

The Prince George's Post



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PHOTOGRAPH COURTESY BOWIE STATE SPORTS INFORMATION

Football Signees Celebration

By GREGORY C. GOINGS
Bowie State Sports Information

BOWIE, Md. (February 13, 2019)—With the hashtags #UNLEASH19 and #HOME GROWN symbolizing the mindset of the Bowie State University Bulldogs Staff, Alumni, Bowie State Athletic Department Hall of Fame Inductees and Parents, 19 Bulldog Signees gathered at The Greene Turtle in Crofton, Maryland on February 7, 2019 to continue celebrating the 2018 CIAA Conference Championship win and showcase the future of the Program. Recruiting Coordinator and former Bulldog Linebacker Kyle Jackson said, "it was a pleasure being able to connect the old with the new! The young Bulldogs had the opportunity to see what #BULLDOG NATION is made of."

With graduating seniors to include Box-ToRow, HBCU Game Day, CIAA Offensive Player and Black College Player of the Year

quarterback Amir Hall offense creating roster spots, the staff knew recruiting would be key and decided to "mine in their own backyard" by selecting many of the quality players right from within the State of Maryland. "Events like this are what makes a program successful. Not only will Alumni know our players for being stars on the field, but they will also know our guys for who they are off the field as well," Jackson added.

After welcome remarks by Bowie State University Vice President of Athletics & Recreation Clyde Doughty, Jr., former Bulldogs Cavin Murray and Brian Redmond spoke with signees about their experiences as All-CIAA Conference football players and how their playing days have turned into lifelong friendships. Former Bulldog and current NFL Tight End Khari Lee expressed "dreams do come true at Bowie State" having played for the Houston Texans, Detroit Lions and Buffalo Bills during his professional career

thus far. At the end of the evening, Student-Athlete Development Coordinator M. Burton Cornish, Jr. further welcomed the parents and guardians of the newest Bulldogs by having them sign individual "Letters of Intent" similar to what their sons signed earlier in the week solidifying their support and commitment to the team and the team's Pledge to them. Each parent's signature was followed by their Bulldog and a member of the Coaching Staff making it official.

Head Football Coach Damon Wilson added, "This is an event that we would like to build upon. For me as Head Coach to have incoming parents sign their Letter of Intent was the highlight of the evening". Wilson concluded, "As a program, not only do we have student-athletes that are committed but their parents and guardians are all in as well". With Spring Ball on the horizon, Bowie State Football and #BULLDOGNATION seem poised and positioned to defend their CIAA Conference title.

Upper Marlboro Native Serves at Joint Typhoon Warning Center

By CHIEF MASS COMMUNICATION SPECIALIST ERICA R. GARDNER
Navy Office of Community Outreach

PEARL HARBOR, Hawaii (February 12, 2019)—Most Americans rely on weather forecasts to plan their daily routine. The U.S. Navy is no different. With numerous ships, submarines and airplanes deployed in the U.S. Pacific Fleet's area of operations, sailors stationed at the Joint Typhoon Warning Center, Hawaii, make it their primary mission to monitor extreme weather conditions in support of the fleet's daily operations.

Chief Petty Officer William Cady, a 2000 DeMatha Catholic High School graduate and native of Upper Marlboro, Maryland, has served in the Navy for 17 years and is one of these sailors serving at the Joint Typhoon Warning Center.

Cady credits success in the Navy to many of the lessons learned in Upper Marlboro.

"Growing up in Maryland, the Naval Academy was near my hometown and I would visit Annapolis, holding the Navy in high regards," said Cady.

The Joint Typhoon Warning Center Detachment provides aviation weather support for the INDOPACOM area of responsibility and resource protection to ensure safety of flight and operations for Atsugi, Japan; Commander Fleet Activities Okinawa; Commander Fleet.

As a Navy Aerographers Mate, Cady is responsible for ad-

vising the commanding officer and the executive officer of day-to-day activities and managing programs to enhance the careers of enlisted sailors.

A key element of the Navy the nation needs is tied to the fact



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 1ST CLASS RUSTY PANG

Chief Petty Officer William Cady

that America is a maritime nation, according to Navy officials, and that the nation's prosperity is tied to the ability to operate freely on the world's oceans. More than 70 percent of the Earth's surface is covered by water; 80 percent of the world's population lives close to a coast; and 90 percent of all global trade by volume travels by sea.

"Naval Oceanography defines

and applies the physical environment for the entire Navy fleet from the bottom of the ocean to the stars," said Rear Adm. John Okon, Commander, Naval Meteorology and Oceanography Command. "There isn't a plane that flies, a ship or a submarine that gets underway without the sailors and civilians of Naval Oceanography."

The U.S. Pacific Fleet is the world's largest fleet command, encompassing 100 million square miles, nearly half the Earth's surface, from Antarctica to the Arctic Circle and from the West Coast of the United States into the Indian Ocean.

Though there are many ways for sailors to earn distinction in their command, community, and career, Cady is most proud of earning several awards working with Navy Surface Warfare/Explosive Ordnance Disposal units.

"I am proud of these awards because I worked directly with operations in support of the war fighter," said Cady.

Being stationed in Hawaii, often referred to in defense circles as the gateway to the Pacific, means Cady is serving in a part of the world taking on a new importance in America's focus on rebuilding

military readiness, strengthening alliances and reforming business practices in support of the National Defense Strategy.

"Our priorities center on people, capabilities and processes, and will be achieved by our focus on speed, value, results and partnerships," said Secretary of the Navy Richard V. Spencer. "Readiness, lethality and modernization are the requirements driving these priorities."

The Pacific is home to more than 50 percent of the world's population, many of the world's largest and smallest economies, several of the world's largest militaries, and many U.S. allies. The Navy has been pivotal in helping maintain peace and stability in the Pacific region for decades.

Serving in the Navy is a continuing tradition of military service for Cady, who has military ties with family members who have previously served. Cady is honored to carry on that family tradition.

"My father served 22 years in the Air National Guard and he influenced me joining the military," said Cady. "He always had good stories about his experiences."

As a member of one of the U.S. Navy's most relied-upon assets, Cady and other sailors know they are part of a legacy that will last beyond their lifetimes providing the Navy the nation needs.

"I have enjoyed my time in the military and am making this a career to continue the legacy," added Cady.

Council Holds FY 2020 Budget Town Hall Meeting

County Residents Encouraged to Participate

By ANGELA ROUSON
Prince George's County Council

UPPER MARLBORO, Md. (February 13, 2019)—The Prince George's County Council will hold its FY 2020 Budget Town Hall Meeting, on Tuesday, February 26, 2019, from 7–9 p.m., at Prince George's Community College, Largo Student Center, 301 Largo Road in Largo, Maryland, in Community Rooms A, B, and C.

Council Chair Todd Turner (D)—District 4, encourages residents to engage in this important budget conversation, learn more about the budget process, and share their spending priorities.

"Each year the Council holds a budget town hall meeting to update citizens on the County's finances, and present residents with an important opportunity to participate in the budget process. The Council remains committed to an open, inclusive, and participatory budget process, and look forward to questions and input from County residents."

The Council's FY 2020 Budget Town Hall Meeting will feature a presentation on the County's current financial status and the fiscal outlook for the upcoming budget season by Office of Management and Budget Director, Stanley Earley. Deputy County Auditor Turkessa Green will also present an overview of the Council's Budget Review and Adoption process. Important calendar dates for budget meetings and public hearings will be provided, and participants will have an opportunity to address Council Members and share their FY 2020 budget concerns and priorities.

In accordance with County Charter, the County Executive must submit a proposed FY 2020 spending plan to the Council by March 15. The Council will then begin its review process in a series of committee work sessions and public hearings. The Council must adopt a new and balanced spending plan on or before June 1.

This event is free and open to the public. To watch live, please visit: <http://pgccouncil.us> on February 26, 7–9 p.m.



Lt. Governor Rutherford speaking during a ceremony at the Banneker-Douglass Museum in Annapolis. PHOTOGRAPH COURTESY OFFICE OF THE LT. GOVERNOR

Lt. Governor Boyd K. Rutherford Joins Governor's Office on Service and Volunteerism to Host Second Annual Black History Month Community Leaders Awards

By HANNAH MARR
Office of the Lt. Governor

ANNAPOLIS, Md. (February 14, 2019)—Lt. Governor Boyd K. Rutherford today joined the Governor's Office on Service and Volunteerism in hosting the Second Annual Black History Month Community Leaders Awards. The annual awards ceremony, established in celebration of Black History Month, recognizes Maryland-based African American-founded organizations that provide exceptional volunteer service to improve Maryland communities. Ten organizations received the honor during a ceremony at the Banneker-Douglass Museum in Annapolis, Maryland's official museum of African American history, heritage, and culture.

"Our award recipients here today represent the dedication of our African American communities to serving others and leaving a better world for future generations," said Lt. Governor Rutherford. "From mentoring boys and girls and providing opportunities for them to thrive, to skills training and workforce development for low-income or formerly incarcerated men and women, you are doing the work we must do to ensure our futures."

Selection for the Black History Month Community Leaders Awards was based on nominations received that described the highest degree of volunteer commitment and service including work that makes a transformative impact in the community. The following [Prince George's County] organizations were selected as recipients of the awards:

Roberta's House (Baltimore City, Prince George's County) offers a comprehensive bereavement support program to heal the "hearts and minds" of children and teens along with their families.

INSIDE

ASPCA Awards \$2,500 Grant To PGSPCA

In just the first month, the grant has already helped two animals who desperately needed surgery.

"It feels great to be able to make a difference for these pets and for the families who eventually adopt them," said Tamela Terry, President of PGSPCA.

Community, Page A3

ChildWatch:

"I Will Never Forget That Day"

This was 17-year-old high school senior Aalayah Eastmond's testimony ... describing how she survived the mass shooting one year ago at Marjory Stoneman Douglas High School and the murders of 17 of her teachers, classmates, and friends, including two students who were killed in her classroom.

Commentary, Page A4

Holy Cross Hospital Named Among Top U.S. Hospitals

"I am pleased that Holy Cross Hospital once again has been recognized as one of the top-quality hospitals in the nation," said Holy Cross Hospital President Louis A. Damiano, MD.

Business and Finance, Page A5

Governor Larry Hogan Closes the "Year of Frederick Douglass" With a Celebration at Banneker-Douglass Museum

"As we conclude the 'Year of Frederick Douglass', we are honored to host this culminating celebration to recognize one of Maryland's most noted African Americans," said Chanel Compton, Director.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

I've heard about "Zero Waste" grocery stores in Europe where everything is sold in bulk and customers bring and fill up their own reusable containers and bags.

When will we get some of these here on this "side of the pond"?

—Jane Smith, Boston, MA
Features, Page A7

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

“Freedom of the Press” bill honors *Capital Gazette* victims

Maryland Senator Sarah Elfreth (D-Anne Arundel) has filed legislation to make June 28 “Freedom of the Press Day” in Maryland, honoring the five who died in the *Capital Gazette* shooting in Annapolis.

If it passes, this bill would honor the First Amendment of the U.S. Constitution, which protects a free press. And it would be in honor of Gerald Fischman, Rebecca Smith, Rob Hiasen, John McNamara and Wendi Winters who were killed June 28, 2018 at the *Gazette* office, and all Maryland journalists.

I have been involved with newspapers most of my life. I put out my first “newspaper” in 5th grade (lasted only a couple of days), but I went on to edit my high school and college newspapers. When we lived in California, I wrote for the Mill Valley newspaper, and since 1976, I’ve written Morningside-Skyline for *The Enquirer-Gazette*, *The Prince George's Post*, and four or five other County papers.

So, the *Capital Gazette* tragedy was particularly sad for me. Staff members of such papers work there because they’re devoted to local news and to the communities they serve.

Candlelight service in Morningside for accident victims

An auto accident Feb. 2 took the lives of five children between the ages of 5 and 15 when the 2005 Chrysler Pacifica they were riding in was northbound on Route 301 near Bowie when—for reasons unknown—it veered off the road and struck several trees.

The children killed were identified as Paris Dixon, 5; London Dixon, 8; Rickelle Ricks, 6; Zion Beard, 14; and Damari Herald, 15. The driver, Dominique R. Taylor of Bowie, and passenger Cornell D. Simon of Oxon Hill were hospitalized with serious injuries.

The victims are all related to each other and to one of the Morningside Town Council Members who made it possible to host a Candlelight service at the Town Hall.

Neighbors and other nice people

Darius Nelley-Stoddard, of Skyline, is performing with the Oxon Hill High School Choir on Saturday, Feb. 23, 5 p.m., at the National Church of God on Bock Road. He invites you to attend and, if possible, give a \$10 donation.

Ana Gutierrez, of Skyline, has developed a web page for Skyline. I’ll pass along the web address soon.

Changing Landscape

This summer will mark the opening of the newest community practice for the University of Maryland Capital Region Health Medical Group. The practice will be in the new Medical Pavilion at National Harbor.

The remarkable Newseum building at 555 Pennsylvania Ave. NW has been purchased by Johns Hopkins, which is going to use it for its Washington-based graduate programs. The Newseum plans to move elsewhere in the District. If you’ve not yet been to the Newseum, make plans to go before they move. It’s amazing, and nowhere else can it be as impressive.

Morningside Memories: 61 years ago

The Owakonze Camp Fire Group held a dance party at the Town Hall on Feb. 24, 1958. Square dance records with calls were played and basic steps learned. There were also rock & roll records. The Camp Fire girls were: Karen Broderick, Beth Abernethy, Barbara Hickmann, Carolyn Mayhew, Patricia Miller, Jan Stocklinski, Jane Tretler, Linda Valentine and Babs Zdobysz. Next week I’ll list the Bluebirds who attended.

Mirco Snidero, NOAA

Mirco Philip Snidero, 88, formerly of Camp Springs, died Feb. 8. In recent years he lived in Dunkirk and was a member of Jesus the Good Shepherd Church where his Mass of Christian Burial was celebrated.

Among his many positions were as Chief, NOAA (National Oceanic & Atmospheric Administration) Computer Division, and Chief of ESSA’s Computer Division. I noted (as I did a little online searching) that Mirco wrote about Data Processing at JNPW (Joint

Numerical Weather Prediction). He had an interesting career.

During the years he lived in Camp Springs, he attended St. Philip’s and was Chairman of the Christian Education Committee. Also, Mirco and his wife Cornelia held Evenings for the Engaged, a program for couples planning to marry.

Cornelia died in 2009. Mirco is the father of Jim, Mark, Steve and the late David Snidero, and Cornelia Blankenship, grandfather of eight and great-grandfather of two. Burial was at Resurrection Cemetery.

Memorial Contributions may be made to Rock Steady Calvert, an invaluable boxing/exercise program specifically geared for people with Parkinson’s.

Anna Wayson Buck, 104 years

Anna Wayson Buck, 104, of Upper Marlboro, whose very name reflects her Prince George’s heritage, died Nov. 19. She was born March 9, 1914 in Friendship, Md., and graduated from Tracy’s School.

She was a Deputy Clerk of the Circuit Court in Upper Marlboro, retiring at 83. She was a member of Trinity Episcopal Church and treasurer for its Ladies Auxiliary. Anna was also a member of Sloggs (slightly older guys and gals).

She was predeceased by her husband Daniel T. Buck, Sr., children Shirley Ann Wyvill, Janet June Jacobs, Daniel Thomas Buck, Jr. and James Reed Buck, three sisters and three brothers. Survivors include 14 grandchildren, 24 great-grandchildren and 19 great-great-grandchildren. Services were at Trinity Episcopal with burial in the Church Cemetery.

Milestones

Happy birthday to Father Bernard Ihrle, Feb. 23; Larry Miller, Feb. 24; Kevin Gray and Sibyl Deily, Feb. 25; Angela Hutchinson and Thomas “TJ” Flaherty, Feb. 27; Terrence Flaherty, Feb. 28; and Gerry Joliffe, Feb. 29 (who doesn’t really have a birthday until next year).

Happy anniversary to Clifford and Nancy Lantz, on Feb. 26; and to Freda and Michael McDonald on their 39th, Feb. 28.

Around the County

Local Students Honored

UW-Stevens Point Winter Graduates 2018

STEVENS POINT, Wis. (February 8, 2019)—The University of Wisconsin-Stevens Point conferred degrees on more than 500 graduates during the university’s winter commencement ceremonies on Dec. 15, 2018.

The list of local candidates for graduation are:

Hyattsville, MD

Isabela Caulkins, Bachelor of Science, Biochemistry

Temple Hills, MD

Roslynn Powell, Master of Science, Master’s Degree In Natural Resources

—Carrie Heibler, *The University of Wisconsin-Stevens Point*

Geneva College Announces

Dean’s List for Fall 2018

BEAVER FALLS, Pa. (February 15, 2019)—Geneva College announces the Dean’s List of traditional undergraduate students for the fall 2018 semester. To be eligible for this recognition, students in traditional programs must earn a GPA of at least 3.6 while passing 12 credit hours or more.

Upper Marlboro, MD

Sierra Dunfee, Junior

Gerard Laraque, Freshman

Geneva College is a Christ-centered academic community that provides a comprehensive education to equip students for faithful and fruitful service to God and neighbor. Offering over 115 traditional undergraduate majors and programs, fully online Adult Degree Programs and high-demand graduate degrees, Geneva’s programs are recognized for their high quality.

—Cheryl Johnston, *Geneva College*

Participate in the Community Volunteer Academy

Join M-National Capital Park Police as a Volunteer

By PUBLIC INFORMATION OFFICERS

Maryland-National Capital Park Police P.G. County Division

HYATTSVILLE, Md. (February 13, 2019)—The Maryland-National Capital Park Police, Prince George’s County Division, is hosting a FREE, eight-week Park/Community Volunteer Academy for those ages 18 & up.

Classes meet Tuesday evenings from 7–9:30 p.m.; they begin on March 12, 2019, and conclude on April 30, 2019. Classes will be held at the Prince George’s Sports & Learning Complex, located at 8001 Sheriff Road, Landover, Maryland 20785, and topics include park rules and regulations, criminal law, traffic law, crime scene management, drug and gang awareness, role of the prosecutor, safety awareness training and CPR (optional). At the completion of the academy, participants will receive a certificate and an opportunity to join our Park Police Volunteer Association.

If you would like to attend, please contact Corporal Trevin Sherard at 240-695-3891.

The Maryland-National Capital Park Police, Prince George’s County Division consists of authorized sworn personnel, civilian employees and volunteers. Title 17, Subtitle 3, Land Use Article of the Annotated Code of Maryland provides the authority to enforce Maryland laws and local ordinances, as well as the rules and regulations specific to The Maryland-National Capital Park and Planning Commission (M-NCPPC). The Maryland-National Capital Park Police are tasked with protecting approximately 27,000 acres of park property in Prince George’s County, as well as those who visit and staff M-NCPPC sites.

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

REAL BLACK HISTORY

“My Black History” by Todd Johnson who lives in Brandywine, Maryland. “John Robert Johnson, my great grandfather”. John Robert Johnson purchased 70 acres of the Rosemount Plantation in 1901. John Robert was the son of Richard H. and Elsie Diggs Johnson. The father of Richard H. was Bernard Matthew Johnson a slave from Nairobi, Kenya.

John Robert Johnson and his wife Isabelle Pinkney reared 11 children on the Johnson farm. The family harvested tobacco, raised chickens, cattle, pigs, and vegetables. John Robert died in 1925 leaving Bernard (Bud) Matthew Johnson, the second son, to become the farm patriarch.

Bud and his brothers continued to work the farm as children. For most of them, a formal education was sacrificed for the sake of “saving the family farm”. Bud remained on the farm, until his death in September 1993 raising tobacco, tending the animals, and vegetable garden with seasonal assistance from his siblings.

The Johnson Farm was subdivided in 1975. It then became John Isabelle Acres where 3rd, 4th, and 5th generation descendants of John Robert and Isabelle Johnson live today.

BOWIE STATE UNIVERSITY

Join us February 25, 2019 to March 2, 2019 all day for the 2019 CIAA Basketball Tournament. The Bowie State University Bulldogs will travel to Charlotte, N.C. to compete against 12 other historically Black colleges and universities in the men’s and women’s Central Intercollegiate Athletic Association (CIAA) Basketball Tournament.

Prince George’s County Chapter Bowie State University National Alumni Association, Inc. Annual Dinner Dance will be held June 23, 2019 from 4–8 p.m. at La Fontaine Bleue 7963 Annapolis Road, Lanham, Maryland. \$55 donations 15 Tax Deductible contribution. Semi-Formal attire/vendors, entertainment and cash bar. For more information contact Audrey Johnson 301-922-5384.

AFRICAN AMERICAN HERITAGE SITES

“St. Paul United Methodist Church located at 6634 St. Barnabas Road, Oxon Hill, Maryland 20745 is thought to be the oldest black congregation in the county. In 1867, the congregation acquired land and by 1888 had built a Methodist meeting-house. They may have been affiliated with an even earlier group of freed blacks who had built their own meetinghouse in the Oxon Hill area in the late 1700s. A new sanctuary was constructed in 1915 and was later expanded to form the present-day church complex.

BLACK HISTORY PRESENTATION

Everyone is invited to join us February 24, 2019, 2:00 p.m. for a Black History Presentation by Gwynn Park High School Students at Nottingham Myers United Methodist Church Family Life Center. The address is 15601 Brooks Church Road, Upper Marlboro, Maryland. Reverend Constance C. Smith, Pastor. Reverend Constance C. Smith is the Pastor.

SMOKING CESSATION CLASS

A smoking cessation class will help educate and support participants in their quest to take control of their health and quit smoking now. The class is offered every Monday from 6 p.m. to 7 p.m. at MedStar Health of Brandywine Community Room 13950 Brandywine Road, Brandywine, Maryland 20613. Registration required. Cost is \$10 one-time fee. Contact number is 301-374-9098.

BADEN COMMUNITY CENTER

Baden Community Center located at 13601 Baden Westwood Road in Brandywine, Maryland has a licensed before and after School Kid’s Care Program that is available for students of Baden Elementary School. Recreation programs and classes offered at the center are soccer, basketball, karate, fitness and dance classes including line dance, hand dance and Zumba dance. Telephone number is 301-888-1500.

Bulldog Men Place Fifth in 2019 CIAA Indoor Track & Field Championships

By GREGORY C. GOINGS

Bowie State Sports Information

WINSTON-SALEM, N.C. (February 13, 2019)—Bowie State University men’s track & field finished fifth with 42 points in the 2019 CIAA Indoor Track and Field Championships at JDL Fast Track, which concluded on Monday.

The Bulldogs ended the first day of the Championships tied for sixth with Lincoln University of Pennsylvania at seven points and made an improvement by placing fifth on the last day.

Saint Augustine’s University captured its 22nd straight men’s crown. The Saint Augustine’s men won in convincing fashion, distancing itself from Virginia State on the final day. Trailing VSU by three points after the first day, SAU scored 160 points on Monday for a 194-111 victory.

Bowie State freshman Benvindo Chicha placed second in Heptathlon Shot Put with 9.02m. He then went on to finish third (7.47) and fifth (5.62M) in Heptathlon 60M and Long Jump respectively.

In the One Mile Run, BSU’s trio of freshman Yeabsera Teferra (4.56.87), junior Ikpefua Olumese (5:02.26) and junior Juantré Rush (5:08.39) finished 12th, 13th and 14th, respectively. Freshman Joshua Carter was able to secure fifth place in Pole Vault going over the bar at 2.45m.

In the 400M, sophomore Jalen Sykes (51.49) managed 13th, while freshman Demontay Snowden

(52.27), senior Robert Thomas (52.41) and senior O’shai Powers (55.03) placed 15th, 16th and 19th, respectively.

BSU’s standout, junior Bashir Lamptey dominated the 60M by finishing first with an impressive time of 6.92. Freshman Davon Carroll was also impressive after placing third with 6.94 time, while sophomores Stedman Cook (7.11) and Xavier Williams (7.21) placed 12th and 15th, respectively. Both Carroll (21.85) and Stedman (22.74) placed top 10 in 200M with Carroll coming in second.

Thomas secured eighth place in 800M with 2:02.23, while Lamptey (8.40) junior Frank Bailey (8.68) finished fifth and eighth in 60M hurdles. In the 400M DMR, (Olumese, Sykes, Thomas and Teferra) Bowie State finished sixth with 11:42.12.

On the second day of the competition, freshman Isaiah Coe (13.07 mark) placed fifth in Triple Jump, while sophomore Kenny Fuentez finished eighth in the Shot Put with 12.96 mark. Carroll (6.94) and Lamptey (6.99) placed fourth and fifth in 60M, while Thomas managed sixth in 800M with 28.62, 30.29 (58.90), 31.72 (30.62) and 30.04 (2:04.65).

Lamptey made another top five finish in 60M with 8.58 time, while Carroll was crowned first in 200M with the time of 21.80. In the 4x400, Bowie State placed fifth (Snowden, Thomas, Olumese and Sykes) were the participants.

COMMUNITY

The American Counseling Association's Counseling Corner

Balancing Aging Parents and Family Demands

Today more of us are living longer. The changes we've seen in people's lifestyles, along with improved health care, have meant that living into our 80s and 90s is becoming more common.

That's the good news, but these longer life spans can also represent additional burdens for many families. Although Dad and Mom may be looking forward to their 85th birthdays, they may not be in the same shape as they were in years past. They may have increased health issues, can no longer be as independent as they once were, and may be making, out of necessity, more demands on younger family members.

While most of us want to be as supportive as possible to the seniors in our families, there can be times when the needs of elderly parents are demanding too high a price from their children. There are no easy answers to such situations, but there are some actions that might help.

A first step is trying to determine if the needs of an aging parent are real, or are they simply demands being made because he or she feels you "owe" help when and where it is desired? If some such demands don't seem to have a legitimate basis, having a sincere heart to heart about the stress and problems these demands are causing you is a step that should be taken.

You might also want to look for other sources of help. Are there siblings who might be able to lend a hand? Even siblings or other relatives far away may surprise you with offers of unexpected aid.

It's also worth exploring non-family help that may exist in the area. Neighbors and friends, when made aware of the problem, may be eager to offer some help and reduce your burden. Similarly, most towns have services for the elderly that might be able to aid with transportation and recreation needs.

Managing your time well is also important. Rather than simply being available on demand, you can create a schedule with an aging parent to cover small chores like shopping or bill paying.

It's natural to want to provide needed help as parents become older and less capable, but it's also important to be realistic and reasonable in how much assistance you can give. When you exceed your limits you can end up with negative results for yourself, your family and that aging parent.

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.

PGCR Self-Direction Connection

A FREE once-a-month forum for individuals in Self-Direction and their Caregivers.

February 28, 2019

An opportunity to gather to share news and events that help those in self-direction live the "good life" using the concepts of the Community of Practice.

Guest Speaker:

Sandra Kellstrom, CTRS/TR CTRS/TR
Coordinator PG Parks and Planning Parks and Planning

Prince George's Community Resources

(AT HOLY FAMILY)

12010 Woodmore Road

Bowie, MD 20721

301-442-3708

www.PGCR.org

4th Thursday each month

6:30-7:30 p.m.

The event is FREE but please register via eventbrite.com so that we know that you are coming.

Sen. Will Smith to be Deployed To Afghanistan in March

By DANIEL OYEFUSI
Capital News Service

ANNAPOLIS, Md. (Feb 8, 2019)—Sen. William "Will" Smith Jr., D-Montgomery, a lieutenant with the United States Navy Reserve, is slated to be deployed to Afghanistan on March 29.

Smith, who serves as vice chair of the Senate Judicial Proceedings Committee, would leave the legislative session 10 days before it adjourns on April 8. He will take part in Operation Resolute Support, a NATO-led mission to train, advise and assist the Afghan National Defense and Security Forces.

Smith is the primary sponsor for 38 bills, but said his departure will have a "minimal impact" on the Senate schedule.

"His service is an honor to all of us," said Sen. Bobby Zirkin, D-Baltimore County, chair of the Senate Judicial Proceedings Committee. "It's not going to be easy without him. That last week and a half is always tough."

Smith said he's been in contact with U.S. Rep. Anthony Brown, D-Mitchellville; Sen. Robert Cassilly, R-Harford; and Sen. J.B. Jennings, R-Baltimore and Harford counties, who have all served in the military, in the weeks leading up to his deployment.

"That's the great thing about military service," Smith said. "The party affiliation and the politics is separate and apart from what we do."



PHOTO BY DR. C. RHINESMITH

Evie has already put the trauma of surgery behind her.



PHOTO BY F. WEINER

After a week or two of crate rest, Tessa will be ready to romp and roll again.

ASPCA Awards \$2,500 Grant To PGSPCA

Grant has already provided surgery for two needy animals

By TRACEY BRUENING
The SPCA/Humane Society of Prince George's County

BOWIE, Md. (February 8, 2019)—The SPCA/Humane Society of Prince George's County (PGSPCA) has received a \$2,500 grant from Lil BUB's Big Fund for the ASPCA. These funds will seed a new program, HEAL: Helping Every Animal with Love, which will treat ill and injured Prince George's County shelter animals who would otherwise be euthanized. In addition to covering the treatment costs through HEAL, the PGSPCA will also provide foster care and place these animals in new homes.

"This county's animal control programs are underfunded, so the PGSPCA helps wherever we can. We typically take in the neediest but still adoptable animals, the ones who won't survive the shelter," said Tamela Terry, President of the group. "They often have significant medical needs; we save them from euthanasia, treat them and foster them until we find their forever home. Far more need help than our budget permits, so this grant really fills a need. With the HEAL program, we can save even more."

In just the first month, the grant has already helped two animals who desperately needed surgery.

Evie, a ten-week old kitten, was born with a diaphragmatic hernia, which forced her intestines into her chest. She would've died or been euthanized.

Thanks to HEAL and the seed funding, Evie is recovering and will be up for adoption in about a month.

Nine-month-old Tessa, a lovable bulldog mix, was unadoptable before the PGSPCA stepped in. As a puppy, Tessa suffered an injury that prematurely closed the growth plate in her ulna, causing her elbow to be misaligned. After orthopedic surgery to extend the bone, Tessa is recuperating in her foster home, and will get physical therapy before she's ready to be adopted.

"It feels great to be able to make a difference for these pets and for the families who eventually adopt them," said Terry. "And with more donations and grants, the HEAL program can save even more of these ill-fated animals."

The SPCA/Humane Society of Prince George's County, Inc. (PGSPCA) is a non-profit organization of volunteers dedicated to animal welfare. We are chartered by the State of Maryland, but we receive no state or county funds. Our activities are supported solely by contributions, dues, grants, and other fundraising. We have three main objectives: To reduce pet overpopulation through our progressive spay/neuter program; To prevent animal cruelty, neglect, and suffering through our investigations, legal action, affordable vaccinations, and an active dog and cat adoption program; To promote animal-friendly public policy through humane education. We are an all-volunteer organization and we DO NOT run the county shelter. For more information, please visit pgspca.org.

Courageous Conversations: Learn About the Sacred Sorrow of Grief

By ELYZABETH MARCUSSEN
Hospice of the Chesapeake

PASADENA, Md. (January 28, 2019)—Making the most of your life doesn't just happen. It takes planning. By talking with experts, people can make informed decisions and learn how to relay this important information to their families, so they can plan for the best ending ever.

A great starting point is Courageous Conversations, a series of discussions about some of life's most important choices hosted by Hospice of the Chesapeake at various locations throughout Anne Arundel and Prince George's counties.

Sponsored by the John & Cathy Belcher Institute for Complex Illness Care, an education and advocacy collaborative advancing the understanding of advanced complex illness and end-of-life care, the discussions are part of the nonprofit's efforts to encourage a national dialogue about end of life.

The next presentation will be "Growing through Grief: What the Sacred Sorrow of Grief Can Teach Us," at 1:30 p.m. March 6 at the Anne Arundel County Department of Aging, 7320 Ritchie Highway, Glen Burnie, Maryland. Joy McCrady, a Chesapeake Life Center licensed clinical professional counselor, will explore the grieving process, including what's "normal," what to expect, and how to manage your own grief and help those around you.

Registration is not required; however, seating is limited. For details, or to discuss educational opportunities for your community group, contact Community Education Manager Tammy Turner at 667-219-2891 or tturner@hospicechesapeake.org.

For 40 years, Hospice of the Chesapeake has been caring for life throughout the journey with illness and loss. For details, visit www.hospicechesapeake.org.

Hospice of The Chesapeake Gala Will Celebrate Four Decades of Caring For the Community

This year is a historic year for Hospice of the Chesapeake as it marks 40 years since it was founded. The community is invited to join the celebration at its 40th Anniversary Gala.

The elegant, fun-filled evening of dinner, drinks and dancing to Radio City Band will be held from 5:30 p.m. to 11 p.m. Saturday, March 16, at a new venue this year: Live! Hotel at Arundel Mills in Hanover. The lead sponsors to date include: Live! Casino & Hotel; The Wilburn Company; Greenberg Gibbons Commercial Corporation; Reliable Contracting, Inc.; Anne Arundel Medical Center; John and Cathy Belcher; Gilligan Design Group; Legacy Financial; Moran Insurance; Richard & Mary Pfau & Family; Tech USA, Inc.; Thomas B. Howell, Sr., Founder; and Zachary's Jewelers.

There also will be a silent auction and a live auction that will feature as its master of ceremony Steve Samaras of Zachary's Jewelers.

The annual gala serves as the nonprofit's largest fundraiser. With the generous commitment and support from this event, the hospice and palliative care nonprofit can look forward to another 40 years of caring for families in our community living with and impacted by life-limiting illness.

To learn about sponsorship opportunities, contact Chris Wilson, Director of Advancement at 443-837-1530 or cwilson@hospicechesapeake.org. To purchase tickets and for a complete list of sponsors, visit <https://www.hospicechesapeake.org/2019-gala/>.

Maryland State Senate Unanimously Passes Grace's Law 2.0—National Groundbreaking Legislation To Combat The Epidemic of Cyberbullying

By CODY CORCELIUS
Office of Senator Bobby A. Zirkin (Baltimore County)

ANNAPOLIS, Md. (Feb 8, 2019)—The Maryland State Senate voted unanimously for Grace's Law 2.0, a first of its kind in the nation law to combat the growing epidemic of cyberbullying of children. Senate Judicial Proceedings Chairman Bobby Zirkin crafted the legislation to modernize Maryland's law and to protect children from cyberbullying, which has become a national crisis. The nation has been forced to witness significant numbers of children tormented to the point of taking their own lives. According to the Center for Disease Control in 2017, the second leading cause of death among minors above the age of 10 was suicide.

Senate Bill 103 would place Maryland at the National forefront in the battle against online abuse. Other states, most notably, Texas, North Carolina, and Ohio have all passed legislation to try and combat online abuse of children. Maryland's law goes beyond those of other states in trying to protect children. Senate Bill 103 updates definitions to insure that cyberbullying is prohibited on social media applications, instant messaging services, internet websites, and other internet-based communication tools. The bill would criminalize multiple types of online tormenting of children when the abuser acts with malicious intent and has the effect on a child of physical injury or serious emotional distress. And the bill has a significant criminal penalty for an individual who

cyberbullies a child and attempts to entice the child to commit suicide.

Importantly, an abuser could land in trouble with the law with a course of conduct, a series of communications, or a "single significant act" of cyberbullying. And the communication would not need to be sent directly to the victim. And so a particularly vicious attack on a child sent on the internet and posted to social media applications would be sufficient to fall under the heading of cyberbullying if done with malicious intent and serious effect on the child. Actions such as subscribing a child to a pornographic website, using electronic communications to try and entice the stalking of a minor, and maliciously tormenting a child by disseminating sexual information about them would be prohibited.

The bill is named in honor of Grace McComas, a 15-year-old from Howard County who, after repeated and vicious harassment online by a neighbor, committed suicide in April 2012. Her parents sought help from police, the courts, and Grace's school but were unable to find any remedy to stop the repeated tormenting. "We have all heard the heartbreaking stories of Grace McComas and other children who have taken their own lives because of cyberbullying, and it is clear that the our law is insufficient to stop these tragedies from happening," said Senator Zirkin. "I am confident that Grace's Law 2.0 will protect victims and help deter abusers and bullies. Once this law is in place, I am hopeful that children in Maryland can be spared the fate of Grace McComas and her incredible family."

COMMENTARY

Marion Wright Edelman

President Emerita,
Children's Defense Fund



ChildWatch:

“I Will Never Forget That Day”

“I was in my 4th period Holocaust history class. We were presenting our projects on hate groups found on college campuses... As we sat at our desks working on our computers after presenting our projects, we began to hear loud pops... I thought I was going to die. As I laid there, I begged God to please make it fast...”

“My classmates pulled me behind a filing cabinet where I called my mom and my dad and said what I thought would be my last goodbyes. I told them how much I loved them, and asked that they please tell my brothers the same. I was so petrified that I began hyperventilating. My classmates had to cover my face so the shooter wouldn't hear my cries and come back. I will never forget that day. What I saw. What I did. What I experienced. What happened to my classmates.”

This was 17-year-old high school senior Aalayah Eastmond's testimony during a February 6 Congressional hearing on gun violence prevention, describing how she survived the mass shooting one

year ago at Marjory Stoneman Douglas High School and the murders of 17 of her teachers, classmates, and friends, including two students who were killed in her classroom. Aalayah was forced to hide behind her friend Nicholas's body to survive. She came to Washington to beg members of Congress to pass common sense gun legislation that will help keep her and millions of children safe and protect students in America's schools from experiencing the same trauma she did. Aalayah has been speaking out for the past year about the horrors of that day, defying cruel adults who claimed she was a “crisis actor” and working through her nightmares and sense of survivor's guilt. As a survivor of gun violence she is far from alone.

In their new report *A Nation of Survivors: The Toll of Gun Violence in America*, Everytown for Gun Safety explains the scale of the shameful burden we place on our children and communities: “Every year, over 36,000 Americans are killed in acts of gun violence and approximately 100,000

more are shot and injured. With death and injury tolls this high, America is undeniably a nation of gun violence survivors. But the impact of gun violence extends far beyond those killed or injured. Gun violence in any form—whether a person witnessed an act of gun violence, was threatened or wounded with a gun, or had someone they know or care for wounded or killed—can leave a lasting impact on individuals.”

Every day in America is that day for someone new. Aalayah's family had already experienced gun violence—her uncle was killed by a gun when he was only 18—before Aalayah survived the shooting at Marjory Stoneman Douglas. Everytown estimates millions of Americans have witnessed a shooting, had a friend, family member, fellow student, or colleague killed by a gun, or otherwise felt the deep pain and trauma of gun violence. They include children who have witnessed one parent kill another with a gun or seen a gun used at home as a source of control; those who have lost a friend or family member to suicide with a gun and are left with grief about what they might have done to prevent it; parents and family members who left a gun stored unlocked in a dresser or under the front seat of a car where a child found and used it; and gun owners whose guns were used by others, intentionally or unintentionally, to take a life. When we count the victims of gun violence, far too we often we do not include all the survivors who feel the pain indirectly but often just as intensely.

Survivors often are left with profound grief, anger and fear; physical and behavioral health challenges; economic burdens; and overwhelming guilt. The Everytown Survivor Network is just one re-

source for people who have experienced gun violence in any way. At the same time that survivors seek healing and peace, many of them, like Aalayah, are also on the front lines seeking justice and change for those they have lost.

The February 6 hearing where Aalayah testified was the first Congressional hearing on gun violence in eight years, a sign of progress after far too much delay. The good news is that the Bipartisan Background Checks Act of 2019 (H.R. 8) and the Enhanced Background Checks Act of 2019 (H.R. 1112), both of which strengthen existing background check laws, were passed by the House Judiciary Committee and will be considered by the full House of Representatives. In a nation of survivors we must all demand more of a sense of urgency and effective action from our leaders to stop the slaughter of our children.

During the hearing the gallery was filled with young people, parents of children killed at Parkland, and other survivors demanding that our leaders do something to protect them, not guns. Aalayah ended her testimony: “Rather than listen to special interests, I ask you to listen to the nation's young people and the overwhelming majority of Americans, who have had enough. We have had enough of the gun violence rampant in our schools, in our movie theaters, our places of worship, in nightclubs and restaurants, on our streets, and in our communities. Enough. We have all had enough. I hope you have had enough too and use the power the people have vested in you to do what is right.” May God help enough adults in America choose to stand up and protect the children God has entrusted to our care!

Senate, House Weigh Bills Changing Board of Regents Makeup

By DANIEL OYEFUSI
Capital News Service

ANNAPOLIS, Md. (February 15, 2019)—The University System of Maryland Board of Regents structure would be altered and its decision-making would be made more public under legislation the state Senate and House of Delegates are considering.

The two identical bills would make several changes to the composition of the board. It would add four members; the Senate President and speaker of the House would appoint one each, the state secretary of commerce would join as an ex-officio member, and a second student member would be added. One student member would be allotted one vote for one year.

The board's meetings would be live-streamed and an archive would be made available to the public.

Delegate Ben Barnes, D-Prince George's and Anne Arundel, sponsored the House bill and Sen. Sarah Elfreth, D-Anne Arundel, sponsored the Senate bill.

Elfreth, who served on the Board of Regents as a student member, called the bill a “healthy review of a state organization.”

There are 17 members of the board. Sixteen are appointed by the governor to five-year terms and the student member serves a one-year term.

The measures are reasonable steps to add diversity to the board and keep the fundamental structure of the panel in place, Barnes said.

The bill would also open up the board's decision making to the public, forcing it to make public all votes from open and closed meetings, as well as votes from any sessions relating to the employment or termination of university presidents.

The introduction of these bills comes months after the board received criticism for its handling of an investigation into the University of Maryland football program following the death of 19-year-old offensive lineman Jordan McNair.

McNair died in June after suffering heatstroke at an offseason workout. His death sparked two investigations—both of which the board oversaw—into the football team's medical staff and its culture under head coach DJ Durkin.

After a months-long investigation, the board recommended in October that the university retain Durkin, despite reports that University of Maryland President Wallace D. Loh wanted to dismiss the coach.

The board met in a closed session the week before announcing its decision.

At the news conference, Loh announced he would retire in June 2019. And after widespread backlash from fans, alumni, and even Gov. Larry Hogan, R, he fired Durkin one day later.

The board announced in January that Loh will continue to serve as president through June 2020, and a search committee would be assembled to select his successor.

Regents Chair James T. Brady also resigned following the saga, saying, “my continued presence on the board will inhibit its ability to move Maryland's higher education agenda forward.”

Sen. Jim Rosapepe, D-Prince George's and Anne Arundel, co-sponsor of the Senate bill and a former regent, said he has kept in contact with the board since the fallout.

He acknowledged the board made a “big mistake,” but said it recognized its misstep and took action to fix it. Rosapepe said he was unsure whether there would be any pushback to the legislation at next week's hearings, but called the changes “modest.”

A House committee is set to meet on Tuesday to discuss House bill 533, while a Senate committee would meet on Wednesday for Senate bill 719.

This isn't the sole piece of legislation to be proposed as a result of the debacle at College Park. The House of Delegates introduced a bill, sponsored by Brooke Lierman, D-Baltimore, which would allow student-athletes to unionize. A hearing for that bill is scheduled for March 1.

Governor Larry Hogan Signs Executive Order on Maryland Census

Establishes Statewide Complete Count Committee to Ensure Full Participation in 2020 Federal Census

By PRESS OFFICER
Maryland Governor's Press Office

ANNAPOLIS, Md. (February 15, 2019)—Governor Larry Hogan today signed Executive Order 01.01.2019.03 creating the Maryland Complete Count Committee to develop, recommend, and assist the Maryland Department of Planning as part of the upcoming 2020 Census. The executive order directs the committee and the Department of Planning in the administration of a Census outreach strategy to encourage Maryland's diverse population to fully participate in the 2020 federal decennial Census.

“A complete and accurate count of Maryland's population is essential to the state since it determines Congressional representation, state redistricting, and federal funding allocations for the next 10 years,” said Governor Hogan. “It is of the utmost importance that every resident is counted for the 2020 Census.”

Governor Hogan has appointed Lilian Castillo-Harris and Walkiria Pool to serve as co-chairs of this effort, in which a total of 15 additional members may be part of the committee. The committee will be tasked with developing and implementing, in conjunction with the Department of Planning, a community outreach strategy to encourage full participation in the 2020 Census. Encouraging full participation may include developing partnerships and coordinating with local governments, community organizations, faith-based organizations, and private-sector partners.

Lilian Castillo-Harris is the President and CEO of Workplace Management Group LTD/Hispanos Sin Fronteras, a business enterprise offering services and encouraging the Hispanic community to grow and improve their business organizations. Ms. Castillo-Harris is a resident of Frederick County.

Walkiria Pool is the president and co-founder for Centro de Apoyo Familiar (Center for Assistance to Families), a nonprofit organization located in Prince George's County focused on helping to revitalize and stabilize communities and families through economic, social, and educational empowerment in collaboration with faith-based organizations. Ms. Pool is a resident of Prince George's County.

The Census is a critical process for determining not only federal funding to states, but also important economic decisions for local communities. This year alone, Maryland will receive more than \$13 billion in federal funds that use Census data to determine funding levels.

In addition to apportionment and representation in Congress, Census data is also used to support decision making for many types of planning and programs from economic development, transportation, and emergency management to public health and human service activities.

The majority of the federal funds Maryland receives directly benefits the state's most vulnerable populations, including children and senior citizens. Some of the programs directly impacted by the Census include: Medicaid, SNAP (Supplemental Nutrition Assistance Program), highway construction and the National School Lunch Program.

State agencies and departments will participate in Census activities and designate a Census coordinator to assist in the effort. The committee will prepare an interim report due to Governor Hogan by Dec. 31, 2019, which will include recommendations to achieve a complete count of Maryland's population. The census will be taken on April 1, 2020.

It is critical to note that all Census information is confidential and protected by federal law. Please visit <https://census.gov/> to learn about how the Census and federal funding benefits your community.

Hoyer Slams Trump's Border Emergency Claims, Says There is no Crisis

By BRIAN ABATE and AMBRIAH S. UNDERWOOD
Capital News Service

WASHINGTON (February 13, 2019)—With the threat of another government shutdown looming, House Majority Leader Steny Hoyer, D-Maryland, took aim at President Donald Trump's claims of a border emergency, saying “there is no crisis.”

“The bottom line he found is (the shutdown) isn't good for the country, it's not good for the economy it's not good for our federal employees, but it's not good for every American who is served by the federal government,” Hoyer said at a Capitol Hill press briefing.

Hoyer seemed confident that another shutdown will not happen, but said that he wasn't sure what Trump would do, adding the president “hasn't indicated that he won't sign.”

The House and Senate are expected to vote as early as Thursday on the final legislative package that includes some funds for more border fences and beds for detainees—far less than the nearly \$6 billion Trump sought for a border wall. Congress must pass the bill and the president must sign it by a Friday deadline to avert another partial government shutdown.

Trump expressed confidence that he would get his way on border security.

“I want to thank all Republicans for the work you have done in dealing with the Radical Left on Border Security,” Trump tweeted. “Not an easy task, but the Wall is being built and will be a great achievement and contributor toward life and safety within our Country!”

Trying to combat Trump's claims of an emergency at the U.S.-Mexico border, Hoyer visited the El Paso area last weekend with Reps. Veronica Escobar, D-Texas; Deb Haaland, D-New Mexico; Mary Gay Scanlon, D-Pennsylvania; and Xochitl Torres Small, D-New Mexico.

“The first, most dramatic thing we found was there is no crisis at the border,” Hoyer said.

The House's No. 2 Democrat said there wasn't one specific factor that needed to be addressed to make the border more secure, but rather a combination of many factors, including more personnel and additional technology and infrastructure such as heat sensors and drones.

After speaking with border personnel, Hoyer said, “nobody said there was a crisis at the border.”

“That doesn't mean that there weren't challenges at the border—I want to make that clear,” Hoyer added. “(It) doesn't mean that we don't need to make sure that our borders are secure.”

The Prince George's Post

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Using Health Savings Account (HSA) Funds While on Medicare

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

Dear Rusty:

My understanding is that once I'm on Medicare the HSA cannot be used. I have prescriptions that cost more with the Medicare Insurance than paying cash, so why can't I use the HSA to pay for these types of prescriptions and for DME with prescriptions? **Signed: Wanting to Know**

Dear Wanting: The "HSA" (Health Savings Account) is an excellent vehicle to save money tax-free to use for paying medical expenses not covered by other types of healthcare insurance, but the rules surrounding HSAs are often confusing. To be eligible for an HSA, your main healthcare coverage must be (or have been) a high-deductible plan which exposes you to significant healthcare expenses you must pay "out of pocket." While you are working the HSA provides a savings account that you (and your employer) can contribute pre-tax dollars to, up to certain annual limits (\$3,500 if you're single and \$7,000 for a family in 2019). The money contributed reduces your taxable income and thus your tax burden, and money withdrawn from your HSA account to pay medical expenses is not considered taxable income. Certainly, a win-win situation, but there are some restrictions that you need to be aware of: First, you and your employer must stop making HSA contributions 6 months prior to your date of application for Medicare Part A (hospitalization coverage). Enrollment in Part A is automatic if you are 65 when you apply for Social Security, because you cannot receive Social Security benefits without taking Part A if you are 65. Any HSA contributions made after the cut-off may be subject to tax penalties and they will not be considered pre-tax contributions (this applies to contributions from both you and your employer). But although you can no longer contribute to your HSA 6 months before applying for Part A, you can still use the money which has accumulated in your HSA to pay medical expenses for you and your spouse after you have enrolled in Medicare. A medicine or drug is a qualified medical expense for HSA purposes only if the medicine or drug requires a prescription or is available without a prescription (an over-the-counter medicine or drug) and you get a prescription for it or is insulin.

If you have prescriptions or expenses for durable medical equipment (DME), the cost associated with the purchase or rental of DME which is prescribed by a medical practitioner to alleviate or treat a specific medical condition is a qualified HSA expense. If it costs less to pay cash, you can use the accumulated funds in your HSA account to pay those expenses, rather than using Medicare or a Medicare Advantage plan. And as an extra bonus, you can even get reimbursed for your Medicare Part B (and D) premiums using funds which accumulated in your HSA account while you were working and contributing to it.

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

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 ssad-visitor@amacfoundation.org.

Maryland Small Business Development Center Workshop

SBA WOSB/EDWOSB Certification

February 27, 2019 • 9:30–11:30 a.m.

MD Center for Entrepreneurship
9250 Bendix Rd, Columbia MD 21045

Cost: \$35 • Register: <http://www.mdsbdc.umd.edu>

The WOSB Federal Contract Program was implemented in February 2011 with the goal of expanding opportunities for WOSBs to win Federal contracts by providing a level playing field for WOSBs to compete. It is also intended to assist Federal agencies to meet the contracting goals for WOSBs. The Program allows WOSBs to compete for set-aside contracts or receive sole source awards in industries where women-owned small businesses are substantially underrepresented. It also enables Economically Disadvantaged WOSBs (ED-WOSBs) to compete for set-aside contracts or receive sole source awards in industries where women-owned small businesses are underrepresented.

Here are topics that will be discussed and you will benefit in attending the workshop:

- Companies that want to learn more about the contracting process
- Identifying Opportunities
- Meeting the Buyers
- Finding the Right Partner
- Sole Source Contracting
- RFP/RFQ Cycle
- Five Selling Strategies
- Registered WOSB and EDWOSB contractors and those who desire to be so.
- Companies that want more contracts as well as those who desire their first contract

Holy Cross Hospital Named Among Top U.S. Hospitals

Holy Cross Hospital named to Healthgrades 2019 America's 250 Best Hospitals for Clinical Outcomes

By KRISTIN FELICIANO
Holy Cross Health

SILVER SPRING, Md. (Feb. 14, 2019) — Holy Cross Health today announced that Holy Cross Hospital has achieved the Healthgrades 2019 America's 250 Best Hospitals Award™. The distinction places Holy Cross Hospital in the top 5 percent of more than 4,500 hospitals assessed nationwide for its superior clinical performance as measured by Healthgrades, the leading online resource for comprehensive information about physicians and hospitals.

"I am pleased that Holy Cross Hospital once again has been recognized as one of the top-quality hospitals in the nation," said Holy Cross Hospital President Louis A. Damiano, MD. "We are proud to have earned this award for our culture of quality and safety, and we are even prouder of all the doctors, nurses, allied health professionals and other colleagues who are committed to consistently delivering excellent care for our patients."

Holy Cross Hospital is the only hospital in Montgomery County and one of only five in Maryland to be recognized with this award for three consecutive years.

"Consumers have several hospitals to choose from, so it's important they understand which hospitals achieve the best clinical outcomes," said Brad Bowman, Chief Medical Officer at Healthgrades. "Recipients of the Healthgrades America's 250 Best Hospitals Award are setting the bar in patient care."

From 2015 through 2017, patients treated in hospitals achieving the award had, on average, a 27.1 percent lower risk of dying than if they were treated in hospitals that did not receive the award, as measured across 19 rated conditions and procedures for which mortality is the outcome.*

And during that same period, if all hospitals performed similarly to those achieving the Healthgrades America's 250 Best Hospitals Award, 168,165 lives could potentially have been saved.

The Holy Cross Health system has a demonstrated track record for superior performance in caring for patients across multiple service lines. As a leader in providing innovative and quality health care, Holy Cross Health has received numerous clinical awards, recognitions, designations and accreditations in areas such as joint, spine, gy-

necologic and bariatric surgery, as well as stroke care, women's health and oncology.

In 2019, Holy Cross Hospital was also recognized by Healthgrades with the America's 100 Best Hospitals for Critical Care award, the Critical Care Excellence Award, Five-Star recipient for Treatment of Sepsis, Five-Star recipient for Treatment of Pulmonary Embolism and a Five-Star for Treatment of Respiratory Failure.

For media inquiries, contact Kristin Feliciano, chief strategy officer, Holy Cross Health, at 301-754-7017.

To learn more about how Healthgrades determines award recipients, and for more information on Healthgrades Quality Solutions, please visit www.Healthgrades.com/Quality.

To learn more about Holy Cross Health's awards and recognitions, visit www.HolyCrossHealth.org/Awards.

Holy Cross Health, founded in 1963 by the Sisters of the Holy Cross, is a comprehensive Catholic health care delivery system that includes two hospitals and a network of community health centers in Montgomery County, Maryland. Holy Cross Hospital, the largest hospital in Montgomery and Prince George's Counties, is located on the Kevin J. Sexton Campus of Holy Cross Health in Silver Spring.

*Statistics are based on Healthgrades analysis of MedPAR data for years 2015 through 2017 and represent 3-year estimates for Medicare patients only.

Legislation Would Stiffen Penalties For Ransomware Attacks

By JARED BEINART
Capital News Service

ANNAPOLIS, Md. (February 13, 2019)—Using ransomware to hold computers hostage would draw stiffer penalties under legislation—prompted in part by attacks on Maryland hospitals over the past few years—state lawmakers are considering.

The legislation, which would enforce tougher penalties for those convicted of ransomware crimes, was spurred by attacks like those on the University of Maryland Medical System in 2018 and on the Salisbury Police Department in January.

Hospitals and health care centers remain one of the most vulnerable industries to ransomware attacks, which could lead to disruptions of critical information systems, loss of data and even patient fatalities.

Maryland Senate bill 151, cross-filed with House bill 211, would define ransomware attacks that result in a loss greater than \$1,000 as a felony, subject to a fine of up to \$100,000 and a maximum sentence of 10 years in prison.

Under current Maryland law, a ransomware attack that extorts a loss less than \$10,000 is considered a misdemeanor, while a breach that results in a loss greater than \$10,000 is a felony.

Ransomware is a specific malware software that allows hackers to seize control of and access to computers and the data stored within those devices.

The attackers then refuse to release control of the devices and information until a ransom is paid.

Unpaid demands can create further problems for the victims: The ransom can increase or the hackers can permanently delete the data, according to a state analysis.

"Even when (victims) do pay the ransom there is not necessarily a guarantee that they will receive the data back,"

Markus Rauschecker, the cybersecurity program manager for the University of Maryland Center for Health and Homeland Security, said during a bill hearing Jan. 31.

The bill will also introduce a new criminal offense, which prohibits violators from simply possessing ransomware with the intent to use it, with an exception for researchers, according to a state analysis.

The new legislation would authorize courts to award damages and cover attorney fees and costs for the victims of an attack, according to a state analysis.

"No industry is safe from ransomware, most importantly our hospitals," bill sponsor Sen. Susan Lee, D-Montgomery, said.

Ransomware attacks on hospitals are a continuing problem across the country and often create major problems for the facilities, including loss of lives, misdiagnoses and other technological disadvantages for doctors and patients, Lee told Capital News Service.

In 2018, the University of Maryland Medical System's information technology infrastructure was victim to an attempted malware infiltration.

The medical system was able to subdue the attack by implementing backup servers to ensure patient care was uninterrupted, according to a press statement.

"The most frightening part about (ransomware attacks) is that hospitals and health care sectors are especially vulnerable," Rauschecker said. "This can ultimately mean deaths in hospitals."

Attacks can have serious consequences due to a lack of access to electronic data or medical devices available to doctors and staff during a breach, Rauschecker said.

A 2017 Vanderbilt University research paper estimated that more than 2,000 deaths per year could be attributed to ransomware attacks on hospitals.

In 2016, Maryland's MedStar Health sys-

tem was subject to a ransomware attack that also targeted government agencies, cities and businesses around the nation. The hackers were able to get around \$6 million and caused their victims to lose more than \$30 million, according to a state analysis.

Rauschecker said that ransomware attacks are one of the "fast growing" areas within cyber crime.

SonicWall, a cyber-crime security company, reported about 181.5 million ransomware attacks in the first six months of 2018—more than doubled over the same time period in 2017, but a marked decrease from the rate of attacks in 2016.

"This bill passing will be the start of raising the concern of (ransomware attacks) and how big this problem is," Maryland State's Attorneys' coordinator Steve Kroll said during the bill hearing.

In January, the Salisbury Police Department suffered a ransomware attack that affected their computer systems, including email and network servers, as well as its record management systems, Capt. Rich Kaiser said.

Kaiser emphasized that while the department had no access to data during the attack, there is no evidence of police department data being stolen due to an "intricate file backup system."

Kevin Kornegay, a professor in the school of electrical and computer engineering at Morgan State University, theorizes that while cyber breaches are targeting big corporations, ransomware attacks remain a "massive threat to small (and) mid-sized businesses," which in many instances often go unreported.

This is because ransomware attacks have commonly been found in "phishing emails" and websites with clickbait—often the attacks are minor—and small businesses tend not to report them, according to Kornegay.

Homeownership in Washington, D.C., and Prince George's County, Maryland, to Get \$7.1 Million Boost
NeighborhoodLIFT® program will offer homebuyer education plus \$20,000 down payment assistance grants; special parameters for veterans, military, teachers and first responders.

Interested homebuyers:

Register at www.wellsfargo.com/lift to attend the FREE event on Friday, Feb. 22, from 10 a.m.–7 p.m. and on Saturday, Feb. 23, from 9 a.m.–2 p.m. at the Washington Hilton, 1919 Connecticut Ave NW, Washington, D.C. 20009. Walk-ins also are welcome while grants are available for reservation.

- Military service members, veterans, teachers, law enforcement officials, firefighters and emergency medical technicians are eligible for an additional \$2,250 in down payment assistance and can earn up to 100 percent of the area median income, bringing their total assistance to \$22,250.
- Complimentary face-to-face homeownership counseling is available to up to 650 consumers—a \$325,000 commitment. Interested homebuyers can receive a voucher at the NeighborhoodLIFT launch event.

Black History Month 2019 Program: Living IN the American Dream: The Path to Home Ownership

Saturday, February 23, 2019, 12 noon–4 p.m.

Black migration and immigration to Prince George's County has often been fueled by the desire to purchase a home, a central element of the "American Dream." However, affordable housing continues to decrease in the Washington, D.C. region, creating barriers for large numbers within the black community. Join us for a panel discussion and mini-housing fair where attendees can discuss the obstacles within the regional housing market. Experts in the local real estate market will also be available to discuss how to overcome these obstacles in order to embark on the path to home ownership.

Cost: FREE! • Ages: All ages are welcome
Montpelier Arts Center
9652 Muirkirk Rd, Laurel, MD 20708
301-377-7800

OUT on the TOWN



Frederick Douglass

BICENTENNIAL CELEBRATION

Banneker-Douglass Museum

Governor Larry Hogan Closes the “Year of Frederick Douglass” With a Celebration at Banneker-Douglass Museum

Over 9000 Visitors, 30 Events During Commemorative Year

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, Md. (February 11, 2019)—Governor Larry Hogan addressed more than 200 visitors during a celebration held on Saturday, February 9 at the Banneker-Douglass Museum to conclude the “Year of Frederick Douglass.” The program included remarks from guest speaker Kenneth B. Morris, descendant of Frederick Douglass and Founder of Frederick Douglass Family Initiatives, as well as a performance by the Naval Academy Gospel Choir. The “Year of Frederick Douglass,” which ran from February 14, 2018–February 14, 2019, was announced last February when Governor Hogan issued a proclamation establishing the commemorative year in observation of the bicentennial of the birth of the renowned abolitionist and Maryland native.

“This much-deserved tribute has helped us honor the great legacy of an incredible Marylander and a true American icon,” said Governor Hogan. “I want to sincerely thank everyone who has been involved in making this year of Frederick Douglass an incredible success.”

To celebrate the “Year of Frederick Douglass,” Banneker-Douglass Museum hosted over 30 Frederick Douglass-themed events, drawing in more than 9000 visitors. The celebration on Saturday, was co-hosted by the Maryland Commission on African-American History and Culture and the Banneker-Douglass Museum Foundation, Inc.

“As we conclude the ‘Year of Frederick Douglass’, we are honored to host this culminating celebration to recognize one of Maryland’s most noted African Americans,” said Chanel Compton, Director of the Banneker-Douglass Museum.

“Over the past year, more than 9,000 visitors have joined us to learn about the rich heritage, history, and culture of Maryland’s African American communities, and we continue our commitment to excellence and innovation as we invite all members of the public to visit Maryland’s official museum of African American heritage.”

Located in downtown Annapolis since 1984, the Banneker-Douglass Museum has continued to engage visitors of all ages and backgrounds to share the rich cultural traditions and history of Maryland’s African American community through programs and exhibitions highlighting the importance of education, community, and historic preservation.

Last April, in addition to various Frederick Douglass-themed programs, Banneker-Douglass Museum announced the opening of the Douglass Reading Room. Open until February 28, 2019, the interactive exhibit brings to life the writings and living quarters of Frederick Douglass while connecting historical themes with modern day discussions. The “Douglass Reading Room” has hosted book readings, art exhibits, and educational workshops; and served as a space for dialogue, exploration, and learning. To see a full list of exhibitions on display at Banneker-Douglass Museum, visit: <https://bdmuseum.maryland.gov/exhibitions/>.

Banneker-Douglass Museum is a unit of the Governor’s Office of Community Initiatives. The Banneker-Douglass museum is open to the public Tuesday through Saturday from 10 a.m.–4 p.m. Admission is free. To learn more about Banneker-Douglass Museum, visit: <http://bdmuseum.maryland.gov/>.



PHOTO COURTESY OF OFFICE OF CONGRESSMAN STENY HOYER

Pictured from left: Professor Mark Leone, Ken Morris, Congressman Hoyer

Hoyer Meets With the Family of Frederick Douglass

By ANNALIESE DAVIS
Office of Congressman Steny Hoyer

WASHINGTON, DC (February 12, 2019)—Yesterday, Congressman Steny H. Hoyer (MD-05) met with Ken Morris, the great-great-grandson of Frederick Douglass and the great-great-grandson of Booker T. Washington, and University of Maryland Professor Mark Leone. Ken Morris serves as Chair of the Commission celebrating the Bicentennial Anniversary of Frederick Douglass’ birth. He is co-founder and president of Frederick Douglass Family Initiatives, a non-

profit which seeks to continue the legacy of Frederick Douglass. Professor Leone has led excavations of the Wye House Plantation on Maryland’s Eastern Shore.

“I was very pleased to have the opportunity to meet with Ken and Professor Leone to learn more about the important life and legacy of Marylander Frederick Douglass,” said Congressman Hoyer. “Frederick Douglass was a great American, a son of Maryland, and a civil rights hero. During Black History Month, let us reaffirm our commitment to the work of Frederick Douglass and other leaders in the abolitionist movement.”

Learn more about Frederick Douglass:

Frederick Douglass-Isaac Myers Maritime Park

Open to the public. Chronicles the saga of Frederick Douglass’ life in Baltimore as an enslaved child and young man.

1417 Thames St, Baltimore, MD 21231 • Phone: 410-685-0295
• Open daily, 10 a.m.–4:30 p.m.; Sat–Sun, 12 noon–4 p.m.

ERIC D. SNIDER’S IN THE DARK

.... Movie Review

Escape Room

Escape Room

Grade: B-
Rated PG-13, some profanity,
a lot of moderate violence
1 hr., 39 min

There’s something comforting about the fact that any popular new phenomenon will eventually be turned into the premise for a horror movie. For example, escape rooms are big lately. You and a few friends get locked in a room and have to solve puzzles to get out; if you don’t do it in time, you “die” (i.e., the zombies get you, or whatever the game’s theme was). The movie version of this, simply called “Escape Room,” seizes upon the obvious idea of “What if this game turned out to be real?!” and spins it into a diet version of the “Saw” franchise: PG-13, modestly inventive, fun rather than gruesome, with a few characters who are even likable.

It practically writes itself (though it was actually written by Bragi F. Schut and Maria Melnik), with the only variation from what you’d expect being that it’s a group of six strangers, not friends. Our heroine is Zoey (Taylor Russell), a timid but bright college student with a head for puzzles who responded to the anonymous invitation because her professor challenged her to do something outside her comfort zone. Before getting to the escape room we also meet Ben (Logan Miller), a grocery stock boy who yearns for more in life, and Jason (Jay Ellis), an arrogant stock broker; once

one is an oven; one is upside-down; etc. None of the players were chosen randomly (their backstories prove relevant), and we gather pretty quickly that the details of the rooms aren’t random, either.

The variety in locations allows for visual creativity—the upside-down room is especially cool—while inspiring different responses in the participants. Jason the hotshot money guy can’t believe they’re in real danger (where’s the profit margin in actually killing your customers?), while Zoey quietly scurries around gathering clues and evidence. Danny thinks the whole thing is great and not at all suspicious: “I feel like I’m playing the world’s funnest game with the world’s meanest people.”

Well, Danny is wrong, as everyone learns soon enough. But director Adam Robitel (“Insidious: The Last Key”) doesn’t torture anybody—there are no

“saw off your arm to save your life” scenarios here—and he gives the story a good-natured, funhouse feel despite its dark premise. There’s humor in some of the characters’ interactions and breathless tension in the diabolical contraptions they face. As with nearly every film about a group of strangers being brought together by a mysterious entity, the eventual explanation for it all is disappointing, and there were at least two moments when I thought the movie was over before it actually was. But Zoey is a plucky girl worth rooting for, supported by characters who are either appealing or awful in appealing ways. It’s noteworthy that while this is a movie about people being killed off one by one, there were only one or two characters whose deaths I was eager to see. That alone separates it from the horror flicks populated entirely by jerks and morons.



ROTTENTOMATOES.COM

Escape Room is a psychological thriller about six strangers who find themselves in circumstances beyond their control and must use their wits to find the clues or die.

Calendar Spotlight

Black History Month Presentations in Bowie

Meet W.E.B. Dubois, A Man of His Times

Date and Time: Saturday, February 23, 2019, 12–1 p.m.
Description: Join us as living history interpreter, storyteller and actor, Bill Grimmette portrays W.E.B. DuBois, one of the most influential African American activists of the early 20th century.

Benjamin Banneker: Man of Science

Date and Time: Saturday, February 23, 2019, 2–3 p.m.
Description: Benjamin Banneker was a mathematician, author, astronomer, farmer, urban planner and so much more. Stop by and sit a spell as Sharon Schueler, from the Benjamin Banneker Historical Park and Museum, shares the life of this remarkable man.
Cost: Free
Ages: All ages are welcome
Location: Belair Mansion, 12207 Tulip Grove Dr, Bowie, MD 20715
Contact: 301-809-3089 or museumevents@cityofbowie.org.

OPEN TO THE PUBLIC



PHOTO COURTESY CITY OF BOWIE

Belair Mansion, listed on the National Register of Historic Places, offers a look at Bowie’s earliest history. Built circa 1745 for Provincial Governor Samuel Ogle and his wife, Anne Tasker Ogle, the Mansion later became one of the homes of William Woodward, noted American horseman of the 20th century. Enlarged by Woodward in 1914, the Mansion today reflects its 250-year use as a residence. Today, the Mansion interprets the lives of residents from 1747–1950. Open Tuesday through Sunday 12 noon to 4 p.m. Tours for groups of 10 or more are available by appointment. Admission is free; donations are welcomed. The Mansion is also available for rentals for groups of 75 or less persons. For more information call 301-809-3089.

Belair Mansion: 12207 Tulip Grove Dr., Bowie, MD 20715 • 301-809-3089 • <https://www.cityofbowie.org/288/Belair-Mansion>

Calendar of Events

February 21–February 27, 2019

Spring Farm Life 200 Years Ago

Date and Time: Saturday, February 23, 2019, 11 a.m.
Description: What did farmers do 200 years ago in the winter and spring days of February and March? Through the work of Eric Sloane, famous for his drawings and paintings of Early American Life, and with examples of the tools farmers then wielded, listen to a Ranger talk on pioneer days in the woods of Greenbelt.
Cost: Free; Meet at the Ranger Station.
Ages: Ages 8 and above
Location: Greenbelt Park, 6565 Greenbelt Road, Greenbelt, MD 20770
Contact: 301-344-3944, <http://www.nps.gov/gree>

By Any Ink Necessary Book Festival

Date and Time: Saturday, February 23, 2019, 11 a.m.–4 p.m.
Description: The Friends of the New Carrollton Library are sponsoring a Black History Month fundraiser.
Cost: Free
Ages: Adults
Location: New Carrollton Branch Library, 7414 Riverdale Rd., New Carrollton, MD 20784
Contact: 301-459-6900

African American Women in Music Lecture Series: The Music of Portia Washington Pittman

Date and Time: Saturday, February 23, 2019, 1 p.m.
Description: Historian Susan Pearl discusses the Music of Portia Washington Pittman, who was the oldest and only daughter of Booker T. Washington. An accomplished pianist, she completed her college degree in music at Bradford Academy in Massachusetts. October 1907, she married architect William Sydney Pittman, and settled with him in Fairmount Heights, Prince George's County, Maryland. Presented by Marietta House Museum and Prince George's County Historical Society. Light refreshments will be served during a meet and greet following the program.
Cost: \$5/person. *Call to reserve your seat!*
Ages: All ages are welcome
Location: Marietta House Museum, 5626 Bell Station Road, Glenn Dale, MD 20769
Contact: 301-464-5291; TTY 301-699-2544

Black History Month Presentation: Jubilee Voices

Date and Time: Saturday, February 23, 2019, 1–3 p.m.
Description: Join us for a spiritually uplifting event! The Washington Revels, Jubilee Voices ensemble, will perform songs and stories of struggle, perseverance, trials, and triumphs of African-Americans as expressed through a cappella music.
Cost: Free
Ages: All ages are welcome
Location: Trinity Episcopal Church, 14515 Church St, Upper Marlboro, MD 20772
Contact: 301-952-8010; TTY 301-699-2544

Poetry Jam! Black History Month

Date and Time: Saturday, February 23, 2019, 2 p.m.
Description: Join us for a celebration of Harlem Renaissance Poetry in honor of Black History Month. We will be creating poetry. Poetry novices are welcome.
Cost: Free
Ages: 5–12
Location: Accokeek Branch Library, 15773 Livingston Rd., Accokeek, MD 20607
Contact: 301-292-2880

Soul in Motion Players: Drum Call

Date and Time: Saturday, February 23, 2019, 8 p.m. and Sunday, February 24, 2019, 4 p.m.
Description: Soul in Motion celebrates 35 years of artistic excellence through universal rhythm that connects us all. Experience the rich culture of West Africa with this treasured DC dance company. Combining colorful costumes, spirited movements, and energetic drumming rhythms, this expert ensemble delivers an exciting performance that inspires all ages.
Cost: Adults: \$28.00 each; Students, Seniors, Veterans: \$17.00 each. Buy tickets at www.joesmovement.org
Ages: All ages are welcome
Location: Joe's Movement Emporium, 3309 Bunker Hill Road, Mt. Rainier, MD 20712
Contact: 301-699-1819

PRAISE Liturgical Dance Festival

Date and Time: Sunday, February 24, 2019, 4–6 p.m.
Description: The annual dance festival presents top liturgical dance companies selected through an audition. Inspiring and colorful, this moving program showcases talent in the area.
Cost: \$25/person; \$20 students, senior, and groups of 20 or more. Purchase tickets through PARKS DIRECT!
Ages: All ages are welcome
Location: Publick Playhouse, 5445 Landover Road, Cheverly, MD 20784
Contact: 301-277-1710; TTY 301-699-2544

Family Games: Black History Trivia

Date and Time: Tuesday, February 26, 2019, 4 p.m.
Description: Come test your Black History knowledge and compete for prizes in our trivia game. Compete individually or on teams; this program is great for the whole family. Sponsored by the Friends of the Oxon Hill Library.
Cost: Free
Ages: 5–12
Location: Oxon Hill Branch Library, 6200 Oxon Hill Rd., Oxon Hill, MD 20745
Contact: 301-839-2400

Meet Dr. King

Date and Time: Wednesday, February 27, 2019, 10:15–11 a.m.
This event has an additional performance starting at noon!
Description: "Meet Dr. King" is an excellent introduction to the life and work of one of America's most influential men, Dr. Martin Luther King, Jr. This Bright Star Theatre show is perfect for younger audiences and serves to introduce students to major concepts of Black History such as freedom, integration, and equality.
Cost: \$8/person; \$6/person in groups of 20 or more. Purchase tickets through PARKS DIRECT!
Ages: Recommended for grades K through 5th
Location: Publick Playhouse, 5445 Landover Road, Cheverly, MD 20784
Contact: 301-277-1710; TTY 301-699-2544

FROM THE PRINCE GEORGE'S ARTS COUNCIL:

Join Us February 23 For Black Migration—Telling Our Story Through Poetry

The Office of the Poet Laureate is pleased to announce that Hoke Glover, also known as Yao Glover/Brother Yao, will be the Featured Poet at the second event of the Poet Laureate Reading Series. This month's event, on Saturday, February 23, 2019 from 1–3 p.m., celebrates the rich history of African-Americans, and will also feature Youth Poetry Ambassador, Zainab Ahmed, Alto, Christine Jenkins, Djembe Drummer, Doc Powell and Prince George's Poet Laureate Sistah Joy.
Poet Laureate Reading Series
The Poet Laureate Reading Series is a free-to-the-community monthly recurring event that will include at least one featured poet and an open mic. This monthly series will "travel" through-

out each of Prince George's 9 Councilmanic District to provide an opportunity for poets and poetry enthusiasts of all ages and interests to hear and be heard on issues of relevance in their respective communities. Persons of all ages are invited to attend and participate.

Where?

Prince George's African American Museum and Cultural Center
4519 Rhode Island Avenue
North Brentwood, MD 20722
For more information, contact:
Sistah Joy, sistahjoy@pgahc.org

"Beyond Mere Tolerance and Toward Mutual Respect" Religious Groups Partner for Interfaith Dialogue, February 24

By KHALIL SHADEED

Davies Memorial Unitarian Universalist Church

CAMP SPRINGS, Md. (February 8, 2019)—The Interfaith Council of Suburban Maryland and Davies Memorial Unitarian Universalist Church join forces to present an interfaith dialogue on the topic of "Beyond Mere Tolerance and Toward Mutual Respect," at 1:30 p.m. on Sunday, February 24 in the Davies sanctuary at 7400 Temple Hill Road, Camp Springs MD.

A panel of Christian, Jewish, Muslim, and Unitarian Universalist clergy will offer brief presentations followed by a period of questions, answers, and open conversation. Participants include:

Pastor Norman Allen serves as minister to Davies Memorial Unitarian Universalist Church. He received his M.Div. from Wesley Theological Seminary in Washington, DC, and his M.A. from St. John's College in Annapolis. In addition to his work as a minister, he is an award-winning playwright and essayist.

Rev. Dr. Veronice Miles is Associate Professor of Preaching at Wesley Theological Seminary and taught previously at Wake Forest University School of Divinity. Ordained Baptist, she has participated in various facets of church and community ministry for more than 40 years.

Khalil Shadeed is founder and former president of the Islamic Society of Prince George's County, the president of Read1 Communications, and producer of the television program "The Scholar's Chair," which seeks to inform the world of the Islamic philosophy of Al-Tawhid; the oneness of God; the unity of all knowledge.

Rabbi Josh Jacobs-Velde holds a MA in Peace Studies at the University of Notre Dame in addition to his rabbinical studies at the Reconstructionist Rabbinical College. He and his wife Daria served as co-rabbis at Congregation Ohev Tzedek in Ohio and now serve Oseh Shalom in Laurel, MD.

Admission to the event is free. Ample parking is available.

Maryland Departments of Environment, Education Announce Idle Free MD Program to Reduce School Bus Emissions

By PRESS OFFICERS

State of Maryland Agency News

BALTIMORE, Md. (Feb. 7, 2019)—The Maryland Department of the Environment and the Maryland State Department of Education are collaborating on a new Idle Free MD program to reduce school bus emissions and other vehicular emissions in school arrival and departure areas.

A total of 23 schools in eight counties and Baltimore City, who already have enacted anti-idling measures in their bus loading zones, are the original members of the anti-idling program.

"Maryland is leading the way for clean air and healthy school grounds and it starts by stopping the needless idling of engines," said Environment Secretary Ben Grumbles. "Children are particularly vulnerable to vehicle exhaust pollution, which can cause cancer, asthma, and other serious illnesses."

"Students should be safe from harm while in the classroom, walking to school, or taking the bus. The Idle Free MD program is part of the state's overall effort to strengthen student safety and preserve the environment for future generations," said Dr. Karen Salmon, State

Superintendent of Schools. "We are gratified that so many schools and school systems have stepped forward voluntarily to join in this program. We expect them to be the first of many."

Monitoring at schools has shown elevated levels of air toxins during the afternoon hours coinciding with school dismissal. Reduced vehicle and school bus idling would provide Maryland with significant reductions in carbon dioxide, particulate matter, and nitrogen oxide pollution, while improving the health of all Maryland citizens.

According to studies, idling for more than 10 seconds uses more fuel and results in the production of more carbon monoxide than stopping and restarting a car engine. Under normal use, drivers can turn their engines on and off without concern about wearing out the starter or the battery prematurely. Idling damages engines and decreases engine life. Modern vehicles warm up faster by being driven than by idling.

MDE's Idle Free program is a clean air strategy focusing on trucks, buses, and cars to cut pollution and save gas through reduced engine idling. It fits closely with the state's plan for VW settlement dollars and other

funds to boost clean transportation, including the pilot testing of electric school buses. The initiative is also part of the Hogan administration's broader statewide and regional strategy to reduce vehicle and power plant pollution that could threaten public health and the Chesapeake Bay. Maryland's Environmental Education program is designed to help students make decisions and take actions that create and maintain a positive relationship between themselves and the environment, and to preserve and protect the unique natural resources of Maryland, particularly those of the Chesapeake Bay and its watershed.

The original members of the program [in Prince George's] county are:

Prince George's—Apple Grove, Capitol Heights, Paint Branch, and Pointer Ridge elementary schools

All schools in Maryland are encouraged to develop and implement anti-idling campaigns. For more information about the Idle Free MD school bus effort click here. Resources in the Idle Free MD toolkit are available at the link to help schools educate the school community about the hazards of idling and create idle reduction policies.

Earth TALK™ Zero-Waste Shopping Finally Catching on in U.S.

Dear EarthTalk:

I've heard about "Zero Waste" grocery stores in Europe where everything is sold in bulk and customers bring and fill up their own reusable containers and bags. When will we get some of these here on this "side of the pond"?
—Jane Smith, Boston, MA

Many mainstream American grocery stores and chains now have bulk sections for dried foods like nuts and spices, though most everything else still comes sealed in plastic, cardboard, aluminum or glass, which customers then recycle or discard once they devour the contents.

The U.S. Environmental Protection Agency (EPA) estimates that containers and packaging make up almost a quarter of all landfill waste, with the average American generating four pounds of trash a day, most of it food-related. Furthermore, Americans

throw out about a third of the food we buy, largely because we're forced to buy more than we need due to the way food is pre-packaged for sale.

One solution to both of these problems is the "zero-waste" grocery store which sells in bulk (or "loose") to customers who bring their own containers and shopping bags and fill them up with just the amount of food they will eat. Besides the obvious environmental benefits of reducing the stream of waste to landfills and energy-intensive recycling processors, zero-waste grocery stores also tend to be easier on the wallet—given that packaging adds upwards of 40 percent to the cost of many everyday food items.

Zero-waste food stores began turning up in Europe in just the last 15 years. The success of stores like Germany's Original Unverpackt, France's Day By Day, Denmark's LØS Market and the UK's Bulk Market and Earth.Food.Love shows a strong

proclivity, at least in Europe, for a green grocery experience.

Zero waste markets are a harder sell in the U.S., but that hasn't stopped a few entrepreneurs from trying. The nation's first zero waste grocery store, In.redients in Austin, Texas, opened with fanfare in 2012 but had trouble competing with a nearby traditional grocery store—and finally shut its doors for good in April 2018. "We realized ... we weren't

changing shoppers' habits," Erica Howard Cormier, In.redients' former GM, told CNBC. "You have to plan a lot to go to the grocery store with your own containers, and people would go to the store across the street because they forgot their container."

Nevertheless, others have ventured forth undaunted. Some of the biggest are Precycle and the Filling Station in New York City, Dill Pickle Co-op in Chicago, Simply Bulk Market and Zero Market in Colorado, the Refill Shoppe near Los Angeles, People's Food Co-op in Portland, OR and Central Co-op in Seattle. And in Vancouver, BC is Nada, one of the biggest and most successful zero waste markets in the world. The store claims to have diverted some 30,500 containers from landfills since opening in 2014.

A search on the Litterless.com's "Zero Waste Grocery Guide" turns up dozens of zero waste grocery options in most major U.S. metropolitan areas, even if some are smaller specialty stores or just sections in traditional markets. So grab a few tupperwares and that old college reunion tote bag and get shopping!

CONTACTS: Original Unverpackt, original-unverpackt.de; Day By Day, daybyday-shop.com; Bulk Market, bulkmarket.uk; LØS Market, www.loes-market.dk; Earth.Food.Love, thezerowasteshop.co.uk; The Bulk Market, www.bulkmarket.uk; Nude Foods, nudefoods.co.za; The Refill Shoppe, therefillshoppe.com; The Filling Station, tfsnyc.com; Simply Bulk Market, www.simplybulkmarket.com; The Zero Market, www.thezeromarket.com; Nada Grocery, www.nadagrocery.com; Litterless' Zero Waste Grocery Guide, litterless.com/wheretoshop.

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



IMAGE COURTESY EARTHTALK

Brooklynites can indulge in some zero waste shopping for groceries at Precycle in Bushwick. Don't forget your own containers!

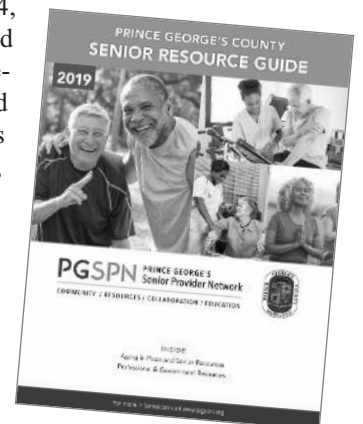
COUNTY CHURCH DIRECTORY

Prince George's County Launches Senior Resource Guide

County Partners with Prince George's Provider Network to Produce a Comprehensive Directory of Local Agencies, Business and Non-Profit Organizations Dedicated to Serving Older Adults.

By JERMONI DOWD
Prince George's County Department of Family Services

CAMP SPRINGS, Md. (Feb 14, 2019)—In an effort to expand and create a more comprehensive resource directory of information and referral services for older adults and individuals with disabilities, the Prince George's County, Department of Family Services, Aging and Disabilities Resource Center (ADRC) has partnered with the Prince George's County Provider Network to announce the 2019 Senior Resource Guide.



The guide will serve as a reference tool, including a listing of services provided by county agencies, businesses and non-profits serving older adults.

"There are more than 170,000 adults over the age of 60 in Prince George's County, and we are dedicated to providing exceptional services to seniors, caregivers, and their family members," said County Executive, Angela Alsobrooks. "Together, with the Prince George's Senior Provider Network, the 2019 Senior Resource Directory can help meet the emerging needs of our treasured seniors by providing resources available right here in the county."

The Prince George's Senior Provider Network will begin distributing over 17,000 copies of the resource guide during the month of February to the Aging and Disability Resource Center, senior activity centers, public libraries and various community partners. Resource information within the guide will include:

- A Senior Transportation Guide
- A Listing of Subsidized, Affordable Senior Housing
- An Overview of Senior Programs and Services
- A Listing of Support Groups
- Recreational Opportunities, and more.

For more information about services, programs, or activities for older adults and persons with disabilities, please call 301-265-8450 or Maryland Relay 711.

The Aging & Disabilities Services Division assists older adults, persons with disabilities, and their family members with navigating long-term care service and support systems. Through a broad range of comprehensive services and programs, the purpose of the Aging and Disabilities Services Division is to help seniors maintain the highest possible quality of life, with independence and dignity and help family members with the challenges of the aging process.

The PGSPN is a non-profit, 501C3 organization whose mission is to improve and enrich the quality of life for Prince George's County seniors and their caregivers. Members of PGSPN include businesses, non-profits and government representatives dedicated to serving County seniors through collaboration, education, and service to the community.

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Pastor

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www.westphaliaum.org

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20785 (301) 773-6655

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Sunday Worship:
7:30 a.m., 11:00 a.m.
Saturday Worship:
6:30 p.m.

'WONDERFUL WEDNESDAYS WITH JESUS':
12 noon (The Power Hour) and 6:45 pm

"A Time of Prayer, Praise, Worship, & The Word"
Dr. Henry P. Davis III, Pastor
www.fhbp.org

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First Baptist Church of College Park
Welcomes You Where Jesus Christ Is Lord and King
Stephen L. Wright, Sr., Pastor

5018 Lakeland Road
College Park, MD 20740
301-474-3995
www.fbc-cp.org

Sunday School 9:30a.m.
Sunday Worship 11a.m.
Holy Communion 1st Sunday
Wednesday Bible Study 7-8p.m.
Wednesday Prayer Service 8p.m.

UNITED METHODIST

Union
United Methodist Church

14418 Old Marlboro Pike,
Upper Marlboro, MD

Church (301) 627-5088

Sunday School: (Children/Adults) - 8:30 a.m.
Sunday Worship: 10:00 a.m.

Rev. Kendrick D. Weaver, Pastor

Have a Safe Weekend

Church Directory Advertisements are paid ads.

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S. G. Spottswood A.M.E. Zion Church
419 Hill Road, Landover, MD
20785 • 301-490-2625
Rev. Jonathon Counts, Pastor

"We are training disciples to experience victory in every area of their lives"

Matthew 28:19-20
Sunday School 9:00 a.m.
Morning Worship 10:00 a.m.
Sound of Victory Prayer Call
Wednesdays 9:00pm
(712) 770-4160,
Access Code 929037
Soulful Thursdays
Bible Study 7:00pm

BAPTIST

Forest Heights Baptist Church
We exist to strengthen your relationship with God.
6371 Oxon Hill Road
Oxon Hill, Maryland 20745
Sunday School
(Adults & Children) - 9:30 A.M.
Worship Service - 11:00 A.M.
Wed. Prayer Service & Bible Study - 7:00 P.M.
Office (301) 839-1166
Fax (301) 839-1721
E-mail: FHBC@verizon.net
Pastor: Rev. Waymond B. Duke

COMMUNITY CHURCH

WORD OF GOD COMMUNITY CHURCH
"The Church Where Everybody is Somebody and Jesus is Lord"

4109 Edmonston Road Bladensburg, MD
(301) 864-3437

Intercessory Prayer: Sundays - 8:30 a.m.
Church School: - 9:15 a.m.
Morning Worship Celebration- 10:30 a.m.
Wed. Night Bible Study - 7:45 p.m.
Elder Willie W. Duvall, Pastor

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CHRISTMAS IN APRIL OF PRINCE GEORGE'S COUNTY BENEFIT DINNER/DANCE
February 23, 2019, 6:00–10:30 pm

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.

Free Entrepreneur Training For Veterans

Is Entrepreneurship the right choice for you?
Do you have a business idea but not sure where to start?
Do you have a business and want to take it to the next level?

Want to know more? Register for the Project Opportunity Prince George's County, Spring 2019 orientation session at www.project-opportunity.com/class-registration. The orientation will be held on **Tuesday, March 5, 2019 from 6:30–8:30 p.m.** at Employ Prince George's, Inc., 1801 McCormick Drive, Suite 140, Largo, Maryland 20774.

Classes Begins Tuesday March 26, 2019

Project Opportunity is an intensive curriculum based 10-week cohort program. The Spring 2019 program will meet every Tuesday from 6:30–9:30 March 26–May 28, 2019 at Employ Prince George's Inc., 1801 McCormick Drive, Suite 140, Largo, Maryland 20774. Through grants and community business support this program is FREE to all veterans, active duty, and reserve personnel. The curriculum and material are facilitated by small business professionals and subject matter experts. The program concludes with a formal business pitch on Tuesday June 4, 2019.

Training Includes:

- Assessing Your Business Idea
- Marketing Analysis
- Financing and Financial Management
- Business Structure and Taxes
- Development of a Business Plan

Prince George's County 2019 Sponsors:
The Kahlert Foundation

For more information, visit www.Project-Opportunity.com

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