updates on grand opening events, please visit LawEnforcementMuseum.org.

Authorized by Congress in the year 2000, the 57,000-square-foot National Law Enforcement Museum at the Motorola Solutions Foundation Building is a three-story mostly underground institution located adjacent to the National Law Enforcement Officers Memorial in Washington, DC's Judiciary Square. The Museum tells the story of American law enforcement by providing visitors a "walk in the shoes" experience along with educational journeys, immersive exhibitions, and insightful programs. The Museum is an initiative of the National Law Enforcement Officers Memorial Fund, a [501(c)(3)] organization established in 1984. For more information about the National Law Enforcement Museum, visit LawEnforcementMuseum.org.

Greenbelt, MD 20770 Contact: 301-397-2208, www.greenbeltmd.gov/arts

With Pen in Hand: Spotlight on Poetry

Date and time: Monday, November 5, 2018 6 p.m. Description: Novice to experienced writers are welcome to share their creative voice through poetry. Bring a poem to read or just listen to local poets. Cost: FREE Ages: Adults Location: Glenarden Branch Library, 8724 Glenarden Pkwy., Glenarden, MD 20770 Contact: 301-772-5477 | 240-696-3844

Marching Music: Veterans Day Fife Concert

Date and time: Monday, November 5, 2018, 7 p.m. Description: Come celebrate our nation's veterans with a special flute performance from SFC (Retired) Don Francisco, a 30-year Military Veteran of the U.S. Army who is currently working at Mount Vernon as a Historian and Resident Fifer. Cost: FREE Ages: All ages are welcome Location: Accokeek Branch Library, 15773 Livingston Rd., Accokeek, MD 20607

Contact: 301-292-2880

Beyond Needleart Exhibit

Date and time: Monday, November 5–Thursday, November 29, 11 a.m.-4 p.m. (closed Wednesdays)
Description: Opening Reception, Saturday, November 10, 5–7 p.m.—free admission (for reception only)
Now in its third year, Beyond Needleart displays the fiber art of local artists.
Cost: \$5/ages 18-59; \$4/ages 60 & better; FREE to enter boutique!
Ages: 18 and older.
Location: Montpelier Historic Site, 9650 Muirkirk Road, Laurel, Maryland 20708

Contact: 301-377-7817

International Games Week at Your Library

Date and time: Tuesday, November 6, 2018, 4 p.m. Description: Celebrate International Games Week at the library! Challenge yourselves by playing card and board games with a STEM twist. Cost: FREE Ages: Ages 5–12 Location: Hyattsville Branch Library (Temporary location), 6502 America Blvd., Hyattsville, MD 20782 Contact: 301-985-4690

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

improving the relationship between law enforcement and the communities they serve, the Museum will also launch an ongoing series of programs and events later this month that address timely topics—like immigration, opioids, and community relations—as well as programs that discuss law enforcement in pop culture, interviews with law en-

Earth
TALK™Is Fall Foliage Compromised
Due to Climate Change?

Dear EarthTalk:

Do environmental factors influence fall foliage colors?

-Bess Walker, Clinton, CT

An uptick in the intensity of hurricanes, prolonged periods of drought precipitating wildfires, flooded out coastal regions, melting ice caps—most of us can agree that manmade climate change is at least a contributing factor for these modern-day environmental maladies that seem to be compounding on top of one another in recent years. But another (less serious albeit still troubling) effect of our fossil fuel profligacy might just be compromised fall foliage displays.

The deciduous trees that drop their leaves in the fall rely on cues from the surrounding environment to signal when to stop producing chlorophyll (which turns the leaves green) in order to conserve energy and hunker down for the colder air temperatures of the upcoming winter. When the trees do get the signal, the chlorophyll begins to drain from the leaves, leaving behind carotenoids (in orange and yellow leaves) or anthocyanins (in red leaves) until the they fall to the ground.

But the unpredictability of a fast-changing climate has some species of trees confused about when to drop their leaves as warmer temperatures linger longer into the fall. Some trees are simply producing fewer leaves as a result, while others are thrown out of whack as to when to drop their leaves.

A 2016 study by Chinese researchers and published in the peer-reviewed scientific journal Global Change Biology found trees

> changing color ("phenology") later than in recorded history across 70 percent of the study area (the Northern Hemisphere), presumably due to warmer air temperatures pushing the process back.

> Also, drought before and/or during the fall can drastically reduce the foliage show, given trees lack of resources to begin with. Researchers have

found that during drought years, trees' leaves tend to turn color early and peter out sooner, if they don't skip the color show altogether and go straight to brown. Granted droughts come and go and cannot be pinned directly on global warming, no doubt climate change is increasing their prevalence and intensity.

And at a more macro level, the overall year-by-year warming trend is forcing many species north in search of the right temperature conditions for optimal growth. To wit, some of the stars of New England's fall foliage show-such as sugar maples, yellow birches and others-are expected to shift their habitat north within the next few decades. Indeed, biologists warn that foliage fans might have to head north of the U.S./Canada border to see these colorful denizens of the autumnal forest by 2100. Meanwhile, other iconic foliage species-such as ashes, elms and oaksare facing new threats from warming-induced insect outbreaks, with various troops of beetles and borers moving into new habitat with global warming clearing the way for them.

One way you can guarantee some kind of fall color display in your yard is to plant a variety of native plants and trees known to turn bright colors in the fall. If there is enough diversity among them, you're sure to get some kind of show every year, even if every plant isn't "turned on."

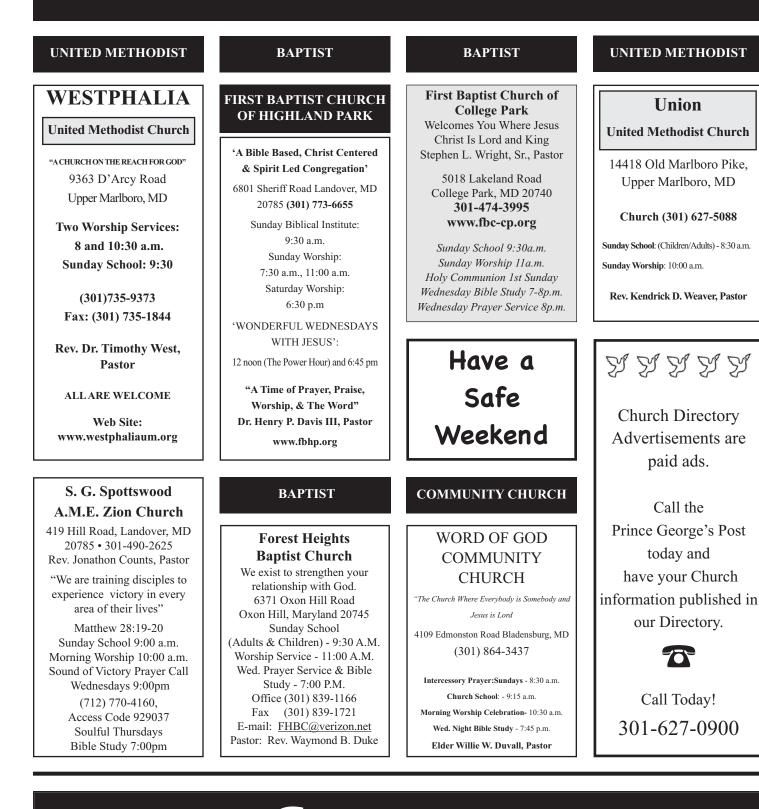
EarthTalk[®] is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of **E** - **The Environmental Magazine** (www.emagazine.com). **Send questions to:** question@earthtalk.org.



IMAGE CREDIT: STANLEY ZIMNY, FLICKRCC

Thanks to global warming, we can expect shorter and less intense fall foliage displays across much of the U.S. these days.

COUNTY CHURCH DIRECTORY



Race from A1

7, Array Architects, Carrie & David Marriott, Foulger-Pratt, Washington FAMILY Magazine, Eastdil Secured, Berkadia Commercial Mortgage, CoStar Group, KCIC, PCC Construction Components, Inc., Quadrangle, Rodgers Consulting, JW Marriott, The Annette M. and Theodore N. Lerner Family Foundation, Walgreens, Specialists on Call, Power Solutions, Polar Beverages, Miles & Stockbridge, RLJ Lodging Trust, Bryan Cave Leighton Paisner, LLP, HITT Contracting Inc., The Chevy Chase Land Company, and many more.

Children's National Health System, based in Washington, D.C., has served the nation's children since 1870. Children's National is one of the nation's Top 5 pediatric hospitals and, for a second straight year, is ranked No. 1 in newborn care, as well as ranked in all specialties evaluated by U.S. News & World Report. It has been designated two times as a Magnet® hospital, a designation given to hospitals that demonstrate the highest standards of nursing and patient care delivery. This pediatric academic health system offers expert care through a convenient, community-based primary care network and specialty outpatient centers in the D.C. Metropolitan area, including the Maryland suburbs and Northern Virginia. Home to the Children's Research Institute and the Sheikh Zaved Institute for Pediatric Surgical Innovation, Children's National is the seventh-highest NIH-funded pediatric institution in the nation. Children's National is recognized for its expertise and innovation in pediatric care and as a strong voice for children through advocacy at the local, regional and national levels. For more information, follow us on Facebook and Twitter.

Workshops from A3

differently, the program will include time apart for kids, teens and adults as well as time together as a family so they can honor and share memories of their loved one. There also will be cookies and craft activities.

The balance for parents and caregivers can be tricky. Part of the grieving process can require backing away from the hectic nature of the holidays. At the same time, they want to try to keep a sense of normalcy for their children by honoring seasonal traditions. "Finding that compromise takes some thoughtful planning and preparation, and careful, appropriate communication with the entire family," Stapleton said.

The second workshop is for adults ages 18 and older and will be held from 9:30 a.m. to 12:30 p.m. Saturday, Dec. 8, on the nonprofit's John & Cathy Belcher Campus, 90 Ritchie Highway, Pasadena, Maryland. Led by grief counselors, participants are given the opportunity to participate in small and large group activities that help them find a way to honor the memory of their loved ones while still granting themselves permission to grieve.

The cost for the family workshop is \$15 for the family, while the adult workshop costs \$15 per person. Registration is required and can be completed by calling 1-888-501-7077 or emailing griefinfo@chesapeakelifecenter.org.

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

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2019 Alan Cooper Leadership in the Arts **NOMINATIONS NOW OPEN**

Mid Atlantic Arts Foundation (MAAF) is pleased to announce that nominations are now open for the 2019 Alan Cooper Leadership in the Arts Award. Named after MAAF's Executive Director from 1994–2017, the Alan Cooper Award honors an arts leader who has impacted the arts sector in meaningful ways including creating model programs, developing innovative partnerships, and embodying dedication to the arts and diverse artistic expression. Though not necessary for nomination, MAAF is interested in recognizing an arts leader who has made significant contributions via public-private partnerships or in international cultural exchange.

Nominations are being accepted through Thursday, November 8, 2018. Eligible nominees will have demonstrated impactful leadership in the arts within MAAF's nine state region of DC, DE, MD, NJ, NY, PA, USVI, VA, or WV. For more information please go to http://www.midatlanticarts.org/ grants-programs/alan-cooper-leadership-in-the-arts-award/

The awardee will be selected in spring 2019 and be recognized at the May 2019 MAAF board meeting. In addition to the acknowledgement event, the awardee will receive a cash honorarium of \$2,500.

For more information, please contact Adam Plantz at adamp@midatlanticarts.org or via telephone at 410.539.6656 x102.

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