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Countywide Safe Driving Initiative: 'Drive Focused, Sober & Safe' Begins

UPPER MARLBORO (April 19, 2019)—Prince George's County State's Attorney Aisha N. Braveboy will be joined by Prince George's County Council Chair Todd Turner (District 4), Vice Chair Rodney Streeter (District 7), state legislators and municipal officials on April 27, 2019 for the launch of 'Drive Focused, Sober & Safe,' the first countywide initiative aimed at saving lives on the roads.

"One life is too many to be lost to unsafe driving. It is imperative that citizens make safe driving a top priority when on the road. This initiative comes at a critical time when the number of fatal car crashes are on the rise," said State's Attorney Braveboy. "In the last six months, there have been over 40 fatal car crashes in which over 50 people died. Many of these crashes were the result of impaired or distracted driving. In some cases, lives could have been spared if appropriate safety restraints were used. This campaign is about saving lives."

Top Sponsors are MGM National Harbor, Responsibility.org
—Denise Roberts, Office of the State's Attorney,
Prince George's County

DRIVE FOCUSED, SOBER & SAFE CAMPAIGN

To attend the FREE Drive Focused, Sober, & Safe Campaign Kick Off event, register at the following link: <https://saodrivesafekickoff.eventbrite.com>.

Saturday, April 27, 2019, 9:30 a.m.—1:00 p.m.
Southern Regional Technology and Recreation Center,
7007 Bock Road, Ft. Washington, Maryland

For more information: dgroberts@co.pg.md.us

- Panel discussion • Exhibitors
- Interactive driving displays • Student performances

ABOVE IMAGE COURTESY OFFICE OF THE STATE'S ATTORNEY, PRINCE GEORGE'S COUNTY

Maryland Lawyers' Day of Service April 27

Maryland Lawyers Giving Back to Their Communities

By ROBIN HADDEN
PGCBA

PRINCE GEORGE'S COUNTY (April 17, 2019)—Homelessness is an issue that affects vulnerable populations and communities throughout Maryland, which is why the Prince George's County Bar Association is teaming up with the Maryland State Bar Association (MSBA), and other local and specialty bar associations across the state for the first Maryland Lawyers' Day of Service April 27, 2019.

Prince George's County Bar Association Attorneys will dedicate time to: The Prince George's House (Men)—Beautification Project Landscaping, 9–11 a.m. and The Promise Place (Youth)—A meal and know your rights training, 1–3 p.m.

From Western Maryland to the Lower Eastern Shore, attorney volunteers will participate in an array of public service projects tailored to spotlight the prevalent issue of homelessness throughout Maryland, including landscaping and construction projects, kit assemblies, meal distribution, and more. Information on various state, local, and specialty bar initiatives may be found online

at <https://www.msba.org/maryland-lawyers-day-of-service/>.

The Prince George's County Bar Association has scheduled two Day of Service programs, including a Know Your Rights session at the Promise Place and providing a landscaping service at another facility. Executive Director Robin Hadden says the Maryland Lawyers' Day of Service "is a great way for the community to see attorneys in a different light."

The Prince George's County Bar Association is a 1,200-member professional association that works to service its members and the community by promoting justice, professional excellence, collegiality and respect for the law. Visit www.pgcb.com.

Promise Place is an emergency youth shelter in Prince George's County. The shelter provides homeless, abandoned, abused, neglected and runaway youth a compassionate alternative to the dangers of the streets and/or unstable housing. Operated in partnership with the Prince George's County Department of Social Services. Visit <http://www.sashabruece.org/programs/safehomes/promise-place/>

National Harbor's Sakura Sunday a Big Success



PHOTOGRAPH COURTESY BENDURE COMMUNICATIONS

Ai Yamashita was one of the performers at National Harbor's Sakura Sunday, held on April 14. Sakura Sunday at National Harbor, in partnership with the Japan-American Society of Washington, D.C. was a big success drawing more than 3,500 attendees. In addition to entertainment on the main stage, there were activities throughout National Harbor including traditional Japanese picnicking with food available for sale; a sake, rosé and beer garden; and a Japanese Market. The Capital Wheel was turned pink during the festival.

Amazon Awards Two High Schools With \$10,000 Grants To Expand Computer Science Opportunities

By OFFICE OF COMMUNICATIONS
Prince George's County Public Schools

UPPER MARLBORO, Md. (April 16, 2019)—Central and High Point high schools are two of 100 schools representing 21 states to receive \$10,000 Amazon Future Engineer Robotics Grants. Awarded by Amazon and FIRST, the grants provide funding for schools in underserved communities the opportunity to offer FIRST school robotics programs and expand computer science education opportunities for students.

"Having a company like Amazon recognize the hard work hap-

pening in these local schools is exciting and speaks to the promise our high schools can provide," said Dr. Monica E. Goldson, Interim Chief Executive Officer for Prince George's County Public Schools. "This additional funding will allow students at Central and High Point high schools the chance to further develop critical thinking and teamwork skills needed for success in college and careers."

See AMAZON Page A8

Black Maternal Health Crisis Prompts Politicians, Providers to Act

By AMBRIAH UNDERWOOD
Capital News Service

WASHINGTON (April 17, 2019)—One previous cesarean section, a five-page written plan outlining post-delivery care for her oldest child and around 12 weeks of natural childbirth classes still didn't prove to be enough preparation for the arrival of Allyson Brown's second child.

Almost two months after turning 34, Brown was overdue delivering her baby. Rather than risk more than a day's worth of induced labor, she opted to have another C-section. Brown, who is black, met the doctor who performed her impromptu cesarean that morning.

In what marked the beginning of an unexpected and unsettling experience, Brown said the orderlies transferring her from her midwives patient program to the OB-GYN department ahead of delivery had an ill-timed conversation.

"They were talking like they were at happy hour

and like I was a sack of potatoes, just like something else they had to check off for the day," Brown said.

But Brown's experience was anything but casual: she had complications after delivery that required three emergency surgeries.

Her case was considered a "maternal near-miss," which the World Health Organization defines as a woman who almost dies due to issues during pregnancy, delivery or within 42 days after pregnancy.

Brown's experience underscores a persistent discrepancy among black mothers, whose mortality rate is far higher than that for the general population. Several factors, including racism, are behind that disparity, according to health experts.

Some members of Congress last week launched an initiative to combat this long-standing yet recently-publicized issue.

House Majority Leader Steny Hoyer, D-Mechanicsville, and 57 other lawmakers formed the Black Maternal Health Caucus, which is aimed at encour-

aging culturally relevant, evidence-based policies to support black mothers.

Hoyer said he wanted "to make clear that the House ought to approach issues of healthcare access with a recognition of the unacceptable and tragic disparities for women of color and their children."

Founded by Reps. Alma Adams, D-North Carolina, and Lauren Underwood, D-Illinois, the Black Maternal Health Caucus seeks to promote better black maternal health outcomes.

"The status quo is intolerable, we must come together to reverse current trends and achieve optimal birth outcomes for all families," Underwood said in a statement.

As Brown's sudden change in birth plan illustrates, a number of factors related to the birth process remain out of a patient's control.

Thinking about the type of care a mother-to-be wants can help ensure appropriate measures are taken, said Noelene K. Jeffers, a certified nurse midwife and Ph.D. candidate at Johns Hopkins University.

"It's really important to consider carefully the provider that you're choosing to make sure that you choose either an OB-GYN or a midwife who you can have a comfortable, respectful, collaborative re-

lationship with and who will help you to make informed decisions," Jeffers said.

Despite an overall improvement in life expectancy in the United States, there are still noticeable disparities among racial minority groups, said Stephen B. Thomas, director of the Maryland Center for Health Equity.

On average, 36 women in the District of Columbia and 24 women in Maryland die for every 100,000 live births, while the overall national average recorded 20.7 maternal deaths, according to the United Health Foundation's 2018 report on children and women's health.

The black maternal mortality rate average is more than double the national average at 47.2. Maryland ranks lower, with an average of 40.5 black maternal deaths, while in the District the mortality rate among black mothers was a staggering 70.9 deaths per 100,000 live births, the analysis said.

In a country with the most expensive health care, more women die of complications from childbirth than in any other developed nation, according to the American College of Obstetricians and Gynecologists.

See HEALTH CRISIS Page A8

INSIDE

Free Cinco De Mayo Lyft Rides Offered Throughout Prince George's County to Prevent Drunk Driving

"Over one-quarter (28%) of all U.S. traffic fatalities during Cinco de Mayo 2016 involved drunk drivers according to the NHTSA," said Kurt Gregory Erickson, WRAP's President.

Community, Page A3

To Be Equal: Hate Crime Surge Continues With Racially Motivated Burning of Black Churches

At the end of last year, the FBI reported that hate crime reports increased 17 percent in from 2016 to 2017, the third consecutive year reports have risen.

Commentary, Page A4

85,000 Healthcare Workers in Seven States Begin Contract Talks with Health Giant Kaiser Permanente

The talks begin as frontline healthcare workers are questioning whether Kaiser Permanente, which operates as a non-profit company, is losing its way as a self-proclaimed community-oriented health provider ...

Business and Finance, Page A5

Spotlight on Family Fun!

Fun abounds this weekend with events around the county. Check out:

- Spring Flea Market at Marietta House Museum
- 21st Annual Maryland Day
- Annual Montpelier Festival of Herbs, Tea, and the Arts
- Wellness in the Woods: A Family Zen Festival

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

Are there any flea and tick products out there that don't contain toxic chemicals?

—Ewan Locke, Madison, WI

Features, Page A7

TOWNS and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Large tree crashes house in Auth Village

Heavy winds on April 14 brought down a huge red oak onto a house at the corner of Auth Road and Barto Avenue. It did major damage to the porch, the front of the house and the roof.

I talked to someone from RTEC Treecare who was there checking out the site. He told me the tree was diseased and would have fallen soon even without the fierce winds that day. The tree has since been removed.

He also said the woman who lived in the home was not harmed and is now staying at a nearby motel.

In talking to neighbors, I learned they loved the house because there were always candles in the windows.

Morningsiders vote May 6

The Town's annual election is coming up Monday, May 6, 8 a.m. to 8 p.m. at the Town Hall.

But I think Morningsiders are happy with what's going on in their Town. Because incumbents are running, with no opposition. The voting will be for Mayor and two Town Council Members—Mayor Benn Cann, Vice Mayor Brad Wade and Councilman Todd Mullins are all running for their current job. With no opposition, they'll hold their jobs again.

I think they're doing a good job. Every Morningsider should turn out to vote for them, showing that they think so, too.

Morningside turns 70

This will be the 70th time the annual election has been held. The first Town election, after being incorporated, was in May 1949. (Incorporation was actually granted on March 11, 1949, granting the Town the right to elect a mayor and council.)

Morningside will celebrate its 70th Anniversary on April 27 with a Dinner at Scott-Johnson-Collins VFW Post 9619. I will be there and will give you a report.

Neighbors and other good people

The night of April 13, Morningside VFD turned out 14 times in 12 hours!

The runs included a building fire, a tragic fatal vehicle accident, a fatal shooting, multiple other motor vehicle accidents, and medical emergencies.

Robert Jumalon, whose family lived on Boxwood Drive years ago, emailed that the last time he saw the Thomas Family Cemetery in Morningside it looked as though it had been cleaned up and there was a little fence around it.

Linda (Valentine) Conway grew up in Morningside, on either Woodland Road or Pine Grove Drive (as there are Valentines listed on both streets in the old Morningside Directories). She now lives in Florida, is widowed and raising two grandsons.

Ruth Sanford, who lived most of her life on Allies Road in Morningside, called this week. She had seen her name and story in my recent column about the road accident that took her young husband's life in 1951. Ruth now lives in Charlotte's Home, a senior facility, in Boonsboro, Md. She has lost two of her sons, Richard and David, but has three daughters: Linda in Pennsylvania, Margie in Hagerstown and Janet in Herndon.

Girl Scout Day at Darnall's Chance

Brownies and Juniors are invited to Darnall's Chance Museum Saturday, May 4, noon to 4 p.m., to learn skills and complete activities that will earn them four fun patches.

Activities will be followed by a special performance by award-winning actress Mary Ann Jung, celebrating the life of Juliette Gordon Low who founded the Girl Scouts of the USA in 1912.

Space is limited. Reservation and payment required in advance. Fee: \$20 for Scouts, free for leaders and chaperones. Rain date, Sunday, May 5. Darnall's Chance House Museum, 14800 Governor Oden Bowie Drive, Upper Marlboro. Info: 301-952-8010.

In camp with Buffalo Soldiers at the Surratt House

The Surratt House Museum invites you to join them on May 4, because reenactors of the famous Buffalo Soldiers fighting force will be camping on

the grounds. They'll relate their history and the details of soldiering as they won the West.

There'll be free admission to the camp and to tours of the historic house, from 12 noon to 4 p.m.

The Surratt House is at 9118 Brandywine Road in Clinton. For information, call 301-868-1121 or visit surrattmuseum.org.

Elsie Dent, award-winning gardener

Elsie Dent, 97, a charter member of the Dr. Samuel A. Mudd Society, died March 31 in Mitchellville. She and her husband were also members of the Restorers of Mt. Carmel and the Charles County Historical Society. They served as docents at Friendship House, a Dent Family historical home built in 1680.

Elsie was born in Hughesville, daughter of Frank and Irene Schultz. She graduated from Hughesville High and married Howard Dent Jr. in 1941. They lived in Washington and then Camp Springs where they were active members of St. Philip's Parish.

Elsie loved gardening. In 1996, the garden of her Camp Springs home won the County's Beautification Award.

After her children went off to college, Elsie worked for the Maryland State Office of the Comptroller. In 1996 the Dents moved to Collington Retirement Community in Mitchellville.

She was predeceased by Howard, her husband of 62 years, and daughter Sophia. Survivors include children Howard Dent III, Irene and Paul, grand- and great-grandchildren. Mass of Christian Burial was at St. Mary's in Bryantown where she was baptized, married and now buried, in the church cemetery.

Milestones

Happy birthday to Michael Call, Apr. 27; Hazel Ball, Rose Tiller, Beverly Gotshall Marquis, DJ Fowler and Jessica Phipps, April 28; Lael McCune, Dorothy Lipka and Morningside Council Member Todd Mullins, April 30. May Whittington, May 1; Kathryn Deaver, Ann Lacey, Ernestine Taylor Wood, Dante Ross Jr., and Janet Booth Kaye, May 2.

Around the County

Saige Oliver, Elks Hoop Shoot National Finalist

Saige Oliver is an incredible eight-year-old girl who attends St. John the Evangelist School in Clinton, MD. The third grader's success in basketball has prompted coaches to move her to the 12 and under team. She most recently scored a personal high of 28 points in a league basketball game. Last year she recorded a regular season track and field record in a 400 meter race. Additionally, Saige earned student of the month honors at St. John the Evangelist in February and also participates in local robotic competitions.

During the past several months Saige has competed in the Elks Lodge National Hoop Shoot Competition. This is a national free throw competition in its 46th year. Since January she has won the Camp Springs Elks Lodge local competition, the South Western District competition of Maryland, the Maryland, D.C., Delaware State Association competition and most recently, the regional competition which includes winners from North Carolina, Virginia and West Virginia.

Saige's athleticism comes naturally, as her paternal grandfather Frank Oliver, Sr. was a former NFL player. While parents David Oliver and Halley Jones are excited about her athletic success, they are even more proud of her consistent honor roll success at school.

Saige will now compete in the National Hoop Shoot finals for girls ages 8-9 on April 27 in Chicago, Illinois. Throughout the years of competition there have been only 4 national champions from Maryland. The Camp Springs Elks Lodge [honored] her current success during its Saturday night dinner on April 20 in Temple Hills, MD to cheer her on as she leaves for Chicago.

—Dewayne (Lou) Wilcher, Trustee of the Camp Springs Elks Lodge and Hoop Shoot Chairman



PHOTOGRAPH CREDIT DAVID OLIVER
Saige Oliver is all smiles as she heads to Chicago to compete in the National Hoops Shoot final.

Maryland State Arts Council Announces Individual Arts Award Recipients

105 Maryland artists selected

BALTIMORE, Md. (April 15, 2019)—The Maryland State Arts Council (MSAC) announced today that \$246,000 has been awarded to 105 Maryland artists through the 2019 Individual Artist Awards (IAA). This year's awardees were chosen from a group of 669 applicants and represent some of the state's leading authors, visual artists, theater performers and digital/electronic and media artists.

Administered in partnership with Mid Atlantic Arts Foundation, the 2019 IAAs recognize outstanding artistic achievements of artists from across Maryland, representing Baltimore City and Kent, Montgomery, Baltimore, Frederick, Howard, Prince George's, and Anne Arundel counties.

Maryland State Arts Council FY 2019 Individual Artist Awards, Prince George's County:

Creative Nonfiction/Fiction	Media	
Bill Beverly \$1,000	Ellie Walton	\$1,000
Donna Hemans \$1,000	Painting	
Krista Schlyer \$1,000	Sally Davies	\$1,000
Hoke S. Glover III \$1,000	Ric Garcia	\$1,000
Patti Kim \$3,000	Theater Solo Performance	
Digital Electronic	Bomani Armah	\$3,000
Ann Stoddard \$1,000	Erika Rose	\$6,000

—Amelia Rambissoon, Maryland State Arts Council

Bowie State University Top Athletes

Davon Carroll and Soljala Jones Lead Bowie State Track and Field at George Mason Invitational

FAIRFAX, Va. (April 16, 2019)—The Bowie State University men's and women's track and field competed well in Saturday's (4/13) George Mason University Invitational.

Freshman Davon Carroll dominated his competition in 100-meter by placing first in 10.51, while sophomore Stedman Cook rounded out top 10 and finished with the time of 10.90. Carroll (21.47) and Stedman (21.85) also competed in 200-meter while placing fifth and 15th, respectively.

Sophomore Soljala Jones placed second in high jump with 1.64m score and finished sixth in long jump 5.55m final score. Senior Niamani Mayes also competed in long jump and recorded 4.57m score.

Amya Ferguson Selected CIAA Rookie of the Week

CHARLOTTE, N.C. (April 15, 2019)—The Central Intercollegiate Athletic Association release its Week #9 Softball Honor Roll and Bowie State freshman Amya Ferguson was selected as Rookie of the Week. Ferguson was 6-for-11 from the plate, recording two triples and a RBI while also scoring three runs. The freshman outfielder had a matching .545 batting average and OBP with a .909 slugging percentage while contributing 14 putouts and 2 assists with no errors defensively. Ferguson currently leads the CIAA with six triples on the season.

—Gregory C. Goings, Bowie State Sports Information



PHOTOGRAPH COURTESY BOWIE STATE SPORTS INFORMATION
Bowie State University freshman Amya Ferguson

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

THE LION KING

Starlite Performing Arts presents *The Lion King* for boys and girls featuring drama, modern, jazz, hip hop, field trips, arts and crafts, video games. Registration fee is \$150 (non-refundable) includes one T-Shirt and one DVD of the show per child. Free pizza Wednesdays. Tuition is \$125.00 per week. Ages 5 and up; Monday-Friday 7:00 a.m.-6:00 p.m. Begins Monday, June 17, 2019 and ends Friday August 23, 2019.

For more information contact our center at Performance Saturday August 24, 2019 at Dr. Henry A Wise High School Upper Marlboro Maryland. The address is 9000 Edgeworth Drive, Capitol Heights, Maryland 20743; 301-333-0051 and 9552 Crain Highway, Upper Marlboro, Maryland 20772 240-318-2260. You can visit www.starliteboogi.com or email: starlitedanceacademy@comcast.net.

FUNCTIONAL FITNESS FOR SENIORS

Join us in a free fitness class Tuesday & Wednesday, May 14 and 16, 9:30-10:30 a.m. Function for Seniors. Functional Fitness is exercise that mimics your every-day activities while engaging multiple muscle groups. The class focuses on these key multi-directional moves to get you strong and steady for daily life. The class is free for ages 55 and up at Temple Hills Community Center, 5300 Temple Hill Road, Temple Hills, Maryland 20748. Telephone number is 301-894-6616.

PASSIONATE DRIVEN STUDENT SCHOLARS

Bowie State University students are passionate, driven, and deserving of your continued investment. Your leadership gift helps students like DeRonte and Monique achieve their dreams and make extraordinary contributions in the world.

Monique Scott '19 whose major is Communications with a Concentration in Public Relations, 72nd Miss Bowie State University. Activities include BSU Royal Court, Public Relations Student Society of American (PRSSA). "Thank you for your generosity, Bowie State alumni and friends. Your gift has allowed me to find my purpose in this world and pursue my dreams to a public relations firm."

DeRonte Craig '19 whose major at Bowie State University is Business Administration with a Concentration in Entrepreneurship 26th, Mr. Bowie State University. Activities include BSU Royal Court, Entrepreneurship Academy.

"As one of the most visible student leaders on Bowie State University Campus, DeRonte encourages his fellow Bulldogs to make an impact on campus by embracing "Honor

and Legacy", honoring those who came before you and leaving a legacy for those behind you. No matter which path he chooses, DeRonte's diverse experiences have prepared him for success."

Our current and future students deserve your support. Bowie State University thanks you for your generosity.

APRIL BIRTHDAY CELEBRATIONS

Happy Birthday to Alvin Pinkett, Jaselle Dyson, Maudie Goodrum, Glenna Graves, Cosmus Samuel, Barron Neal, Samuel Bell, Leon Gordon, Lindsay Joiner, Zilpha Pinkney, Claudette Oghogho, Nadia Long, Veronica Thomas, Audrey Johnson, Eric Knight, Charmaine Grant, Sanita Georges, William Stroman, III, Gerald Brown, Alexander Stammer, Nathaniel Holmes and Jameel Hinton who are Clinton United Methodist Church members celebrating birthdays during the month of April.

WEDDING CELEBRATIONS

Happy Wedding Anniversary to Ron and Beth Davis, Trevor and Denise Bourne, Clarence and Dorothy Reid, Leon and Louise Gordon, Lloyd and Shirley Brown, Norman and Jean Noel, Eddie and Ruth Wilson, George and Karen Taylor, Cosmus and Stephanie Samuel who are Clinton United Methodist Church members celebrating Wedding Anniversaries during the month of April.

ANNUAL PRAYER BREAKFAST

Clinton United Methodist Church Evangelism Ministry will host their Annual Prayer Breakfast Saturday May 4, 2019 at 8:30 a.m. celebrating the National Day of Prayer. Theme: "Love One Another". Guest Speaker is Mrs. Delores Green, CLM from Mt. Zion UMC, ST. Inigoes, Maryland. Host Pastor: Rev. Dorothea Stroman Clinton UMC. at 10700 Brandywine Road, Clinton, Maryland. Telephone number is 301-868-1281.

WOMEN'S DAY 2019

New Hope Fellowship Cooperative Parish will celebrate Women's Day, May 19, 2019, 11:00 a.m. at Nottingham Myers United Methodist Church, 15601 Brooks Church Road, Upper Marlboro, Maryland 20772. Pastor Rev. Connie Smith. Our Guest Minister will be Minister Faye Johnson Journey of Faith UM Church, Waldorf, Maryland. Color are all shades of purple. Point of contacts are Ms. Catherine Watkins bams4cat@gmail.com and Ms. Summer Broadwater 79@gmail.com.

COMMUNITY

The American Counseling Association's Counseling Corner

Working Together For a Healthy Weight For Your Child

Childhood obesity is a major problem. While the increase in obesity rates has recently begun to slow, this means little if your own child is overweight. There are no easy cures, but there are ways you can address and help overcome the challenges he or she is facing.

A starting point is to avoid actions and behaviors that might make the problem worse. An overweight child often has low self-esteem, may face teasing and bullying at school, and often is at increased risk for a variety of health problems.

Overweight children are well aware of their weight issues and they don't need reminders from Mom and Dad of the problem. Such parental attention can leave the child feeling ugly, hopeless and unloved. And these negative emotions often lead to emotional eating as a way to minimize the negative feelings.

Even well-intentioned actions like reminding your child to eat healthier can feel like nagging. When a parent pushes a child to be more active in sports, or plays food police by controlling or restricting what can or can't be eaten, the result is often an opposite reaction, such as sneaking unhealthy snacks, skipping practices or simply rebelling.

A good starting point for a parent who really wants to help is a frank, non-judgmental talk with the child about his or her feelings. Ask the child to identify negative messages that you've been sending, probably unintentionally. Try to respond to the child's negative feelings with positive, sincere messages.

An important part of helping is to set a positive example. When you're eating healthier, it's easier for the child to do the same. That also applies to exercise. Set an example and find ways to encourage your child to be more active together with you. It can be anything from after dinner walks to playing catch or kicking a soccer ball in the back yard.

Of vital importance is to provide your child with healthy food choices. Kids often have different eating patterns than their parents. Plan healthy meals for the whole family and have a bowl of fruit for that after school snack rather than a plate of cookies or bag of chips.

Weight loss is never easy and can be especially hard for a self-conscious, overweight child. When the child makes even small moves in the right direction, be complimentary and be sure to offer love and support, not criticism.

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

Final Scholastic Olympics Set For May 4

By TAMARA HENRY
Scholastic Olympics, Inc.

UPPER MARLBORO, Md. (April 16, 2019)—Teen poets. Award-winning teachers. The opportunity to share in the annual \$4,000 cash prizes. What more can you ask from Scholastic Olympics, Inc. at its final Quadrathlon on May 4 at the College Park Airport?

Scholastic Olympics celebrates its 9th anniversary with four academic contests—oratory/speech, U.S. history, spelling and math—in a game-show like environment. First-place winners in each contest receive \$500, second place \$300 and third place \$200 before an audience of adoring family, friends and community residents. Students may compete in two contests.

Teen poets from Dialect of Prince George's County will perform between competitions, delivering original, interactive spoken word poetry. Dialect provides county youth ages 13 to 19 with the safe space for expression and the skills for growth as practitioners of the stage arts. Dialect's signature project is the Youth Poet Laureate Program, which annually gives youth—chosen competitively from across the county—the opportunity to collaborate with city officials and serve as poetic ambassadors to their community.

The daylong event opens with Northwestern High School's ROTC Color Guard and the 2019 Prince George's County Youth Poet Laureate, Mi'jan Credle.

Not only is Scholastic Olympics a quality high-stakes event, but the volunteers who come each year to take the students through their paces also are top notch. Judge Wendy A. Cartwright, chief judge for the Orphans' Court, is back for another year of judging the oratory competition. Also returning to judge the oratory competition is the Rev. Erika Banks.

Rev. Banks has been nominated for Prince George's Teacher of the Year. She teaches music at Ardmore Elementary School in Glenarden, and is one of the 26 finalists out of 10,000 teachers who applied.

Math guru Jacob Scott, a Scholastic Olympics board member, headlines an upcoming conference in Boston sponsored by MAT-SOL, the Massachusetts Association of Teachers of Other Languages. On May 31, Scott will address a sold-out crowd as a representative of the International High School in Langley Park.

For the third year, Scholastic Olympics is partnering with High Bridge Foundation, Inc., a nonprofit organization focused on empowering young people from underserved communities in the Metro Washington area. Foundation President Mayumi Hairston Escalante announced her organization again will fund the American History competition.

Scholastic Olympics is a 501(c)3 organization that works closely with the Prince George's County Public Schools and The Maryland-National Capital Park and Planning Commission, Department of Parks and Recreation, Prince George's County. Director Tamara M. Cooke Henry, Ph.D., is working with dozens of community leaders, teachers, parents and educators who have supported the event for years. Nearly 100 students will have won more than \$35,000 in cash over nine years.

Free Cinco De Mayo Lyft Rides Offered Throughout Prince George's County to Prevent Drunk Driving

Over One-Quarter of U.S. Highway Deaths on Cinco De Mayo Involve Drunk Drivers

By TAMMY WAN
WRAP

UPPER MARLBORO, Md. (April 16, 2019)—Preparing to combat that time of year when, according to the National Highway Traffic Safety Administration (NHTSA), over one-quarter (28%) of all U.S. traffic deaths involve drunk drivers*, free Cinco de Mayo Lyft rides will be offered to deter impaired driving throughout Prince George's County beginning Sunday, May 5th, 2019.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the 2019 Cinco de Mayo SoberRide® program will be in operation beginning at 4:00 p.m. on Sunday, May 5th (Cinco de Mayo) and continue until 4:00 a.m. on Monday, May 6th, 2019 as a way to keep local roads safe from impaired drivers during this traditionally high-risk holiday.

During this twelve-hour period, area residents age 21 and older celebrating with alcohol may download Lyft to their phones, then enter a SoberRide® code in the app's "Promo" section to receive their no cost (up to \$15) safe transportation home. WRAP's Cinco de Mayo SoberRide® promo code will be posted at 3:00 p.m. on Sunday, May 5th on www.SoberRide.com.

Last year, a record 897 persons in the Washington-metropolitan area used WRAP's Cinco de Mayo SoberRide® program rather

than possibly driving home impaired. The charity also offers its SoberRide® program on St. Patrick's Day, Independence Day, Halloween and the winter holidays.

"Over one-quarter (28%) of all U.S. traffic fatalities during Cinco de Mayo 2016 involved drunk drivers according to the National Highway Traffic Safety Administration," said Kurt Gregory Erickson, WRAP's President. "Worse, nearly one-fourth (20%) of U.S. drivers in fatal crashes during the 2016 Cinco de Mayo period had BACs of .15 or higher."

SoberRide® is offered throughout Lyft's Washington, D.C. coverage area which includes all or parts of: the District of Columbia; the Maryland counties of Montgomery and Prince George's; and the Northern Virginia counties of Arlington, Fairfax, Loudoun and Prince William.

"Lyft is proud of the role ridesharing has played in reducing impaired driving across the nation. Here in the DC area, partnering with the Washington Regional Alcohol Program allows us to take our commitment to providing reliable, convenient, and responsible transportation a step further, particularly during times of the year when people are out celebrating and in need of a ride home," said Steve Taylor, GM, Lyft Washington, D.C.

Sponsors of this year's Cinco de Mayo SoberRide® campaign include the 395 Ex-

press Lanes, AAA Mid-Atlantic, Anheuser-Busch, Brown-Forman, Constellation Brands, District of Columbia Association of Beverage Alcohol Wholesalers, Enterprise Rent-A-Car, Giant Food, Glory Days Grill, Lyft, MillerCoors, Restaurant Association Metropolitan Washington and the Washington Area New Automobile Dealers Association.

Since 1991, WRAP's SoberRide® program has provided 76,195 free safe rides home to would-be drunk drivers in the Greater Washington area.

Founded in 1982, the nonprofit [501(c)(3)] Washington Regional Alcohol Program (WRAP) is a coalition of diverse interests using effective education, innovative programs and targeted advocacy to end alcohol-impaired driving and underage drinking in the Washington, DC metro area. Through public education, innovative health education programs and advocacy, WRAP is credited with keeping the metro-Washington area's alcohol-related traffic deaths historically lower than the national average.

More information about WRAP's SoberRide® initiative can be found at www.SoberRide.com.

*Source: National Highway Traffic Safety Administration, see: <https://www.trafficsafetymarketing.gov/get-materials/drunk-driving/buzzed-driving-drunk-driving/cinco-de-mayo>

Bowie Sailor Serves on the USS Leyte Gulf



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST SEAMAN ZACHARY PEARSON/RELEASED

190413-N-DS741-0126 STRAIT OF GIBRALTAR (April 13, 2019) Ensign Jordan Pittman, from Bowie, Md., assigned to the combat systems department aboard the Ticonderoga-class guided-missile cruiser USS Leyte Gulf (CG 55), stands watch while transiting the Strait of Gibraltar. Leyte Gulf is underway as part of Abraham Lincoln Carrier Strike Group (ABESCG) deployment in support of maritime security cooperation efforts in the U.S. 5th, 6th and 7th Fleets. With Abraham Lincoln as the flagship, deployed strike group assets include staffs, ships and aircraft of Carrier Strike Group 12 (CSG 12), Destroyer Squadron 2 (DESRON 2), USS Leyte Gulf (CG 55) and Carrier Air Wing Seven (CVW 7); as well as Alvaro de Bazan-class frigate ESPS Méndez Núñez (F 104).

WSSC Passes Pipe Protection Program

Program Expands Help to Those in Need

Commissioners Also Accept \$44 Million State Loan to Turn Sewage into Energy

By LUIS MAYA
WSSC

LAUREL, Md. (April 17, 2019)—WSSC Commissioners today approved the adoption of a special loan program to help customers pay for on-property water service line replacement. The assistance program, which was established by the Maryland General Assembly under Chapter 539, Laws of Maryland 2018 (Maryland General Assembly, House Bill 408), will make \$100,000 available annually to customers in need of emergency funds to replace a damaged water service line on their property. Eligible customers may qualify for a maximum of \$5,000, which will be paid directly to a WSSC licensed plumber.

"Expanding and enhancing our affordability programs to ensure more customers have access to emergency funds that will allow them to fix damaged pipes promptly is a top priority for WSSC," said WSSC Commission Chair T. Eloise Foster. "This new

water service loan program is another tool in our affordability toolbox to keep drinking water flowing to our customers' taps."

"A leaking or broken water service line can come without notice and repairs can be costly for our customers," said WSSC General Manager and CEO Carla A. Reid. "By offering this loan program, we can make on-property pipe replacement more affordable and give our customers one less thing to worry about."

The emergency loan program will be administered by the WSSC Federal Credit Union. Full details and requirements will be announced and posted directly on the WSSC Federal Credit Union's website closer to the July 1, 2019, launch date.

Commissioners also approved today a \$44 million loan to WSSC from the Maryland Department of the Environment to fund construction of the Piscataway Bioenergy Project, located at WSSC's Piscataway Water Resource Recovery Facility.

The innovative project will transform

sewage into renewable energy using cutting-edge "green" technology, which will help reduce WSSC's greenhouse gas emissions by 15 percent and save customers more than \$3 million each year.

"The Piscataway Bioenergy Project is a big step in greening the economy, cleaning the Chesapeake Bay watershed, and combating climate change," said Maryland Environment Secretary Ben Grumbles.

Construction is scheduled to start later this spring. For more information about the innovative Bioenergy project, visit wsscwater.com/bioenergy.

For 100 years, WSSC has proudly served the citizens of Prince George's and Montgomery counties—providing drinking water that has always met strict Safe Drinking Water Act standards and protecting the environment through vital water resource recovery services. Our vision is to be THE world-class water utility, where excellent products and services are always on tap.

COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

Hate Crime Surge Continues With Racially Motivated Burning of Black Churches

"A lot of people want to make it a hate thing. Well, we don't represent hate. We represent love. Togetherness. Peace. Long suffering. Hope. That's what we're here today to say, not just to our community, but to our country. Be strong."

—Rev. Gerald Toussaint, pastor of Mount Pleasant Baptist Church, one of three Louisiana churches burned down over 10 days this month

Though they were more than 100 years old, Greater Union Baptist Church, St. Mary Baptist Church and Mount Pleasant Baptist Church in St. Landry Parish, Louisiana, were nowhere near as grand and ancient as Notre Dame Cathedral in Paris. Tourists never flocked to admire them. The flames that burned them to charred ruins were not

observed in horror by an international television audience.

But burn they did, all within a span of 10 days. And unlike the fire that damaged Notre Dame, the fires that consumed them were deliberately set by someone motivated by racial hatred, according to authorities.

In response to billionaires pledging to fund the rebuilding of Notre Dame, activists were inspired to raise money for the Louisiana churches—contributions can be made through GoFundMe.

The arsons are part of an ongoing spike in hate crimes that began in 2015, fueled by racist rhetoric throughout the Presidential campaign that continued into the first year of the current administration.

The destruction of Black churches, the spiritual and cultural heart of many Black communities,

has long been a tactic of white supremacist terrorists, predating the Civil War. Churches were the gathering places for civil rights activists in the 1950s and 1960s. The 16th Street Baptist Church bombing in 1963, which killed four young girls gathered for worship, marked a turning point in the Civil Rights Movement and galvanized support for the Civil Rights Act of 1964.

At the end of last year, the FBI reported that hate crime reports increased 17 percent in from 2016 to 2017, the third consecutive year reports have risen. Of the more than 7,100 hate crimes reported in 2017, nearly three out of five were motivated by race and ethnicity.

That's not the only sign that violent racial and ethnic hatred are on the rise. The Southern Poverty Law Center reports a nearly 50 percent increase in the number of white nationalist groups in the U.S. in just a single year, from 100 chapters in 2017 to 148 in 2018.

The Anti-Defamation League reports a 182 percent increase in incidents of the distribution of white supremacist propaganda, and an increase in the number of rallies and demonstrations by white supremacy groups, from 76 in 2017 to 91 in 2018.

The number of terrorist attacks in the United States by far-right actors, including white supremacists, quadrupled between 2016 and 2017, according to the Center for Strategic and International Studies.

The U.S. House Judiciary Committee convened

a hearing last week on the rise of white nationalism. Kristen Clarke, President and Executive Director of Lawyers' Committee for Civil Rights Under Law, testified, "The violence that erupted in Charlottesville in 2017 was a wake-up call that demonstrated that racial violence continues to stand as a threat to our democracy and presents a danger to vulnerable communities."

She called on the FBI to redouble its efforts to fight racist extremism. She called on Congress to "encourage the use of existing laws to investigate and prosecute acts of hate violence to the full extent of the law and oppose efforts to create new legislation that risks the further criminalization of communities of color." She called on social media companies to terminate "purveyors of hate who violate those terms by promoting and inciting violence."

Unfortunately, her expert testimony was overshadowed by right-wing activist Candace Owens' absurd and baseless assertion that the "Southern Strategy"—the electoral strategy to increase political support among white voters in the South by appealing to racism—was a "myth."

Owens' presence at the hearing is evidence in itself that appealing to racism, or at least the fantasy that racism isn't a threat—remains a political strategy.

The threat is real, and it is growing. Elected and community leaders across the ideological spectrum need to confront it for the crisis that it is.

Marion Wright Edelman

President Emerita,
Children's Defense Fund



ChildWatch:

Prayers for a Season of Renewal

We are living through trying times as a nation when many are longing for justice. Sometimes it seems, in the words of poet James Russell Lowell, we are watching "Truth forever on the scaffold, Wrong forever on the throne." But hope comes every day from the groundswell of people still refusing to accept the forces of hatred, division, greed, and corruption and instead standing up to say we are better than this. The arc of the moral universe is long but it still bends towards justice.

The Passover and Easter holidays are times of joyous sacred celebration in their faith traditions, with family and community rituals centered on the promises of exodus, deliverance, new hope, and re-

birth. In this season of celebration and renewal I offer prayers for new hope and strength as we keep working to redeem our nation's soul and save all our children.

**

God, guide our faith that by it we might make our children and nation whole again.

God, help us to believe with every ounce of our being that we, with Your help, can save our children and make them well, as You did the woman who said, "If I can only touch his cloak!"

God, renew our spirits—Your spirit within us—

and make us worthy carriers of Your message of love and hope and life in all we say and do this day and forever more.

**

Lord, let us exile defeat
wrestle despair to the floor
throw apathy to the winds
and feed depression to the hogs.

Lord, help us to stand up and fight for our children.

**

God, protect us and keep us from being

Hypocrites
Experts
Attention hogs
Blamers and complainers
Snake oil salespeople
Takers and just talkers
Lone Rangers
Excuse makers
Fair weather workers
Braggers
Magic bullet seekers and sellers and
Quitters.

**

God, send us and help us to be

Righteous warriors
Moral guerrillas
Scut workers
Nitty-gritty doers
Detail tenders
Long-distance runners
Energetic tryers
Risk takers
Sharers
Team players
Organizers and mobilizers and
Servant leaders,

to save our children.

God, please send the right partners for children and the right coworkers for the poor to balance those who speak for powerful adults and their special interest groups.

God, please send new voices for goodness and tolerance to challenge those who teach our children to hate and who prey on our racial, gender and class fears.

God, please bring justice for all of our children who are equally sacred in Your sight.

Hogan Signs Bills on Hate Crimes, Cyberbullying

By CHARLIE YOUNGMANN
Capital News Service

ANNAPOLIS, Md. (April 18, 2019)—Gov. Larry Hogan, R, pored over almost 200 bills Thursday, signing into law measures concerning cyberbullying, hate crimes and a state-recognized Freedom of the Press Day.

At this stage, Hogan has the choice of signing a bill into law, allowing it to become a law without signing, or vetoing the bill—with the exception of legislation he's already vetoed that has been overridden.

Thursday marked one of four bill signings Hogan has scheduled for April and May. Subsequent signings are scheduled to take place April 30, May 13 and May 23.

While these signings generally begin the day after the legislative session ends, Hogan delayed the ceremony out of respect for House Speaker Michael Busch, who died April 7, one day before the end of the session.

Hogan later on Thursday called a special session of the legislature for May 1, to allow the House of Delegates to elect a new speaker.

Hogan signed House bill 181 and Senate bill 103, named "Grace's Law 2.0", which will provide an updated version of the protections against cyberbullying put in place by the first "Grace's law," which was passed by the Maryland General Assembly in 2013.

The law and its predecessor are named after Grace McComas, who killed herself on Easter Sunday 2012 after being cyberbullied, according to a Capital News Service report.

Hogan signed several bills that will increase penalties for threatening hate crimes or acts of mass violence, as well as a bill that will require the Maryland State Police to collect and record data on hate crimes.

Hogan also signed House bill 871 and Senate bill 690, which will reclassify human trafficking as a violent crime. House bill 734 and Senate bill 689 will increase penalties for labor trafficking as well.

A joint resolution Hogan signed will make June 28 Freedom of the Press Day in Maryland. The date chosen marks the anniversary of the shooting at the *Capital Gazette* newsroom in Annapolis that resulted in the deaths of Gerald Fischman, Rob Hiasen, John McNamara, Rebecca Smith and Wendi Winters.

Because the *Capital Gazette* newspapers cover Maryland politics and public policy, Rick Hutzell, editor of Capital Gazette Communications, said his paper couldn't endorse an honor awarded by the state.

"The most important honor we get is from our readers who subscribe to us," Hutzell said, echoing the paper's editorial that addressed the measure. "Every day is press freedom day for us," he said.

Hogan signed House bill 1428 and Senate bill 619, which will enact a new conflict of interest policy for the University of Maryland Medical System's board of directors in order to increase transparency.

Soon after the bill's introduction, an investigation by the *Baltimore Sun* uncovered no-bid contracts between the University of Maryland Medical System and its board members. Among these contracts was a deal to sell Democratic Baltimore Mayor Catherine Pugh's "Healthy Holly" children's book to the University of Maryland Medical System, according to a Capital News Service Report.

Hogan also signed Senate bill 521, which will require the Maryland Department of Health to provide more health service accessibility to veterans in order to prevent veteran suicide.

Van Hollen, Blunt Announce New Bill to Honor WWI Minority Veterans

WASHINGTON (April 18, 2019)—Today, U.S. Senators Chris Van Hollen (D-Md.) and Roy Blunt (R-Mo.) announced the World War I Valor Medals Review Act, new bipartisan legislation that will ensure that minority Veterans who served during WWI get the recognition they deserve. It would require the Department of Defense to undertake a review of valor medals awarded to minority Veterans during WWI to determine whether any should receive the Medal of Honor. This review would be conducted in consultation with the WWI Centennial Commission's Valor Medals Review Task Force. Senators Tammy Duckworth (D-Ill.), Tim Scott (R-S.C.), and Richard Blumenthal (D-Conn.) are original cosponsors of the Senate bill, and Congressman French Hill (R-Ark.) has introduced the House companion legislation.

Servicemembers of all races, religions, and backgrounds fought in WWI, but the Medal of Honor was patently denied to minority Veterans until the 1990s. Congress has authorized more recent reviews for minority servicemembers from World War II to the present, but the only review undertaken for WWI took place in 1919—and no minority Veterans received the Medal of Honor as a result of that review. Righting this historical wrong is long overdue.

"Hundreds of thousands of minority Veterans served their country during World War I, and their sacrifice was essential to our victory. But for far too long, their heroism has not received the recognition it deserves," said Senator Van Hollen. "Take William Butler, an African American Veteran from Salisbury, for example. His valor was recognized with the Croix de Guerre with Palm, the Distinguished Service Cross, and a recommendation for the Medal of Honor—but he never received that medal before his death. His story is the exact kind of case the Valor Medal Task Force should re-

view. This legislation will ensure he and countless others have the opportunity to be honored."

"Minority veterans who exhibited the highest acts of valor during WWI deserve to be recognized with the Medal of Honor," said Senator Blunt. "We cannot erase the discrimination minority service members faced, but we can make sure their heroic deeds are acknowledged and honored. I'm grateful for the work the Valor Medals Review Task Force, in partnership with Park University, is doing to make sure those who were denied the Medal of Honor because of their race or religion finally receive the recognition they have earned."

The Prince George's Post

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Married Couple Confused About Social Security Benefits

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

Dear Rusty:

We are a little confused about husband and wife Social Security benefits. I am 63 years old (born 1955) and still employed full-time. My wife turns 60 this month. She is retired military and has been working in the civilian sector for a number of years now. She has always earned more than me. We are confused as to how Social Security payments between us will work. I know I will start to collect before she does. Can you help with an explanation? **Signed: Confused**

Dear Confused: Social Security benefits for married couples can, indeed, be confusing, especially if you both still work. If your wife has always been the higher-earner, you could possibly be entitled to a spousal benefit from her record, but only if your own benefit amount at your full retirement age (FRA) is less than 50% of your wife's benefit amount at her FRA.

Since you say you will claim Social Security before your higher-earning wife, any spousal benefit you may be entitled to will not take effect until your wife starts her benefits. To be clear, a spousal benefit is only due if that amount is more than you are entitled to on your own work record; otherwise you only get your own benefit. If a spousal benefit is due, what essentially happens is that you get your own Social Security benefit plus a "spousal boost" to bring you up to what you are entitled to as a spouse. The spousal benefit can be 50% of the higher earner's FRA benefit amount (if that is more than your own) but you only get the full 50% if it starts at your full retirement age; otherwise it is less than 50%. That's because any time any Social Security benefit is taken earlier than your FRA it is actuarially reduced according to the number of months before your FRA that it is taken.

If you (or your wife) collect Social Security before you have reached your full retirement age and you continue to work, you will be subject to an annual earnings limit (\$17,640 for 2019) which, if exceeded, will cause SS to withhold benefits equal to \$1 for every \$2 you are over the limit. Since they don't withhold partial benefits, that could mean some months without benefits. That is true up to the year you reach your full retirement age when the earnings limit goes up by more than 2.5 times and the penalty is less (\$1 for every \$3 over the limit). Then, once you reach your full retirement age, there is no longer a limit to how much you can earn while collecting benefits. And for clarity, if you have benefits withheld because you exceed the earnings limit, you'll get time credit for those months when you reach your full retirement age, which will somewhat increase your benefit amount at your FRA. So, your plans for working and earning should be considered in deciding when both of you should claim your SS benefits.

To summarize, if you have both earned at least 40 SS credits, you are both entitled to your own Social Security benefit. If half of your wife's SS benefit at her full retirement age is more than your own benefit at your full retirement age, you'll also get a spousal boost equal to the difference. But if either of you claim benefits early they will be reduced, and if your spousal benefit starts before your FRA it will also be reduced. And don't forget, working before you reach your full retirement age will subject you to Social Security's annual earnings limit.

The 1.7 million member Association of Mature American Citizens (AMAC) (<https://www.amac.us>) is a vibrant, vital senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at <https://amac.us/join-amac>.

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

Maryland Small Business Development Center Workshop

Baby Boomer Encore Entrepreneurial Start up Program

May 7–June 11, 2019 • 7–11 a.m.

Bowie State University, Bowie Innovation Center,
14000 Jericho Park Road, Bowie, MD 20715

Status: Open—44 places remaining

Registration Deadline: 5/7/2019 11 a.m.

Fee: \$50.00 Register: <https://mdsbdc.eccenterdirect.com/>
Point of Contact: Jennifer Funn: 240-779-5751

A growing number of individuals in the later stages of their lives is turning interests, hobbies, and skills into a small business: one in four individuals between the ages of 44 to 70 is interested in becoming an entrepreneur. This program is designed for adults who are ready to try their hand at business ownership. Attendees will be given comprehensive guidance by experts in all stages of successfully starting and managing a new business venture. Topics including financing, marketing, business planning and networking, and how to transfer a lifetime of skills into a successful business.

85,000 Healthcare Workers in Seven States Begin Contract Talks with Health Giant Kaiser Permanente

Talks begin with workers questioning if Kaiser is losing its way as a non-profit hospital system that behaves more like a for-profit corporation

By RACHELE HUENNEKENS
The Coalition of Kaiser Permanente Unions

OAKLAND, Calif. (April 18, 2019)—Eighty-five thousand healthcare workers across the country began bargaining for a new contract today with healthcare giant Kaiser Permanente.

The talks begin as frontline healthcare workers are questioning whether Kaiser Permanente, which operates as a non-profit company, is losing its way as a self-proclaimed community-oriented health provider, and is instead becoming just like any other large, for-profit healthcare corporation. Workers have recently led dozens of actions in San Diego, Portland, Ore., New Orleans and Washington, D.C., expressing concerns that despite its "non-profit" status, Kaiser Permanente pays its CEO more than \$16 million a year.

"Tens of thousands of dedicated healthcare workers are eager to sit down with Kaiser Permanente to forge a national agreement that serves communities and patients who depend on Kaiser for care for them when they are hurt, vulnerable and ill," said Tamara Rubyn, Secretary Treas-

urer of the Coalition of Kaiser Permanente Unions. "We're hopeful that Kaiser will demonstrate that it is truly committed to serving communities and to its mission as a non-profit, and we look forward to productive talks at the bargaining table."

Kaiser posted \$2.5 billion in profits last year, is sitting on \$31.5 billion in reserves, and pays at least 36 executives more than \$1 million annually, numbers that are more associated with "for-profit" companies.

Despite its ever-present advertising about helping communities thrive, Kaiser also serves a very low percentage of Medicaid patients, suggesting its profits are boosted by excluding the nation's poorest people. For instance, while Medicaid funds healthcare for 21 percent of Americans, Kaiser's Medicaid patient volume is only a fraction of that, at 9.6 percent.

On April 1, Kaiser Permanente became embroiled in a scandal involving the city of Baltimore, spending \$114,000 to buy copies of a children's book called "Healthy Holly," written by Mayor Catherine Pugh, and later securing a \$48 million contract with the city. The Maryland governor is asking for an investigation and calls are growing for Mayor

Pugh to resign over the alleged "pay for play" scandal.

Negotiations are beginning a year later after Kaiser Permanente agreed to drop a ban on employees' speaking out on patient care issues and engaging in political activity. The Coalition of Kaiser Permanente Unions filed an unfair labor practice charge in May 2018 with the National Labor Relations Board over Kaiser's refusal to bargain. Workers said that Kaiser's proposed ban on employees speaking out about patient care issues or taking action against the company through ballot initiatives, legislation or other public campaigns, violated federal law. The National Labor Relations Board issued a complaint alleging that Kaiser's pre-condition was a failure to bargain in good faith, and the matter will go before an administrative law judge in August.

The Coalition's national agreement with Kaiser Permanente expired Sept. 30, 2018.

The Coalition of Kaiser Permanente Unions comprises 11 labor unions in California, Oregon, Washington, Colorado, Hawaii, Virginia, Maryland and the District of Columbia.

National Small Business Week Hosts Second Annual Virtual Conference

Conference will feature webinars, mentoring sessions and business resources

WASHINGTON (April 11, 2019)—As part of the National Small Business Week (NSBW), the U.S. Small Business Administration and SCORE, mentors to America's small businesses, will cohost the second annual NSBW Virtual Conference from May 7–8, 2019. The conference will include educational webinars presented by NSBW Cosponsors, virtual exhibit booths, and a networking room where business owners have an opportunity to connect with

a mentor. The virtual exhibit hall and networking areas will be open from 11:00 a.m.–5:30 p.m. ET daily. The webinar registration is currently open, and each virtual session will be available on demand thereafter. The event is free of charge, but registration is required. For additional information on National Small Business Week, please visit <http://www.sba.gov/nsbw>.

—Jack Spirakes, MPA, U.S. Small Business Administration

HEALTH AND WELLNESS

Prince George's County Part of New National Effort to End HIV Epidemic

County joins Montgomery County and Baltimore City as only three Maryland jurisdictions set to receive additional federal money, resources to help U.S. reduce new infections 90% in 10 years

By GEORGE LETTIS
Prince George's County Health Dept.

LARGO, Md. (April 12, 2019)—Prince George's County is part of a bold national initiative to end the HIV epidemic in the United States with the goal of reducing new infections by 75 percent in five years and at least 90 percent over the next decade. The multi-year plan by the U.S. Department of Health and Human Services (HHS) hopes to accelerate progress in eliminating new HIV infections by directing new funds, additional expertise, technology and other resources to the county and 47 other targeted jurisdictions nationwide.

While Prince George's County mirrors the nation in seeing progress in new HIV cases and more patients getting into early viral suppression treatment, the county had Maryland's highest number of new HIV infections in 2017 with 320, according to state data. One in 52 men ages 30-39 in Prince George's County have HIV, while the disease continues to disproportionately affect African Americans who make up 62 percent of the county's population but comprise 83 percent of the county's HIV cases.

"This is an important moment—not just for Prince George's County—but for everyone," said Prince George's County

Executive Angela Alsobrooks. "We must harness this opportunity and take control of a disease that has profoundly impacted too many of our communities and taken the lives of too many of our loved ones for decades. I am proud that Prince George's County will be a part of global history by playing a leading role in eliminating the HIV epidemic."

The national plan's strategy focuses on four areas:

- Diagnose all people with HIV as early as possible after infection.
- Treat the infection rapidly and effectively to achieve sustained viral suppression.
- Protect people at risk for HIV using proven prevention interventions, including PrEP, a medication that can prevent HIV infections.
- Respond rapidly to detect and respond to growing HIV clusters and prevent new HIV infections.

"We need to engage and educate residents about HIV not just when they're in the doctor's office," said Prince George's County Deputy Chief Administrative Officer for Health, Human Services and Education Dr. George Askew, "but also when they walk through the doors of the Medicaid office, a woman's shelter, our library system, community re-entry or any other

point of engagement with our system of health and well-being."

In a joint discussion with state and local health officials on April 3rd in Baltimore, HHS Assistant Secretary Adm. Brett P. Giroir, M.D. and Centers for Disease Control and Prevention (CDC) Director Robert Redfield, M.D. stressed the importance of implementing these strategies at the local level of each of the plan's 48 jurisdictions, which account for more than half of all new HIV diagnoses in the U.S.

"Strengthening our county's HIV infrastructure starts with a robust community health worker network," said Prince George's County Acting Health Officer Dr. Ernest Carter at the discussion in Baltimore. "Community health workers often come from and live in these communities carrying the greatest HIV burden. They are a familiar face and a trusted source for patient care and support, which makes it even more important to build a plan by the people and for the people of Prince George's County. With the help of community-based organizations and the medical community, we can end the lingering stigma of HIV, make HIV testing routine and put an end to the epidemic."

For more information about Ending the HIV Epidemic: A Plan for America, go to www.HIV.gov/ending-hiv-epidemic.

Philadelphia Eagles Hall of Famer, Clyde Simmons, Helps Local Hospital Raise Funds for Community Health

By CHONDRIA ANDREWS
Doctors Community Hospital

LANHAM, Md. (April 18, 2019)—Doctors Community Hospital Foundation will host its 24th annual fundraising golf tournament on Monday, May 20, 2019, at Queenstown Harbor in Maryland. This event raises funds to help uninsured and underinsured residents of Prince George's County and surrounding areas access needed health and wellness services. Dominic Magnolia, vice president of Magnolia Companies, is this year's chairperson. Also, former Philadelphia Eagles football player and hall of famer, Clyde Simmons, is a participating supporter.

"Giving back to the community has always been a priority in my life," Simmons stated. "I am honored to be a part of an organization dedicated to providing healthcare services to residents in need."

Last year's golf tournament raised more than \$228,782 in support of various community health initiatives. This year's event will help raise funds for the hospital's Center for Comprehensive Breast Care, diabetes screening and education programs, Cardiac Rehabilitation scholarship program and Wellness on Wheels mobile health clinic. This healthcare resource travels throughout the area providing free screenings (e.g., blood pressure, cholesterol and diabetes) and medication education.

"Elevating access to reliable medical services requires the collaboration of individuals, businesses and community organizations—all working together to realize a common goal. I am delighted that Mr. Simmons, Mr. Magnolia, donors and volunteers are supporting our philanthropic golf tournament," stated Robyn Webb-Williams, vice president of Doctors Community Hospital Foundation. "With their help, more people throughout the area will get the care they need and deserve."

For more information about the golf tournament or to make a donation, contact Doctors Community Hospital Foundation at 301-552-8670 or foundation@DCH-web.org.

OUT *on the* TOWN

Broccoli City Festival 2019 This Weekend

We are excited to have the 2019 Broccoli City Weekend Experience come to Prince George's County at FedExField, April 26–27. This is a popular event that attracts millennials not only from the area, but from around the country. There will be a preview at FedExField on Friday evening, April 26th. It is open to all ages to enjoy.

The 2019 Broccoli City Weekend Experience is not just a music festival, but instead is a weekend experience with different programs that help to educate and enrich the minds of the youth and

young adults who attend. There will be a series of programs focused on wellness and getting physically and mentally fit. They have an educational component that features panel discussions, workshops, and networking events with national experts who will provide tools and resources to help youth and young adults move to the next stage in their life and career. For more information, visit the Broccoli City website: <https://bcfestival.com>

—Prince George's County Government,
Community Connections

See THE HONEY TRAP at the Greenbelt Arts Center



PHOTO BY KIMBERLY CURREN

THE HONEY TRAP: Brian Stepawony (Mort), Joy Gerst (Beatrice), Joy Liu (MK), and Sandy Irving (Colonel Brooks) look on as Angie Bernazani (Lana) is identified as Miss Guided Missile. Playing Friday and Saturdays April 26, 27, May 3, 4, 10, and 11 at 8:00 p.m., Sunday Matinees are April 28, May 5 and 12 at 2:00 p.m. at the Greenbelt Arts Center, 123 Centerway, Greenbelt, MD 20770. Written and Directed by Michael Stepawony, who grew up in Mt. Rainier. Produced by Malca Giblin.

ERIC D. SNIDER'S IN THE DARK

.... *Movie Review*

Alita: Battle Angel

Alita: Battle Angel

Grade: C+

Rated PG-13, a lot of violence that would be gruesome if it didn't involve cyborgs, and some profanity (including an F-word)
2 hrs., 2 min

"Alita: Battle Angel," directed by Robert Rodriguez and co-written and produced by James Cameron, marks the first time the two filmmakers have collaborated. You can see Cameron's influence in the way the film is technically proficient but emotionally hollow, and Rodriguez's influence in the way some of the characters have had their limbs replaced with weapons. It is very much on-brand for both of them. (Cameron shares writing credit with Laeta Kalogridis, who wrote "Terminator: Genisys").

Based on a Japanese comic, this is flashy, expensive-looking entertainment set in The Future, some 300 hundred years after the collapse of civilization, focused on a kindly cybernetic doctor named Dyson Ido (Christoph Waltz) who repairs cyborgs free of charge as a service to the ruined wasteland community in which he lives, called Iron City. Earth is basically a garbage dump now, humans and cyborgs scrambling for scraps while the elites live it up in a floating sky city called Zalem.

Among the detritus jettisoned by Zalem is a still-functional female cyborg consciousness that Ido finds and implants into a robot body he had lying around. He names

his new cyborg daughter Alita, after his real (dead) daughter, which Ido thinks is charming but his ex-wife (Jennifer Connelly) thinks is weird. Alita (played by Rosa Salazar) has giant eyes and a creepy CGI robot face, lest the audience find her relatable. She doesn't remember her former life or what type of cyborg she was,

but she's incredibly strong and a great fighter, and she's a natural at motorball (roller derby on motorized roller blades), Iron City's favorite cyborg sport.

Ido is a bounty hunter in his spare time, and one particular cyborg criminal, Grewishka (Jackie Earle Haley), wants to get him and his little girl, too. Another cyborg named Zapan (Ed Skrein) is also given the assignment of killing Alita. It seems that in addition to whatever other secrets Alita may hold, her robot heart is a powerful energy source. Up on Zalem, a mysterious figure named Nova controls things, occasionally shoving his consciousness into someone else's body—Mahershala Ali's,

specifically—in order to make a statement. Oh, and Alita gets a human boyfriend, Hugo (Keanu Reeves), who is completely unnecessary to her, the film, and mankind.

Rodriguez, directing his first movie in five years, brings his usual energy. The fight scenes are coherent and exciting (as they should be when they involve beings who are half-robot), and the motorball sequences are rad fun. But the rest is listless futuristic mumbo-jumbo without a single interesting character, building to a conclusion that's really just a setup for the next film. Only the budget and the name recognition separates this from any number of Syfy channel movies.



ROTTENTOMATOES.COM

From visionary filmmakers James Cameron (AVATAR) and Robert Rodriguez (SIN CITY), comes ALITA: BATTLE ANGEL, an epic adventure of hope and empowerment. When Alita (Rosa Salazar) awakens with no memory of who she is in a future world she does not recognize, she is taken in by Ido (Christoph Waltz), a compassionate doctor who realizes that somewhere in this abandoned cyborg shell is the heart and soul of a young woman with an extraordinary past. As Alita learns to navigate her new life and the treacherous streets of Iron City, Ido tries to shield her from her mysterious history while her street-smart new friend Hugo (Keanu Reeves) offers instead to help trigger her memories. But it is only when the deadly and corrupt forces that run the city come after Alita that she discovers a clue to her past—she has unique fighting abilities that those in power will stop at nothing to control. If she can stay out of their grasp, she could be the key to saving her friends, her family and the world she's grown to love.

Spotlight on Family Fun!

Spring Flea Market at Marietta House Museum

Date and Time: Saturday, April 27, 2019, 9 a.m.–2 p.m.

Description: Local community members with over 25 tables of wonderful gently used items will be here for you to peruse and purchase! Great for decorating, gifts, or finding that special treasure. Clothing, children's items, books, Avon, household goods, jewelry, and much more! The Glenn Dale Farmer's Market will be here with food, produce and more while you shop and stroll the beautiful grounds. Parking is free and on the grounds, so as you find your treasures you can load the car and shop some more. See OPEN TO THE PUBLIC feature below for more information about Marietta House Museum.

Cost: Free to attend

Ages: All ages are welcome

Location: Marietta House Museum, 5626 Bell Station Road, Glenn Dale, MD 20769

Contact: 301-464-5291

21st Annual Maryland Day

Date and Time: Saturday, April 27, 2019, 10 a.m.–4 p.m.

Description: The University of Maryland invites you to come to College Park and celebrate Maryland Day, a day of learning, fun and discovery. At the 21st annual edition, you'll find a wide variety of family-friendly events and activities where you can explore our world of fearless ideas. From adventure-themed activities to bucket drumming lessons to interactive STEM activities to meet and greet with student athletes, there's a lot to explore across Maryland Day's five learning neighborhoods—Science and Tech Way, Sports and Rec Row, Art and Design Place, Ag Day Avenue, and Terp Town Center.

Cost: Free admission and parking. Complimentary Shuttle-UM transportation will be provided, with buses servicing all main parking lots and garages.

Ages: All ages are welcome

Location: The University of Maryland, 7950 Baltimore Avenue, College Park, MD 20742

Contact: marylandday.umd.edu/

Annual Montpelier Festival of Herbs, Tea, and the Arts

Date and Time: Saturday, April 27, 2019, 10 a.m.–4 p.m.

Description: Celebrate spring at this fun festival for the entire family, hosted by Montpelier Arts Center and Montpelier Mansion/Historic Site! Visit the resident artists' studios, watch art demonstrations, paint the Montpelier bird, and create spring-themed crafts. Stroll the Arts Center's galleries and view the exhibitions of Patricia Bowden, Jill Tanenbaum and Cathy Abramson, and Incommunicado—a collaborative exhibition by Lori Books, Mark Cameron Boyd, Nancy Daly, Maren Hansen, and Molly Springfield. At 12 p.m. participate in a special Earth Day inspired activity and at 1 p.m., join us in the Main Gallery for a classical recital featuring award-winning cellist Ismar Gomes. Adjacent to the Arts Center is the Montpelier Mansion/Historic Site. Visit the Mansion and stroll the beautiful grounds, where you can purchase art, crafts, food, herbs, plants, and more. Self-guided tours are available year-round from 11 a.m.–3 p.m. (Thursdays–Tuesdays). ADA: Yes

Cost: Free; held rain or shine

Ages: All ages are welcome

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

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

Wellness in the Woods: A Family Zen Festival

Date and Time: Sunday, April 28, 2019, 11 a.m.–3 p.m.

Description: Join the Department of Parks and Recreation in celebrating National Park Rx Day! Across the nation, communities are coming together to promote the growing platform of prescribing parks to prevent and treat chronic disease. It's a fact that spending time in nature is good for you. See how the Department of Parks and Recreation is creating healthy communities with people, parks and programs. Come Zen with us! Participants in our bicycle obstacle course will have the chance to win a new bike! The drawing is at 1:30 p.m., you must be present to win.

Cost: Free

Ages: All ages are welcome

Location: Watkins Regional Park, 301 Watkins Park Drive, Upper Marlboro, MD 20774

Contact: 301-446-6838; TTY 301-699-2544

OPEN TO THE PUBLIC



Marietta House Museum

PHOTOGRAPH COURTESY OF MARIETTA HOUSE MUSEUM, M-NCPPC

The **Marietta House Museum** is a 2-1/2 story Federal-style house that once served as the home of Gabriel Duvall, an Associate Justice of the U.S. Supreme Court. Built around 1813, Marietta is listed on the National Register of Historic Places and today operates as a historic house museum, furnished and interpreted to reflect the three generations of Duvall's that occupied it. The museum features Justice Duvall's original law office and root cellar as well as the family graveyard, relocated to Marietta by the Society of Maren Duvall Descendants. The Museum offers programs and events to the public year round. Admission: Adults, \$3; Seniors/groups, \$2; Children ages 5–18; Ages 4 and under are FREE.

Marietta House Museum: 5626 Bell Station Rd., Glenn Dale, MD 20769 • 301-464-0590

<http://history.pgpc.com/3072/Marietta-House-Museum>

Calendar of Events

April 25–May 1, 2019

Bounce! A Peter Rabbit Remix

Date and Time: Friday, April 26, 2019, 4 p.m. and 7 p.m. and Saturday, April 27, 2019, 4 p.m.

Description: A play with music and dance for kids of ALL ages. Bounce! is an energetic, 60-minute, family friendly tale of a struggling city where greed has poisoned the well, but where friendships blossom between the cracks.

Cost: Tickets \$10

Ages: All ages are welcome

Location: Joe's Movement Emporium, 3309 Bunker Hill Road, Mt. Rainier, MD 20712

Contact: 301-699-1819

2019 Spring Plant Sale

Date and Time: Saturday, April 27, 2019, 8 a.m.–12 p.m.

Description: Join the Bowie-Crofton Garden Club and the Bowie Green Team for the 2019 Spring Plant Sale. This year it will feature a selection of native plants and pollinator plants to support birds, bees, and butterflies. Also available will be houseplants, herbs, annuals, perennials, vegetable plants, and shrubs. Special activities are planned for children. Master Gardeners available. Food, rain barrels, and compost bins are also available for purchase.

Cost: Free

Ages: All ages are welcome

Location: Parking lot of the Bowie Branch Library, 15210 Annapolis Road, Bowie, MD 20715

Contact: 301-809-3044, Ashleigh Armentrout, Sustainability Planner

20th Annual Mulch Madness

Date and Time: Saturday, April 27, 2019, 8 a.m.–1 p.m.

Description: A source reduction event. Learn to reduce water usage, prevent soil erosion and reduce the use of herbicides in your home gardens by applying mulch. The mulch for this event is derived from the Christmas trees that are collected or dropped off for recycling. Prince George's County residents only. Citizens and residents transporting mulch by car should bring their own containers and shovels or pitchforks. Only non-commercial vehicles, no business vehicle signage.

Cost: Free

Ages: All ages are welcome

Location: Prince George's County Organics Composting Facility, 6550 S.E. Crain Highway, Upper Marlboro, MD 20772 (from Crain Highway, proceed on Maude Savoy Brown Road to facility)

Contact: 301-627-6388

Free Community Shredding Day

Date and Time: Saturday, April 27, 2019, 9 a.m.–1 p.m.

Location: 5600 Columbia Park Rd, Cheverly, MD 20784

Contact: Prince George's County Department of Environment, 301-883-5985 or 301-883-5952

Campfire Program: How the U.S. Army Helped Preserve National Parks

Date and Time: Saturday, April 27, 2019, 8 p.m.

Description: How did National Parks survive the early years? Learn more about the early history of National Parks and the involvement of the U.S. Army. Campground guests and the public are welcome to join us under the stars for a traditional NPS campfire program at the Campfire Circle.

Cost: Free

Ages: 8 and above

Location: Greenbelt Park, 6565 Greenbelt Road, Greenbelt, Maryland 20770

Contact: 301-344-3944, <http://www.nps.gov/gree>

National Park Rx Day

Date and Time: Sunday, April 28, 2019, 9:30 a.m.

Description: Prescription for better health is a walk in the park. Join us for a group exercise walk through the park. Meet at the Sweetgum Picnic Area. This is a part of the Healthy Parks Healthy People events throughout the National Parks.

Cost: Free

Ages: 8 and above

Location: Greenbelt Park, 6565 Greenbelt Road, Greenbelt, Maryland 20770

Contact: 301-344-3944, <http://www.nps.gov/gree>

'Special Edition' of Community in the Courthouse: April is Sexual Assault Awareness Month

Date and Time: Tuesday, April 30, 2019, 6–8 p.m.

Description: "Not One" Presents: The Different Shades of a Victim. Community in the Courthouse is a monthly event where members of the community can come to the courthouse and learn firsthand about the justice system in the County. It brings concerned members of the community together to learn about the court system, the operations of the State's Attorney's Office and other County agencies. Participants engage with prosecutors about how rulings, sentences, and various outcomes of cases affect the rights of all residents of the County. In addition, participants are invited to witness courtroom proceedings to hear actual cases.

Cost: Free

Ages: Adults

Location: Prince George's County Courthouse, 14735 Main Street, Room M0421, Upper Marlboro, MD 20772

Contact: <http://sao.mypgc.us>, <http://twitter.com/PGSAONEWS>

34th Annual Fallen Heroes Day Ceremony

Date and Time: Friday, May 3, 2019, 1:00 p.m.

Description: This annual event honors police, correctional officers, firefighters, and emergency medical/rescue personnel who died in the line of duty during the past year. It is the only statewide ceremony in the nation that brings together all segments of the public safety community. Fallen Heroes Day, which is held each year on the first Friday in May, is also an opportunity for the public to show their appreciation for those who risk their lives every day to protect the citizens of Maryland. Including this year's May 3rd observance, the ceremony will have honored 186 Maryland first responders.

Location: Dulaney Valley Memorial Gardens, 200 East Padonia Road, Timonium, MD 21093

Contact: www.dulaneyvalley.com or 410-666-0490

NASA's TESS Discovers Its First Earth-size Planet

By ROB GARNER

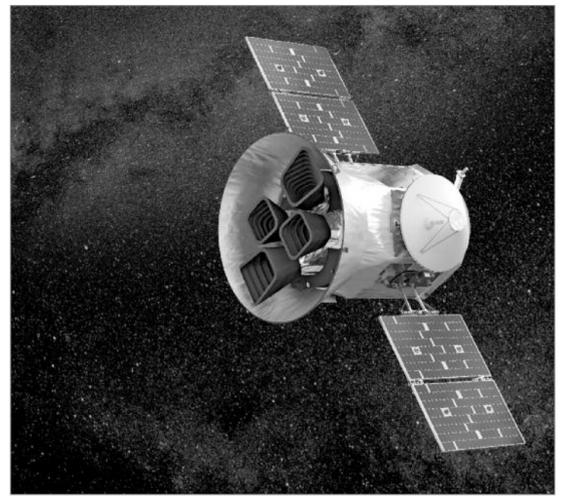
NASA's Goddard Space Flight Center

GREENBELT, Md. (April 15, 2019)—NASA's Transiting Exoplanet Survey Satellite (TESS) has discovered its first Earth-size world. The planet, HD 21749c, is about 89% Earth's diameter. It orbits HD 21749, a K-type star with about 70% of the Sun's mass located 53 light-years away in the southern constellation Reticulum, and is the second planet TESS has identified in the system. The new world is likely rocky and circles very close to its star, completing one orbit in just under eight days. The planet is likely very hot, with surface temperatures perhaps as high as 800 degrees F (427 degrees C).

This is the 10th confirmed planet discovered by TESS, and hundreds of additional candidates are now being studied.

Scientists at the Massachusetts Institute of Technology and the Carnegie Institution for Science analyzed TESS transit data from the first four sectors of TESS observations to detect 11 periodic dips in the star's brightness. From this, they determined that the star's light was being partially blocked by a planet about the size of Earth.

The star that HD 21749c orbits is bright and relatively nearby, and therefore well suited to more detailed follow-up studies, which could provide critical information about the planet's properties, in-



CREDITS: NASA'S GODDARD SPACE FLIGHT CENTER

Illustration of NASA's Transiting Exoplanet Survey Satellite: TESS

cluding potentially the first mass measurement of an Earth-size planet found by TESS.

For more information about this result: <https://iopscience.iop.org/article/10.3847/2041-8213/ab12ed/meta>

For more updates about TESS discoveries, visit nasa.gov/teess

PLAN AHEAD

W.O.W. Factor: Women of Wellness

Hosted by Council Member Monique Anderson-Walker

Date and Time: Saturday, May 4, 2019, 9:30 a.m.–1:30 p.m.

Description: When women come together, there is power in the room! We have so many roles, being a nurturer, manager of others dreams and lives, building others expectations of themselves and then doing our best to take care of ourselves. Come and hear experts and those who have experienced challenges who can relate and share ways to RELEASE the things that impact our wellness. You don't want to miss this event! Share this with the women in your life!

Cost: Free

Ages: Adults

Location: From the Heart Church Ministries, 5055 Allentown Road, Annex Building, Camp Springs, MD 20746

Contact: <https://wow-factor.eventbrite.com>

Hyattsville CROP Hunger Walk

Date and Time: Sunday, May 5, 2019, 1 p.m. sign in; 1:30 p.m. walk

Description: CROP Hunger Walks are community-wide events sponsored by Church World Service and organized by religious groups, businesses, schools and others to raise funds to end hunger in the U.S. and around the world. Walk Distance: 2.5 and 3 mile routes. Walkers can sign up that day or in advance through the organization's website; supporters can donate similarly. Visit our Facebook page at www.facebook.com/HyattsvilleCROPWalk

Ages: All ages are welcome

Location: Linson Pool Parking Lot, 5211 Campus Drive, College Park, MD 20740

Contact: Suzanne Hubbard, smh1011@erols.com, 301-332-7410, <https://www.crophungerwalk.org/hyattsvillemd>

Earth TALK™

Greener Flea and Tick Protection For Fido or Tabby

Dear EarthTalk:

Are there any flea and tick products out there that don't contain toxic chemicals?

—Ewan Locke, Madison, WI

Surveys show that as many as 50 percent of American families report using some kind of flea and tick control product on pets, subjecting untold millions of children to toxic chemicals on a daily basis.

Harmful pesticides in mainstream flea and tick products are indeed hazardous to more than insects. The active substance in most of these products is likely one of seven common organophosphate insecticides (OPs), which work by interfering with the transmission of nerve signals in the brains and nervous systems of not just insects—most of whom die on the spot—but to a lesser degree in pets and humans as well. While it would certainly take an awful lot of exposure to OPs to affect a full-grown healthy human adult, no one is sure how the chemicals might affect children or those with pre-existing nerve disorders.

The non-profit Natural Resources Defense Council (NRDC), which authored the 2000 report "Poisons on Pets" (results are online at the group's GreenPaws.org website), reports that "studies with lab animals have raised concerns among scientists that children exposed to certain of the pesticides in pet products—even at levels believed to be safe for adults—face much higher risks, not only for acute poisoning, but also for longer-term problems with brain function and other seri-

ous disease." The group adds that children's behavior—notably toddlers' hand-to-mouth tendencies and the fact that kids play where such toxins often accumulate—makes them more vulnerable to ingesting OPs than adults in the same household.

The magnitude of the potential risk to public health is what makes the inclusion of such chemicals in pet products so troubling: Surveys show that as many as 50 percent of American families report using some kind of flea and tick control product on pets, subjecting untold millions of children to toxic chemicals on a daily basis. Initial research also shows that thousands of pets may be sickened or die each year as a result of chronic low-dose exposure to OPs through their flea and tick collars. Fortunately, several non-toxic alternatives to OP-laden flea and tick control products are now available. NRDC tested upwards of 125 pet-oriented flea and tick control products for its Poisons on Pets report and found less than two dozen that don't contain harmful chemical compounds. Stripe-On formulations from Adams, Breakthru, Demize and Scratchex get high marks from NRDC for low-toxicity, while tabs (pills) from Comfortis, Program and Sentinel also make the safety grade. Hartz, which uses OPs in most of its product line, also offers some safer formulations (Spot-On, Advanced Care and Ultra Guard) for cats and kittens. These products rely on insect growth regulators, which arrest the growth and development of young fleas, rather than pesticides to simply kill them. NRDC notes, however, that

even these safer formulations contain chemicals, and that all such products should be used with caution.

One way to treat your pet but avoid chemicals altogether is to go the essential oil route. Oils from cedarwood, lemongrass, peppermint, rosemary or thyme have all been shown to be effective, when used sparingly, to keep fleas and ticks away from pets and their favorite haunts. Of course, a little conscientious legwork can obviate the need for any kind of topical or pill-based flea and tick control products, toxic or otherwise. According to NRDC, frequent washing and combing of pets and vacuuming carpets and furniture can bring mild flea infestations under control and help avoid outbreaks altogether.

CONTACTS: NRDC Green Paws (www.nrdc.org/flea-and-tick-products-directory); Scratchex (<http://www.scratchex.com/>); Sentinel (www.sentinelpet.com); Comfortis (www.comfortis4dogs.com); Hartz (www.hartz.com).

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. Check out our other columns at <https://www.emagazine.com/earthtalk-qa/>. To donate, visit <https://www.earthtalk.org>. Send questions to: question@earthtalk.org.

Saturday, April 27, 2019
9:30 a.m.
Join the PG County Animal Services Division for Introduction to Fostering Animal Services Facility
3750 Brown Station Road
Upper Marlboro
RSVP: 301-780-7202

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TUESDAY TIP

- Start simple by making sure all lights are off when you leave the room.
- Carpool, bike or take public transit for one day out of the week to reduce carbon emissions.
- Keep extra reusable bags in your trunk so you can refuse wasteful plastic bags.
- Get outside and enjoy nature more at a local park, trail or stream.

Earth Day is celebrated every year on April 22nd but your appreciation for the planet doesn't have to be just this one day. Make one change in your daily habits and it can make a lifetime impact.

see and NATURE Prince George's County Second Nature is an initiative of the Department of the Environment, Redevelopment Authority, and Office of Central Services to promote cost savings and sustainability in our everyday behavior.

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Narconon New Life Retreat would like to remind families to stay educated on the signs and dangers of drug abuse. Methamphetamines and opioids are on the rise in both rural and city areas. Learn the signs and protect your loved ones from drug abuse and addiction. The amount of deaths caused by Methamphetamines has almost tripled since 2014. To learn more, visit: <https://www.narcononnewlifetreat.org/blog/the-other-drug-epidemic.html>. Free Drug Education: Narconon provides free drug education materials covering a wide range of topics. Please call today for your free drug education materials at: 1 (800) 431-1754.

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Lutheran Mission Society

Alan Amrhine, Communications Director
Lutheran Mission Society

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Amazon from A1

The grants also include funding for teacher professional development and tours of the school's local Amazon fulfillment center. The goal of the grant program is to inspire students to pursue careers in computer science.

"We can't wait to bring thousands of students into Amazon's fulfillment centers to show them the amazing technology operating behind the scenes," said Jeff Wilke, CEO consumer worldwide, Amazon in a blog post. "These students are the innovators of the future, and we're confident that this hands-on experience provided by Amazon Future Engineer will inspire them in their academic pursuits and beyond."

For details on the Amazon Future Engineer Grants, visit <https://press.aboutamazon.com/news-releases/news-release-details/amazon-provides-robotics-grants-100-schools-underserved-and>.

Health Crisis from A1

"We're like the richest third-world country in the world and unfortunately, the burdens of race and history would be easy to ignore if they were not so well documented," Thomas said of the death rate among black mothers.

Thomas, who is also a professor at the University of Maryland, said an understanding of the gap in life expectancy for black mothers can be broken down into three components: a broken healthcare system, patient preferences (that is, not wanting a midwife) and "what's left is what we call a health disparity."

Such a disparity is "a particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage," according to Healthy People, a federal website managed by the Department of Health and Human Services.

"It's when you look between the lines, when you disentangle those lines by race, ethnicity—everyone is not benefiting," Thomas said.

Acclaimed tennis player Serena Williams last year shared with *Vogue* the intense medical journey she went on following the birth of her child.

Williams said she alerted a nurse that she needed medical attention and the attendant initially thought the medication was confusing her, but Williams persisted. Eventually, tests revealed small blood clots in her lungs.

While Williams had the ability to self-advocate through a complicated process, Thomas added, "think of those black women who didn't have that kind of agency to speak to power, who are now not here."

Brown, who works at an education nonprofit, relied heavily on her husband for support after doctors were alarmed by her significant blood loss after delivery, which led to the three subsequent emergency surgeries.

During one of the surgeries, hospital staff failed to alert Brown's husband, who was with their newborn, that she had been put under anesthesia again.

"Nobody called him and told him I was in surgery," Brown said. "He said someone came and told him, 'Your wife's almost out of surgery' and he was like, 'When did she go back into surgery?'"

Even with the steady support of a partner, Brown said she witnessed faulty hospital procedures and policies. She filed a complaint with the hospital's administration.

"When you're at the peak of crisis that's not the time to be dealing with their internal issues on things," Brown noted. "So, there was a whole added element on top of the actual medical emergency."

The hospital responded to Brown's complaint and she said she was pleased with the response, encouraging the administration to do a formal review of her case to see what could be done differently. According to her doctor, Brown said, they did.

Typically, poor health and healthcare are associated with a person's socioeconomic standing. In the cases of Williams and Brown, regardless of being two black women in their thirties with active support systems and careers, they encountered life-threatening birth complications.

Understanding that factors such as class, education and marital status have not lowered the disconcerting rates of black maternal mortality has encouraged health experts to acknowledge the influence of racism as a cause.

"Specifically thinking about race-based maternal-infant health disparities, the prevailing theory is that racism is the major underlying factor that contributes to these disparities," Jeffers said.

For instance, a woman's perception of the daily racism she experiences in her interpersonal relationships, which can include encounters with coworkers or strangers, is associated with premature birth, Jeffers added.

Also, Jeffers said women living in areas known to have higher amounts of explicit or implicit racism are at-risk for having babies with low birth weights.

"So there is quite a bit of evidence that indicates that racism and stress that comes with ... racism, sort of dealing with that on a chronic everyday basis, is impacting maternal-infant healthcare," Jeffers said.

Jeffers cited an example of structural racism continuing to affect black people: redlining, an unjust method used to prevent minorities from acquiring home-ownership loans, stifle their ability to relocate out of impoverished areas and ultimately uphold local racial segregation.

"When you have large amounts of segregation and, for example, black individuals are segregated into specific areas, then that can subsequently affect the access to quality healthcare institutions," Jeffers said.

Thomas likens this nonstop, multifaceted wear and tear from the daily pressures of racial prejudice to incessantly revving an engine to the point of damage.

"If you were to sit in your car, turn your car on and press the accelerator to the floor and just let the engine rev up, that's what's described as what's happening to black people in America," Thomas said. "The foot never comes off the pedal."

That is to say, when you are living in a society where the presence of racial prejudice is never-ending, few ways exist to avoid the stress of racism and thus, overcome health issues leading to disparities.

The National Partnership for Women & Families suggests policymakers address the issues of structural racism and racial discrimination in healthcare as well as expand protections for pregnant workers and health coverage for low-income insurance services like Medicaid to combat the maternal health crisis.

Furthermore, the organization calls for policies funding reliable community-based providers such as Planned Parenthood that provide basic yet critical reproductive health services.

"(Racial discrimination) can actually get under your skin and kill you. And that's what we believe is happening with African Americans," Thomas said.