# The Prince George's Post



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25 cents

Merry Christmas from The Prince George's Post

# Academy of Health Sciences Receives Highest Rating on Maryland School Report Card

*By* TABRESHA LANGHAM **Prince George's Community College and Prince George's County Public Schools** 

LARGO, Md. (Dec. 7, 2018)—Academy of Health Sciences (AHS) at Prince George's Community College (PGCC) received the highest rating statewide—five stars—on the Maryland State Department of Education 2018–19 Maryland School Report Card.

It's been seven years since AHS opened as a partnership between PGCC and Prince George's County Public Schools (PGCPS), providing students the opportunity to receive both a high school diploma and an associate degree. Though the school started with a focus on pathways into health sciences careers, in 2017, the Teacher Preparation Academy was added as a pathway to earn an Associate of Arts in Teaching.

"The Academy of Health Sciences continues to exceed expectations and reaffirm its value to the students and families in Prince George's County," said PGCC President Dr. Charlene M. Dukes. "We implemented a program that creates pathways to a college degree for our most vulnerable students and this report is proof that it's working."

The report, which was released Tuesday, December 4, 2018, depicts the state of Maryland schools and school systems, and is the most comprehensive report in state history.

The report card discloses each school's ability to meet the requirements for the Every Student Succeeds Act (ESSA), using key performance indicators to score and tally the results for each school. The Academy of Health Sciences is the only high school in Prince George's County to achieve a five-star rating.

"I am proud of the Academy of Health Sciences and the continuing high achievement of its students and teachers," said PGCPS Interim CEO Dr. Monica Goldson. "Every student deserves a five-star school and we will learn from our top performers to help every school get there."

"This achievement is the culmination of years of an incredible partnership," said AHS Principal Dr. Kathy Richard Andrews. "It reflects the dedication and hard work of our superb faculty and staff, and most importantly, the commitment of our amazing students and their families to academic excellence."

Named a National Center of Academic Excellence in Information Assurance designated by the National Security Agency and Department of Homeland Security (2015–2020), Prince George's Community College (PGCC) provides high-quality education and training for the progressive and career-oriented residents of Prince George's County. Visit www.pgcc.edu.

Prince George's County Public Schools (PGCPS), one of the nation's 25 largest school districts, has 207 schools and centers, more than 130,000 students and nearly 19,000 employees.



PHOTO BY EESTOCKS.ORG FROM PEXELS

For the second year in a row, Bowie State Quarterback Amir Hall is the best offensive player in HBCU football

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

It is often said that once you reach the top, there is nowhere to go but down. Bowie State's Amir Hall has defied that logic.

The record-setting quarterback completed his senior season with a victory lap around the CIAA, a handful of all-time records, a playoff win and now with more hardware. For the second year in a row, Hall is the HBCU Gameday/Protect Your Skull National Offensive Player of The Year.

Hall had a prolific senior season, breaking his own CIAA record with a national-leading 4,152 passing yards to go along with 31 touchdowns to just 10 interceptions. He also led the nation in com-

pletions with 354 and through the first three round of the playoffs, no one else has more than 300. He is also second in D2 football with 353 yards of

The numbers are great themselves, but they don't tell the full story. Hall had to carry even more of a

total offense per game.



PHOTO CREDIT: GEORGII KOLOTOV, PRINCE GEORGE'S COMMUNITY COLLEGE, 2018.

See AMIR HALL Page A8

# **Governor Larry Hogan Announces**

Academy of Health Sciences students at Prince George's Community College.

## **Over \$3.5 Billion "Building Opportunity Fund"** School Construction Initiative

Largest School Construction Investment in Maryland History Will Create More Than 27,000 New Jobs

## *By* PRESS OFFICER **Office of the Governor**

ANNAPOLIS, MD (Dec. 11, 2018)—Governor Larry Hogan today announced a major initiative to make a historic investment in school construction projects across the state. Called the Building Opportunity Fund, the governor unveiled plans to submit legislation during the 2019 session of the Maryland General Assembly to provide \$1.9 billion in new school construction funding over five years. This proposed new funding is in addition to the \$1.6 billion in public school construction funding currently included in the state's five year Capital Improvement Program, bringing the

total proposed state investment to more than \$3.5 billion over five years.

"Education has always been our administration's top priority and today's announcement represents the largest investment in school construction-ever-in Maryland history," said Governor Hogan. "I believe very strongly that every single child in Maryland deserves access to a worldclass education regardless of what neighborhood they happen to grow up in, and an important part of that is making sure that all of our students are educated in facilities that are modern, safe, and efficient which provide them with an environment that encourages growth and learning."

The governor made the announcement at Highland Park Elementary School in Landover, Md., where he was joined by Prince George's County Executive Angela Alsobrooks, Maryland Department of Budget Secretary David Brinkley, State Superintendent of Schools Dr. Karen Salmon, Maryland Stadium Authority Executive Director Michael Frenz, Highland Park Elementary School Principal Wanda Robinson, and representatives from the Laborers' International Union of North America (LiUNA).

The new funding will come from revenue bonds funded by

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## Greater Washington Law Enforcement Lauded For Fight Against Drunk Driving

21st-Annual Event Honors Local Police In Fight Against DUI

*By* PRESS OFFICER **Washington Regional Alcohol Program** 

WASHINGTON, DC (Dec. 14, 2018)—Fourteen (14) Washington-metropolitan area police officers were cited today for their "outstanding commitment in the fight against drunk driving in Greater Washington" and presented with the area's 21st-annual "Law Enforcement Awards of Excellence for Impaired Driving Prevention."

Bestowed this morning at a regional ceremony held in McLean, Virginia, the nonprofit Washington Regional Alcohol Program (WRAP) presented its 2018 Law Enforcement Awards to:

- Officer Joseph Winkeler, City of Alexandria Police Department
- Officer Michael Mitchell, Arlington County Police Department
- Officer Bryce Cooper, City of Falls Church Police Department
- Patrol Officer First Class Rashid Roberts, Fairfax County Police Department
- Officer Jonathan Heavner, Town of Herndon Police Department

- Deputy Gerald Presson, Loudoun County Sheriff's Office
- Trooper First Class Anthony Wallace, Maryland State Police
- Officer Zachary Speck, Metropolitan Police Department
- Police Officer III John Romack, Montgomery County Department of Police
- Police Officer First Class Thomas Kosakowski, Prince George's County Police Department
- Officer Matthew Sciabica, Prince William County Police Department
- Officer Seth Carll, United States Capitol Police
- Traffic Safety Unit, United States Park Police
- Trooper Lucie Vajglova, Virginia State Police The annual awards, presented at a ceremony

this morning at Maggiano's Little Italy in the Tysons Galleria, were bestowed by WRAP in memory of Metropolitan Police Department's Motor Patrol Officer Anthony W. Simms. Officer

See FIGHT Page A4

INSIDE					
Alzheimer's Association National	Hoyer Statement on the Creation	David Iannucci Tapped To Lead	Movie Review:	Earth Talk	
Capital Area Chapter to Host	of the Second Lt. Richard W.	Economic Development	The Grinch	Dear EarthTalk:	
<b>Community Forum in Hyattsville</b>	<b>Collins Ill Foundation</b>	Corporation	When the Whos declare they are		
The forum provides an opportunity for	"Today, in honor of Richie, his	"I am very excited that David has	going to make Christmas three times	How can I minimize energy and	
residents of all ages to come together	parents have launched the Second Lt.	agreed to take on this critical role and	bigger this year, the Grinch realizes	packaging waste this holiday	
to ask questions about the disease, share	Richard W. Collins III Foundation to	I applaud the Board for selecting a	there is only one way for him to gain	season?	
their personal experiences, learn about	combat the rise of hate in our com-	person with his extensive knowledge	some peace and quiet: he must steal	—Marianne, via e-mail	
available resources and discover vol-	munities, advocate for civil rights, and	and experience," [Newly elected	Christmas.		
unteer opportunities to support families	advance cultural awareness and civic	County Executive Angela] Also-			
affected by the disease.	accountability"	brooks said.			
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# TOWNS and NEIGHBORS

## In and Around Morningside-Skyline

#### **Former Skyline President Alvin** Thornton tapped for School Board chairman

Back in the 1980s the Thornton family lived in Skyline, and in 1983 Dr. Alvin Thornton was elected President of the Skyline Citizens Association. He was at that time a professor at Howard University. He continued to hold many positions at Howard before retiring.

In time the Thorntons moved from Skyline, but I kept track of him through the Washington Post and the local press, as he became an expert advisor to the NAACP and other organizations at a critical time in the history of the County.

Along with attorney Karen Gooden he authored "Like a Phoenix I'll Rise," a book recounting the history of African Americans in Prince George's County. He served as chairman of the planning board that drafted the state's first black congressional district.

A native of Roanoke, Ala., Dr. Thornton grew up in segregated schools in the Deep South. He brought this personal history to his understanding of what our schools should be. In the 1900s he served on the school board, several terms as chairman. His work on school funding became known as the Thornton Commission.

On December 5, County Executive Angela Alsobrooks announced the appointment of Dr. Thornton as chairman of the Prince George's County School Board, citing his expertise, background and passion for children.

#### **Neighbors and Other People**

Condolences to Rita Beall, of Morningside, on the death of her sister Raquel Carreon Ramirez, of El Paso, Tex., on Sept. 25. Rita told me Raquel was not only her sister, but also her best friend.

Madeline Hayes Reese emailed me some time ago with family information. She attended Suitland Elementary, then Suitland Jr. High, moved to Hillcrest Heights and graduated from Surrattsville Senior High. She lived at the

members going to Teen Club in Morningside a few times. Perhaps some of you remember Madeline.

Morningside Mayor Jerry Glaubitz and his wife Jean would have celebrated their 76th anniversary on this Dec. 23 if they were still with us. Back in 1942 when they wed, Jerry was in the Navy, and got leave to came home and marry his Jean.

I'm enjoying having son Mike visit from El Paso. I had a job jar ready for him; he's good at fixing things.

#### **Real Estate info from our local expert**

Ebony Bates, of Skyline, hosts Real Estate 101 the last Thursday of each month at 705 North Carolina Ave. SE, Washington, 6:30-8 p.m. She is a realtor and my delightful neighbor.

At these meetings, she discusses "all things real estate," which includes a brief presentation, followed by Q&A, snacks and refreshments. These sessions are free. All are welcome. Also, you can call her for real estate advice 724-255-9393 or at go to ebony.bates@gmail.com.

#### **Changing landscape**

Kachi's Chicken is coming to Andrews Manor Shopping Center, according to a banner now hung on what was Cafe Allentown before it was damaged in a windstorm last year. I don't believe Kachi's is open yet, but there is a phone number on the website: 240-532-7750.

#### **Morningside Memories:** 30 years ago

The December 26, 1988 issue of The Washington Times featured a page one feature headlined "Morningside shines as small town in big-city lights," by John E. Smith. Among those interviewed were: Mayor Glaubitz, Nellie Jimerfield, Louise and Barbara White of GI Liquors, and Joseph L. Yurkanin, Commander of VFW Post 9619.

Glendening's liaison: "It's kind of oldfashioned, like in the '50s movies,"

#### by Mary McHale 301-735-3451

#### **Bob Long, Long Fence retiree**

Robert Lee "Bob" Long, 90, who bought Long Fence from his father, died at his home in Mitchellville, on Oct. 18. He was born in Washington to the late Elsie and Henry Long, founder of Long Fence. Bob purchased the business in 1961 and retired five years ago. He served in WWII with the Merchant Marines and the Navy.

He was preceded in death by five siblings, his daughter Lynn Cronin Luther and two grandchildren. Survivors include his wife of 63 years, Marlene; daughters Sharon Long, Bobbie Lee Ritter and Jill DePaola; seven grandchildren and 16 great-grands. Mass of Christian Burial was at Holy Family Church in Davidsonville.

#### Margaret Williams, Department of the Army retiree

Margaret Rose Williams, 91, of Ft. Washington, was a Management Specialist for more than 40 years with the Dept. of the Army. She was born in Pennsylvania, daughter of Cesare and Mary Serado.

She is predeceased by her brothers, Msgr. William, Nicholas, Michael, Louis and Joseph Serado and her sisters. Mildred and Mary Serado. Survivors include cousins and nieces. Mass of Christian Burial was at St. Mary's of Piscataway Church and Cemetery.

#### Milestones

Happy birthday to Evelyn McKeown, Dec. 21; Timothy Flaherty and former Morningside Mayor Irving Robinson, Dec. 22; Paul Ford and Russ Kyser, Dec. 23; Kendall Lanehart and Ken Miller, Dec. 24; Jean Nichols, Jason Tomlinson, Samantha Bowie and Christine Mucker, Dec. 25: Jeffrev Norton and Michael Nichols, Dec. 26; Virginia Simms, Carolyn Jeffcoat and Kirra Starr Mears, Dec. 27.

Happy anniversary, Pastor and Mrs. He also interviewed County Exec Kelvin McCune, their 33rd on Dec. 21; Gerald and Arvilla Atkinson, their 64th (!) on Dec. 27; and Nola and Bruce Thomas, their 41st on Dec. 27. A blessed Christmas wish for all my Readers!

## **Around the County**

### David Belle Voted CIAA Player of the Week

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

CHARLOTTE, N.C. (Dec 11, 2018)-The Central Intercollegiate Athletic Association (CIAA) in conjunction with the conference head men's coaches and Sports Information Directors released its weekly Honor Roll today and Bowie State University redshirt David Belle was voted CIAA Player of the Week. Belle has a career-high 24 points on 8-of-15 shooting from the field helping Bowie State to a 74-70 upset of #11 Shippensburg



PHOTO COURTESY OF BOWIE STATE SPORTS INFORMATION

(12/5/18). He also pulled down a game-high 10 rebounds, knocked down 8of-9 free throws and added one steal, one block, and one assist to his stat line.

#### **REALTORS®** Raise \$8,800 for Local Food Drive

#### By ERICA KALEDA **Prince George's County** Association of REALTORS

LANDOVER, MD (Dec 7, 2018)-The Prince George's County Association of REALTORS®, the county's leading advocate for real estate and private property rights, held a charity event on December 6, 2018, and raised \$8,800 to feed those in need during this holiday season. Over 400 REALTORS were in attendance to support the event.

REALTORS recognize that there are always those who are less fortunate than others. "We are so pleased to again support this necessary endeavor," said Association President, Veera Phillips. "We can always take the time to make a difference for someone else," she said.

The Association of REALTORS and the Prince George's County Public Safety Assistance Program (PSAP) (contact Bill Milligan 240-

508-9080/wmilligan@co.pg.md.us) and other sponsors recognize a need in the community and rally each year to address it.

Proceeds from the event will be used to purchase and pack complete holiday food baskets and provide them to those in need in time for the Christmas Holiday. The overall goal is 2,500 food baskets.

Faye Smith, Chair of the REAL-TORS Community Service Committee, heading up the REALTOR project is enthusiastic. "I am so proud to be a part of an organization with such strong roots in the community," said Ms. Smith.

The Prince George's County Association of REALTORS® is the voice for real estate in Prince George's County, Maryland, representing more than *3,000 real estate professionals in the* national capital area, PGCAR is an affiliate of the Maryland and National Association of REALTORS®.

#### **Applicants Sought for Vacancy on Bowie City Council**

By UNA COOPER

a letter of interest and resume to

corner of Suitland Road and Southern Avenue S.E. and her family owned and operated the nearby Cedar Hill Cemetery for more than 40 years. She re-

Matt Dorman said, "It's a good ol' American type of community, the kind you don't find that much in the other suburban areas."

#### by Audrey Johnson 301-922-5384

#### WEDDING ANNIVERSARIES

Happy Wedding Anniversary to Ronald and Sandra Jones, Ike and Chidi Mbakwe who are Clinton United Methodist Church members celebrating Wedding Anniversaries during the month of December 2018.

#### SCHOOL TOURS

College Park Aviation Museum offers a variety of educational tours to take learning to new heights. Tours are designed to address grade-appropriate Common Core and Maryland Educational standards and can be modified to accommodate a wide range of learning abilities. In-class educational outreach programs are also offered.

To schedule a tour advanced registration is required for all group tours and programs. Tours are available Monday-Friday, from 10 a.m. to 3 p.m. Tours are typically 1.5-2 hours long. Contact number is 301-864-6029

#### **BOWIE STATE UNIVERSITY LADY ROLLERS**

Clyde M. Doughty, Jr (Bull Dog Nation) stated "I am very proud of the BSU Lady Rollers. 8-time CIAA Champions, 4 consecutive championships rolling for 5. Our legendary late coach, Ken Scott is always with us, keeping us focused and making sure we enjoy the moment."

"Thanks to the 100 fans and family who came to support the moment with hugs, laughter, pizza and bowling at our home bowling alley, AMF Laurel. We are Bowie State University, and this is our moment racing to excellence, come run with us @bsubowling @ciaaforlife Bowie State University."

#### **POST 227**

Post 227 located at 13505 Cherry Tree Crossing Road, Brandywine, Maryland has a used clothing drop-off shed (accepted other items as well). Some of the accepted items are clothing, shoes, belts, blankets, all clothing. Please put your items into plastic bags. You can receive a receipt when you drop off your donation. This is a great opportunity for the post to assist our veterans and community. Please share and support this drop off site location with families, your church and friends.

> "Merry Christmas & Happy New Year To Everyone"

#### **City of Bowie**

BOWIE, MD (Dec 13, 2018)—The City of Bowie is seeking applicants to fill the term of former District 3 Councilmember Courtney Glass, who recently resigned from her seat on the City Council for health reasons and because she is moving out of the district she was elected to represent. In accordance with the City Charter, Council will appoint her replacement and that individual will serve until the next City election in November 2019.

Qualifications for applicants are as follows:

- Shall be at least 18 years of age;
- Shall have resided in the City of Bowie at least one year;
- Shall reside in District 3; and
- Shall be a qualified voter in the City.

Awilda Hernandez, City Clerk, Bowie City Hall, 15901 Excalibur Road, Bowie, MD 20716. Applications will be accepted until the close of business on Friday, January 18, 2019.

City Council will interview each of the applicants on a date to be determined in late January and then make its selection to fill the vacancy. According to the City's Charter, when a Council vacancy occurs less than 15 months before the next election, the City Council shall appoint an individual to fill the vacancy. The appointment requires a favorable vote by a majority of the remaining Councilmembers. When the vacancy occurs 15 months or more before the term ends, the replacement is selected by a special election.

For additional information, please call 301-809-3029 or email Interested applicants should send ahernandez@cityofbowie.org.

### **Denise Roberts Named Prince George's County State's Attorney's Communications Director**

**By DENISE ROBERTS** Prince George's County State's Attorney's Office

UPPER MARLBORO, MD (December 7, 2018)—Prince George's County Interim State's Attorney Aisha N. Braveboy today announced Denise Roberts as communications director.

Roberts brings more than 20 years of experience in communications, media and outreach working for local government and policy organizations to the State's Attorney's Office.

Roberts has spent the last 13 years in county government. Most recently, she was communications and outreach manager in the Prince George's County Office of Central Services' Supplier Development & Diversity Division (SDDD), where she was responsible for all media and external communications for the Division and its programs. She also served four years as press information officer in the Office of the County Executive, where she directed all media coverage to gain positive publicity for the County in local and national outlets. She also developed marketing materials including brochures, media kits and publicity photographs.

Prior to joining county government, Roberts worked for two policy organizations: The Nuclear Energy Institute in Washington, D.C., and the American Frozen Food Institute in McLean, Virginia. At both organizations, she was responsible for media relations, marketing and outreach.

Roberts holds a bachelor's degree from Howard University in radio, television and film and earned a master's degree in public communication from the American University of Washington, D.C. She is a member of the Public Relations Society of America and Delta Sigma Theta Sorority Inc.

#### A HOLIDAY CELEBRATION

Dr. Amentia Breaux, staff, students, families and friends enjoyed a Holiday Celebration Friday, December 7, 2018 at the Fine & Performing Arts Center, Main Stage on Bowie State University Campus. The concert included performances by Bowie State University Art students, BSU Gospel Choir, BSU Dance Ensemble, BSU Theatre, BSU Community Jazz Ensemble. Vocalists were Sade' Kellett, Gabrielle Beach, and Guest Vocalist Martina Kerras.

"The Department of Fine & Performing Arts shares the honor of being the one of only two All-Steinway Schools in Maryland. All Steinway Schools demonstrates a full commitment to excellence by providing their students and faculties with the best instruments possible for the study of music. That is why the only pianos at this institution, from the private rooms to the recital hall are designed by Steinway & Sons.'

All music arrangements were by Dr, Gilbert E. Pryor, Jr. & Professional La Tonya Wrenn. Choreography by Professor Jennifer Dorsey. Members of the production team were LaTonya Wrenn, Production Director, Dr. Gilbert E. Pryor. Jr., Production Director, Dr. Clarence E. Knight, Jr., Fine & Performing Arts Center Business Manager and John McAfee, Technical Director.

"Thanks to those who made this production a fruitful and enjoyable holiday treat. It is through their unselfish dedication to the arts that we can bring the spirit of the season to this holiday celebration as a reminder that our world provides many ways to enjoy the excitement of this time of year."

#### **BIRTHDAY CELEBRATIONS**

Happy Birthday to Irena Stammer, Taylar Terry, Shawnee Hendricks, Nurbert Hughes, Anthony Bell, Elvin Falby, Valentine Grant, II, Ronald Crawford, Agatha Jalloh, Somto Mbakwe, Doris Mackall, John Stahl, Alaya Bell, Jahmalyah Dorsett, Elijah Kerrick, Carolyn Woodward, Donald Hill, Ted Mosley, Carol Hughes, Keinel Peralta, Ike Mbakwe, Latsha Bell, Betty Rivers, Wendell Wallace, Luz Knight, and Joanne Quarm, who are Clinton United Methodist Church members celebrating birthdays during the month of December 2018.

**Brandywine-Aquasco** 

# COMMUNITY

# The American Counseling Association's Counseling Corner

# Worry Shouldn't Get the Best of You

In today's world, countless things can cause us to worry. Our health, job security, financial issues, school shootings, current politics... the list of potential worries seems endless.

While we can't eliminate all our stresses, being worried about real things can and does perform a needed function in our lives—it can lead to action.

On the other hand, needless can actually be harmful. Needless worry adds unwanted stress to our lives and can even dramatically increase the health risks we face. The secret, of course, is identifying whether a thing causing worry is a real or a needless worry, and learning how to deal with each one.

When faced with anxiety and worry, our body reacts by pumping out a variety of chemicals, such as adrenaline, that cause various physiological reactions. These chemicals fueled our ancestors' "fight or flee" reaction when that angry bear attacked. Although we seldom face bears today, our bodies still react the same way. Sustained, chronic worry can raise our risk of heart attack and stroke, increase blood pressure, lead to high cholesterol levels, and give us stomach aches, headaches and even back pain.

The starting point is identifying if the worry bothering us is real or needless. Often it helps to discuss the cause of your worry with someone else. If it is a real concern, one that you can do something about, then you want to channel that worry into action. Begin by making a plan for dealing with the cause of your worry, then carry it through. When you react this way you're making a positive use of worry.

But if the cause of your worry is something beyond your control, you need to act to counter that worry rather than letting it build up inside you. Sometimes that simply means thinking about something over which you do have control or taking a simple action to take your mind off of that needless worry.

If watching the news, for example, makes you stressed and worried, stop watching. If the worry is still with you, refocus by doing something positive. Go for a walk, call a friend, or take a long bath. Your goal is to stop dwelling on those things you really can't do anything about.

If chronic, especially needless worry is negatively affecting your daily life, consider seeking help from a professional counselor who can help get worry under control.

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

## **Alzheimer's Association National Capital Area Chapter to Host Community Forum in Hyattsville**

Town Hall-Style Meeting To Mobilize Local Community Members In The Fight Against Alzheimer's Disease

#### **By** CINDY SCHELHORN **Alzheimer's Association® National Capital Area Chapter**

MCLEAN, VA (December 5, 2018)— Prince George's County residents are invited to take part in a Community Forum on Alzheimer's disease and other dementias. The forum provides an opportunity for residents of all ages to come together to ask questions about the disease, share their personal experiences, learn about available resources and discover volunteer opportunities to support families affected by the disease.

"This community forum will provide a venue to engage service providers, community-based organizations, as well as community members, to better understand the gaps in education and awareness," said Ana Nelson, Vice President of Programs and Services for the Alzheimer's Association National Capital Area Chapter. "People will learn what can be done to improve the quality of life of those living with Alzheimer's and how to provide and expand services for those living in our community."

The Alzheimer's Association believes no individual or family should navigate the challenges of Alzheimer's disease alone. Community forums hosted by the Association bring together families affected by the disease with dedicated staff and volunteers to open conversation in an effort to bolster resources, programs and services to support families in their communities.

Working together with Prince George's County volunteers, the Alzheimer's Association can ensure families have the resources needed to face the many challenges associated with the disease. Community volunteers are essential in helping the Alzheimer's Association best serve the needs of families affected by the disease, in driving awareness and in mobilizing the community in the fight against Alzheimer's disease.

There are more than 5.7 million Americans living with Alzheimer's disease in the United States. In Maryland alone, there are 110,000 people living with Alzheimer's disease, and

#### **Community Forum Details**

Light refreshments will be provided. RSVP is requested. When: Wednesday, January 9, 2019 from 5–7 p.m. Where: Hyattsville Municipal Building, 1210 Collector Struct Heatter ille MD

4310 Gallatin Street, Hyattsville, MD 20781 Register: Call 800.272.3900 or visit

alz.org/nca

that number is projected to reach 130,000 by 2025.

For more information on community forums, visit www.alz.org/nca or call 800-272-3900.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's.

## UM Capital Region Health's Ingrid Connerney Named American Academy of Nursing Fellow

*By* JANIA MATTHEWS **University of Maryland Capital Region Health** 

CHEVERLY, MD (December 3, 2018)—Ingrid Connerney, DrPH, RN, FAAN, Vice President and Chief Quality Officer at University of Maryland Capital Region Health (UM Capital), has been selected as a member of the American Academy of Nursing (AAN) 2018 Class of New Fellows.

Dr. Connerney was inducted along with the full class of 195 distinguished nurse leaders at AAN's 2018 Transforming Health, Driving Policy Conference in Washington, D.C.

Dr. Connerney joined UM Capital in 2017 from the University of Maryland Medical Center and oversees quality and safety for the regional system, which includes UM Prince George's Hospital Center, UM Laurel Regional Hospital, UM Capital Region Surgery Center, UM Bowie Health Center and UM Capital Region Medical Group. In addition, she leads quality programs including patient safety, infection prevention, accreditation, clinical documentation and clinical data analytics. pivotal role in my career," says Dr. Connerney. "This honor provides a platform that will allow me to contribute to the field of nursing in many ways, including at UM Capital where we continually look to strengthen and build nurse leadership to improve the safety and care we provide to the communities we serve."

Dr. Connerney has directed quality, safety and effectiveness initiatives for more than 20 years. She has disseminated best practices via numerous publications, conference presentations throughout the United States and continuing education of nursing students and hospital staff. Dr. Connerney's work in building organizational excellence led to her selection as a three-time national examiner for the Malcolm

Baldrige National Quality Award and a sen-

Perkins, PhD, RN, FAAN, President and Chief Executive Officer for UM Capital Region Health. "Ingrid embodies the leadership qualities that will help drive UM Capital to enhance the quality, safety and care we provide our patients."

Dr. Connerney has a nursing degree from Nykobing Nursing School in Denmark; Master of Public Health and Doctor of Public Health from Columbia University Mailman School of Public Health.

The Academy fellows, with the addition of this newest class, represent all 50 states, the District of Columbia, and 28 countries. The Academy is currently comprised of more than 2,400 nurse leaders in education, management, practice, policy and research. Academy fellows include hospital and government administrators, college deans and renowned scientific researchers. Fellow selection criteria include evidence of significant contributions to nursing and health care, and sponsorship by two current Academy fellows. Applicants are reviewed by a panel comprised of elected and appointed fellows, and selection is based, in part, on how the nominee's nursing career has influenced health policies and the health and well-being of all.

## Fire Safety For The Upcoming Winter Months

#### *By* PRESS OFFICER **Maryland State Fire Marshal**

STATEWIDE SAFETY RE-LEASE (December 11, 2018)— State Fire Marshal Brian S. Geraci reminds all residents of Maryland to check for fire safety where they live, work, attend classes, training and meetings. "Fire and life safety is everyone's responsibility; by testing smoke alarms and CO detectors, keeping exits clear of obstructions, and maintaining fire alarms and fire sprinkler systems, we can all avoid injury or death from the effects of fire."

To ensure your best chances of surviving a fire, the State Fire Marshal offers the following tips on both escaping a fire and preventing one:

Test smoke alarms and carbon monoxide detectors to ensure they are working properly. Remember, the effects of toxic smoke and gases can quickly overcome your ability to think clearly. Every second counts when escaping a fire. Also check the dates on your smoke alarms and carbon monoxide detectors, if they are 10 years old or older, they should be replaced.

Check exits in both your home and any place you go to ensure you will be able to get to safety. Blocked exits resulting from improperly placed chairs, tables or even holiday decorations can result in the delay of getting out quickly and safely. Be vigilant of these safety concerns whether at church, school or your local favorite eatery. Ensure snow is removed from the outside of doors as well.

When using portable nonvented fuel-fired heaters, such as kerosene heaters, make sure to use only the recommended fuel specified in the owner's manual and NEVER use gasoline. Note: Portable kerosene heaters are banned for use in Baltimore City.

If you find it necessary to use an electric space heater, use only one that has been approved by an authorized testing laboratory such as UL. Plug space heaters directly into an outlet. NEVER use an extension cord or power strip as they can easily overheat and cause a fire.

Keep all portable space heaters at least three feet away from anything combustible.

If heating equipment fails, do not use kitchen stoves or ovens to supply heat. These appliances are not designed for that purpose and the chance of a fire improves greatly.

When using fireplaces, wood stoves or pellet stoves; please ensure these heat sources have been installed and properly serviced by trained technicians according to state and local codes, allowing them to work at peak efficiency and lower the risk of a catastrophic failure. Place ashes in a metal container with a lid.

Please ensure you have the chimney cleaned and inspected before use.

Never leave candles burning unattended. Extinguish the flame before leaving the room. Consider battery operated candles instead of flaming candles for safety.

If a fire occurs inside your home, close the doors behind you as you vacate to the outside, **call 911 and never go back inside the home**. Tell arriving first responders if anyone is still inside. ior state examiner for the Maryland Performance Excellence Award. In these roles,
she continues to bring her knowledge to
evaluate and improve the quality performance of health care organizations across
the nation.

"UM Capital is fortunate to have Ingrid and her dedication to advancing health care practices through a focus on safety and quality is impressive," says Sherry B.

### United Realtists of Prince George's County Help Seniors For The Holiday

#### *By* ANTOINE THOMPSON National Association of Real Estate Brokers

"It is an honor to receive this esteemed

recognition from a field that has played a

LANHAM, MD (Dec 10, 2018)—On Wednesday, November 21, 2018, the United Realtists of Prince George's County (URPGC) of the National Association of Real Estate Brokers donated and delivered food baskets with all the fixings for Thanksgiving to many of the residents at the Marwood Senior Apartments in Upper Marlboro, Maryland. This is an annual event for URPGC. "We are committed to ensuring that our seniors have what they need during the holiday season," stated Ceron Pugh, President of the United Realtists of Prince George's County. (photos include: Ceron Pugh, Sherette Gordon, Keith Easton, Bernard Galloway, Chris Williams, and Antoine Thompson and various seniors from Marwood Senior Apartments).







PHOTOGRAPHS COURTESY OF UNITED REALTISTS OF PRINCE GEORGE'S COUNTY (URPGC) OF THE NATIONAL ASSOCIATION OF REAL ESTATE BROKERS

# COMMENTARY

**Steny H. Hoyer** 

Maryland Congressional District 5



### Hoyer Statement on the Creation of the Second Lt. Richard W. Collins Ill Foundation

WASHINGTON, DC (December 12, 2018)—Congressman Steny H. Hoyer (MD-05) released the following statement today on the creation of the Second Lt. Richard W. Collins III Foundation:

"I join with the family and friends of Second Lt. Richard 'Richie' W. Collins III in remembering his life on what would have been his 25th birthday. Today, in honor of Richie, his parents have launched the Second Lt. Richard W. Collins III Foundation to combat the rise of hate in our communities, advocate for civil rights, and advance cultural awareness and civic accountability. Richie was a talented young man, and we continue to mourn with his family that his life was tragically cut short by an act of prejudice.

As we remember him and honor his memory, we must work together to prevent these senseless acts of violence and spread tolerance and respect throughout our communities."

Editor's note: Richard Collins III was an Army lieutenant and Bowie State University student when he was fatally stabbed in May 2017 on the University of Maryland, College Park campus.

# Maryland Taking Steps Aimed at Addressing Climate Change

# *By* SAMANTHA ROSEN Capital News Service

ANNAPOLIS, Maryland (December 12, 2018)—While the Trump administration's report last month detailing the effects of rising global temperatures said Maryland had begun feeling the consequences of climate change, lawmakers and state agencies already are taking steps aimed at combating it.

From 1901 to 2016, the global average temperature has increased by about 1.8 degrees, according to the report, and "without significant reductions" in emissions of greenhouse gases, the annual average global temperatures could increase by 9 degrees by the end of this century.

Those 1.8 degrees have re-

action, meteorological conditions and noticeable impacts will continue to worsen, the report warns.

"In Maryland, we are facing climate change effects that place our ecosystems and our economy at risk and threaten to transform the coastlines many of our citizens call home," Maryland Environment Secretary Ben Grumbles said in a statement.

"The continued protection and restoration of the Chesapeake Bay also relies on a healthy climate," he said. "It is crucial that we continue to work to address climate change through collaboration between our fellow states and the international community."

Maryland lawmakers and agencies appear to be focusing on mitigating the looming with the climate and the implications of that,' it is a call to arms," Feldman said.

"So, there is renewed interest in bringing in legislation in Annapolis and I don't think we are going to be the only state," the lawmaker said. "I think we are going to have action all over the United States on this subject."

To help "coordinate mitigation, response and recovery activities" in Maryland, MEMA held a retreat last month that included nearly every state agency, according to McDonough, as well as the Federal Emergency Management Agency, the U.S. Department of Energy, the National Governors Association and Maryland Gov. Larry Hogan's Executive Council.

"We will continue our efforts to mitigate the effects of these

# **Avoiding the Holiday Blues**

*By* ALPHONSO GIBBS, JR., LCSW-C, LICSW Men's Health Network, www.MensHealthNetwork.org, www.YourHead.org

The six weeks encompassing Thanksgiving, Christmas, and New Year's—collectively called "the holidays"—are for most a magically unique time of year, filled with holiday carols, reunions, displays of colorful lights, love, and affection,often expressed through gift giving.

But for some, the holidays bring hurt. Caused by factors including the weather, separation, death, stress, unrealistic expectations, hyper-sentimentality, guilt, or overspending, holiday depression—also called the "holiday blues"—can zap the merriment out of even the most wonderful time of the year.

Holiday depression affects one million people every year. Men and women, young and old, all fall victim to feelings of sadness, loneliness, anxiety, guilt, and fatigue during this emotionally charged season.

Men's Health Network offers the following 10 suggestions to help you identify and ward off or at least better cope with—potential sources of holiday depression.

1. Acknowledge that you're hurting-Others may expect certain attitudes and behaviors from you that you may not feel. The retail industry's "holiday hype" presents an overly sentimental, nostalgic, and even imaginary notion of the holidays (usually to try to sell you something). Sill, feelings of sadness, loneliness, or depression don't automatically vanish just because it's the holidays. Acknowledge your pain, be open and honest with others, refuse to feel guilty, and get help if necessary. It's ok to laugh! Don't be afraid! You won't be struck by a bolt of lightning for laughing! Repression may actually be caused by this time of year—Seasonal Affective Disorder, or SAD, occurs because of reduced exposure to sunlight—which is just what happens during the holiday season when daylight hours are shorter. Check with your doctor to see if light therapy might be beneficial for you.

6. Help others—Soup kitchens, homeless shelters, nursing homes, churches, and scores of other organizations can always use volunteers, especially at critical times of the year. Additionally, you'll benefit from the company of other people around you rather than being alone.

And, help others help you! Tell those who care about you what you do or don't need from them. They often don't know how to help, or what to say, but want to.

#### 7. Bury the hatchet—Perfect

families don't magically appear during the holidays, but family conflicts can. "Letting go" and forgiving can help heal past wounds. Additionally, family feuds can even be deliberately set aside until after the high-tension holidays in order to facilitate the peace and enjoyment of everyone at this special time.

8. Start your own traditions—Both families and traditions change with time. (Every tradition had to start somewhere!) Rather than reminiscing over the "good old days," accept the fact that change may be necessary, grasp the season as it is now, look forward to the future, and create your own family traditions that can be enjoyed and even preserved for future generations.

**9. Keep your alcohol intake low**—Don't pour gasoline on a

find solutions that improve their lives. It can be difficult to handle depression on your own, so talking to your family and friends can be a first step. You can also consider connecting with:

- Your doctor. Ask if your doctor has experience treating Veterans or can refer you to someone who does. If you feel comfortable enough with your physician, he or she may be able to help you find tools to manage loss of interest or pleasure even without direct experience with Veterans.
   A mental health professional
- A mental health professional, such as a therapist
- Your local VA Medical Center or Vet Center. VA specializes in the care and treatment of Veterans.
- A spiritual or religious adviser

#### Helplines

SAMHSA—Substance Abuse & Mental Health Services Administration, 800-662-HELP (4357),www.samhsa.gov

National Suicide Prevention Lifeline, 800-273-TALK (8255), www.suicidepreventionlifeline. org

Your Head: An Owner's Manual, www.YourHead.org

ULifeline.org—Online resources for students, www.ulifeline.org

#### Sources:

http://www.drhuggiebear.com/ information/howtoavoidpost holidaydepression-print.htm http://www.eaptools.com ("Making the Holidays More Positive") http://www.usma.edu/Publicaffairs/PV/001222/depression.htm http://www.wellnessjunction.com

Alphonso Gibbs, Jr., LICSW, LCSW-C is a Licensed Clinical Social Worker with significant experience in corporate settings prior to working in the human service field for over 20 years. He is currently employed by the Veteran's Administration Health Systems of Southern Nevada. Experienced in the health disparity area of End-of-Life Care (Hospice and Palliative Care), as well as trained in end-of-life care for veterans. Previously, Mr. Gibbs served as Volunteer staff (8 yrs) at Adam's House, in Prince George's County, Md., a ninemonth program for men of all ages, addressing all types of issues such as reentry, substance abuse, child support, anger management, legal issues, health, education, employment, and relationships. He was Program Chief for the Prince George's County Health Department (PGCHD), directing Operation Safe Kids, (OSK).

sulted in documented issues in Maryland, including, but not limited to, warmer weather, rising sea levels and poorer air quality.

"There are several findings that raise concern," Ed McDonough, spokesman for the Maryland Emergency Management Agency (MEMA), told Capital News Service in an interview. "One is the potential effects on our seafood and agriculture industries. Another is increased flood potential around much of the state and also the loss of coastal lands in some areas around the Chesapeake Bay. Finally, there is the potential for increased health-related issues."

President Donald Trump dismissed the report's dire warnings.

"I've seen it, I've read some of it, and it's fine," he told reporters. As for the severe economic impacts of climate change, he said, "I don't believe it."

All evidence, the 1,600-page report states, points directly to human activities as the cause of climate change. Without drastic threats that citizens could face. Both Republican and Dem-

ocratic legislators in the Maryland General Assembly plan to propose the Maryland Clean Energy Jobs Act next session. If passed, the act would set a new statewide standard committing Maryland to using 50 percent renewable energy by 2030. Currently, the standard is set to 25 percent by 2022, according to U.S. Energy Information Administration.

In addition to moving away from fossil fuels, the bill also envisions economic benefits for Maryland, according to Sen. Brian Feldman, D-Montgomery, one of the measure's lead sponsors.

By the end of 2030, Feldman said, the state would gain 20,000 additional solar jobs and \$400 million in direct economic benefits every year going forward, beginning in 2030.

"To have 13 federal agencies, all with a consistent message, which is 'if we do nothing and stand pat, we've got huge, huge problems down the road, both economically, as well as changes," McDonough said. "Agencies involved with natural resources, the environment, land use, insurance regulation, public health, and disaster response and recovery all play a role in making Maryland more resilient."

MEMA also started the "Know Your Zone" campaign this year in areas of Maryland subject to tidal flooding or storm surge, working to simplify the evacuation process in case of flooding.

According to the federal report, flooding events are expected to become more frequent as a result of climate change.

"The danger is imminent if we don't do anything," Feldman said. "We need to take action right now in 2019; we can't wait until 2020, 2022, etc."

"The report that the federal government outlined includes things that we hadn't even thought about, like (more) insects and (less) agriculture—all the negative implications of just standing pat," he said. "I'm most concerned if we as a state do nothing."

#### Fight from A1

Simms, as a result of injuries sustained while on duty, lost his life to an impaired driver during Memorial Day weekend in 1996. WRAP's 2018 Law Enforcement Awards were presented by Officer Simms' widow, Lieutenant Pamela Simms, also formerly with the Metropolitan Police Department, along with News4's (NBC) Traffic Reporter Melissa Mollet. Today's event speakers included Congressman Gerry Connolly (D-VA), **Prince George's County Chief Henry Stawinski III (the Prince George's County Police Department co-hosted this morning's event with WRAP)** and Richard Leotta, father of late Montgomery County Police Officer Noah Leotta.

"Today's awardees represent the front lines in the fight against drunk driving in Greater Washington," said Kurt Gregory Erickson, WRAP's President. "Their collective effort to annually arrest and remove over 13,000 drunk drivers from Washington-metropolitan area roadways has undoubtedly saved lives."

In addition to receiving the Law Enforcement Awards, each of the 2018 WRAP honorees also received a pair of complementary Washington Nationals tickets (courtesy of the Washington Nationals) and a \$25 gift card to Glory Days Grill (courtesy of Glory Days Grill).

Sponsors of WRAP's 2018 Law Enforcement Awards & Holiday Campaign Kick-Off included The Beer Institute, BREAKTHRU BEVER-AGE—Washington, D.C., GEICO, Foundation for Advancing Alcohol Responsibility, George Washington University Hospital, Glory Days Grill, Interstate Moving | Relocation | Logistics, Lyft and the Volkswagen Group of America.

Founded in 1982, the nonprofit [501(c)(3)] Washington Regional Alcohol Program (WRAP) is a coalition of diverse interests using effective education, innovative programs and targeted advocacy to end alcohol-impaired driving in the DC metro area. Visit www.wrap.org. member, a closed mouth won't get fed!!

2. Have a plan to deal with your feelings—Try to surround yourself with people who care about and support you—family, friends, or church members. Invest yourself in an exercise program (aerobic activities such as walking, running, cycling, etc., are recommended because of their mood-elevating ability). If necessary, see your doctor or therapist. And learn to say "no." Others' expectations are not a reason for your own mental health to suffer.

3. Set realistic expectations-Keep your expectations realistic rather than perfectionistic. Prioritize and reduce selfimposed holiday preparations. Delegate responsibilities. Realistically plan your budget, spending, and shopping. Do less and enjoy more. Obsessing over endless details is bound to change this long-awaited, once-a-year season from a time of exuberance to one of exhaustion. Make it a point to be honest with yourself, and if necessary and possible, limit the time and situations/people you want to be around. When you've had enough of either, make sure that you have a way to leave or step away.

4. Take time for yourself-Why is it called holiday depression? Because, for most people, these feelings don't occur at other times of the year. Remind yourself of what you enjoyed during the previous months, then continue them during the holidays. Make yourself a priority! Instead of a "Discount Double Check," give yourself an "Emotional Double Check". Give yourself permission to feel what you feel. Just don't stay there too long! Getting enough rest, eating and drinking in moderation, exercising, and continuing other favorite activities can maintain normalcy, routine, control, and predictability.

5. Consider that your de-

fire. Remember, alcohol has a depressive effect on your nervous system, so if you're experiencing the holiday blues, drinking too much alcohol will only worsen your depression.

10. Rededicate yourself to your spirituality—The "reason for the season" is often swallowed up by maddening materialism that can distract from the history, meaning, and significance of holiday celebrations. Step back, slow down, and refocus on transcendent, eternal matters. Rededicate yourself to spiritual pursuits, such as church attendance, church work, prayer life, and other disciplines. Regain the focus originally intended by this time of year.

11. Every day, Veterans who served in the Army, Marine Corps, Navy, Air Force, and Coast Guard connect with proven resources and effective treatments for depression and

### The Prince George's Post

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# BUSINESS AND FINANCE

#### **Social Security Matters**

#### Ask Rusty:

## **Can I Get Medicare** Without Claiming Social Security?

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

#### Dear Rusty:

I am 63 and my full retirement age is 66 and 2 months. I want to try and hold out to 70 before I start collecting SS. My 2018 Social Security statement said I'm eligible to apply for Medicare at 65. Do I have to be receiving Social Security payments before I can be covered for Medicare? Or can I be covered beginning at 65 and not receive a Social Security check until I desire at 70? *Signed: Approaching Medicare Age* 

**Dear Approaching:** You can do just as you wish—you can enroll in Medicare at age 65 without claiming Social Security until you are 70. If you wait until you are 70 to claim Social Security your benefit amount will be nearly 31% higher than it would be at your full retirement age of 66 + 2 months.

As you approach age 65 you should enroll in Medicare sometime during the 7-month window called your "initial enrollment period", which starts 3 months before the month you turn 65 and ends 3 months after the month you turn 65. If you want your Medicare coverage to start on the first day of the month you turn 65, then you should enroll no later than one month prior to the month you turn 65; if you wait past that, the start of your Medicare coverage will be delayed. Note that while Medicare Part A (hospitalization coverage) is free for those who have earned at least 40 credits for Social Security eligibility, there is a premium for Medicare Part B (doctors and outpatient services). The base 2019 Part B monthly premium amount is \$135.50 (may be more for higher incomes). If you are still working and have "creditable" healthcare coverage from your employer, you can choose to decline Medicare Part B coverage without risking a late enrollment penalty to get Part B after your employer coverage stops. If you want to decline Part B you can do so during the Medicare application process when you enroll in Part A.

You should also consider your prescription drug coverage needs once you're eligible for Medicare. If you do not have "creditable" prescription drug coverage when you turn 65, you will be subject to a late enrollment penalty if you purchase a drug plan later. Although prescription drug plans are referred to as "Medicare Part D", this coverage is purchased from private providers either as an individual plan, or as part of a Medicare Advantage (Part C) plan (VA drug coverage is also considered "creditable").

Finally, if you aren't collecting Social Security when you enroll in Medicare Part B, you will need to make separate arrangements to pay the Part B premium. This is quite easy to do in any of the fol-

## **David Iannucci Tapped To Lead Economic Development Corporation**

Economic Development Expert to Continue Serving Maryland's Leading Job Growth County

#### *By* R. JOSHUA REYNOLDS

PGC Economic Development Corporation

LARGO, MD (December 7, 2018)—The Prince George's County Economic Development Corporation (EDC) Board of Directors announced the departure of Jim Coleman as the President and CEO of the EDC. In his place, the Board has selected seasoned economic development expert David Iannucci to take the helm of the EDC. Mr. Iannucci joins the team as a continuation of his extensive work in Economic Development in the County under former County Executive Rushern L. Baker, III. Newly elected County Executive Angela Alsobrooks has expressed her confidence on the EDC Board's selection of David Iannucci.

"I am very excited that David has agreed to take on this critical role and I applaud the Board for selecting a person with his extensive knowledge and experience," Alsobrooks said. "His proven track record in economic development at the state and local levels will be a tremendous asset to our team and our citizens. Prince George's County is the prime location to do business in the region and I know David and his team will be able to keep the businesses we have and attract news ones to the county."

EDC Board Chair, Orlan Johnson looks forward to a smooth transition to ensure continued productivity in the County's economic development momentum.

"I would like to thank Jim Coleman for his service to the Economic Development Corporation and for his commitment to Prince George's County," said Johnson. "The Board is delighted to bring aboard a seasoned and respected economic development expert like David Iannucci. David is no stranger to Economic Development, having served at both State and local levels. He understands that economic development is a team sport and joins us here at the EDC having played a part of many impactful teams. We're proud to have Mr. Iannucci as the newest member of the EDC Team!"

Iannucci most recently served Prince George's County as the Assistant Deputy Chief Administrative Officer under the Baker Administration. There, he oversaw the County's economic development strategy and economic development organizations. This leadership role focused on business retention, prospect attraction and large development projects. Prior to his work in the County, Mr. Iannucci also served as the Executive Director for the Baltimore County Department of Economic Development, and the Secretary of the Maryland Department of Business and Economic Development (now Maryland Department of Commerce) after an extensive legal career. Mr. Iannucci has stated that his focus will be business retention.

"I am excited about this opportunity to support my home County," said Iannucci. "I also look forward to supporting the EDC's work with our great business community. Our business development team will be working diligently to make existing companies know that they are a priority and that we believe in them. Prince George's County has arrived in economic development and we see tremendous potential across the board from the retail sector to high technology and everything in between."

Learn more about economic development in Prince George's County by visiting www.pgcedc.com or calling 301-583-4650.



PHOTOGRAPH COURTESY PRINCE GEORGE'S COUNTY EDC David Iannucci, President and CEO of the EDC

## **Cassandra Freeman Graduates from Leadership Maryland**

U.S. Department of Health and Human Services Division Director and Cheltenham resident recognized at December 4 ceremony

*By* LINDSAY HEBERT **Devaney & Associates** 

ANNAPOLIS, Md. (December 5, 2018)— Leadership Maryland announced today that Cassandra R. Freeman, a Division Director with the U.S. Department of Health and Human Services, has completed the professional development program dedicated to building a better Maryland by harnessing the strength of its local business and community leaders. Leadership Maryland honored Freeman, a resident of Cheltenham, and the entire Class of 2018 at its 26th annual graduation ceremony held December 4 at the Lord Baltimore Hotel. Freeman was one of 50 applicants chosen by committee to complete Leadership Maryland's eight-month hands-on learning program focused on the state's most vital social, economic and environmental issues. "As this year's Leadership Maryland ohort completes its program, their journey as a graduate of our state's finest organization of professionals begins," said Leadership Maryland Board Chairman Dr. Memo F. Diriker '12, director of BEACON at Salisbury University. "Over the past eight months they have learned about our state, the critical issues it faces, and above all, themselves. On behalf of the Board, I congratulate each of them for completing this defining milestone and I look forward to seeing them apply these lessons to accomplish great things for our state." Leadership Maryland is open to seniorlevel executives with significant achievements in either their careers and/or their communities. Ideal Leadership Maryland members have a desire to learn more about Maryland's most critical issues and a personal commitment to be a force for positive change in their organizations, their communities, and their state. For more information about Leadership Maryland, please visit www.LeadershipMD.org, call 410-841-2101 or email Info@ LeadershipMD.org.

lowing ways:

- Use your bank's auto-pay function to automatically send payments to Medicare.
- Use Medicare's Easy-Pay option to have them automatically debit your bank account.
- Pay by check or money order via US Mail, using payment coupons Medicare will provide.
- Pay by credit card, using the payment coupons Medicare provides (enter card info on the coupon and mail to Medicare).

I suggest that as you approach age 65 you consider contacting a licensed Medicare insurance agent to explore your options for covering the medical expenses, which Medicare Parts A and B do not cover. A licensed Medicare Insurance agent can also help ensure you have prescription coverage.

The Association of Mature American Citizens [AMAC] [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.

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.

#### CHRISTMAS IN APRIL OF PRINCE GEORGE'S COUNTY BENEFIT DINNER/DANCE

#### February 23, 2019, 6:00–10:30 p.m.

Columbia Moose Lodge 10404 Brandywine Road in Clinton, Maryland

Christmas in April, which is celebrating their 31st Year of Service to County residents, will be holding a Benefit Dance to help raise funds for materials. These funds will help us purchase supplies to assist us in our effort to repair the homes of approximately 85 County homeowners on April 27, 2019.

Tickets may be purchased in advance for \$20 per person. Admission includes dinner and live music by The Strangers with Special Guest—Daryl Davis (Chuck Berry's Keyboard player). A cash bar will be available.

To purchase tickets or for further information please call, Mary Kucharski, Executive Director of Christmas in April\*Prince George's County, at 301/868-0937.

Leadership Maryland is a professional development program dedicated to building a better Maryland by harnessing the strength of its local business and community leaders. Each year, as many as 52 diverse and accomplished executives from Maryland's public and private sectors are selected to come together as a class for an eight-month hands-on learning program focused on the state's most vital social, economic and environmental issues. The first Leadership Maryland class graduated in 1993, and the organization's alumni network now consists of more than 1,100 leaders from all industries and regions of the state.

## WeWork University of Maryland is Now Open

#### *By* MARY JENNINGS and KATIE LAWSON **WeWork and UMD**

COLLEGE PARK, Md. (December 10, 2018)—Located in the heart of the University of Maryland Discovery District, WeWork University of Maryland is officially open. The first WeWork in Maryland and the first on a college campus, We-Work University of Maryland will provide members with a unique experience to be in close proximity with some of the state's most talented individuals.

"We are incredibly proud that Maryland's first WeWork workspace is their first location on a college campus in the entire country," said Governor Larry Hogan. "WeWork empowers entrepreneurs and small business owners to connect with their communities and provides them with spaces that inspire success. Our administration remains steadfastly committed to ensuring Maryland is open for business and the ways that today's innovative companies like We-Work can thrive."

"WeWork is thrilled to open the doors of our University of Maryland College Park location," said Lex Miller, Director of Business Operations for the Northeast and Mid-Atlantic. "The unique partnership model is a first for WeWork and presents us with a huge opportunity to access the vast talent pipeline and innovative atmosphere of the UMD campus."

WeWork University of Maryland is located adjacent to The Hotel at the University of Maryland in a repurposed building just steps away from the center of campus—and across the street from Diamondback Garage, which houses university entrepreneurship resources and private sector companies, including Capital One and Immuta.

"This is a wonderful match," said University of Maryland President Wallace D. Loh. "Having WeWork as part of our growing innovation ecosystem, gives startups and entrepreneurs a campus home to work with our researchers. We are delighted that WeWork put its first university facility on our campus."

The Discovery District is part of UMD's Greater College Park initiative, a \$2 billion public-private investment to rapidly revitalize the Baltimore Avenue corridor and academic campus, which includes dynamic academic spaces, a public-private research hub and vibrant downtown community.

"I am proud to have WeWork open its first Maryland facility here in College Park, Maryland,' said County Executive Angela Alsobrooks. "Having a WeWork office in College Park, in partnership with our flagship University of Maryland College Park, provides young companies with the opportunity to grow right here in Prince George's County. We salute WeWork in recognizing the significance of our County's start-ups and innovation community, and welcome them whole-heartedly to the Crown Jewel of Maryland-Prince George's County."

WeWork University of Maryland offers coworking and office space, including more than 300 desks, conference rooms and communal spaces. The space includes standard WeWork offerings, such as private offices, dedicated desks and hot desks.

Baltimore-area based Chesapeake Realty Partners, a leader in adaptive reuse and land development, led the design and construction. "Chesapeake Realty Partners is delighted to, once again, partner with WeWork to create an incredible coworking space—this time located in the heart of the Discovery District within the University of Maryland," said Lawrence M. Macks, Co-Chairman and CEO. "UMD has proved to be a great partner for both WeWork and Chesapeake Partners, and we are proud to be involved with this transformational project."

#### The University of Maryland, Col-

lege Park is the state's flagship university and one of the nation's preeminent public research universities. For more information about the University of Maryland, College Park, visit www.umd.edu. WeWork provides more than 320,000 members around the world with space, community, and services through both physical and digital offerings. We transform buildings into dynamic environments for creativity, focus, and collaboration. More than just a new way of working, though, this is a movement toward a new way of living.

Chesapeake Realty Partners builds on more than 70-years of success in the Mid-Atlantic real estate market.

# OUT on the TOWN



MAP COURTESY MARYLAND.GOV

# Step Into 2019 With a First Day Hike

Popular New Year's Tradition Returns Across Maryland

#### **By PRESS OFFICER**

#### **Maryland Department of Natural Resources**

ANNAPOLIS, MD (December 11, 2018)-The Maryland Department of Natural Resources invites everyone to kick off the New Year with one of Maryland's fastestgrowing traditions—a First Day Hike.

On Jan. 1, 2019, the Maryland Park Service will offer more than three dozen hikes on more than 30 state lands and parks, as part of a nationwide event sponsored by America's State Parks.

These hikes will provide a wide array of outdoor adventures and experiences for every level of hiker and walker, providing unique access to Maryland's cultural, historical and natural resources and treasures, along with opportunities for education and stewardship. Many hikes are even pet-friendly.

Numerous parks, state forests and wildlife management areas will also be open Jan. 1 for self-guided treks.

"2019 will be an exciting year as we continue to create, enhance and maintain public access and recreation opportunities throughout the state," Maryland Natural Resources Secretary Mark Belton said. "I urge everyone to kick it off with a resolution to join us in Maryland's great outdoors."

#### Cedarville State Forest: A Winter Hike in the Forest

#### **Prince George's County**

#### Time(s) of Event: 1 p.m.

Meeting Location: Meet at Playground, Parking in Pavilion Two Lot-10201 Bee Oak Road, Brandywine, MD 20613

Degree of Difficulty: Easy to moderate hike for families.

Length of Hike: 2 mile loop on the Orange Trail, will last approximately 1.5 hours

Things to Bring: Please dress appropriately for the weather, and bring water to drink. Dogs on a leash are welcome, children must be accompanied by an adult.

RSVP: Call Cedarville State Forest for more information: 301-888-1410

Additional Information: Join the Friends of Cedarville State Forest for a steady winter hike on the Orange Trail followed by hot cocoa, coffee and other refreshments while you warm up by the fireplace at Pavilion One. This trail is not stroller- or wheelchair-friendly.

#### Merkle Wildlife Sanctuary: Pups in the Park First Day Hike

#### **Prince George's County**

#### Time of Event: 10 a.m.

- Meeting Location: Merkle Wildlife Sanctuary, Visitor's Center
- Degree of Difficulty: Easy to Moderate

spends his idle hours playing

- Length of Trail: 3.5 miles. Hike will last approximately 2 hours
- Things to bring: Participants are asked to wear clothes and shoes appropriate for the weather (rain, snow or shine), and bring water for drinking.

#### **Calendar Spotlight**

## **Holiday Trains & Planes**

December 15–22, 2018, 10 a.m.–4 p.m.

Description: Miniature trains, villages, tunnels, and depots spark the imagination as they bring history to live. The National Capital Trackers bring a fascinating, constantly moving, holiday-themed display of model railroads to the museum. Trains will stop running at 4 pm, December 22.

\$5/adults, \$4/seniors, \$2/child, FREE/1 and under. Cost: Includes museum admission.

All ages are welcome Ages:

Location: College Park Aviation Museum, 1985 Corporal Frank Scott Drive, College Park, MD 20740

Contact: 301-864-6029; TTY 301-699-2544

#### **Cub** Corner

Thursday, December 27, 2018, 10:30 a.m.

Thursday, January 10, 2019, 10:30 a.m.

Description: Come to the Cub Corner story time for pre-school fun! Ideal for little learners up to five years old, enjoy a flight themed story and hands-on craft activity. To schedule a group larger than 10, please call the museum to make a private group reservation.

Included with museum admission. Adults: \$5, Sen-Cost: iors: \$4, Children: \$2 (Free 1 and under)

Children up to 5 Ages:

Location: College Park Aviation Museum, 1985 Corporal Frank Scott Drive, College Park, MD 20740

Contact: 301-864-6029; TTY 301-699-2544



PHOTOGRAPH BY PRESERVATION MARYLAND, WIKIMEDIA COMMONS

Located on the grounds of the world's oldest continuously operating airport, the College Park Aviation Museum opened in 1998 with the goal of preserving and promoting the history of aviation innovations at College Park Airport while encouraging further research and in-

In 2018, despite frigid temperatures, New Year's Day saw 1,227 people hike 2,535 miles in Maryland. For 2019, parks will again distribute "I Hiked" stickers to First Day Hike participants, a popular new addition.

Visit http://dnr.maryland.gov/publiclands/Pages/firstdayhikes.aspx for descriptions of hikes in other counties. The two hikes in Prince George's County are shown at right.

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

## The Grinch

#### The Grinch Grade: B-Rated PG, graphic grumpiness 1 hr., 25 min.

"The Grinch," an 85-minute animated retelling of Dr. Seuss' "How the Grinch Stole Christmas"—which was already adapted perfectly in 1966 as a 26-minute Chuck Jones cartoon—is fitfully amusing, harmless, and negligible. It neither detracts from Dr. Seuss' legacy (remember "The Cat in the Hat"?) nor enhances it, being instead a serviceable expansion of a simple, redemptive story that didn't need to be expanded but isn't necessarily damaged by it. Yes, we're given some backstory on why the Grinch hates Christmas, but only a little, and it's not overplayed.

What Michael LeSieur and Tommy Swerdlow's screenplay mostly does is connect the dots in the sparse, 1,350-word original text. Of course all that the hermit-like Grinch (voiced by

Benedict Cumberbatch doing a "Dr. House" American accent) ever really needed was to feel included. Logically, young Cindy-Lou Who (Cameron Seely) doesn't just happen to get up for a drink of water and find Grinch-as-Santa in her house; she had an elaborate plan to stay up and catch St. Nick in the act so she could ask him in person for what she wants for Christmas-which is for her harried unmarried mother (Rashida Jones) to be happy. Directors Yarrow Cheney ("The Secret Life of Pets") and Scott Mosier (a Kevin Smith producer co-directing for the first time) have fun with the parallel stories of the Grinch preparing to imitate Santa and steal the Whos' presents while Cindy-Lou and her friends prepare for their own Christmas Eve mission, and Kenan Thompson brings ho-ho-hos as Whoville's most enthusiastic Christmas decorator.

While the Christmas-loving village of Whoville and its res-

RSVP: Families are encouraged to call Merkle Wildlife Sanctuary at 443-510-9920 to register, or contact Kyle Prinkey at kyle.prinkey@maryland.gov

Additional Information: Join park staff for a 3.5 mile hike on Poplar Springs Trail to kick off your New Year right with your four legged friend! We encourage participants to bring their dogs along for this pet-friendly hike, however, participants without dogs are more than welcome, too! The trail will take you through the forests of Merkle Wildlife Sanctuary, passing by our award-winning poplar tree. Afterwards, refreshments will be served at the Visitor's Center where you're welcome to stop in, learn about the history of the park, and meet some of our resident animals.

> the pipe organ. The songs from idents look familiar, a few dethe 1966 cartoon are present, tails have been modernized, like the aforementioned exisalbeit in modified form. A lot tence of non-nuclear families. of the original narration is pre-Whoville has a female mayor served (read by Pharrell Williams), and you can tell (Angela Lansbury!), though the character is irrelevant. The which parts are new because they aren't as strictly rhymed Grinch's cave is a sleek lair tricked out with imaginative and metered as Dr. Seuss' verse gadgets and convoluted devices always was. for making breakfast, and he

In short: It's fine. Unnecessary but cheerful, pointless but

spiring curiosity in the history and science of flight. The museum houses historic and reproduction aircraft related to the history of the airfield. The rotating exhibits and family-friendly, hands-on activities make for a unique experience with each visit. The museum is open daily from 10 a.m. until 5 p.m., except for major holidays. Admission: Adults \$5, Seniors \$4, Children \$2 (FREE for children 1 and under).

College Park Aviation Museum: 1985 Corporal Frank Scott Dr., College Park, MD 20740 301-864-6029 • www.collegeparkaviationmuseum.com

uncynical, its heart is the right size.

NOTE: We learn here that the Grinch hasn't been walking around nude since 1957. He's actually wearing furry green trousers that are indistinguishable from his furry green legs, which we see when he arises in the morning and puts his fur-pants on over his tighty-whities. The fact that he wears underwear indicates he has genitals that need to be hidden or protected, which means the Grinch reproduces sexually (or would if given the chance). Are Grinches the same species as Whos? Is "Grinch" even a species? The Grinch calls himself "Grinch" as if it's his name, not his race. At any rate, questions of how/when/whether the Grinch gets it on and with whom remain unanswered.



ROTTENTOMATOES.COM

Each year at Christmas they disrupt his tranquil solitude with their increasingly bigger, brighter and louder celebrations. When the Whos declare they are going to make Christmas three times bigger this year, the Grinch realizes there is only one way for him to gain some peace and quiet: he must steal Christmas. To do so, he decides he will pose as Santa Claus on Christmas Eve, even going so far as to trap a lackadaisical misfit reindeer to pull his sleigh. Meanwhile, down in Who-ville, Cindy-Lou Who-a young girl overflowing with holiday cheer-plots with her gang of friends to trap Santa Claus as he makes his Christmas Eve rounds so that she can thank him for help for her overworked single mother. As Christmas approaches, however, her good-natured scheme threatens to collide with the Grinch's more nefarious one. Will Cindy-Lou achieve her goal of finally meeting Santa Claus? Will the Grinch succeed in silencing the Whos' holiday cheer once and for all?

# Calendar of Events

December 20–December 26, 2018

#### **Xtreme Teens: Fitness Room Circuit Training**

Date and Time: Friday, December 21, 2018, 7–8:30 p.m. Description: Need help in the fitness room? Want to know what equipment to use and why? Join our personal trainer as you will be introduced to circuit training to optimize your fitness routine. *Please wear appropriate athletic attire and shoes are required.* Cost: FREE! with M-NCPPC Youth ID Ages: 12–17

Location: Berwyn Heights Community Center, 6200 Pontiac Street, Berwyn Heights, MD 20740 Contact: 301-345-2808; TTY 301-699-2544

#### Talib Babb Show at the Arts Barn

Date and Time: Friday, December 21, 2018, 8 p.m. Description: Talib Babb hails from Prince George's County and graduated from Howard University with a degree in Broadcast Journalism. He got started working as an intern in the D.C. area for radio stations such as WTOP, SiriusXM and CBS Radio. In 2016, he was called up by The Late Show with Stephen Colbert to write and appear in sketches. Since relocating to NYC, Talib's standup career has taken off. His satirical pieces have been picked up by The New Yorker, he's performed at Caroline's on Broadway and on SiriusXM's Raw Dog Comedy. Brightest Young Things called him "a hilarious treasure" in their recent event guide, "Your Best December." His opener, Keith Correy, is also a talented NYCbased comedian that is originally from Washington, D.C.

- Cost: Tickets are \$18 for students and \$20 general. https://www.ticketfly.com/purchase/event/1694656
- Ages: Recommended for ages 17 & up
- Location: Arts Barn, 311 Kent Square Road, Gaithersburg, MD, 20878

Contact: 301-258-6394; artsbarn@gaithersburgmd.gov

#### Arts Drop-In at Old Parish House

Date and Time: **Saturday**, December 22, 2018, 10 a.m.–noon; **Sunday**, December 23, 2018, 2–4 p.m.

Description: Holiday cards and decorations! Arts Drop-In is a multi-media arts discovery series.

Cost: FREE

Ages: 2–10, shared activity between parent and child Location: College Park Arts Exchange

> Saturday: College Park Community Library, 9704 Rhode Island Ave, College Park, MD 20740, Sunday: Old Parish House, 4711 Knox Rd, College Park, MD 20740

Contact: info@cpae.org, leave message: 301-927-3013

#### Winter Brunch and Ball with Santa

Date and Time: Saturday, December 22, 2018, 11–1 p.m. *Please contact the center to register.* 

Description: Santa Claus is coming to town and he is making stops at M-NCPPC sites all over the County! Come see Santa and his little helpers.

Cost: Resident: \$10; Non-resident: \$13

Ages: 6–12 (Children, ages 8 and younger, must be accompanied by a paid parent or guardian)

Location: Cedar Heights Community Center, 1200 Glen Willow Drive, Seat Pleasant, MD 20743

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

## Save-the-Date: 5th Annual Welcome Home Vietnam Veterans Day Celebration

## *By* ELYZABETH MARCUSSEN **Hospice of the Chesapeake**

PASADENA, MD, (Nov. 21, 2018)—Hospice of the Chesapeake will host its fifth annual Welcome Home Vietnam Veterans Day Celebration at 5 p.m. Friday, March 29, 2019, at Hilton Baltimore BWI Airport Hotel, 1736 W. Nursery Road, Linthicum, Maryland. The doors will open at 4 p.m.

This is the fifth year the state will celebrate the commemorative day. In 2015, at the request of Hospice of the Chesapeake's We Honor Veterans Committee, legislation was introduced by state Senator John Astle to make the day official. It was the first bill Governor Larry Hogan signed into law. States and organizations across the nation plan events at the end of March with the hope that every Vietnam Veteran can receive the thank you and warm welcome they should have received five decades ago.

Headquartered in Pasadena, Maryland, Hospice of the Chesapeake is a Commemorative Partner in the United States of America Vietnam War Commemoration as well as a 4-Star Partner in the We Honor Veterans program, a national hospice initiative honoring the men and women from all branches of the military who have served our country.

For photos from last year's event, visit https://www.facebook.com/pg/hospicech-esapeake/photos/?tab=album&album\_id=17 12532995469449.

For sponsorship opportunities, contact Chris Wilson at 443-837-1530 or cwilson@hospicechesapeake.org.

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

### Maryland Humanities Awards \$83,154 in Grants to Nonprofits

## *By* SARAH WEISSMAN **Maryland Humanities**

BALTIMORE (December 12, 2018)—Maryland Humanities awarded a total of \$83,154 in grant funding to fifteen Maryland organizations. The organization awarded \$77,450 in major grants (up to \$10,000) and \$5,704 in mini grants (up to \$1,200). Grant recipients are spread throughout Western Maryland, the Capital Region, Central Maryland, and Maryland's Eastern Shore: this round of funding supports Maryland organizations in six counties and Baltimore City.

The major grant recipients are: Community College of Baltimore County Foundation; Coppin State University Development Foundation; Educate One Project (Strong City Baltimore); Garrett Lakes Arts Festival; Katipunan Filipino American Association of Maryland; Producer's Club of Maryland (Maryland Film Festival); Stone Soup Productions; Towson University; University of Maryland, Baltimore County; and Wide Angle Youth Media. The following organizations will receive mini grants: Coalition for African Americans in the Performing Arts, The Historical Society of Baltimore County, Pocomoke High School, Salisbury Middle School, and St. Mark's Episcopal Church.

Maryland Humanities provides grants to nonprofit organizations that use the humanities (literature, philosophy, history, etc.) to inspire Marylanders to embrace lifelong learning, exchange ideas openly, and enrich their communities. Grant criteria encourage free, public programming in many forms.

Projects funded in this recent round of awards include a student film festival, a symposium about Laurel Cemetery and African American burial sites, and a video, photography, and art exhibit centered on Filipino immigrants in Maryland.

To learn more about our Grants Program, eligibility, and deadlines, visit http://www. mdhumanities.org/grants.

November 2018 Mini Grant Awards Coalition for African Americans in the Performing Arts

Movin' On Up: The Great Migration Prince George's County Grant Award: \$1,200

Based on the Association for the Study African American Life and History's 2019 theme "Black Migrations and Urban Realities", CAAPA will present two events: a panel discussion entitled "The Impact of Music during the Great Migration" to be held on February 2, 2019 and "Goin' North: Spoken Word Presentation," an April 6, 2019 program with poets, authors, and performers exploring interpretive history and sharing the struggles of Blacks during the Great Migration through literary readings, spoken word, and music.

Maryland Humanities is a statewide nonprofit organization that creates and supports educational experiences in the humanities that inspire all Marylanders to embrace lifelong learning, exchange ideas openly, and enrich their communities. For more information, visit www.mdhumanities.org.

# Earth<br/>TALK™Minimizing Energy and Packaging Waste<br/>for Eco-Friendly Holidays

#### Dear EarthTalk:

How can I minimize energy and packaging waste this holiday season? —Marianne, via e-mail

If you're dreaming of a green holiday season this year, you'll have to take care to shop and decorate with the planet in mind. Celebrating the holidays plays a substantial role in the creation of waste during this period as a result of packaging from gifts and surplus food being thrown away and making its way to the landfill. But whether you're looking forward to a lavish holiday with your friends and family this year or a more minimalist celebration, you can still be green and enjoy the festivities. One way to reduce your environmental footprint is to shop locally. While online shopping may seem greener, it involves excess packaging (think shipping boxes and

padding) and pollution (from miles flown/driven by UPS and FedEX to get purchases to your door). By patronizing nearby businesses instead, you'll be supporting the local economy and reducing pollution. If you do shop online, try to consolidate your purchases into one big order to minimize the number of special trips shippers must make to your house.

Another way to green your holiday celebrations is to switch over from those flashing lights and inflatable snowmen to more subtle displays of holiday spirit. The Center for Global Development reports that Americans consume 6.63 billion kilowatts of electricity annually on holiday lighting and decorations. Instead of being part of the problem, unplug and light some candles. All-natural soy varieties—Real Soy's ginger or cinnamon-scented candles are popular around the holidays—are friendlier to the Single-use wrapping paper is yet another environmental scourge of the holidays. An estimated 30 million trees are sacrificed each year to support Americans' disposable wrapping paper habit, much of which ends up in landfills. An incremental improvement would be to only buy and use wrapping paper that doesn't contain glitter—or even better just use brown paper—for ease of recycling or composting. Alternatively, shop for fabric gift wrap which can be used over and over again.

Last but not least, is it better for the

#### **Gymnastics Workshops**

Date and Time: Saturday, December 22, 2018, 1:30–2:30 p.m. *Registration begins 30 minutes prior to the start of workshops.* Description: Looking for a fun activity for your children? Need them to burn some energy? Bring them to the Prince George's Sports & Learning Complex for our gymnastics workshops. The workshops are open play time for your children to explore gymnastics in a safe and fun environment. *Please be aware, these workshops are not structured or taught classes; they're open play!* 

Cost: \$7/per participant Ages: Walking to 12 years Location: Prince George's Sports & Learning Complex, 8001 Sheriff Road, Landover, MD 20785 Contact: 301-583-2400; TTY 301-699-2544

#### Santa and His Country Christmas Carolers

Date and Time: Saturday, December 22, 2018, 2018, 2 p.m. Description: Join us for some caroling favorites on the last Saturday before Christmas! The winery will be open from 12 noon–6 p.m., we'll have our warm spiced mulled wine, and Santa and his Country Christmas Carolers will be visiting between 2–3 p.m. (Times are approximate and may change depending on weather, please check the website and social media for updates). No tickets needed, the event is open to the public. Cheers! Cost: FREE

Ages: All ages are welcome

Location: Robin Hill Farm and Vineyards, 15800 Croom Rd, Brandywine, MD 20613, Brandywine, MD 20613 Contact: 301-643-5619

#### Winter Festival of Lights

Date and Time: Through January 1, 2019, 5–9:30 p.m. Description: 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! You won't want to miss our giant, 54-foot LED musical tree!

Cost: The festival is FREE on December 25! Car/Van: \$10; Multi-Visit Pass (3 visits in car/van): \$20; see website for other options. Ages: All ages are welcome

Ages: All ages are welcome Location: Watkins Regional Park 301 Watkins Park Dr., Upper Marlboro, MD 20774 Contact: 301-699-2456 or visit

http://www.pgparks.com/742/Festival-of-Lights

#### **Crafternoon: A Tree for All Seasons**

Date and Time: Wednesday, December 26, 2018, 3 p.m. Description: Make a tree you can decorate for winter, spring, summer and fall! Ages 5–12 Location: Hyattsville Branch Library (Temporary location),

6502 America Blvd., Hyattsville, MD 20782 Contact: 301-985-4690



IMAGE CREDIT: ERIN WALKER, UNSPLASH

It's easy to be green over the holidays with a little advance planning.

environment than traditional petroleum-based paraffin candles.

Holiday cards are another clog on the waste stream during the holiday season, with Americans sending out some 2.65 billion of them each year. Ultimately many end up in landfills-especially if they're covered in glitter or foil—and as such can't be recycled. Ecards are a great alternative as they express the same sentiment without any waste.

planet to get a real or fake Christmas tree? A fake tree may save you money in the long run as you can buy it once and use it for many years instead of throwing away \$50 a year on a real tree. But most of the fakes come from China (which involves lots of carbon emissions in transit) and contain PVC and other chemicals that make them impossible to recycle. Meanwhile, a real tree can be chipped and returned to the earth as mulch (either by you or your municipality) once January rolls around. Or even better, buy a live tree and plant it in your yard. That way you can feel the spirit of the holidays year-round and feel good about your commitment to protecting the planet.

**CONTACTS:** Real Soy Candles, www.realsoycandles.com; Center for Global Development, www.cgdev.org.

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# **COUNTY CHURCH DIRECTORY**



#### Amir Hall from A1

burden early on this season as the team adjusted to the loss of running back Rob Chesson. Maurice Williams and Brandon Abrams would come on late to help complement Hall's passing game, but there was a point in the season where the running game and the defense weren't quite up to speed. That made Hall force some throws he didn't have to take in 2017 and led to a brief rise in his interception total, but throwing 10 picks out of over 500 passes could be a lot worse.

The competition for the award wasn't quite as strong as it was in 2017, but it was there. Caylin Newton put up impressive numbers down the road at Howard. Alcorn State's Noah Johnson has led his team to the Celebration Bowl. Perhaps his fiercest competition came within the conference from Virginia Union running back Tobias Taylor, who led Division II in all-purpose yards with 196.2 per game.

But in the end, it was Hall, the 6'5 standout from Prince George's County, who came out on top again.

It was a fitting end to the greatest quarterbacking career in CIAA history and one of the best overall amongst all HBCU quarterbacks. He never threw for less than 30 touchdowns or 3,000 yards in his final three seasons, something that very few quarterbacks can say. His team made the CIAA title game in two of the three seasons he was a starter and went 9-2 the season that it DIDN'T make it to the title game. He lost just nine games in his three seasons, while averaging better than eight wins and guiding his team to the NCAA playoffs in each of his final two seasons.

The good news for the rest of HBCU football, Hall won't be eligible to win a third time in a row!

### **Amir Hall Places 4th on Final Harlon Hill Trophy Ballot**

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

LITTLE ROCK, Ark. (Dec 14, 2018)—Ferris State junior quarterback Jayru Campbell of Detroit, Mich., has been awarded the 2018 Harlon Hill Trophy as the Division II College Football Player of the Year. Bowie State senior quarterback Amir Hall (Bowie, Md.) placed fourth among the nine finalists. Hall, received 78 total points in the final tally, earning 12 first place votes, 16 second place votes and 10 third place votes.

In 2018, Hall led the nation is passing yards (4,152), was the 2018 CIAA Offensive Player of the Year, is a three-time All-CIAA First Team member and set two new CIAA All-Time Passing Records becoming the league's All-Time Career Passing Touchdown leader (102) and All-Time Career Passing Yards leader (11,358). Hall is also a finalist for the Black College Football Player of the Year (Deacon Jones Trophy), the Doug Williams Offensive Player of the Year, all for the second consecutive season and will participate in the NFLPA Collegiate Bowl in Pasadena, Calif.-Saturday, January 19th.

#### **Governor** from A1

casino gaming revenues. Legislation passed with the governor's support during the 2018 session created a ballot initiative to ensure casino revenues are used to provide additional funding for Maryland schools. The ballot referendum was approved by nearly 90 percent of Maryland voters in the November election, and will result in an additional \$4.4 billion in school funding. The referendum specifies "public school construction and public school capital improvement" as one of the targeted uses for this additional funding.

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The MDDC Press Foundation is looking for



Governor Hogan will submit the Building Opportunity Act early in the 2019 legislative session, which will provide funding to cover more than 90 percent of the projects requested by local school systems from 2020 to 2024 if enacted. The legislation will give the Maryland Stadium Authority oversight of these additional school construction funds, and include accountability measures.

The new construction projects are estimated to create more than 27,000 new jobs over the five year construction period.

The Building Opportunity Act will be closely modeled after the highly successful 21st Century School Buildings Program currently underway in Baltimore City, which is providing students with the healthy, efficient, and modern school buildings they deserve. The Hogan administration opened five newly renovated campuses in Baltimore City in August 2018, bringing the program total to nine improved schools with 28 more currently in the construction or planning stages.

The Hogan administration has invested \$1.4 billion toward school construction since taking office, including \$430.2 million in the Fiscal Year 2019 budget, which is the largest investment in a decade.





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