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Therapy Puppies Help Teens in Maryland Juvenile Centers

By HANNAH GASKILL
Capital News Service

LAUREL, Md. (September 26, 2019)—When visitors and staff members walk through the front door of Thomas JS Waxter Children's Center, they're greeted by sign-in sheets, hand-held metal detectors and, now, a bouncing, fluffy yellow pup named Clay. Affectionately described by staff as Waxter's "welcoming committee," he is a 20-week-old Miniature Goldendoodle.

Clay and an 8-month-old Bernedoodle, Bayr, tend to the emotional needs of youth held at two Department of Juvenile Services secure detention centers.

Resident teens at Waxter, a 42-bed girls' facility, and the Western Maryland Children's Center in Hagerstown, a 24-bed boys' facility, now have designated time with a puppy during recreation, and access to them during challenging counseling sessions.

Residents at the all-girls facility have taken to Clay. They tap on glass windows to get his attention as he barks and bounds around the dayrooms and bolt toward him, shouting his name in excitement as he bursts out onto the yard.

The teens consider Clay, named after the facility's location on Red Clay Road in Laurel, not just a lovable mascot, but a form of therapy. A young woman from Prince George's County, who was in the facility before his arrival in July, says he's helped her and other girls learn to cope.

"Kids who couldn't figure out how to keep calm or get through have bonded through Clay," she told Capital News Service. "He just listens."

Medical and mental health experts have indicated that animal-assisted therapy, or pet therapy, benefits their patients.

The National Alliance on Mental Illness issued a statement on the merits of pet therapy, saying that it "can reduce symptoms of anxiety, depression, fatigue and pain for many people," and a 2018 Critical Care journal article written by rehabilitation and ICU experts at Johns Hopkins suggested that animal-assisted intervention within specific critical health care populations can promote rehabilitative behavior.

The pilot program started in late spring after the department's Secretary of Support Services, Lynette Holmes, began an initiative to bring a dog therapy program to the state's facilities. She approached Bill Pickrel, the assistant director for the department's Western region, and the two designed a plan based on another already implemented at youth facilities in Oregon.

Pickrel plays a crucial role in the program not only as its advocate but as a donor. His wife is a puppy breeder at a company run out of their home called TLC by the Lake Standard Poodles and Doodles. American Kennel Club-certified, the business specializes in different types of "doodles," or poodle mixes. The pair donated both puppies to the department.

Pickrel and his wife watched both Clay and Bayr grow up in their home, vetting them to ensure that they had the right personality and temperament for the action-packed environments. They used the Volhard Puppy Aptitude Test—a widely respected puppy personality exam that looks into traits like touch, sound and sight sensitivity, as well as their willingness to be socially dominated by a human.

Finding the right pup for the culture of each facility was essential for Pickrel. He said that for Waxter they were looking for something playful and cuddly—a "teddy bear type"; for Western Maryland Children's Center, a "big boy" with a laid-back attitude.

"You have to find where the puppy's gonna fit best and not disrupt," said Pickrel, "so the dynamics at one facility are different than the dynamics at the other."

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PHOTOGRAPH CREDIT HANNAH GASKILL/CAPITAL NEWS SERVICE

Clay, a 20-month-old Miniature Goldendoodle, at Waxter Children's Center in Laurel, Maryland, with a resident of the juvenile facility. That puppy, along with another at a boys' facility in Hagerstown, helps the teens deal with stress and other issues.

Joe's Movement Emporium Launches New Creative Placemaking Project, "Creative Suitland", in Partnership With the Revenue Authority of Prince George's County

New Arts Center developed with local community engages and strengthens creative industries in Suitland region

By NEENA NARAYANAN
Joe's Movement Emporium

SUITLAND, Md. (September 25, 2019)—In partnership with the Revenue Authority of Prince George's County, Joe's Movement Emporium (Joe's) is launching "Creative Suitland", a creative placemaking project in partnership with the community of the greater Suitland area. Joe's was approached by the Revenue Authority to enhance arts and cultural activities as a means to boost the local creative community. Joe's is a leader in the creation of the Gateway Arts District and the Art Lives Here initiative that informed the organization's expertise in the field of creative placemaking. A vacant strip mall space, formerly occupied by Hunter Memorial AME Church, is currently in renovation to become the Creative Suitland Arts Center, located at 4719 Silver Hill Road, Suitland, MD. The venue is across the street from the Census Bureau offices and walking distance to the Suitland Metro Station. An opening is planned for January 2020 that will allow all to tour the planned theater, studios, arts edu-

cation classrooms, offices and meet artist partners. This project will be the second arts center in Prince George's County for Joe's.

Since January 2018, Joe's has worked with community stakeholders, local officials, and the neighborhoods of Capitol Heights, Forestville, Silver Hill, Temple Hills, Camp Springs, District Heights, Coral Hills, Marlow Heights, Hillcrest Heights, and Suitland areas to identify community artists, assets, and cultural resources. The team collected data to identify critical community issues and assess the community's self-identified needs. According to surveys, the biggest areas of concern were public safety, academic readiness, and small business development. More than half of participants reported not knowing artists in the area although 30% of participants identified as an artist. Regarding desired use of the planned arts space, 80% desire live performances, 62% wish for arts education programming, and 56% mentioned arts exhibitions.

County Executive Angela Alsobrooks envisions a thriving community: "The

greater Suitland area is an important and historic part of the County that I want to ensure receives the support it deserves, especially for arts and cultural development. The Creative Suitland project will serve as a bridge to build audiences and infuse the area with programs by local artists, spurring greater economic development and giving visitors from around the region an opportunity to get to know this amazing community." Revenue Authority Executive Director Peter Shapiro shares, "the team is doing a great job with this space, more than I could have ever imagined."

"When I relocated to Temple Hills from Southside DC in 2013, I felt the art scene was very quiet," says Britt Barbour, Community Outreach Coordinator. "I've always known Prince George's County was booming with talent, but I didn't see a lot of spaces where creatives could gather and build." Handirubvi Indigo Wakatama, the Creative Suitland Project Coordinator reflects, "the vision of our artist partners is what will foster the artistic journey and direction of the Creative Suitland Project and Arts Center."

Prince George's County Association of REALTORS® Installs 2020 Officers and Directors



PHOTOGRAPH COURTESY PRINCE GEORGE'S COUNTY ASSOCIATION OF REALTORS®, INC.

PGCAR 2020 President Yolanda Muckle and County Council Chairman Todd Turner.

By ERICA KALEDA

Prince George's County Association of REALTORS®, Inc.

LANDOVER, Md. (September 23, 2019)—REALTORS®, friends and colleagues turned out in great numbers to attend the Installation Ceremony of PGCAR 2020 President Yolanda Muckle, (Associated with Long and Foster Real Estate in Mitchellville, MD). The event was held at Camelot in Upper Marlboro on September 19, 2019 and Triscina Grey, from WHUR Radio (96.3) was our Mistress of Ceremonies for the evening. The evening was enchanted by the wonderful sounds of the Johnny Steele Band and the room was saturated with purple and silver, Yolanda's favorite colors. Yolanda will be taking the helm of PGCAR on October 1st and was installed by County Council Chairman Todd Turner. Maryland Association of REALTORS® President, John A. Harrison, installed the Officers and Directors at the event.

Muckle has served PGCAR in a number of capacities through the years most recently as President-Elect. During her many years of membership Mrs. Muckle has served on many PGCAR committees. She is always willing to take on any task to benefit the community and the Association.

President Muckle plans to enhance PGCAR's presence in the media during her year as President and will actively encourage the membership to participate in Association activities.

Other installed officers and directors include:

Officers

President—Yolanda Muckle, Long and Foster Real Estate
President-Elect—Shameeka Price, Capital Structures Real Estate
Secretary—Melanie Gamble, exp Realty LLC
Treasurer—Paul "Carlos" Lancaster, Exit Right Realty
Past President Director—Veera Phillips, Keller Williams Preferred Properties

Directors

Dee Barino, Exit Landmark Realty
Kenneth Fagan, Long and Foster Real Estate
Donald Frederick, RE/MAX United Real Estate
Sherman Hardy, Exit Landmark Realty
Rachel Jefferies, Keller Williams Preferred Properties
Pamela Jenkins, Weichert REALTORS®
Willie Rhone, Weichert REALTORS®
Connie Stommel, Exit 1 Stop Realty

Help M-NCPPC Shatter the Silence: Domestic Violence Awareness Month

By LAKEISHA ROBINSON

Prince George's County Department of Parks and Recreation

RIVERDALE, Md. (September 23, 2019)—This October, Maryland-National Capital Park Police goes 'purple' for Domestic Violence Awareness Month (DVAM). In previous years, the Department of Parks and Recreation Park Police have raised and donated thousands of dollars to the Prince George's County Domestic Violence and Sexual Assault Center (DVSAC).

This year, M-NC Park Police, Prince George's County Division, is recognizing DVAM with two "Shatter the Silence" events. First, a banquet and silent auction at the Newton White Mansion, October 18, with live music and dinner by Catering by Vest. All donations

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Harmony Hall Chapter to Host Cleanup at Piscataway Park Accokeek Creek

Volunteers are invited to join in the cleanup on October 6. "The more, the merrier!" Lutz says. "Together, our time here will be time well spent leaving a positive impact on our community!"

Community, Page A3

Maryland Health Department Preparing For Change in Tobacco Sales Law

Nationally, from 2017 to 2018 alone, use of electronic smoking devices increased by 78 percent. Several cities and states that have implemented Tobacco 21 have shown the law is helping to reduce youth access to tobacco products.

Business and Finance, Page A3

To Be Equal:

Memo to Candidates: We Need a Plan for the Affordable Housing Crisis

Confronted with a crisis of this magnitude, it is nothing short of astonishing that the Trump Administration—for the fourth year in a row—has proposed drastic cuts to affordable housing programs.

Commentary, Page A4

Movie Review: Fast & Furious Presents: Hobbs & Shaw

Directed by David Leitch (half of the original John Wick team) from a screenplay by series regular Chris Morgan, this one dips its toe into science-fiction waters, probably to set the stage for the Fast & Furious gang to go to outer space someday.

Out on the Town, Page A5

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

At the Surratt House, Learn about St. Elizabeths: Then & Now

St. Elizabeths Hospital has been a grand fixture in Washington for more than 150 years. But relatively few people have been able to wander the buildings or are aware of its interesting history.

Docent and historian David Wellington is presenting a pictorial tour through the history of Saint Elizabeths at the Surratt House Museum, in Clinton, on Saturday, Oct. 5, at 4 p.m. This is a free presentation but seating is first-come-first-served. For information, call 301-868-1121.

If you attend, you'll learn why there's no apostrophe in the name.

Changing landscape

- Thank you to the County inspectors who did a two-day tear-down of about 5,000 illegal roadside signs!
- Arlington National Cemetery is proposing new rules, which would eliminate burial and inurnment eligibility for service members who die on active duty but not in combat. The current procedure was founded in 1864. For the time being, there are no changes, but change is coming, because Arlington is running out of room.
- Hyattsville, Beltsville and Glenarden libraries are getting Sunday hours, from 1 to 5 p.m., beginning in October.
- Prince George's has selected several middle schools that will be rebuilt or newly constructed. They include Drew-Freeman (formerly La Reine HS) and Walker Mill.
- Amtrak plans to discontinue its dining-car service. I've done a lot of Amtrak traveling, including a month-long trip that took me to Los Angeles, El Paso, San Antonio and Cincinnati to visit my kids. And back in the 1940s I took the train from Saginaw, Mich., to Mexico City. I love the dining car; it's one of the best reasons to go by train. I hope they change their minds.

I'm in trouble!

(1) In last week's column I took you on a tour of Morningside. I reported on my route from the Town Hall, to the cemetery, to the Bioretention landscape, and then "onto Woodyard Road." Sev-

eral Morningsiders immediately contacted me, saying that should have been Woodland Road. I had confused it with Woodyard Road in Clinton. I'm sorry.

(2) I wrote that Central High School was in Forestville. Readers let me know the location was wrong. Trouble was, when I looked up Central's address, the temporary address (7001 Beltz Drive, Forestville) was given because Central is relocating for a year to the closed Forestville High School while heating and AC work is upgraded at Central. The historic address I should have listed was 200 Cabin Branch Road, Seat Pleasant. In good time, Central will be back there.

(3) But the biggest complaint came from a reader in District Heights who regularly takes the bus through Suitland. She didn't appreciate that, after I drove past Suitland, I wrote, "What did I see? Nothing... Where did they take my Suitland?"

Her complaint forced me to go see for myself.

I found new Ryan townhomes, on new roads, with 2-car garages selling in the mid-\$300s. Some even in the mid-\$400s. They are a part of Phase One. Phase Two, scheduled for 2020, will include the addition of 540 apartments. Phase Three will include retail and a performing arts center. All in walking or biking distance of the Census Bureau and the Federal Center.

Morningside Memories:

October 1979

Forty years ago this month, it was announced that Mrs. Margaret Dickens was retiring after a quarter of a century of teaching the children of Morningside. A reception was held for her on November 6 at Morningside School.

The Morningside VFD dedicated two new pieces of firefighting equipment to commemorate Matt Rosch who was Morningside Police Chief at the time of his death, and the late Frank Briguglio, former County Fire Chief.

Morningside Senior Citizens installed new officers: Harold Benden, president; Jesse Holmes, vice-president; Mildred Black, secretary; Louise Rousseaux, treasurer; and Eunice Walker, Sunshine Girl.

Skyline Citizens' 50th (continuing)

On Oct. 27, 1979 Michael J. Polley

Neighborhood Park was officially opened. Skyline residents who'd fought for the park cut the ribbon. A mounted horse unit from the Park Police did a demo, Metro Liners Barbershop Chorus entertained, a magician did some magic, the VFW and County Police registered and affixed fluorescent tape to bikes, there were fire engines to climb on and free refreshments.

During 1979, the sewer line—much protested by Judy Waby—did go in behind homes on Ladd Road. The National Park Service told us the path would be fine-graded, limed, fertilized, seeded and mulched and that 145 poplars, sweet gums, red maples and a few white dogwoods would be planted. To be continued.

Carol Bucher: earned her BA at 70

Carol Ann Bucher, 70, Oxon Hill HS graduate who proudly completed her BA at the University of Maryland in 2005 at age 70, died Aug. 31 at her home in Mitchellville.

She served as a civilian with the Air Force at Scott AFB and in Wiesbaden Germany during the Cold War. Later, she worked with the National Sudden Infant Death Syndrome (SIDS) Foundation and as office manager for Bensinger, DuPont & Assoc. in Rockville.

She was preceded in death by her husband Richard, whom she married in 1961, and her brother Juan. Survivors include her children Craig, Christine and Kevin and sister Marjorie. Service was at Lee's in Clinton with burial at Arlington.

Milestones

Happy birthday to Marlene Titus, Oct. 4; Sue Gilmore and Muriel Ireson, Oct. 5; Rory Lohman, Carmen Buffington and George Nixon, Oct. 6; County Board of Education Chairman Dr. Alvin Thornton, Oct. 7; Kam'Ron Blade, Oct. 7; Greta Chambers, Oct. 9; and Mary Deans, Oct. 11.

Happy 61st anniversary to Larry and Jean Beardmore on Oct 4; and to Bill and Terry Ratliff, their 33rd on Oct. 4; and to my daughter and son-in-law Elaine and Luke Seidman on their 30th, Oct. 7.

Call me or email (muddmm@aol.com) your birthday or anniversary or other good news. I'd love to hear from you.

Around the County

SU Phi Eta Sigma Induction

SALISBURY, Md. (September 23, 2019)—**Makayla Fuller**, daughter of Kim Fuller of Upper Marlboro, MD, and Gary Fuller of Temple Hills, MD was recently accepted into Phi Eta Sigma, the national freshman honor society, at Salisbury University.

Fuller is a sophomore majoring in early childhood and elementary education. She is the public relations officer of the Vanity Modeling Club. Fuller is a 2018 graduate of Bishop McNamara High School in Forestville.

—Genevieve Moorhead, Salisbury University

Baylor University Confers Degrees

WACO, Texas (September 26, 2019)—Baylor University conferred degrees on more than 475 graduates during summer commencement exercises Aug. 17, 2019, including from Temple Hills, MD: **Jenna Mae Burneski**, Master of Business Administration, Business Administration, and Master of Health Administration, Health Care Administration.

—Melissa Perry, Baylor University

PGCPS Chief Executive Officer Named To

Washingtonian Magazine's

'Most Powerful Women' List

UPPER MARLBORO (September 26, 2019)—Chief Executive Officer Dr. Monica Goldson has been named to *Washingtonian* magazine's annual list of "Washington's Most Powerful Women."

Dr. Goldson is featured in the October issue, currently on newsstands. An excerpt: "Experienced. Tested. Homegrown. Prince George's County Public Schools CEO Dr. Monica E. Goldson leads Maryland's second-largest school system—the same schools where she was a student, teacher and principal ... Monica is building on the school system's progress with an eye towards enhancing academic excellence and equity."

Dr. Goldson previously made the *Washingtonian* "Guest List" in August, the magazine's monthly roundup of fantasy dinner guests.

—Office of Communications, Prince George's County Public Schools

Veterans Resource Fair

Connecting Veterans and their families to services and strengthening veteran support within Prince George's County. Saturday, 19 October 2019, 10 a.m.–2 p.m., Oxon Hill Branch Library, 6200 Oxon Hill Road, Oxon Hill, MD 20745. County Executive Angela D. Alsobrooks will provide welcoming remarks.

—MDVA News and Announcements

CASA Applauds the Introduction of a Strong

Tenant Protection Bill in Prince George's County

PRINCE GEORGE'S COUNTY (September 27, 2019)—[Last] week Prince George's County Council Member Tom Dernoga introduced a strong pro-tenant bill that seeks to improve the quality of housing in the County by improving code enforcement. The bill would protect tenant's rights, require better data collection, and improve housing security. This bill represents a great opportunity to improve the quality of life for all tenants in the county.

"CASA thanks Council Member Dernoga for introducing CB-56-2019 and Council Members Calvin Hawkins and Deni Taveras for co-sponsoring. This bill touches on several key issues faced by working families in the county and moves us in the right direction," said CASA Executive Director Gustavo Torres. "For many years our tenant members have raised their voices about the lack of quality rental housing. We are hopeful that the passage of this bill creates safer and higher quality living conditions for tenants."

The tenant protection bill, CB-56-2019, not only seeks to strengthen the code enforcement, but it seeks to collect more data on the status of multifamily housing properties. The bill requires that landlords provide information on the number of code violations, rent, year built, number of units, and much more. Equally important, the bill requires 100% inspection of all multifamily apartment units.

"This important legislation will ensure that each of our residents feels secure about renting in Prince George's County. Fair and affordable housing is a right every resident deserves, no matter their socioeconomic status," said Council Member Tom Dernoga.

"My neighbors and I confront constant pest infestations in our apartments. I'm hopeful this bill will increase the capacity for the county to crackdown on apartment properties that have tenants living in unhealthy and dangerous conditions," said Prince George's County resident Marvin Gomez.

CASA looks forward to working with community organizations, community members, county government, and stakeholders to successfully pass CB-62-2019.

—Diana Castaneda, CASA

Bowie Makes MONEY's Best Places to Live List

BOWIE, Md. (September 20, 2019)—The City of Bowie was named to MONEY's Best Places to Live in the United States this week. Coming in at one hundred (#100), Bowie joins other places around the country where the quality of life is good and the housing is affordable. The magazine evaluates data on economic health, cost of living, ethnic and economic diversity, public education, income, health and safety, ease of living, and amenities and conducts interviews in order to come up with the list. Bowie last made the list in 2014.

Bowie Mayor G. Frederick Robinson is not surprised by the honor. "We're proud that MONEY and others are catching on to what we have known for a long time—Bowie is one of the most diverse, family friendly places you will ever find to live."

Bowie has received several other recognitions this year including being selected as Maryland's Best City by USA Today, which cited Bowie's well-educated population, low poverty rate, and easy access to high paying jobs in the region as factors in its decision.

Homesnacks.net is an organization that compiles data from many public sources into "bite-sized" studies to evaluate communities across the US. They look at the places with "low crime, great jobs, worthy salaries, affordable housing, and solid schools." It named Bowie as the third best place to live in Maryland earlier this year.

Bowie's relatively low crime rate also earned it honors on:

- Safest Cities in Maryland Report—#6 (Backgroundchecks.org)
- Safest Military Town list—#15 (Vivintsource.com)
- Safest Towns and Cities in Maryland—#9 (National Council for Home Safety and Security)

Population and income data about Bowie can be found in the Census Snapshot at <https://www.cityofbowie.org/210/Demographics>. More complete Census data is available at <https://www.census.gov/quickfacts/fact/table/bowiecitymaryland/PST045218>.

—Una Cooper, City of Bowie

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

AMERICAN INDIAN FESTIVAL

Come and celebrate the culture, heritage, and artistry of the American Indian Saturday, October 19, 2019 from 10 a.m. to 4 p.m. at Patuxent River Park, 16000 Croom Airport Road, Upper Marlboro, Maryland 20772. Telephone number is 301-627-6074 or 301-627-7755.

The festival is for all ages. Free admission and parking. Festival activities include drumming, singing, traditional and Contemporary Musical Performances, Tradition Storytelling, Interactive and educational exhibits and demonstrations, American Indian games, live birds of prey and more.

Attractions with nominal fees: Vendors and raffles, traditional food and other favorites, horse and pony rides, and a basket craft.

DR. PATRICIA TURNER MITCHELL RETIRES

Dr. Patricia Turner Mitchell, daughter of the late James and Ruth Turner of Brandywine, Maryland retired from the University of San Francisco (USF) after 42 years of service. Her legacy reflects her commitment to leadership both in her teaching and in roles she assumed at USF and in institutions of education across the nation. Her personal commitment to help prepare women and African Americans for leadership positions was expressed through her program development work; and was acknowledged with regional and national awards.

Dr. Mitchell mentored, advised and taught over 3000 students and served on over 500 dissertation committees. She was appointed a member on the Women's Advisory Council of Benedictine University's Moser College of Adult and Professional Studies, Naperville, Illinois. She was appointed a member on the Board of Trustees and worked on curriculum development to help create a first in our nation at Bay Ridge Christian College of Kendleton, Texas.

Her position as a scholar-in-residence at the Leadership Center at Morehouse College while on sabbatical leave was asked to hold dialogue sessions with students on the nature of ethical leadership.

She is also an accomplished writer and has published in the area of organizational management and leadership, women's issues, curriculum development, reading and language arts. Dr. Mitchell's book, *Cracking the Wall: Women*

in Higher Education Administration, was one of the first books published on women in higher education administration. It was a best seller for the publisher. Her other books are *Ten Stupid Things Women Do to Mess up Their Career*; *Cracking the Wall: Twenty Years Later*; *Collaboration and Peak Performance: A Multidisciplinary Perspective for Emerging Leaders*; *Lesson in Leadership: Tips for an emerging P-20 leader in the 21st Century*; *African American males in higher education leadership: Challenges and opportunities*; and *Ethical decision making: Cases in Organization and Leadership*.

To recognize Dr. Mitchell's extraordinary contribution, she has made to the ongoing success of her students and the Organization and Leadership (O&L) Doctoral Program at the University of San Francisco, a scholarship fund in her parents' name, James and Ruth Turner Scholarship, has been created in her honor. For Dr. Mitchell, teaching is more than an occupation; it is a dedication to leave the world a better place, an opportunity to make a difference in another's life, a chance to enhance one's own life. She leaves her indelible mark on USF, the School of Education, the community and the world of academia.

FALL FITNESS IN THE PARK

Fall Fitness in the Parks is a free exercise program that brings a variety of fitness opportunities to parks and natural areas across Prince George's County. Boot Camp is offered on Wednesdays, until October 23 from 6:30 to 7:30 p.m. at Watkins Regional Park (located near the Nature Center). The address is 301 Watkins Park Drive, Upper Marlboro, Maryland 20774. Telephone number is 301-218-6700.

SAARC

Prince George's County Southern Area Aquatic and Recreation Complex (SAARC) is almost here. SAARC is located at 13601 Missouri Avenue, Brandywine, Maryland 20613. Telephone number is 301-699-2255 (CALL): TTY 301-699-2544.

Hours of operation are Monday-Friday: 5 a.m.–10 p.m., Saturday: 6 a.m.–10 p.m., Sunday: 10 a.m.–6 p.m. You can sign up for the latest SAARC updates at pgsaarc.com.

COMMUNITY

The American Counseling Association's Counseling Corner

Getting Your Stress Under Control

Stress affects all of us these days. Jobs, family issues, the daily news and hundreds of other factors can all help create and promote the stress and anxiety that so many of us feel.

Of course, there are always going to be factors in your life that make you worried and can leave you feeling nervous, afraid or uncomfortable. That's simply life. But there are ways you can minimize the effect stress may be having on your physical, mental and emotional health.

Simple lifestyle changes for better health are some of the easiest ways to handle stress. A physically healthier you doesn't make the sources of stress in your life disappear, but does leave you better equipped to handle them.

High on the healthier lifestyle list is being more active and eating healthier. Something as simple as adding a daily walk or bike ride improves physical health and helps refocus your attention away from the things that might be bothering you.

Being physically healthier can help you better manage stress, too. A few simple dietary changes, like adding more fruits and vegetables to your diet, is an important step in that direction.

Equally important is avoiding poor lifestyle choices that both weaken your health and add stress all on their own. Excessive alcohol consumption, too much caffeine, smoking and overeating all increase stress.

In addition to such changes, try adding activities that bring relaxation and lower stress levels. Look to activities that bring you enjoyment, good feelings and a distraction from the stressors in your life. A walk in the park serves such a purpose. So does daily meditation, a yoga class, or reading or listening to something that provokes laughter. Music can often be calming, or just putting aside time to read a good book. Time spent with good friends is another way to relax.

But if finding time to work in relaxation activities is a problem, make a change. Excessive demands on your time also create stress. You may need to learn to sometimes say "no" in order to make time for yourself.

Stress is a basic part of life, but excessive stress and anxiety bring real costs. If you find that taking self-care measures isn't enough, consider talking to a professional counselor who can help you identify the sources of your stress and can provide tools to help you better cope with them.

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.

Harmony Hall Chapter to Host Cleanup at Piscataway Park Accokeek Creek October 6, 2019 for NSDAR National Day of Service

By PRESS OFFICER
Harmony Hall Chapter NSDAR

- National Day of Service honors the founding of the National Society Daughters of the American Revolution (NSDAR).
- The cleanup is open to families, civic groups, individuals, and students. Those seeking community service hours are encouraged to participate.
- Piscataway Park Accokeek Creek is before the National Colonial Farm location.

FORT WASHINGTON, Md. (September 22, 2019)—As part of the DAR's National Day of Service, the Harmony Hall Chapter of Fort Washington will be conducting a litter cleanup along the Potomac River at Piscataway Park Accokeek Creek on Sunday, October 6, 2019. Families, individuals, students seeking service hours, and all others are invited to participate.

"From the parking area, you'll stroll across marshlands that are home to an abundance of native plants and wildlife. The boardwalk also provides for a great view of Mount Vernon as it leads you

further along the Potomac towards Mockley Point," Deanna Lutz, Regent of the Harmony Hall Chapter explains. "This stunningly beautiful location is positioned at a bend in the Potomac River where, in 2010 an innovative 'Living Shoreline' was constructed to protect and stabilize the shoreline. It is also here, as the river makes its turn at Piscataway Park, that pounds of litter are deposited onto the Maryland shoreline each year."

Volunteers are invited to join in the cleanup. "The more, the merrier!" Lutz says. "Together, our time here will be time well spent leaving a positive impact on our community!" Gloves and trash bags will be available. In the event of inclement weather, please monitor the chapter's Facebook page (www.facebook.com/HarmonyHallDAR) that day for news of cancellation and rescheduling.

For more information please call 301-246-0076.

Sunday, October 6, 2019 from 1-4 p.m.

Piscataway Park Accokeek Creek, 2613-2687 Bryan Point Rd, Accokeek, MD 20607. The entrance to Piscataway Park Accokeek Creek is located 3 miles down Bryan Point Road from Indian Head Highway MD-210 in Accokeek. Look for the DAR sign.

Mothers Against Drunk Driving Announces Maryland Legislators of the Year

State Legislators, Governor Recognized for Helping Advance MADD's Mission

By BECKY IANNOTTA
MADD

IRVING, Texas (September 25, 2019)—Mothers Against Drunk Driving (MADD) has recognized five 2019 legislative champions in Maryland, including Governor Larry Hogan and four state lawmakers for their tireless efforts to help eliminate the 100 percent preventable crime of drunk driving.

Delegate Vanessa Atterbeary and Senator Will Smith authored legislation requiring ignition interlocks for Probation Before Judgment (PBJ) agreements for drunk drivers. Senator Ben Kramer and Delegate Erik Barron

authored legislation that equips interlocks with cameras. Governor Hogan has proven himself to be a vocal advocate for drunk driving reform in Maryland through his support of improvements to the state's ignition interlock and repeat offender laws and advanced alcohol detection technology in vehicles.

"MADD applauds Delegate Atterbeary and Senator Smith for their leadership and commitment to making interlocks a mandatory condition of PBJ agreements. MADD is also proud to recognize Senator Kramer and Delegate Barron for helping add another layer of accountability to our ignition interlock law by

requiring cameras, and Gov. Hogan for his continued support in our fight to end the tragedies caused by drunk driving. MADD is grateful to each of you," said Lisa Spicknall, executive director of MADD Maryland.

"Nearly half of all DUI arrests result in a PBJ, leaving thousands of drunk drivers on Maryland roads to harm other drivers. Statistics show that the ignition interlock saves lives and changes behaviors, thereby reducing the rate of repeat offenders," Delegate Atterbeary said. "It is time that Maryland joined five other states that require first-time drunk drivers who enter into a PBJ agreement to use an ignition interlock.

Let's not wait for another high profile drunk driving fatality when we can save lives now."

Senator Smith, who is currently deployed overseas, said he is honored to receive the distinction and looks forward to his return to Maryland to get to work with MADD saving lives.

In all, MADD recognized 45 state lawmakers, three governors and one lieutenant governor for their commitment to saving lives. For the full list, visit madd.org.

Other components of MADD's Campaign include supporting high-visibility law enforcement, such as sobriety checkpoints and saturation patrols, advocating for development of advanced alcohol detection technology in all new vehicles and taking personal responsibility by always planning ahead for a non-drinking driver when plans include alcohol.

BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Will My Husband's Income Affect My Benefits?

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

Dear Rusty: Since it looks like a good option for me to retire at 62 and my husband (who is younger than me) to retire at 67, will the income he makes after I retire affect my benefit amount by way of income taxes if we continue to file jointly? Also, how would receiving an inheritance affect my benefit amount if I file at 62? **Signed: Worried Spouse**

Dear Worried: Your husband's income won't directly affect your monthly Social Security benefit payments at all, but it may affect the tax liability on your Social Security benefits. Only earnings from you working will affect your monthly Social Security benefits, but whether the benefits you receive become taxable income to the IRS depends upon the level of your "combined income" for your IRS filing status. "Combined income" is your Adjusted Gross Income (AGI) as reported to the IRS, plus any non-taxable interest you may have, plus 50% of your yearly Social Security benefits. This is also known as your "modified adjusted gross income" or "MAGI."

If you file your income taxes as "married—filing jointly," and your combined income for both you and your husband is more than \$32,000, then up to 50% of your Social Security benefits will become taxable income. If your MAGI is over \$44,000 then up to 85% of your Social Security benefits will become taxable. What that means in tax dollars depends upon your normal income tax rate as defined by the IRS. For information, the MAGI clip levels are lower when filing as an individual—if filing "single" MAGI over \$25,000 means that up to 50% of Social Security benefits are taxable and MAGI over \$34,000 means that up to 85% of Social Security benefits are taxable. But the advantages of filing jointly versus filing single usually more than offset the difference (though you may want to consult a tax advisor to confirm that).

As to your last question, an inheritance won't affect your monthly Social Security benefit (only your earnings from working will affect your Social Security benefit), but if that inheritance is taxable by the IRS, then the portion of your Social Security benefits which are taxable could be affected, as described above.

The 2 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 ssadvisor@amacfoundation.org.

Maryland Health Department Reaches Out to Retailers Across the State Preparing For Change in Tobacco Sales Law

By PRESS OFFICER
The Maryland Department of Health

BALTIMORE, Md. (September 25, 2019)—The Maryland Department of Health (MDH) is reaching out to more than 4,000 randomly selected licensed tobacco retailers across the state to help them prepare for a change in the legal sales age for tobacco products. [As of] Oct. 1, 2019, Maryland join[ed] 17 other states and more than 485 cities and counties across the nation in increasing the minimum legal sales age to 21 for all tobacco products, including electronic smoking devices such as e-cigarettes, vapes, pod-based devices and e-liquids.

This change in the law comes as Maryland, as well as 37 other states, is dealing with an outbreak of severe lung illnesses associated with vaping. As of Sept. 24, there were 20 such cases reported in Maryland. In addition to providing educational materials, MDH is surveying retailers to seek input on what additional resources they need to assist them with today's rapidly changing tobacco landscape.

"We want to help tobacco retailers comply with the new law," said MDH Secretary Robert R. Neall. "They play a critical role in creating a healthier Maryland by keeping tobacco products out of the hands of Maryland youth."

Earlier [in September], MDH launched the statewide campaign, "21 or none." New materials including "minimum age of sale" signs—compliant with the law—and a toolkit to train staff on new procedures for checking ID are available for download on MDH's Responsible Tobacco Retailer website, www.NoTobaccoSalesToMinors.com.

Retailers selected for participation in the survey were recently sent letters and reminder postcards with a web address to complete the short online questionnaire. Responses are anonymous and more

than 200 retailers have already participated to date. The survey [closed] Sept. 30 and a follow-up survey is planned for spring 2020.

Nationally, from 2017 to 2018 alone, use of electronic smoking devices increased by 78 percent. Several cities and states that have implemented Tobacco 21 have shown the law is helping to reduce youth access to tobacco products.

Approximately 865,000 Marylanders use tobacco and electronic smoking devices, most of them starting before age 21. This new law aims to protect over a quarter of a million residents between ages 18 to 20 from developing a nicotine addiction.

"We discourage youth from using all tobacco products, including electronic smoking devices," said Dawn Berkowitz, Director of MDH's Center for Tobacco Prevention and Control.

"Nicotine is a highly addictive chemical. The human brain is developing until about 25 to 26 years old and introducing nicotine to your brain while it is still developing can have permanent negative consequences."

The Maryland Department of Health has a website to educate people about vaping: www.TheVapeExperiment.com. To assist Marylanders wanting to quit tobacco products, MDH operates the free Maryland Tobacco Quitline (1-800-QUIT-NOW), offering confidential help 24 hours a day, seven days a week for quitting vaping and tobacco products for anyone aged 13 and older. The Quitline offers specialized services for youth ages 13 to 17. The Quitline offers specialized services for youth ages 13 to 17. More information can be found at www.SmokingStopsHere.com.

Other national services include www.teen.smoke-free.gov and Truth's "This is Quitting" program, which can be accessed by texting DITCHJUUL to 887-09.

—More Business News on page A6—

COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

Memo to Candidates: We Need a Plan for the Affordable Housing Crisis

"The lack of affordable housing is perhaps the greatest challenge to successfully ending homelessness and lifting millions of people out of poverty ... This administration's callous attempts to rollback funding for affordable housing and homelessness assistance programs has left more than half a million people without shelter on any given night. So long as there is a national housing shortage, the American Dream remains largely deferred."

—U.S. Rep. Ayanna Pressley

Housing affordability in the United States is undeniably a crisis.

Home prices are rising at twice the rate of wage growth. According to the most recent statistics, nearly half of renters are considered cost-burdened, meaning they spend 30 percent or more of their income on rent. About 11 million Americans spend more than half their income on rent.

Yet the candidates for President are largely silent on the issue of affordable housing. During the most recent Democratic debate, not one of the candidates shared a plan for addressing this crisis.

The National Low Income Housing Coalition's "National Housing Wage" for 2019 is \$22.96 for a modest two-bedroom home and \$18.65 for a

modest one-bedroom home. That's how much a full-time worker must earn to afford a rental home at fair market rent without spending more than 30% of income on housing.

The average renter's hourly wage is \$5.39 less than the national two-bedroom Housing Wage and \$1.08 less than the one-bedroom Housing Wage, according to the NLIHC.

The problem is even worse for Black and Hispanic households, who are much more likely to be both cost-burdened and low-income. Twenty percent of black households and 16% of Hispanic households are extremely low-income renters, compared to just 6% of white households.

Even households who are not low-income are affected by the affordable housing shortage. The foreclosure crisis of 2008 exacerbated the shortage of affordable housing, forcing families out of the homes they lost and into the already-tight rental market. Those families who have recovered from foreclosure are competing for affordable homes to buy. And fewer of those homes are available because members of the older generation are living independently in their homes much longer than previous generations.

Confronted with a crisis of this magnitude, it is nothing short of astonishing that the Trump Ad-

ministration—for the fourth year in a row—has proposed drastic cuts to affordable housing programs.

The poorest renters who live in subsidized housing would see rent hikes. The Community Development Block Grants program would evaporate, as would the Public Housing Capital Fund, which is used to maintain and improve public housing buildings, HOME Investment Partnerships, the Choice Neighborhoods Initiative, and the Self-Help Homeownership Opportunity program. Communities depend upon these vital programs for community development funds.

These policies are destructive, for American families and for the American economy, and countering them should be a top priority for the candidates vying to oppose President Trump next year. Yet the public debate has virtually ignored the fundamental issue of affordable housing.

The National Urban League has championed safe, decent and affordable housing for more than a century, but without a comprehensive plan to address the crisis, our work is at risk. We call upon every candidate to elevate the issue during these important debates and over the coming months. Housing is a fundamental right, and our political process must recognize that right.

Marion Wright Edelman

President Emerita,
Children's Defense Fund



ChildWatch:

Protect Children Not Guns!

"Sometimes, I sit back and I have to escape from what I see and hear every day." I hope this opening line of Milwaukee 11-year-old Sandra Parks' award-winning essay on gun violence will make enough adults wake up and act to stop the slaughter of children. An aspiring writer, Sandra entered her school district's Martin Luther King Jr. essay contest in sixth grade with "Our Truth," her devastating account of growing up in a neighborhood and nation terrorized by guns. "We are in a state of chaos," she wrote. "In the city in which I live, I hear and see examples of chaos almost every day. Little children are victims of senseless gun violence."

Two years later on November 19, 2018, Sandra became a victim of the senseless gun violence she described in her essay when she was struck by a stray bullet watching television in her bedroom. She died at 13 with so much of her life left to enjoy.

She begged for adults to act to protect children from guns—a plea the Children's Defense Fund has been making since 1994 when Chicago inner city children told us their greatest fear was dying from guns during a focus group we conducted with Hart Research Associates. We then began our Protect Children Not Guns campaign with brilliant pro bono help from a great Minneapolis ad agency Fallon McElligott Rice, now Fallon Worldwide. After the 1999 Columbine High School massacre the Children's Defense Fund published ads featuring searing images like the student falling from a window into the waiting arms of police officers in riot gear with the caption "Remember when the only thing kids were afraid of at school was a pop quiz?" Every ad and poster carried the same message: It is time we protect children instead of guns. Yet, in the twenty years since we began our campaign, an entire generation of children has grown up fearful of gun violence as adults refused to act

to protect them. Children and all of us have learned over and over again there are no guaranteed safe spaces in our country where hate, bigotry and terrorism continue to collide with unfettered access to weapons of war. We cannot worship, go to the movies or other public spaces, shop for groceries or sit in our homes with security from gun violence.

CDF's new Protect Children, Not Guns report analyzes the latest fatal and nonfatal gun injury data for children ages 0–19 from the U.S. Centers for Disease Control and Prevention. It continues to reveal a shameful crisis worsening in a nation that refuses to protect children and teens from the scourge of gun violence:

- 3,410 children and teens were killed by guns in 2017—the greatest number since 1998.
- 21,611 children and teens were killed or injured by a gun in 2017—one every 24 minutes.
- Gun violence was the second leading cause of death among children and teens of all races 1–19 years old and the leading cause among Black children and teens.
- Gun violence killed more children and teens than cancer, pneumonia, influenza, asthma, HIV/AIDS and opioids combined.
- Homicide is the leading cause of gun death among children and teens.
- Black, Hispanic, American Indian and Alaska Native children and teens are disproportionately likely to be killed or injured with guns.
- Guns killed more than twice as many preschoolers as law enforcement officers in the line of duty in 2017: 93 children under 5 were killed

compared with 42 law enforcement officers in the line of duty.

- Children were not safe from guns in every state between 2008 and 2017. Deaths ranged from 18 in Hawaii to 2,977 in California.
- The deadliest states were Alaska and Louisiana with about 8 gun deaths per 100,000 children and teens annually—more than twice the national rate.
- Since 1963, four times more children and teens were killed with guns on American soil than U.S. soldiers killed in action in wars abroad.
- U.S. children and teens are 15 times more likely to die from gunfire than those in 31 other high-income countries combined.

This continuing indefensible gun violence against children should shame us all. How many more child shootings is it going to take for enough decent people to stand up and say enough and protect every children's right to live? Inaction is not an option. I hope every parent, grandparent, youth, teacher, faith and political leader will step up to the plate and act to pass common sense gun violence prevention measures a majority of Americans support. I am deeply grateful that on September 26, 1,000 children and parents with Jack and Jill of America, Inc., of which I am privileged to be an honorary member, took copies of Protect Children Not Guns 2019 to their members of Congress on Capitol Hill asking: "Does my life matter to you?" The answer cannot continue to be no. Please read CDF's latest report and demand your lawmakers read and respond with urgent and long overdue action.

Chris Van Hollen

United States Senator for Maryland



Van Hollen, Capito Introduce Bipartisan Legislation to Boost Resources for Chesapeake Bay Conservation

New Grant Program Would Provide Millions for the Bay

WASHINGTON (September 27, 2019)—Today, U.S. Senators Chris Van Hollen (D-Md.) and Shelley Moore Capito (R-W.V.) introduced legislation to provide more resources to Chesapeake Bay conservation efforts. The Chesapeake Watershed Investments for Landscape Defense (Chesapeake WILD) Act will create a new grant program within the U.S. Fish and Wildlife Service to support habitat restoration in the Bay region. It is modeled after the

Delaware River Basin Conservation Act, which is funded at \$5 million annually, and would provide millions in new resources to the Chesapeake Bay.

In addition to Van Hollen and Capito, the legislation is sponsored by Senators Ben Cardin (D-Md.), Tom Carper (D-Del.), Tim Kaine (D-Va.), Mark Warner (D-Va.), Chris Coons (D-Del.), Joe Manchin (D-W.V.), Bob Casey (D-Pa.), and Kirsten Gillibrand (D-N.Y.).

"Protecting the Bay wildlife is crucial to Maryland's environment and economy. The Chesapeake WILD Act will provide more resources for our local partners to undertake critical conservation efforts and will create new a link between our partners on the ground and the Fish and Wildlife Service. I'm proud to introduce this bipartisan bill, and I look forward to working together to secure its passage and provide the Bay with this boost in support," said Senator Van Hollen.

"This grant program, built on a successful model of collaboration between local landowners and conservation stakeholders, will not only improve the health of the Chesapeake Bay watershed, but also improve the health of populations of species important to sportsmen and fishermen. I'm proud to join with my colleagues to introduce a bill that makes clear conservation and recreation can go hand-in-hand in the Chesapeake watershed," said Senator Capito.

"The Chesapeake Bay is a critical area of importance for waterfowl and for the recreational,

health and economic benefits it yields to our citizens," said David Brakhage, Director of Conservation for the Great Lakes/Atlantic Region for Ducks Unlimited. "DU appreciates the leadership of Senators Van Hollen and Capito for introducing the Chesapeake WILD Act, which will make a big difference in habitat conservation in the bay."

"Healthy habitats, like forests and wetlands, are essential to restoring clean water across the Chesapeake Bay watershed. Not only does habitat restoration and protection provide food and shelter to fish and wildlife, but it also reduces flooding and keeps pollution from entering our local waterways. The Chesapeake WILD Act will go a long way toward restoring and protecting fish and wildlife habitats in our region and ultimately help our movement to clean the rivers and streams throughout the Chesapeake Bay watershed," said Kristin Reilly, Director, Choose Clean Water Coalition.

Prince George's County's No Cash Bail Policy

By PRESS OFFICER
Maryland Crime Victims
Resource Center

UPPER MARLBORO (September 24, 2019)—The Maryland Crime Victims' Resource Center, Inc. (MCVRC) is concerned that the Prince George's County State's Attorney's new policy prohibiting prosecutors from recommending cash bail for defendants in any case could result in policies that will threaten the safety of victims of crime.

MCVRC has long considered the prosecutor's recommendations as helpful in striking a balance between an individual's presumption of innocence and the victim's right to expect safety and reasonable protection from an in-

dividual charged with a crime.

The new policy erodes public confidence that the prosecutors in previous administrations recognized and differentiated between defendants who were a threat to society and those who posed no threat to the community, or a particular victim. Moreover, MCVRC fears the new policy will force judges to make decisions about bail without the considered contribution of the State including knowledge about publicly undisclosed ongoing related investigations or any undisclosed cooperators who would then be placed in danger. The results of this one-size-fits-all policy could lead to draconian results wherein defendants will remain incarcerated who would otherwise have been re-

leased on cash bail, or defendants will be released who have an extensive record of convictions, no fixed address, no job or ties to the community and would otherwise be incarcerated to ensure attendance at trial and public safety. Neither of these results furthers the victim's demand for justice. By requiring prosecutors to essentially absent themselves from bail determinations, this policy inflexibly places a straight-jacket on the appropriate individualized exercise of prosecutorial discretion and undermines the very credibility of the judicial system.

MCVRC's more than 35 years of advocating for the protection of victims and victims' rights in Maryland counsels that we treat this new "No Cash Bail Policy"

with caution. Fortunately, as community partners with the State's Attorney Office, we look forward to working with them to develop a more nuanced implementation of a policy that effectively considers the interests of all Marylanders, including victims of crime.

MCVRC is a statewide Maryland non-profit organization whose mission is to ensure that the rights of victims of crime are fully implemented and that crime victims are treated with dignity and compassion. MCVRC offers free legal representation and grief counseling, counseling, and other assistance. MCVRC makes its free services available to victims including family members of homicide victims and can be reached, toll free at 1-877-VIC-TIMI and at 301-952-0063.

The Prince George's Post

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Calendar of Events October 3–October 10, 2019

Bowie International Festival:

Celebrate World Cultures

Date and Time: Saturday, October 5, 2019, 11 a.m.–5 p.m.
Description: Bon jour! Hola! Jambo! Aaniin! Ahalan! Ni Hao! Hello! Explore and celebrate the richness of our world through food, music, and the arts at the City of Bowie's International Festival on Saturday October 5, 2019 from 11:00 AM until 5:00 PM at Allen Pond Park. Be entertained by various international entertainers ranging from Irish, Indian, Korean, Bolivian and Ukrainian dancers, to bands that represent the Caribbean, Kenya, Greece, Sweden, and Ireland. Children can learn something about other countries by participating in games and crafts from around the world and have their "passport" stamped. Prizes will be awarded to children who complete activities! An international assortment of food and drink will be available for visitors to enjoy, some of which will be food from Thailand, Africa, Jamaica and more. Don't forget to sample international wines and beers presented by the Friends of the National Ballet. Take a stroll around the "World Market" as you view crafts, pottery, and art from African, American, and several other cultures. Information about different countries and cultures will also be available. The entertainment schedule can be viewed at www.cityofbowie.org/internationalfest.

Cost: Free

Ages: All ages are welcome

Location: Allen Pond Park, 3330 Northview Dr., Bowie, MD 20716

Contact: Matt Corley, 301-809-3078;
www.cityofbowie.org/1016/International-Festival

KinderFest: A Day Focused on Children

Date and Time: Saturday, October 5, 2019, 12–5 p.m.
Description: Enjoy this annual Festival created especially for pre-school and elementary-aged children. Join us for pony rides, entertainment, midway games, food trucks, pumpkin pyramid, KinderCrows, interactive demonstrations, tennis, carousel rides, miniature-train, live animals, hands-on activities, and more! For more information, visit pgparks.com/Festivals.

Cost: FREE! (Free parking and a nominal fee for food and activities)

Ages: All ages are welcome

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

Contact: 301-218-6702; TTY 301-699-2544;
<http://www.mncppc.org/823/Schedule-of-Events>

Artful Afternoon

Date and Time: Sunday, October 6, 2019, starting at 1 p.m.
Description: 1 p.m.: FREE Performance of Faerie by Alight Dance Theater, exploring the power of belief, investigating stereotypes, and celebrating the value of unique identity. Ages 6–adult: be part of the show! 2 p.m. & 3 p.m.: FREE craft activity! Make a clothespin faerie; 1-4 p.m.: Artist in Residence studio open house and art market; 1:30–3:30 p.m.: Art Gallery reception for Co:Structure—Paintings by Bobby Coleman and Sculpture by Kathy Guo. Plus Greenbelt Museum tours (\$) and Lenore Thomas exhibit.

Ages: All ages welcome.

Location: Greenbelt Community Center, 15 Crescent Road.
Contact: 301-397-2208 **Register** at signupgenius.com.

Hidden Spaces Tour

Date and Time: Sunday, October 6, 2019, 4 p.m.
Description: Finally, you get to enter all the places you're normally not allowed to go, see marks of original construction, and learn about the changes over Montpelier's 236 year history.

Cost: Adult: \$15; Friend of Montpelier/active-duty military: \$10.

Ages: 16 and older

Location: Montpelier Historic Site, 9650 Muirkirk Road, Laurel, MD

Contact: 301-377-7817; 301-699-2544

SoulCollage Grief Support Group

Date and Times: October 7, November 4, and December 2, 5–7:30 p.m.

Description: Participants create a series of collages to commemorate lost loved ones and to visually journal the grief process.

Cost: \$10

Ages: Adults

Location: Chesapeake Life Center's Prince George's County office, 9500 Medical Center Drive, Suite 250, Largo, MD 20774

Contact: 888-501-7077; griefinfo@chesapeakelifecenter.org

The Plummer Family of Prince George's County, in Slavery and Freedom

Date and Time: Tuesday, October 8, 2019, 7:30–8:30 p.m.
Description: Daughters of America's Lecture Series: Meet Dr. Leigh Ryan, Retired Director of The University of Maryland's Writing Center as she shares the remarkable story of "The Plummer Family of Prince George's County, in Slavery and Freedom".

Cost: Free

Ages: Adults

Location: Belair Mansion, 12207 Tulip Grove Drive, Bowie, MD 20715

Contact: 301-809-3089

Olé!: A Hispanic and African American Musical Celebration

Date and Time: Thursday, October 10, 2019, 12–1:00 PM
Description: Celebrate Hispanic Heritage Month with us as we party with musicians from the Washington National Opera. Come dressed in your festive favorites and enjoy drumming, classical music with narration, tapas, and non-alcoholic sangrias! This performance is guaranteed to get your toes tapping and your maracas shaking. Proudly produced by the Coalition for African Americans in the Performing Arts (CAAPA). ADA: Yes

Cost: \$12/person. Purchase through PARKS DIRECT

Ages: 60 & better

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

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

OUT on the TOWN

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

Fast & Furious Presents: Hobbs & Shaw

Fast & Furious Presents: Hobbs & Shaw
Grade: C+
Rated PG-13, one F-word, a lot of action violence
2 hrs., 15 min

Fast & Furious Presents: Hobbs & Shaw, a rare two-amperand film, gives two of the supporting tough guys from the eight *Fast & Furious* movies their own blithe spinoff that keeps with the franchise's aesthetic by disregarding the laws of physics and ultimately declaring itself to be about "family." I feel like the returns are diminishing here, but I've felt that way since about the third *Fast & Furious*, and the series has only gotten more popular, so perhaps I'm not a bellwether.

Directed by David Leitch (half of the original *John Wick* team) from a screenplay by series regular Chris Morgan, this one dips its toe into science-fiction waters, probably to set the stage for the *Fast & Furious* gang to go to outer space someday. Here, the CIA recruits one bounty hunter and government

agent Luke Hobbs (Dwayne Johnson) and British special forces assassin Deckard Shaw (Jason Statham) to work together—even though they ostensibly hate each other—to stop a deadly virus from falling into the hands of one Brixton (Idris Elba), who is not, contrary to what his name implies, a white kid from Idaho but a semi-bionic bad guy in a bulletproof rubber suit. His organization, the all-knowing, all-controlling biotech company Eteon, wants to help humans "evolve" through cybernetic enhancements, but first it wants to use the virus to thin the herd. That may sound like genocide, but Brixton has a rebuttal to that: "Genocide, shmenocide." Classic Brixton!

The virus is currently in the veins of rogue MI6 agent Hattie Shaw (Vanessa Kirby), Deckard's sister, who injected it for safekeeping and has 72 hours to get it out before it does its thing. There are a few ticking clocks in the film, none heeded with anything approaching chronological realism. At one point the plot requires everyone

to go from Moscow to Samoa, a distance of 9,100 miles that would take 12 hours (plus 10 more for the time difference) if you flew at Mach 1 the whole way but which they accomplish in, like, an afternoon. Very little of the film makes sense under scrutiny, including the choice to explain Brixton's indestructibility by saying he's cybernetic when Hobbs and Shaw are just as un-killable and impervious to pain without explanation. I mean, that's just how guys ARE in these movies. You don't need the tech mumbo-jumbo.

Shaw used to be a bad guy (a relative term in a series about car thieves), but all is forgiven now, I guess, and he and Hobbs squabble amusingly. There are several well-choreographed fights, a delirious chase down the side of a skyscraper, and a motorcycle straight from the Batcave. The action is fun, but everything in between, especially Hobbs' tacked-on family issues, is tedious, and the whole thing overstays its welcome by a good 30 minutes. Like I said, it's a *Fast & Furious* movie.



ROTTENTOMATOES.COM

Ever since hulking lawman Hobbs (Dwayne Johnson), a loyal agent of America's Diplomatic Security Service, and lawless out-cast Shaw (Jason Statham), a former British military elite operative, first faced off in 2015's *Furious 7*, the duo have swapped smack talk and body blows as they've tried to take each other down. But when cyber-genetically enhanced anarchist Brixton (Idris Elba) gains control of an insidious bio-threat that could alter humanity forever—and bests a brilliant and fearless rogue MI6 agent (*The Crown's* Vanessa Kirby), who just happens to be Shaw's sister—these two sworn enemies will have to partner up to bring down the only guy who might be badder than themselves.

PLAN AHEAD FOR THESE EVENTS

Greenbelt Museum Lecture Series: Mapping Racism

Date and Time: Thursday, October 17, 2019, 7:30–9 p.m.
Description: Hear Stuart Eisenberg, Executive Director of the Hyattsville CDC (HCDC), talk about this multi-faceted project which shines a light upon the historic use of racially-restrictive deed covenants in the area. Mapping Racism employed dance, theatrical experiences, and a series of workshops to focus on remnant, built structures with the legacies of segregation and speaks to how local communities coped with them. Project partners include Joe's Movement Emporium, Prince George's African American Museum and Cultural Center, Ally Theater, Orange Grove Dance, the City of Hyattsville and the towns of North Brentwood and Brentwood. For more information, visit greenbeltmuseum.org/events.

Cost: Free. **Register at eventbrite. Space limited**

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

Contact: 301-507-6582, info@greenbeltmuseum.org

7th Annual Children's National's 2019 Race for Every Child

Date and Time: Saturday, October 19, 2019, 8:45 a.m.
Description: Children's National's annual Race for Every Child unites the community around a common vision: help kids grow up stronger. The race is comprised of a USATF-certified 5K run/walk through some of the most scenic parts of Washington, DC and is followed by the popular 100-yard Kids Dash down Pennsylvania Avenue—a reminder of why so many participate.

Location: Freedom Plaza, 1455 Pennsylvania Avenue NW, Washington, DC 20004

Contact: raceforeverychild.org

Earth TALK™

Lessons Learned: Coastal Cities More Prepared After Katrina, Sandy, Harvey

Dear EarthTalk:

What have we learned from storms like Katrina, Sandy and Harvey about protecting our coastal cities better from the warming-intensified major storms hitting them?

—Mitch Wyndam, Burlington, VT

Major storms like Katrina, Sandy and Harvey were devastating to local populations and reformed the landscapes of the regions where they made landfall. They also changed the way we think about—and design—our coastal cities. Let's hope we've learned about where (and where not) to site habitable buildings as well as the importance of maintaining—even expanding—natural buffers that protect the places where people live from unnecessary property damage and/or loss of life.

New York City has gotten busy bolstering itself against future "super storms" like 2012's Sandy. Code changes like requiring electrical transformers to be in the upper floors (not basements) of commercial buildings, and developing feasible strategies for shuttering tunnels, airports and subways, are just a few of the changes wrought by Sandy.

Developing resilient infrastructure is another way that city planners are hoping to mitigate future flooding issues, like at the recently opened Hunter's Point South Park along the East River in Queens. One especially climate-resilient feature of this park is a big playfield made of synthetic turf that can "detain" a half million gallons of water when the East River overflows during a high tide or storm surge. When the tide goes back out—or the storm moves on—the detained water is slowly released back into the river through a network of exfiltration channels hidden beneath landscape features. An outer

wall protects natural barrier marshes that filter water and can also absorb and detain more stormwater as needed.

It was surprising just how walloped New Orleans was by Hurricane Katrina in 2005, given that the city's leaders and residents were used to regular flooding during storm events. But the damage, displacement and loss of life from this "100-year-storm" event spurred long overdue efforts to bolster the city's defenses against floodwaters—including efforts to conserve and expand outer marshlands which serve as buffers against storm surges and flooding.

New Orleans also bolstered its infrastructure and capacity to handle flood waters. "Given similar evacuation conditions to those seen in Katrina, the [new] system is expected to reduce potential loss of life by as much as 86 percent without pumping and up to 97 percent with 50 percent pumping for a 100-year flood event," reports Wolfgang Kron of insurance giant Munich Re. He adds that New Orleans' post-Katrina flood mitigation system should reduce property damage by 90 percent for a 100-year flood event and 75 percent for a 500-year event, compared to the pre-Katrina situation. While New Orleans hasn't been tested on



IMAGE CREDIT: NYC PARKS

One especially climate-resilient feature of NYC's new Hunter's Point South Park is a big playfield made of synthetic turf that can "detain" a half million gallons of water when the East River overflows during a high tide or storm surge.

such a major scale since Katrina, everyone is hoping the projections bear out when the next major storm hits.

As for lessons learned from 2016's Hurricane Harvey, it's too soon to tell, as many Houston-area residents are still in recovery mode. But no doubt some of the lessons from Katrina and Sandy will be applied in Houston and other coastal cities around the world getting ready for rising sea levels and more extreme flooding and storm surges as global warming heats things up.

CONTACTS: Hunter's Point South Park, nycgovparks.org/parks/hunters-point-south-park; Munich Re, munichre.com.

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Have a Safe Weekend

Shatter from A1

and funds raised will go to DVSA at the end of October.

"Shatter the Silence" Banquet and Silent Auction
WHEN: Friday, October 18, 2019, 7-11 p.m.
WHERE: Newton White Mansion, 2708 Enterprise Road, Mitchellville, MD 20721
COST: \$75 per person

The 5K Walk/Run, co-hosted with the University of Maryland Capital Region Health, is on Saturday, October 26 at Watkins Regional Park (rain date Sunday, October 27). Last year, 600 participants registered to highlight the problem of domestic violence in our community. To participate or volunteer for this year's 5K, contact Lieutenant Vereen Barton, 240-417-8149.

"Shatter the Silence" on Domestic Violence 5K
WHEN: Saturday, October 26, 2019, 7:30-10:30 a.m.
WHERE: Watkins Regional Park, 301 Watkins Park Drive, Upper Marlboro, MD 20774
COST: FREE, registration required

To honor DVAM, M-NC Park Police has received fundraising support from local organizations, including CarMax, Tanger Outlets, The First Baptist Church of Glenarden, The First Baptist Church of Highland Park, Target, Pepsi Co., and more.

In addition to the corporate contributions and sponsored events, "Shatter the Silence" t-shirts are available for purchase for \$10 (size Medium and Large) and \$12 (size X-Large-4X-Large). Mousepads are also available for \$10. If you are interested in purchasing a t-shirt, mousepad, or making a donation, contact Lieutenant Vereen Barton, 240-417-8149. Monetary donations from the public can also be sent directly to PayPal.me/DVSA or 240-304-6304.

Puppies from A1

Though the puppies were donated to the department, they don't live in their designated facilities. At the end of a long day, Bayr goes home with Jalicia Brown, a regional social work supervisor at the boys' facility, and Clay leaves with Trina Lyles, the assistant superintendent at Waxter. Pickrel said that this arrangement is based on the relationship between police officers and their K-9 dogs.

Ensuring the puppies had a steady home was key. Department Communications Director Eric Solomon said that making sure that each puppy had a handler to go home to was "the important thing."

Each handler has given up part of their free time outside of the facilities for obedience training and vet visits—all paid for by the state for an estimated cost of around \$700 per pup so far.

"I've been taking my work home with me for years," said Lyles, who found her start in the Department of Juvenile Services as a direct care staffer at Waxter 21 years ago. "Anything that's going to benefit the lives of these little girls...I have to do it."

Lyles advocated for the expansion of the program after seeing Bayr's success with the boys in the Western Facility. She said she approached the girls and staff to see if they'd be willing to help her care for him before committing, and that everyone has kept up with their promise.

The girls help to clean up after him while he's on the unit, and staff will periodically come up and snag him for a walk or some pets over the course of the day.

"No one comes to see me ever," jokes Lyles, whose office now includes a dog bed, cage and smattering of chew toys.

The program is intended to remain a pilot for now as the department gauges the benefits and viability of expanding it to other facilities.

Clay, despite all of his doggy accouterments, settled down for a break in his busy afternoon at Lyles' feet, under her desk.

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