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National Law Enforcement Museum And the Illumination Project Launch Affinity Project to Promote Safer Communities

Pilot Program Enhances Relationships Among Prince George's County, MD Police Department, Community Leaders, and Citizens

By PRESS OFFICER

National Law Enforcement Museum

WASHINGTON, D.C. (June 25, 2018)—The National Law Enforcement Museum, in partnership with the Charleston, SC-based Illumination Project, launched the Affinity Project—a nationwide program designed to strengthen the relationships between law enforcement and the communities they serve.

Gathering in Washington, D.C., on June 22–23, 2018, museum staff and facilitators from the Illumination Project joined law enforcement officers, community leaders, and citizens from Prince George's County, Maryland, to participate in the two-day workshop of this pilot program. The launch of the Affinity Project marks the first time a national museum has facilitated a program of this type.

"I'm thrilled the Museum hosted the Prince George's County, Maryland community for the Affinity Project pilot program to help enhance some very innovative programs that are already in place with the police department and the citizens there," said National Law Enforcement Museum Executive Director David Brant.

The project helps participants create understanding, gain personal insights, and target actions and opportunities in their community. "A key component of the National Law Enforcement Museum's mission is to help make the relationship between citizens and law enforcement stronger," Brant shared.

Prince George's County Police Chief Hank Stawinski, expressing pride in the strong relationships the police department has with its citizens, remarked "Our participation in the launch of the national Affinity Project is another exciting avenue by which we can continue to build on our existing relationships, forge new friendships and critical partnerships."

This program launch included two days of thoughtful dialogue, sharing of personal reflections and opinions, and role-playing exercises. Outcomes included analyzing behavior and perspectives, and understanding how they affect relations between law enforcement and community members. The session included participants taking on "back home" planning sessions at the conclusion of the workshops to bring the experience and

insights to a much wider range of citizens within each community.

"Trust is important. When Chief Stawinski invited me to participate in this workshop, I trusted him because of his vision for Prince George's County, and his desire to make it a better place," shared participant Tyreese R. McAllister. "His vision is shared with my desire to live in a better place, so I came. After the last two days, I'm totally on board to committing my time to this project."

Spring-boarding on this launch success and in partnership with the Illumination Project, the new National Law Enforcement Museum offers the Affinity Project workshops to communities nationwide who are interested in bringing together law enforcement, citizens and community leaders to expand and enrich relationships, which ultimately lead to safer communities.

The Illumination Project began in response to the brutal and senseless murders

See AFFINITY PROJECT Page A3



PHOTOGRAPH COURTESY OF THE NATIONAL LAW ENFORCEMENT MUSEUM

Community Mourns the Loss Of Lives at *The Capital Gazette*

National Attention Drawn to Annapolis After Thursday's Mass Shooting

By THE EDITOR

The *Capital Gazette*, a part of the *Baltimore Sun* Media Group, is a well-established, local newspaper covering the Annapolis region and the state of Maryland. On Thursday, June 28, 2018, they themselves became the center of a shocking story—a mass shooting within their own newsroom.

The gunman opened fire on the *Capital's* newsroom Thursday afternoon, ultimately killing five and gravely injuring several others. Though details regarding motive are still uncertain at our press deadline, reports state that there had been a history of threats against the paper in recent years.

Despite facing the terror of such violence, and despite the horrific loss of friends and colleagues, the staff of the *Capital* showed their solidarity and commitment to delivering the truth by doing what they do best—continuing to report on the news. The June 29, 2018 edition was dedicated to honoring their fallen colleagues.

"The talented men and women of the *Capital Gazette* newsroom are dedicated to telling the stories of their community," Congressman Steny H. Hoyer (MD-05) said in a press statement Friday. "The fact that

they worked through their grief to put out today's paper is a testament to that dedication."

On Friday, Governor Larry Hogan ordered Maryland flags to be lowered to half-staff to honor the victims of the shooting at the offices of the *Capital Gazette*. "There is no amount of clarity that will ever explain or nullify the pain that comes with losing so many lives for so little reason; journalism is a noble profession upon which our democracy depends, and we will fight to defend it." The flags were lowered June 29–July 2, 2018 to honor the following *Capital Gazette* staff members: Gerald Fischman, Robert Hiaasen, John McNamara, Rebecca Smith, and Wendi Winters.

"The *Capital Gazette* is a critical part of the community, in Annapolis and in our association," stated Rebecca Snyder, executive director of the Maryland, Delaware and D.C. Press Association, in a press release on Friday. "We stand firmly with them and grieve their losses."

The staff of *The Prince George's Post* stands with the rest of the journalism community in extending our deepest condolences to the victims, families and communities affected by this tragedy.

Stay Informed, Stay Ready, Stay Safe

PG County Fire/EMS Department Provides Tips on How to Beat the Heat This Summer

By PRESS OFFICER
PG County Fire/EMS Dept.

With high heat and humidity upon us in Prince George's County the men and women of your Fire/EMS Department want you to stay informed and take precautions to stay safe and healthy. Temperatures in the nineties, combined with high humidity may create a dangerous situation for children, the elderly, and those who suffer from chronic heart or lung conditions, primarily, however, everyone can be exposed to unhealthy conditions if precautions are not followed.

Your best protection is to stay well hydrated. Sweat, or water, allows heat to evaporate from your skin's surface. If you become dehydrated, it is more difficult for your body to maintain an acceptable temperature. The best thing to drink is water. Gatorade or other sports drinks are also good. Avoid drinks containing alcohol or caffeine. Limit heavy exertion when high levels of heat and humidity are present. High humidity levels make it more difficult for your body to dissipate heat.

Stay in an air conditioned environment and drink plenty of water!

Remember to check on neighbors, particularly, our senior citizens that may not have air conditioning or choose not to run the cool air due to being on limited incomes. Being in a home without air conditioning in these temperatures is unhealthy and dangerous!

Don't forget pets. Keep them indoors in an air conditioned environment and have plenty of water available for them to drink as well. Remember if the sidewalk and road are hot to the touch of the back of your hand—it's too hot for a pets paws.

HEAT-RELATED ILLNESSES:

Any heat related illnesses will require a victim to be removed from the hot environment in an air-conditioned or cool/shaded area.

Heat exhaustion is a milder form of heatstroke that may develop due to a combination of

See HEAT SAFETY Page A4



By PRESS OFFICER
MD Department of the Environment

BALTIMORE, MD (June 29, 2018)—Maryland Department of the Environment Secretary Ben Grumbles joined members of the Maryland Green Registry and One Montgomery Green yesterday evening to present the 9th Annual Maryland Green Registry Leadership Awards and announce the annual membership results. Those results showed continued gains in reducing pollution, along with savings of more than \$107 million through environmental practices.

The 2018 Leadership Award winners are:

- City of Bowie
- Johns Hopkins University
- Pearlstone Center
- University of Maryland Center for Environmental Science
- Volvo Group Trucks

"The organizations we are honoring are true leaders in showing the way toward an environmentally sustainable future and a thriving economy in Maryland," said Grum-

bles. "The two go hand in hand—shown by the more than \$107 million in annual savings for Green Registry members."

In Prince George's county, the City of Bowie was honored with a Leadership Award at this year's Green Gala. Bowie's Municipal Green Team is cited as actively working to promote the use of green practices at City facilities and spreads the message through various outreach activities to their approximately 58,000 residents. Two environmental committees comprised of appointed residents also work to coordinate sustainability activities in the community.

The community's notable achievements include steps towards generating renewable



Maryland Green Registry Leadership Awards Winners Honored

Members Report \$107.9 Million In Savings Through Environmental Practices

energy through the installation of solar panels on six City buildings; promoting energy and fuel efficiency with the procurement of hybrid and electric vehicles for the City and its police department; the initiation of a pilot program in 2017 converting more than 15,000 pounds of food waste into LeafGro compost; and working to designate and protect several certified National Wildlife Foundation Wildlife Habitats, including Monarch Waystations, on City properties.

Winners were chosen based on their commitment to continuous improvement

See GREEN AWARDS Page A7

Above: The Maryland Green Registry partnered with One Montgomery Green in presenting the awards at their Green Gala on June 28, 2018.

At left: Secretary Ben Grumbles (left) congratulates representatives from the City of Bowie, one of the winners of the 2018 Maryland Green Registry Leadership Awards.

PHOTOGRAPHS COURTESY OF THE MARYLAND GREEN REGISTRY

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Hoyer Announces 2018 Fifth District Congressional Art Competition Winner

Fatemeh Hosseini of Hyattsville, MD met with Congressman Hoyer and participated in events on Capitol Hill honoring high school students from across the country who submitted art to the annual competition.

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Hogan Administration Awards \$22 Million for Chesapeake Bay Restoration Projects

The Trust Fund allows Maryland to accelerate Chesapeake Bay restoration and improve water quality by focusing targeted financial investments and resources on the most efficient and cost-effective ... projects.

Community, Page A3

A New Way to Help Marylanders Quit Tobacco

Johns Hopkins Health System (JHHS) is simplifying the process for Marylanders to get help quitting tobacco by electronically referring patients who express a desire to quit tobacco directly to MDH's Maryland Tobacco Quitline, 1-800-QUIT-NOW.

Health and Wellness, Page A4

Top 20 Things to Do With the Kids This Summer!

Having fun this summer doesn't have to take a lot of planning or cost money. What To Do With The Kids has assembled a list of 20 fun things that parents, and even grandparents, can do with their kids during those longer summer days.

Out on the Town, Page A6

EarthTalk:

Dear EarthTalk:

What are some ways Artificial Intelligence (AI) is being used to fight climate change and otherwise protect the environment?

—David James, Chico, CA

Features, Page A7

TOWNS and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Local Nuns From Africa Celebrate Peace in Their Homeland

Eritrea and Ethiopia have made peace! These two countries, in the Horn of Africa, have been at war for two decades.

But now, as one Podcast reports, "Something truly remarkable in African history and global affairs occurred on June 26 when Eritrean leaders flew to the capitol of Ethiopia for peace talks. This was the first high level meeting between these erstwhile foes in nearly twenty years, and the government of Ethiopia rolled out the red carpet for the visiting Eritrean dignitaries."

Just around the corner from my house is the convent of The Daughters of Saint Anne, Catholic nuns who hail from Eritrea. I frequently drive some of them to Mass and have mastered a few phrases in Tigrinya, their language. I've also learned a great deal about the country and I share in their excitement.

During the border war between the two nations, tens of thousands have died. Some of them were relatives of the Sisters. The peace accord not only puts an end to hostilities, it also means a growth in imports and exports. And the Sisters report that air traffic between the two nations has been reinstated.

With all the division around the world today, it's good to know there's one place where peace has broken out.

People

Ruth Sanford has a third great-grandchild, Westin Shives, born April 24 to Megan and Cory Shives of Hagerstown. Little Westin has two big sisters, Sofia, 4, and Stella, 2. Ruth, who now lives in Boonsboro, MD, lived 70 years on Allies Road in Morningside and was among the Town's founders.

Ramona Britt called recently—always good to hear from her. She used to live in the Silver Hill Apartments in Suitland but is now in Laurel and always reads my column. She had sad news to report: her son Stephen Britt died recently. He worked in construction and was a terrific auto mechanic. He was only 62.

Congratulations to Deacon John Benson who was ordained to the Diaconate on June 9. He is assigned to St. Philip's in Camp Springs for the summer and will be ordained to the priesthood next year.

Get well prayers for Father Bernard Ihrle, former pastor of St. Philip's Parish, who is recovering from heart surgery.

50th Reunion

Potomac Senior High, Class of 1968, is planning to celebrate its 50th anniversary on Oct. 27. For information, email Joe Fitzgerald at nickelman2005@yahoo.com.

Post columnist John Kelly will run your reunion in his column. Go to johnkelly@washpost.com or Twitter:@johnkelly.

Things to Do (With Kids)

Friday, July 6: Bat and Beaver Walk at Clearwater Nature Center. Take an evening walk with a naturalist and look for night animals, including bats, beavers, insects and owls. For ages 5 and up. Time: 7:30-9 PM. Fee: \$4. The Nature Center is at Cosca Park in Clinton.

Saturday, July 7: The College Park Aviation Museum is hosting Afternoon Aviators, children 6 and up, who explore a different aviation-themed topic every 1st Saturday at 2:00 PM. On July 7 they'll make Tin Foil Boats. In August it'll be Walk Along Gliders. For information about the Museum's many activities, call 301-864-6029.

Look Who's Retiring

Gina, Lenox and Vivi have retired after a combined 28 years of service. The ceremony was held at Joint Base Andrews on June 4. Each of the military working dogs received a Meritorious Service Medal for their service.

Morningside Memories: 1998

Twenty years this week (July 5), Robert Dice West died. He was involved in almost everything in Morningside. To start with, he was a founding citizen of the Town.

Dice served on the Town Council, was active with the recreation council, scouting and sports. He

was a member of the Morningside Sportsmen who, in 1978, presented him their highest honor for community service, the Laddie Beardmore Award. He helped organize the Marylandaires barber-shop chorus and sang with them.

He was retired from the Navy Oceanographic. He and his wife Jean had five sons, all of whom were involved in Town activities.

Marvin Suit Dies at 95, Served With Patton

Clarence "Marvin" Suit, 95, of Charlotte Hall and formerly of Ritchie, Suitland and Waldorf, died at Calvert Memorial Hospital on March 8.

He was the grandson of John Washington Brady and grew up on the Brady farm in Ritchie. During WWII he was a member of Patton's 95th Infantry. He was awarded the Silver Star and Purple Heart and was a highly-decorate veteran.

His wife of 62 years, Olive "Marie" Beall Suit, preceded him in death, as did his parents, Clarence M. and Agnese Brady Suit, brother Howard M. Suit and sister Thelma E. Suit. Survivors include sisters-in-law Anne Fichera and Dorothy Bennett, brother-in-law Wayne Bennett, and a host of nieces and nephews. Services were at Kalas in Oxon Hill with burial at Cedar Hill.

Milestones

Happy belated birthday to Brenda Osanyingbemi on June 22. And to Father Kevin Cusick, Charles "Tony" Haley and Rev. Dr. Kelvin McCune, pastor of Suitland Road Baptist Church, July 7; Jimmy Gromen and Anthony Curcio-Bobbitt, July 8; Karlyn (Thompson) Davis, John Anthony III and my grandson Zachary Seidman, July 9; my daughter Elaine Seidman, July 10; former Morningside Councilman Kevin Kline, Nicole Wade, Dee (Curcio) Brown and Dave Williams Jr., July 11.

Happy 43rd anniversary to Dave and Carolyn Williams, on July 11.

Happy 60th anniversary on May 10 to Malcolm Grow Medical Clinic at Andrews.

Brandywine-Aquasco

by Audrey Johnson 301-888-2153

GRACE OMOREGBE

Grace Omoregbe who attends Clinton United Methodist Church is a student at Maya Angelou French Immersion. Grace excelled in a lot of subjects this past school year. She was awarded a Certificate of Promotion for successful completion of fifth grade at Maya Angelou French Immersion on June 14, 2018. She received the Art Achievement Certificate in recognition of outstanding achievement in the 2017-2018 art classroom, as well as the Citizenship Certificate in recognition of exemplary behavior and valuable services rendered during the 2017-2018 school year at MAFI IB World School.

Grace was also recognized for receiving the President's Award for Educational Excellence in recognition of outstanding academic achievement in 2018 and a certificate for Outstanding Achievement in Math. Other awards received were Tableau D'Honneur, Certificate De Francais and Certificate D'Assidueite.

Grace is the daughter of Mr. Lawrence and Mrs. Roseline Omoregbe, and sister to Osama, Osayi and Etinosa who lives in Clinton, Maryland. Congratulations Grace on your excellent achievements!

CHRIST CHURCH 45TH ANNIVERSARY

Please join us in celebrating the 45th Anniversary of Christ United Methodist Church 1973-2018 (PREVIOUS HISTORY 1868-1973) on Sunday, July 15, 2018 at 11:00 AM, Reverend Constance Smith, Pastor. The church is located at 22919 Christ Church Road, Aquasco, Maryland 20608. The telephone number is 301-888-1316 for more information. The guest speaker will be Reverend Walter L. Skinner, Jr., Associate Pastor, Carolina Missionary Baptist Church Temple Hills, Maryland.

2018 YOGA IN THE PARKS

Join us for free yoga classes in the beautiful outdoors at Watkins Regional Park on Thursdays until August 30 from 8:30-9:30 AM. The address is 301 Watkins Park Drive, Upper Marlboro, Maryland 20774. The telephone number is 301-218-6700.

Join us for free yoga classes at Marlton Com-

munity Park on Saturdays until September 1 from 9:00-10:00 AM. The address is 8061 Croom Road, Upper Marlboro, Maryland 20772. The telephone number is 301-446-6800. No registration is required for the yoga classes (ages 13 and older).

BLAZING BACKYARD BEACH PARTY 2018

Slip on your flip-flops, throw on your best beach gear and grab your towel for the party of the century. Don't forget your bathing suit! There will be beach party games and party foam pit, inflatable slip n' slides, and crafts. Giveaways and refreshments will be provided while supplies last.

The Beach Party will be held at Upper Marlboro Community Center—5400 Marlboro Race Track Road, Upper Marlboro, Maryland 20772 on Saturday, July 21, 2018 from 2:00-5:00 PM. The event is for ages 10-15. Residents pay \$10 and non-residents pay \$13. Activity Code: 26301-486A. Telephone 301-627-2828; TTY: 301-699-2544. The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation. PG-PR-SA-PD, (Blazing Backyard Beach Party 2018).

MEN OF PGCPs & FATHERHOOD FORUM AWARDS (PART I)

Honoring male educators who demonstrate excellence in the classroom and celebrating all engaged Fathers in Prince Georges County Public Schools Awards Program was held Thursday, June 14, 2018 at Oxon Hill High School Auditorium.

Congratulations to Curtis Eugene who resides in Brandywine with his wife, Stephanie Eugene, and their two daughters Morgan and Makayla. Curtis was nominated and recognized as the Father of the Year for Frederick Douglass High School. His wife stated "this is a tremendous honor for Curtis to know that there is an entire community watching and recognizing his presence as a Father." *Part II will follow in my next article.*

Spotlight On Local Students

Hoyer Announces 2018 Fifth District Congressional Art Competition Winner

By PRESS OFFICER
U.S. Congressman
Steny H. Hoyer

WASHINGTON, D.C.—Congressman Steny H. Hoyer (MD-05) today welcomed **Fatemeh Hosseini** to the U.S. Capitol to congratulate her on winning the 2018 Congressional District High School Arts Competition. Fatemeh met with Congressman Hoyer and participated in events on Capitol Hill honoring high school students from across the country who submitted art to the annual competition.

"Fatemeh is one of the very bright young artists in our country, and we are fortunate to have talented students like her throughout the Fifth District," said Congressman Hoyer. "All of the students who participated in the Fifth District competition displayed great vision and skill, and I am as proud of them as I am of Fatemeh. The judges were very impressed with the level of

artistic technique and creativity of all of the entrants."

"I look forward to seeing Fatemeh's piece displayed in the Capitol complex along with the other works of art from winners around the country," continued Congressman Hoyer. "I hope Fifth District students with an interest in the visual arts will continue to participate in this wonderful competition."

Fatemeh lives in Hyattsville, Maryland, and is entering her senior year at DuVal High School. Her artwork, titled *Children's Blocks Still Life*, is a charcoal drawing of children's blocks with various numbers and letters.

The Congressional Arts Competition provides Members of Congress with the opportunity to showcase the artistic talent of high school students in their districts. First begun in 1982, the competition has involved hundreds of thousands of students, and the winners have their pieces hung in the Capitol complex for a year, to be seen by the many



PHOTOGRAPH COURTESY OF THE OFFICE OF STENY H. HOYER

visitors from across the country who come to the Capitol and by Members of Congress every day. Each year, Congressman Hoyer sends letters to all the high schools in the Fifth District announcing the Congressional District High School Arts Competition. After all entries have been submitted, a panel of local judges from the education and business communities meet to determine the winner.

For more information about the Congressional Art Competition and to see a selection of past winners, visit <https://www.house.gov/educators-and-students/congressional-art-competition>.

Graduates and Academic Honors

Though we couldn't possibly highlight every accomplishment, *The Prince George's Post* would like to recognize the following local students for their amazing work this spring. Congratulations one and all!

GRADUATES:

COLLEGE PARK, MD (June 11, 2018)—The Institute of Applied Agriculture (IAA) announced three graduates from their two-year academic certificate program within the College of Agriculture and Natural Resources at the University of Maryland, College Park:

Rebecca Bell, from Beltsville, MD, graduated from IAA with a certificate in Sustainable Agriculture. After graduation Bell will be working at a floral shop, The Cutting Garden, in Westminster, MD.

Marco Carlucci, from University Park, MD, graduated from IAA with a certificate in Ornamental Horticulture. After completing an internship at Sheridan Street Community Garden and achieving two certificates, Carlucci is continuing his education at the University of Maryland, College Park to earn his Bachelor's Degree.

Nicolas Tardif, from Laurel, MD, earned a certificate from IAA in Ornamental Horticulture. While at the IAA, Tardif became the Team Leader of a small business called Terapin Tea. He was awarded the PGMS-DC Branch John Moseley Memorial Scholarship and was recognized as AGNR outstanding student Runner-up. Tardif is now a field manager at Ruppert Landscape.

CARLISLE, PA (June 18, 2018)—Dickinson College announces the graduation of two local students:

Carl Rhinehart Marquis-Olson, son of Jamie Olson of Irving, Texas, and Anne Marquis of Riverdale Park, MD, graduated from Dickinson College on May 20 with a BA in History. Marquis-Olson is a graduate of The Key School.

Marcus Wesley Robinson, son of Keith Robinson and Esther Rosa of Bowie, MD, graduated from Dickinson College on May 20 with a BA in International Studies and Middle East Studies. Robinson is a graduate of The Field School.

MEMPHIS, TN (June 18, 2018)—**De'Vonni Farrar** of

Capitol Heights, MD, received a Bachelor of Business Administration in Accounting from the University of Memphis.

MILWAUKEE, WI (June 20, 2018)—**Adam Hamilton** of Bowie, MD, has graduated from Marquette University in Milwaukee, WI, earning a Bachelor's degree in Finance.

MACON/ATLANTA, GA (June 27, 2018)—Mercer University congratulates the following graduates from Prince George's County: **Jason Wooding** of Adelphi, Master of Education; **Jason Gaines** of Cheverly, Doctor of Pharmacy; **Areke Walcott** of Oxon Hill, Bachelor of Science in Engineering; **Brittany Murray** of Upper Marlboro, Bachelor of Arts.

ACADEMIC HONORS:

BRADFORD, PA (June 14, 2018)—University of Pittsburgh at Bradford announced that **Desmond Brogdsale**, a sport and recreation management major from Hyattsville, MD, was inducted into *Chi Alpha Sigma*, the National College Athlete Honor Society, this spring.

ANDERSON, SC (June 18, 2018)—Anderson University announced that local students **Kelsey Staton** of Bowie, and **Cory Simmons** of Upper Marlboro, were named to the Dean's List for the spring semester, by maintaining a 3.5 grade point average or higher for the semester.

HUNTSVILLE, TX (June 18, 2018)—Sam Houston State University would like to recognize **Staci Wilburn**, of Clinton, MD, for earning the honor of being named to the Dean's List of Academic Honors, achieving a grade point average of at least 3.5 out of a perfect 4.0 for the Spring 2018 semester.

ELKINS, WV (June 22, 2018)—**Kayla Carter** of Clinton, MD, has been named to the president's list for the

spring 2018 semester at Davis & Elkins College. The president's list includes all full-time students with a 4.0 GPA for the semester.

SALISBURY, MD (June 25, 2018)—Salisbury University recognizes two local students for their achievements:

Adijat Adeyemi, daughter of Semiyi and Folashade Adeyemi of Hyattsville, MD, recently received the Avery W. Hall Nursing Scholarship, which is awarded to a nursing student who is highly motivated, hardworking, enthusiastic and dedicated to the profession of nursing.

Martina Maya-Callen, daughter of George Maya of Bowie, MD, and Erin Callen of Laurel, MD, recently received a number of awards and scholarships, including the Fulbright English Teaching Assistant Award. The Fulbright English Teaching Assistant programs place grantees in schools overseas to supplement local English language instruction and to provide a native speaker presence in the classrooms.

WOODLAND PARK, NJ (June 25, 2018)—Berkeley College recognizes three students from Prince George's County, MD, for their academic achievement:

Melissa Williams of Clinton, MD has been named to the Presidents List for the winter 2018 semester. She achieved a grade point average of 4.00 with a minimum of 12 academic credits to qualify.

Dasha Jennings of Bowie, MD and **Jacari Johnson** of Upper Marlboro, MD were each named to the Dean's List for the winter 2018 semester, achieving a grade point average of 3.50 or better with a minimum of 12 academic credits to qualify.

MACON, GA (June 27, 2018)—Mercer University announced **Nicole Esuola** of Bowie, MD, was named to the Dean's List for the spring 2018 semester.

COMMUNITY

The American Counseling Association's Counseling Corner

Are College Campus Tours Part of Your Summer Vacation?

Do your summer plans include one or more visits to campuses of schools being considered by that teen in your family? Such tours can be very positive and helpful experiences, if done right.

The best approach is to do some planning before any college visit. Try to evaluate whether the schools under consideration are really good options for your student.

Does a school offer the programs that meet your student's interests? Is it large enough, or small enough, to feel right for your student? Is it affordable for the family, and does your student have a realistic chance of being accepted based on high school performance?

For the schools that appear to meet your criteria, start with a visit to each school's website. You can find out about costs, academic programs, class sizes, enrollment and much more.

These websites also provide information about on-campus visits. Most schools require pre-registration for on-campus tours, while some offer opportunities to sit in on a class, or even to stay on campus overnight.

Campus tours, almost always led by an upper-classman in love with the school, can provide a lot of information, but it's important to remember that this is someone who has been paid and trained to make the school sound wonderful.

Beyond the formal tour, take time to visit the student union, campus coffee shop or dining hall to talk to current students. Prepare some questions ahead of time about the student's experiences or about special programs of interest. It's also a good idea to talk with staff or faculty in the area of study being considered. Check out the counseling services for personal growth that a school may offer its students, and sitting in on a class, if possible, is always a good learning experience.

Trying to visit too many schools can be frustrating and confusing for your teen and you. Often just visiting a few schools, taking notes and pictures about the good and bad seen, is often more productive. And linking a campus visit to planned family vacation travel can make the whole experience very positive.

Today you can also take virtual college tours online, especially helpful for schools too far away for an in-person visit.

Choosing the right schools can be a stressful decision for any family. But when doing some real investigating online and on-campus can help provide lots of answers and reduce that stress.

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

Students Dive Into the Coolest Summer Class

Region's Largest Water Utility Promotes
Careers in STEM—Future H₂O Engineers
Immerse Themselves in Water System Marvel

By PRESS OFFICER
WSSC

LAUREL, MD—Most high school students have said so long to studies and hello to summer vacation, but not H₂O Engineers! Twenty high school students from various Montgomery and Prince George's County schools skipped a day of summer fun to join WSSC engineers to get hands-on experience on how to operate a water system.

On Friday, June 22, students used a one-of-a-kind, scaled model that simulates an actual, self-contained pressurized water system with pipes, valves, homes, businesses and more. It was a great opportunity for students to experience working with real-world principles, tools and systems needed in engineering roles within the water industry.

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.

PHOTOGRAPH COURTESY OF WSSC



Hogan Administration Awards \$22 Million for Chesapeake Bay Restoration Projects

18 Chesapeake and Atlantic Coastal Bays Trust Fund Grants Announced

By PRESS OFFICER
Office of the Governor

ANNAPOLIS, MD (June 26, 2018)—The Hogan administration has awarded funding to 18 recipients through the Chesapeake and Atlantic Coastal Bays Trust Fund to improve the health of Maryland's waterways. The Trust Fund allows Maryland to accelerate Chesapeake Bay restoration and improve water quality by focusing targeted financial investments and resources on the most efficient and cost-effective non-point source pollution control projects.

Trust Fund grants will provide funding to stream and wetland restoration, innovative stormwater management practices, riparian tree buffer plantings, and more in multiple counties across

the Chesapeake Bay watershed. "The Trust Fund serves as an example for the nation of how state funding can be strategically targeted to have measurable impacts on water quality and the quality of life of residents and visitors who enjoy our treasured Chesapeake Bay," Governor Larry Hogan said. "These 18 implementation-ready projects, totaling \$22 million of investments, will have a long-lasting, positive impact on the Bay and our environment and build on our historic investment in Bay restoration efforts."

Governor Hogan has fully funded the Chesapeake and Atlantic Coastal Bays Trust Fund for three consecutive years—the first governor to do so—and has provided an unprecedented \$4 billion for Chesapeake Bay

restoration since taking office, demonstrating his administration's commitment to Bay enhancement and protection, support for environmental education and literacy, and green careers and jobs. Governor Hogan also serves as the current chair of the Chesapeake Executive Council of the Chesapeake Bay Program, which establishes the policy direction for the restoration and protection of Chesapeake Bay.

"The Trust Fund allows the department to collaborate with our sister agencies and local champions and partners in government and nonprofit organizations to achieve a common goal, cleaner and healthier water," Maryland Natural Resources Secretary Mark Belton said. "Through these innovative and pioneering partnerships, Mary-

land is realizing lower costs for the removal of nutrients and sediments, benefiting both the environment and taxpayers."

The full list of Chesapeake and Atlantic Coastal Bays Trust Fund projects funded for Fiscal Year 2019 can be found on the Maryland Department of Natural Resources website at <http://news.maryland.gov/dnr/2018/06/26/hogan-administration-awards-22-million-for-chesapeake-bay-restoration-projects/>.

The Trust Fund is administered by the Maryland Department of Natural Resources and guided by the Chesapeake Bay Cabinet and a governor-appointed scientific advisory panel. Staff works with local partners on stormwater infrastructure improvements and nature-based water quality improvements while employing the latest technologies and scientific knowledge. Since its creation in 2007, the Trust Fund has supported more than 2,200 projects, supporting approximately 2,600 jobs.

BGE Receives National Recognition For Emergency Restoration at Home and in Puerto Rico

By PRESS OFFICER
BGE

BALTIMORE, MD (June 21, 2018)—BGE was recognized by Edison Electric Institute (EEI) for its restoration efforts following the March nor'easters that hit Maryland and for assistance provided to Puerto Rico after Hurricane Maria devastated the island last September. BGE, along with Exelon companies Atlantic City Electric, PECO in Philadelphia and Pepco in Washington D.C., were recognized with the "Emergency Recovery Award" and ComEd in Chicago received an "Assistance Award" for providing support during the nor'easters. The aforementioned companies and Exelon sister company Delmarva Power received the "2018 Emergency Assistance Award for Puerto Rico Power Restoration" for contributions to the power restoration effort in Puerto Rico. The awards were presented at EEI's Annual Convention on June 6.

The Emergency Recovery Award is given to select EEI member companies to recognize their extraordinary efforts to restore power to customers after service disruptions caused by severe weather conditions or other natural events. The winners are chosen by a panel of judges following an international

nomination process. In addition to the Emergency Recovery Award, EEI recently recognized BGE with its Business Diversity Excellence Award for its commitment to improve business diversity and inclusion.

"We are honored to be recognized by EEI for our efforts to not only restore power to customers impacted in central Maryland by the unprecedented wind storms in March, but also for our company's historic mutual assistance deployment to Puerto Rico which restored hope and made a transformational difference in the lives of residents on the island," said Stephen J. Woerner, president and chief operating officer for BGE. "The recognition of the hard work of our employees is greatly appreciated, and we use every storm to evaluate opportunities to improve our performance for our customers."

In early March, Winter Storm Riley delivered high sustained winds and gusts through the 70-mph-range for more than 48 hours and Winter Storm Quinn further complicated repairs to massive and widespread damage to BGE's electric system by bringing heavy, wet snow to portions of BGE's service area. In total, more than 400,000 BGE customers lost power and more than 3,100 employees and contractors were engaged in

restoration efforts during the storms, including approximately 1,300 line workers mobilized from other utilities.

For nearly two months, 44 BGE employees worked as part of a team of approximately 300 employees Exelon-wide to restore power to more than 11,000 customers without power in Puerto Rico for more than six months. During the seven-week deployment, the entire Exelon team safely installed 376 poles, 267 transformers and over 108 miles of conductor.

BGE, founded in 1816 as the nation's first gas utility and headquartered in Baltimore, is Maryland's largest natural gas and electric utility. The company's approximately 3,200 employees are committed to safe and reliable power delivery to more than 1.25 million electric customers and nearly 675,000 natural gas customers in central Maryland, as well as enhanced energy management, conservation, environmental stewardship and community assistance. J.D. Power's 2017 Electric Utility Business Customer Satisfaction StudySM ranked BGE highest in customer satisfaction with business electric service in the east among large utilities. The company also has an estimated annual economic impact of \$5 billion of output in its service area, supporting more than 9,500 local jobs and producing \$923 million in labor income. BGE is a subsidiary of Exelon Corporation (NYSE: EXC), the nation's leading competitive energy provider. Like us on Facebook and follow us on Twitter, YouTube and Flickr.



Affinity Project from A1



PHOTOGRAPHS COURTESY OF THE NATIONAL LAW ENFORCEMENT MUSEUM

Working with museum staff and members of the Illumination Project, the two-day workshop held June 23–24, 2018 brought together local law enforcement, community leaders, and citizens from Prince George's County to dialogue (left), role-play scenarios (right), and ultimately build stronger foundations of trust and cooperation.

of nine parishioners inside the Emanuel African Methodist Episcopal Church in Charleston, South Carolina, in 2015. The Illumination Project held more than 30 listening sessions with law enforcement and community stakeholders to come up with a list of actionable items. To date, the Illumination Project has implemented more than 80 of those items as a result of ongoing dialogue between the Charleston, SC Police Department, citizens and community leaders.

"The Affinity Project has allowed us to undergird relationships. The affinity between the National Law Enforcement Museum and the Illumination Project to come together in partnership has allowed us to share with participants a framework for sustainable and strengthened relationships between citizens and police," said Rev. Dr. Kylon Middleton of the Illumination Project.

To learn more about the Affinity Project, visit: <https://lawenforcementmuseum.org/AffinityProjectLaunch>.

The National Law Enforcement Museum at the Motorola Solutions Foundation Build-

ing—the nation's only museum that explores nearly every facet of American law enforcement—announced on May 16, 2018 it will hold a grand opening ceremony on Thursday, October 11, and will open its doors to the public on Saturday, October 13, including a community celebration hosted by the Museum. Details for the grand opening and community celebration will be announced later this summer.

The National Law Enforcement Museum is dedicated to telling the story of American law enforcement by providing visitors a "walk in the shoes" experience. The Museum is working to expand and enrich the relationship shared by law enforcement and the community through the Museum's educational journeys, immersive exhibitions, and insightful programs. The 57,000 square-foot Museum is an initiative of the National Law Enforcement Officers Memorial Fund, a [501(c)(3)] organization es-

tablished in 1984. For more information about the National Law Enforcement Museum, visit www.LawEnforcementMuseum.org.

The Illumination Project's mission is to create healthy communities through all interested and affected people, groups, and organizations partnering together in ways that illuminate current realities and achieve preferred futures. The Illumination Project is now a movement taking hold across the country. It is based on the proven principles and practices used in Charleston, SC, to further strengthen the relationships between citizens and police. Starting from this one community, we are prepared to expand its positive impact across the entire nation, one of the goals of the Charleston Illumination Project since its inception. To learn more about the Illumination Project, please visit www.TheIlluminationProject.org.

HEALTH AND WELLNESS

A New Way to Help Marylanders Quit Tobacco

The Maryland Department of Health Partners With Johns Hopkins Health System to Offer Electronic Referrals to Department Tobacco Quitline

By PRESS OFFICER
MD Department of Health

BALTIMORE, MD (June 1, 2018)—The Maryland Department of Health's (MDH) Center for Tobacco Prevention and Control (CTPC) has partnered with Johns Hopkins Health System (JHHS) to simplify the process for Marylanders to get help quitting tobacco. JHHS is now electronically referring patients who express a desire to quit tobacco directly to MDH's Maryland Tobacco Quitline, 1-800-QUIT-NOW. The Quitline's highly trained 'Quit Coaches' provide free, evidence-based counseling services 24 hours a day, seven days a week. Tobacco users 13 years and older are eligible for services and those 18 years and older can receive phone and Web-based services; text message support; and free nicotine replacement patches, gum, and lozenges, while supplies last.

"For patients who would like assistance with quitting tobacco products, this new referral system allows Johns Hopkins Health System providers to easily, seamlessly, and confidentially send patient contact information to the Maryland Tobacco Quitline," said Maryland Department of Health Secretary Robert R. Neall. "Upon receiving the patient information, a 'Quit Coach' will proactively reach out to the Maryland resident to discuss a variety of free services, funded by the Maryland Department of Health, to help them on their journey to quit smoking."

With continuum of care the goal, Quit Coaches follow up with referring providers to discuss recommended service plans by which the provider can then follow up with their patients. Another added benefit of electronic referrals is that providers can easily incorporate tobacco

cessation into their regular clinical workflow, reinforcing patient interventions, by making a connection to an effective cessation intervention to assist with quit attempts. According to the U.S. Department of Health and Human Services, when a quit attempt is provider advised, the abstinence rate goes up, and when using Quitline services combined with medications, the abstinence rate doubles.

The Quitline partnership began with a small pilot project in 2016, leading to a larger roll-out with Medicaid patients in 2017, and successful system-wide implementation earlier this year. The Quitline has already received nearly 1,700 electronic referrals from JHHS providers, with approximately 400 patients enrolling in services—marking this project a monumental success for Marylanders. JHHS continues to strengthen this partnership—and increase pa-

tient access—through additional training of their providers working in both inpatient and outpatient settings.

If you are a Maryland resident and want to learn more about the free services offered through the Maryland Tobacco Quitline, call 1-800-784-8669 (1-800-QUIT-NOW), visit www.smokingstopshere.com, or ask your JHHS provider for an electronic referral.

The Maryland Department of Health is the State agency that protects Maryland's public health. We work together to promote and improve the health and safety of all Marylanders through disease prevention, access to care, quality management, and community engagement. Stay connected: <http://www.twitter.com/MD-HealthDept> and <http://www.facebook.com/MarylandDHMH>.

Marylanders who need help finding substance related disorder treatment resources should visit MdDestinationRecovery.org, BeforeItsTooLateMD.org or call the Maryland Crisis Hotline, which provides 24/7 support, at 1-800-422-0009. If you know of someone who could use treatment for substance related disorders treatment facilities can be located by location and program characteristics on our page at <https://goo.gl/aRRExJ>.

Tips to Stay Safe in Summer Weather

(StatePoint)—Getting outdoors this summer? Keep in mind that weather patterns can be extreme at this time of year, introducing new safety hazards. Get weather-ready in the following ways.

Prepare for the Heat

When planning a day outdoors, most people pack items such as sunscreen, sunglasses and a hat. However, summer heat can be dangerous if you're not prepared, so consider the following: make sure your vehicle's air conditioning is in good working order well before a trip, have a rain umbrella on hand to shield you from the sun, as well as frozen water bottles and instant cold packs that can help cool you down quickly. Lastly, make sure you have plenty of water on hand when traveling with pets, and be sure to keep them out of unattended cars where temperatures can quickly reach fatal levels.



PHOTOGRAPH COURTESY OF STATEPOINT MEDIA, © MONKEY BUSINESS/STOCK.ADOBE.COM

Taking simple precautions and having ready access to updated information will ensure that everyone stays safe while having fun this summer.

Know What's Coming

Before heading to the pool or packing that picnic lunch, check the weather report to make smart decisions about where the day will carry you. For 24/7 access to accurate weather information, you can keep the world's largest, fastest-growing and most trusted provider of weather forecasts and warnings at your fingertips with the AccuWeather app for your mobile device.

Available on iOS and Android, the app can help users prepare for intense heat, lightning, beach hazards and flooding prior to summer travel, events and activities. It also provides access to educational resources on the health impacts of different weather events, including safety tips and resources, personalized weather preparedness plans, detailed checklists and more.

Helpful year-round, the app can be particularly informative in summer, with its wealth of tips and resources on topics like avoiding rip tides, staying safe in extreme heat and preparing for tropical storms. To access these resources and download the app, visit AccuWeather.com/Ready.

Don't Be Bugged

Take precautions against bug bites, particularly mosquitoes, which can be carriers of the Zika virus. Experts are warning that those located in or traveling to the southern United States should take precautions to guard against the disease, especially if you are already or planning on getting pregnant.

Be sure your backyard is drained of standing water. Use citronella candles to ward off bugs. Apply insect repellent on hikes and other times you're in buggy areas, and if possible, avoid skin exposure during dusk, when mosquitoes are most active.

If you're looking to travel this summer, check out AccuWeather's first-of-its-kind Mosquito Zika Risk Index in advance, which gives users an easy way to view the likelihood of mosquito infestations that could lead to greater risk of contracting the Zika virus within the contiguous U.S. This new interactive Index, available now on AccuWeather.com, as well as the AccuWeather app on iOS and Android, showcases a week-by-week risk index for the next seven weeks that can help you make more informed decisions to stay out of harm's way.

With a little preparation, you can make the most of the summer and your travel plans by dodging common weather risks and hazards.

Heat Waves Can Kill Seniors Who Don't Take Precautions

Heat-Related Deaths Average About 175 in Summertime, Mostly Among the Elderly

By PRESS OFFICER
Association of
Mature American Citizens

WASHINGTON, D.C.—All the indicators suggest that we are in for a long, hot summer and that's not good news for seniors.

"What could be better than a sunny summer day, with gentle breezes keeping temperatures smack-dab in the middle of your comfort zone? But, the number of heat waves we can expect in much of the U.S. this summer is anticipated to be greater than usual, as projected by several authoritative sources. And the older you are, the more important it is that you keep cool because heat waves can be deadly," says Dan Weber, president of the Association of Mature American Citizens (AMAC).

National Oceanic and Atmospheric Administration, the National Weather Service and even the Farmer's Almanac predict well above average warmth in the coming months.

"The Centers for Disease Control and Prevention reports that during an average summer about 175 people die from the heat. But when things heat up above the norm, the numbers of such deaths can skyrocket. In 1995, for example, more than 1,000 people died during what was one of the worst heat waves ever experienced in modern times. Chicago was hardest hit with 739 fatalities, mostly among the elderly," according to Weber.

You can tell if the heat is getting the best of you when you experience symptoms such as muscle cramping, fatigue headache, nausea, vomiting, dizziness or fainting.

There's not much you can do about the weather, but you can take some precautions when temperatures start to climb. Drink water or fruit juice and avoid caffeinated drinks such as coffee or tea [caffeine is dehydrating]. Find a cool spot, such as a room with good ventilation or, better yet, a room that is air-conditioned. If you find yourself out of doors, stay in the shade as much as possible and don't forget to wear a hat. Choose the clothes you wear carefully. Make sure your clothing is lightweight and light-colored and that it isn't constricting.

AMAC also suggests that you keep tabs on elderly relatives and neighbors when it is hot and humid. Be aware that the humidity can prevent sweat from evaporating, in turn reducing its normal cooling effect. So look in on them from time to time during long stretches of hot weather.

"Bear in mind that many seniors suffer from poor circulation and may feel too 'cold' to sit tight in an air-conditioned room. The medications they take, likewise, can affect blood pressure and respiration, particularly during times of extreme heat," says Weber.

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

Hospital to Host Smoking Cessation Program To Help People Live Healthier Lives

By PRESS OFFICER
Doctor's Community Hospital

LANHAM, MD (July 1, 2018)—Doctors Community Hospital along with the American Lung Association will host a free 8-week smoking cessation program beginning July 9, 2018, from 5:30 PM–7:00 PM.

According to the American Lung Association, smoking can cause cancer, heart disease, pulmonary disease, stroke diabetes and other preventable conditions. Doctors Community Hospital's Freedom From Smoking® Program helps people during their journeys toward smoke-free and healthier living.

"We encourage our community residents to take advantage of this opportunity to give up smoking and take steps to living a healthier lifestyle," Kwanza Graham-Sykes, program administrator, Cancer Prevention, Education, Screening and Treatment. "These classes reinforce our dedication to care for the health of the residents of Prince George's County by ensuring they have access to community-based programs which enhance their overall health and wellbeing."

The free eight-week program provides participants with in-depth information, reliable resources, interactive discussions, guest speakers and support services along with free blood pressure screenings.

The Freedom From Smoking® Program is free, but registration is required by calling 301-552-5178 or emailing miniimahwilson@DCHweb.org. This program is funded by a cigarette restitution fund and Maryland Department of Health and Mental Hygiene grant.

Doctors Community Health System is a network of medical and surgical services provided throughout Prince George's County and in Anne Arundel County. At the heart of this network is its flagship—Doctors Community Hospital in Lanham, Maryland. To complement the hospital's high-quality and comprehensive services, the system has more than a dozen centers of care in Bowie, Camp Springs, Crofton, District Heights, Hyattsville, Lanham, Largo, Laurel, Riverdale and Temple Hills. Also, the hospital has been rated as a high-performing facility for heart failure by U.S. News & World Report in 2017–2018 and designated as a primary stroke center by the Maryland Institute for Emergency Medical Services Systems. For more information, visit DCHweb.org or call 301-DCH-4YOU (301-324-4968).

Heat Safety from A1

several days with high temperatures and dehydration in an individual. Signs of heat exhaustion include extreme weakness, muscle cramps, nausea, or headache. Victims may also vomit or faint. Heat exhaustion is treated with plenty of liquids and rest in a cool, shaded area. If the persons condition does not show signs of improvement call 911.

Heatstroke is a serious illness characterized by a body temperature greater than 105 degrees. Symptoms may include "dry" red skin, convulsions, disorientation, delirium and coma. Onset of heatstroke can be rapid: a person can

go from feeling apparently well to a seriously ill condition within minutes. Your body has lost the ability to sweat and naturally "cool-off"—this is a true medical emergency. Treatment of heatstroke involves the rapid lowering of body temperature, using a cool bath, bags of ice or wet towels. Place ice bags in each armpit, groin and back of the neck. A heatstroke victim should be kept in a cool area; emergency medical care should be obtained by dialing 911.

Staying in an air-conditioned environment and drinking plenty of water is a key to staying healthy during the high heat and humidity!

Quick Tips to

Stay Informed, Stay Ready, Stay Safe ...

At Work:

- Avoid the heat—stay in an air-conditioned environment
- Reduce activity
- Drink plenty of water

Outdoors:

- Wear light colored clothing
- Drink plenty of water
- Take frequent rest breaks in the air conditioning or shade

At Home:

- Check on relatives and friends, especially the elderly
- Increase time spent in an air-conditioned environment
- Eat smaller meals, more often
- Take cool baths
- Make sure pets have access to water and shade

The Prince George's Post

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OUT on the TOWN



TOP 20 THINGS TO DO WITH THE KIDS THIS SUMMER!

ILLUSTRATION BY JEN SHECKELS

By BRIAN PRESLEY
WhatToDoWithTheKids.com

Summer is a great time of year, especially if you live in the north. It's a chance to be free from thick clothing and the hectic schedule that takes place during the school year. It's also a chance for parents to do a ton of fun things with their kids after work and on weekends, forging a bond that is natural and will ideally create happy memories for your kids.

Having fun this summer doesn't have to take a lot of planning or cost money. What To Do With The Kids, a website dedicated to providing resources for parents, has assembled a list of 20 fun things that parents and even grandparents, can do with their kids during those longer summer days.

1. Go to the beach: It may seem like a lot of trouble but not if you keep it simple. Beach towel, a few beach toys and lots of sun screen is all you really need. You can also bring folding chairs and a sun umbrella as well. Bring a lunch or snacks along with a few cold drinks. These can easily fit inside a couple of cloth bags with an ice pack if you don't have a cooler. If you have a car, leave the cooler and valuables in the car. This way, you'll have no problem leaving stuff on the beach while you play with the kids in the water. Keep in mind that even if there are lifeguards, you need to stay very close to your kids. The younger they are, the closer you are! Sunscreen is very important. Buy the highest UV protection you can and don't be afraid to pay a few dollars more for the good stuff. Remember to get the sand out of the bathing suits before you start going home.

2. Mini golf: As far as we are concerned, mini-golf should be an Olympic event. It's a great activity that anyone can play. In fact, the worst you are the more fun it is. We like playing in the early evening when it starts getting dark and cooler.

3. Bowling: Bowling is another "potential" Olympic event that anyone can play. Most bowling alleys have lanes with "bumpers" that block the gutters so the kids are almost

guaranteed to hit some pins. It's also a great place to be on a really hot day because bowlers hate to sweat so you know the air conditioning will be just right.

4. Play catch: It's the one thing that movies like to use as the only activity dad never did with the hero of the story but it doesn't have to be forced or organized, it can be spontaneous. Most people think of playing catch involves a baseball glove and a ball but there are a lot more items you can use. Try a football, beach ball, tennis ball or the classic Frisbee. There are also variations you can use like drawing a few circles on the ground in chalk and try to bounce the ball inside it when sending it to the other person. If they are able to, use a football and a Frisbee at the same time. Just be careful how you throw it.

5. Explore your city: A lot of people grow up in a city and never take in the sites so why not take the kids and explore? Most downtowns have a lot of old stores with a lot of unique things in them and some may even have some history to them. Explore different parks or check online for festivals and events. Become a tourist in your own town by taking a tour bus. You may just discover things about your home town that you never knew.

6. Fishing: Old fishing rods, hooks and worms are all you need to spend time by the water. There are a lot of options you can buy but if you go to a garage sale, there's a good chance you'll find everything you need for a few dollars. You might also need a fishing license in your area so do a little research. Since you're near water, you need to stay very close to the kids and you will need to put the worm on the hook for them. Use a lot of sun screen, give them a hat, pack a snack and you're ready to go. Find out where the best fishing spots are for kids but be prepared to cut it short. Some kids might not find it exciting so don't force them to stay. Plan on going for a short time and then make it longer the more you go. While you're waiting for the fish to nibble, tell them about how people who fish like to make up stories about "big one that got away" and come up with your own. Catch and re-

lease is great but if you happen to catch something big and you know how to properly prepare and cook them, bring them home as a special treat.

7. Biking: Biking is a great activity for getting outside; exercising and exploring new areas but as we've written in a past blog, teach your kids the rules of the road or don't take them out! Teach them hand signals and what to do at a stop sign. In case you've forgotten, a stop sign does not mean to slow down, make eye contact with a car driver and continue through. Look online for local bike paths, pack a picnic or snack, put on some sun screen and make sure those helmets are on right. Start with short trips and then make them longer as they get older. Remember, they may have no problem biking there but it's biking back that can be tricky.

8. Swimming: Learning to swim is something that every parent should have their kids do at an early age. It's a skill they will never forget and will save their lives. The younger they are, the closer you must be to them. This must also be the rule at the beach, a public pool or even in a small wading pool in your backyard. Never leave them alone. If you can, bring plastic balls or Frisbee to play in the water since kids love to make diving catches. Pool noodles, boogie boards and beach balls are great fun but again; don't forget to bring the sunscreen.

9. Hiking: Hiking is another great activity that should be short to introduce them and gradually increased as they like. Start with simple and easy trails, wear appropriate shoes and clothing, bug spray and sunscreen and even pack a lunch or snack. Water is very important if you plan on being out most of the day and make sure you know where you are going before you leave. You don't want to share the joys of being found with a search party do you?

10. Backyard party: Why not host a party just for the heck of it? Make up a reason

See TOP 20 Page A8

Enjoy \$1 Family Movies This Summer at Regal

School Is Out and Movies Are In With Regal's Summer Movie Express

By PRESS OFFICER
Regal

theatres and feature a fantastic lineup of 'G' and 'PG' movies

KNOXVILLE, TN—Regal, a leading motion picture exhibitor operating one of the largest theatre circuits in the United States, announces the return of its family-favorite program, the Summer Movie Express. This kid-friendly film festival is a nonstop adventure, and the perfect getaway for movie lovers. The Summer Movie Express features \$1 family movies on Tuesdays and Wednesdays at 10:00 a.m., with a portion of proceeds benefitting charity.

"For just \$1, moviegoers of all ages are invited to climb aboard the Summer Movie Express for unbeatable entertainment throughout the summer where they can see great movies like *Despicable Me 2*, *Sing*, *The Secret Life of Pets* and more," said Ken Thewes, Chief Marketing Officer at Regal. "What better way to be entertained and spend quality time with each other than at your local Regal Cinemas."

Since 1991, Regal has hosted special summertime entertainment for families to enjoy and to foster a love of moviegoing in each new generation. This year's Summer Movie Express program will take place at 10:00 a.m. on Tuesday and Wednesday mornings at participating

Participating Locations in Prince George's County:

There are two Regal theaters in Prince George's County participating in this year's program:

- Regal Bowie Stadium 14
15200 Major Lansdale Boulevard, Bowie, MD
- Regal Hyattsville
Royale Stadium 14
6505 America Blvd.,
Hyattsville, MD

For other participating theatres in the area, as well as movie schedules, please visit <https://www.regmovies.com/movies/summer-movie-express>.

Regal, a subsidiary of the Cineworld Group, operates one of the largest and most geographically diverse theatre circuits in the United States, consisting of 7,310 screens in 559 theatres in 43 states along with Guam, Saipan, American Samoa and the District of Columbia as of March 31, 2018. We believe that the size, reach and quality of the Company's theatre circuit provides its patrons with a convenient and enjoyable movie-going experience. We are committed to being 'The Best Place to Watch a Movie!' Additional information is available on the Company's website at www.REGmovies.com.



IMAGE COURTESY OF REGAL

This year's Summer Movie Express program has a number of family-friendly movies including, but not limited to:

- *Iron Giant*
- *Curious George*
- *Despicable Me*
- *Ice Age: Collision Course*
- *Storks*
- *Mr. Peabody & Sherman*
- *Despicable Me 2*
- *How to Train Your Dragon 2*
- *The LEGO Movie*
- *Alvin and the Chipmunks*
- *Sing*
- *The Peanuts Movie*
- *The LEGO Ninjago Movie*
- *Ferdinand*
- *The Secret Life of Pets*
- *Alvin & The Chipmunks: The Squeakquel*

ERIC D. SNIDER'S IN THE DARK

..... *Movie Review*

Ocean's Eight

Ocean's Eight
 Grade: B
 Rated PG-13, one F-word
 1 hr., 50 min

Remember how Danny Ocean needed 10 friends (and then 11, and then 12) to pull off his heists? In *Ocean's Eight*, his sister, Debbie (Sandra Bullock), only needs six collaborators (plus a seventh, eventually, as spoiled by the title) to perpetrate an impossible theft of priceless jewels. Are women better at multitasking than men are? Or did *Ocean's Eight* just not have the budget for a dozen actresses? Both explanations are plausible.

This is a light, well-oiled bit of frippery directed by Gary Ross (*Seabiscuit*, *Free State of Jones*), written by him and Olivia Milch (who wrote and directed the Netflix film *Dude*). A spinoff of the George Clooney-and-friends trilogy, it affects the same debonair posture and delivers much of the same cool amusement, albeit with less pizzazz and cleverness. More so than its predecessors, *Eight*

gets by on the charm of its cast—but that charm is formidable, and the movie gets by just fine.

Debbie, a smooth con artist and high-class thief like her brother, is fresh out of prison, having been double-crossed by her boyfriend/partner Claude Becker (Richard Armitage) several years ago. She's spent her time away planning a complicated new job that entails convincing Cartier's to lend a fabulously valuable necklace to a celebrity to wear during the swanky annual Met Gala, and then stealing the necklace right off the celeb's neck during the party.

She swiftly assembles a team: her old scam-running friend Lou (Cate Blanchett); Rose Weil (Helena Bonham Carter), a once-prominent Irish fashion designer in need of a career boost; Amita (Mindy Kaling), a jeweler who's been known to engage in under-the-table operations; computer hacker Nine Ball (Rihanna); master pickpocket Constance (Awkwafina); and Tammy (Sarah Paulson), a full-time mom



ROTTENTOMATOES.COM

Upon her release from prison, Debbie, the estranged sister of legendary conman Danny Ocean, puts together a team of unstoppable crooks to pull off the heist of the century. Their goal is New York City's annual Met Gala, and a necklace worth in excess of 150 million dollars.

and part-time fence for stolen property. That's seven; the eighth will be the celebrity who wears the necklace, who won't know she's part of a heist. They choose Daphne Kluger, played by Anne Hathaway doing a funny parody of an Anne Hathaway type—neurotic, overdramatic, lovable in a "theater geek" kind of way.

Once and forever America's Sweetheart Sandra Bullock presides over the movie with customary good humor and benevolence, and no one in the main cast gets shorted. Rihanna, Kaling, Blanchett, Paulson, Awkwafina (from *Neighbors 2: Sorority Rising*), and Bonham Carter (having more apparent fun than she's had in a while) all play a key role in the heist and get at least a few

moments in the spotlight—another advantage of a streamlined cast. (Weren't there always two or three guys in the other *Ocean's* movies who didn't seem like they needed to be there?)

But the plot—and I mean the movie's plot as well as the "plot" of the heist—lacks the devilish creativity that makes the best heist movies so rewarding. Debbie's rivalry with the guy who sent her up the river isn't established well enough to provide adequate satisfaction when she turns the tables, and the job itself doesn't present enough setbacks or unforeseen obstacles. The film has an "Oh, that's it?" kind of ending—you feel good, you enjoyed it, but wish the score had been a little bigger.

OPEN TO THE PUBLIC



PHOTOGRAPH BY P.G. POST STAFF

Learn about the region's ancient history at **Dinosaur Park!** Featuring fossils from the early Cretaceous Period, the park preserves one of the most important fossil sites this side of the Mississippi. Visitors can enjoy the garden and play areas daily, from sunrise to sunset. FREE interpretive open houses are offered every 1st and 3rd Saturdays of the month, 12 PM-4 PM, where citizen scientists young and old can help with the continuing search for fossils while learning more about Maryland's prehistoric roots. Educational and school programs are also available—call 301-627-1286 for more information.

Dinosaur Park: 13100 Mid-Atlantic Boulevard, Laurel, MD 20708
 301-627-1286 • <http://history.pgpc.org/3003/Dinosaur-Park>

Calendar of Events

July 5–July 11, 2018

Brown Bag Summer Series Environmental Film Fest:

The Fight for Water: A Farm Worker Struggle

Date and Time: July 6, 2018, 12:00 PM–2:00 PM

Description: The MD Department of the Environment continues its FREE summer series film festival with *The Fight for Water*. The film documents the impact an environmental decision had upon a farming community when their water supply was shut off. Run Time: 77 min. **Sign up to attend by July 5th.**

Cost: FREE (RSVP by July 5: bgarner@co.pg.md.us)

Ages: Adults

Location: MD Department of the Environment

1801 McCormick Dr.,
Largo, MD 20774, Suite 500

Contact: bgarner@co.pg.md.us

Fish With a Ranger

Date and Time: July 7, 2018, 10:00 AM–12:00 PM

Description: Grab your rod and reel and head down to the Potomac! Cast a line with a Ranger and learn about the fish you will be trying to catch, wildlife in the area, and the history of the river. Park has a few rods available for use. Got your own gear bring it along. Please note that this program is cancelled if raining. The park will only allow Catch and Release during the program.

Cost: \$10 per car

Ages: All ages

Location: Fort Washington Park, Lighthouse

13551 Fort Washington Road
Fort Washington, MD 20744

Contact: 301-763-4600; <https://www.nps.gov/fowa/>

Washington, D.C. Horse Expo

Date and Time: July 7, 2018, 10:00 AM–10:00 PM

Description: Washington D.C. Horse Expo Show and Competition event will feature Dancing Horses, Spanish Music and live music by La Tremenda Banda Perla Sagrada. General Admission Only.

Cost: Adults (13+): \$25.00; Children 12 & under: FREE (Note: A \$1.00 Facility Fee is added to the price at check out; Online Ticketmaster Service charges will be applied at check out.)

Ages: All ages are welcome

Location: The Show Place Arena

14900 Pennsylvania Avenue
Upper Marlboro, MD 20772

Contact: Recorded Info: 301-952-7999;

Live operator: 301-952-7900

Community Day at the Bowie Farmers Market

Date and Time: July 8, 2018, 8:00 AM

Description: Sunday, July 8th is Community Day! The Friends of the Bowie Library, Bowie Animal Control, the Bowie Police Department, and the Bowie Fire Department may be on hand and more!

Cost: FREE

Ages: All ages welcome

Location: Bowie Center for the Performing Arts at Bowie

High School,
15200 Annapolis Road, Bowie, MD 20715

Contact: 301-809-3078

PGCMLS: Cover Letters That Work!

Date and Time: July 9, 2018, 6:30 PM–8:30 PM

Description: Learn how to make sure your cover letter gets attention and helps get jobs!

Cost: FREE

Ages: Adults

Location: Hyattsville Branch Library

6502 America Blvd
Hyattsville, MD 20782

Contact: 301-985-4690, TTY: 301-808-2061

PGCMLS: Ready Set Go! Nuts & Bolts of Starting a Business

Date and Time: July 10, 2:00 PM–4:30 PM

Description: This FREE workshop is for those interested in starting their first business. Experienced consultants will share information on legal and licensing requirements, financing options, marketing and more.

Cost: FREE

Ages: Adults

Location: South Bowie Branch Library

15301 Hall Road
Bowie, MD 20721

Contact: 301-850-0475, TTY: 301-808-2061

Prince George's Shakespeare in the Parks 2018:

A Midsummer's Night Dream

Date and Time: July 11, 2018, 7:30 PM–9:00 PM

Description: Summer Arts in the Parks—Grab a blanket or lawn chairs, pack a picnic dinner, and come out to enjoy a variety of arts performances this summer throughout the county.

Cost: FREE

Ages: All ages welcome

Location: Riversdale House Museum

4811 Riverdale Rd., Riverdale, MD 20737
(Rain Location: Riverdale Elementary School,
5006 Riverdale Rd, Riverdale, MD 20737)

Contact: 301-864-0420

My Reptile Guys

Date and Time: July 11, 1:00 PM–2:15 PM

Description: Come learn about reptiles from around the world! You'll learn why reptiles have certain features, where they come from and what makes them so unique. If you choose you can even touch a reptile!

Cost: FREE

Ages: Elementary (5–12 years old)

Location: Largo-Kettering Branch Library

9601 Capital Lane
Largo, MD 20774

Contact: 301-336-4044, TTY: 301-808-2061

Visit <http://www.pgparcs.com/>, select "Activities and Services," then "Calendar" for more events nearby!



PHOTOGRAPH COURTESY OF EARTHTALK.ORG

Microsoft is expanding its "AI for Earth" program, committing \$50 million over the next five years to put artificial intelligence technologies in the hands of individuals and organizations working to solve global environmental challenges.

Earth TALK™ Saving the Earth With Artificial Intelligence (AI)

Dear EarthTalk:

What are some ways Artificial Intelligence (AI) is being used to fight climate change and otherwise protect the environment?

—David James,
Chico, CA

Artificial Intelligence (AI), defined as the capability of machines to imitate intelligent human behavior and learn from data, is considered by many to be the final frontier of computing. And environmentalists and tech companies are now harnessing the power of AI to service to the environment.

To wit, Microsoft announced in December 2017 that it is expanding its "AI for Earth" program and committing \$50 million over the next five years to put AI technologies in the hands of individuals and organizations working to solve global environmental challenges, including climate change as well as water, agriculture and biodiversity issues. Lucas Joppa, Microsoft's first Chief Environmental Scientist, is convinced that AI is now mature enough and the global environmental crisis acute enough to justify the creation of an AI platform for the planet.

"I believe that for every environmental problem, governments, non-profits, academia and the technology industry need to ask two questions: 'How can AI help solve this?' and 'How can we facilitate the application of AI?'" Joppa said.

The older, but rapidly growing project, eBird, has been demonstrating the power of coupling human observers with AI algorithms to provide a source of reliable data for scientists and environmental decision makers. Based out of Cornell University's Lab of Ornithology, eBird engages a global network of bird watchers to identify bird species and report their observations through the eBird website or mobile app. Due to the variability in the observations the volunteers make, AI filters observations through collected historical data to improve accuracy. And now with over 500 million bird observations recorded through this global database, Microsoft's Azure Cloud Computing Program is helping to allow calculations that used to take upwards of two to three weeks to now be accomplished in only hours.

California's One Concern is utilizing AI technology to identify and mitigate future risk stemming from natural disasters. Last

year, natural disasters caused a record-breaking \$300 million in damage in the U.S. alone. One Concern's platform can predict the impacts of climate change-driven events, and disasters such as earthquakes, floods and fires at a high degree of resolution and accuracy so that communities can better prepare and respond. Damage from an earthquake can be predicted with 85 percent accuracy within 15 minutes, and flood damage is predicted days ahead of storms.

Lastly, whale field research is being revolutionized by AI and drone technologies. "SnotBot," which doesn't exactly sound sophisticated, uses drones which allow a vastly different approach to whale research, flying well above the surface of the water where the whales are never touched or approached closely. Snotbots hover above a surfacing whale and collect the blow (or "snot") exhaled from its lungs, then return back to researchers about a half mile away. Blow samples reveal a vast amount of biological data, including stress hormones and environmental toxins. Prior to SnotBot, data samples of wild whales were gathered by shooting sampling darts from crossbows into the mammal from a loud boat.

"It's not just all about Silicon Valley building cool Silicon Valley things," says Parley's Ian Kerr who manages the SnotBot program. "It's how AI could actually help us save the planet and solve scientific mysteries."

CONTACTS: Microsoft AI for Earth, www.microsoft.com/en-us/aiforearth; Cornell University's Lab of Ornithology, www.birds.cornell.edu/Page.aspx?pid=1478; One Concern, www.oneconcern.com; Parley for the Oceans, www.parley.tv/#fortheoceans.

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Green Awards from AI

and environmental results achieved over the past year. The awards were presented on June 28, 2018 at the One Montgomery Green's Green Gala at Brookside Gardens in Wheaton. More information on each winner's achievements are detailed on the Maryland Green Registry website at <http://www.mde.state.md.us/maryland-green/Pages/LeadershipWinners.aspx>.

Also announced at the event was a new form of recognition called the Maryland Green Registry Leadership Circle. This one-year designation is for former Leadership Award Winners that apply for recognition by demonstrating their continued commitment to improvement through significant new sustainable practices and results. The inaugural members of the Leadership Circle are AstraZeneca MedImmune (Gaithersburg site), Fitzgerald Auto Malls, Hub Labels and Washington Gas.

The Maryland Green Registry is a free program created to promote and recognize sustainable practices by organizations throughout the state. There are currently more than 520 member organizations.

As part of their online member profile, Maryland Green Registry members share at least one quantitative measurement. The results are collected to demonstrate that even small efforts among a group of committed organizations can lead to impressive results. The results also emphasize the im-

portance of measurement to the successful management of environmental impacts at any type and size of organization. Registry members are currently saving more than \$107 million annually through their sustainable practices.



INFOGRAPHIC COURTESY OF THE MARYLAND DEPARTMENT OF THE ENVIRONMENT

Registry members achieved the results shown here between 2017 and 2018.

While they represent a variety of facility types and sizes, all of the winners have several key factors in common that contributed to their success: each organization has an organization-wide commitment to environmental performance and each sets annual environmental goals and measures its results.

The following results, also represented in the infographic at left, were achieved on an annual basis between 2017 and 2018:

- 536,000 lbs of hazardous waste reduced
- 12.0 million lbs of nonhazardous waste reduced
- 723.9 million lbs of non-hazardous waste recycled
- 10.4 million lbs of material composted
- 2.8 million gallons of wastewater reduced
- 534,000 gallons of fuel saved through both fuel efficiency and VMT
- 9.2 million vehicle miles traveled (VMT) reduced
- 466.7 kWh electricity saved
- 190.9 million gallons of water conserved
- 2.5 million metric tons carbon dioxide equivalent (MTCO2e) reduced
- \$107.9 million saved

The Maryland Green Registry is a free, voluntary program offering tips and resources to help businesses and other organizations set and meet their own goals on the path to sustainability. Collectively, Maryland Green Registry members have reported saving over \$104 million annually through the proven, practical measures they have shared in their online member profiles. For more information or to find out how to join, visit <http://mde.maryland.gov/MarylandGreen/>.

BE SEEN BEING GREEN

TUESDAY TIP

- 1 Take a picture doing something that is good for the environment and for you!
- 2 Post it to Facebook, Twitter or Instagram with hashtag #BSBGinPGC
- 3 Use our brochure as a guide for ideas at bit.ly/BSBGinPGC.
- 4 Have fun!

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Wednesday Prayer Service 8p.m.

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Top 20 from A6

such as celebrating International Pickle Day or just a good ole fashion summer party. Barbeque some hotdogs and burgers, make some potato salad, coleslaw and have a few games. It doesn't have to be fancy or really organized. It's just a chance to get a bunch of people together to just hang out.

11. Backyard camping: Before you start to invest in thousands of dollars in tents, stoves, sleeping bags and bear repellent, why not try camping in the backyard with the kids? You don't even need a real tent. Have the kids make one out of a tarp or old blankets. If they don't like it, they can just come in. Just make sure you're with them all night just to keep them safe and from getting into trouble. If they like it, they may want to do some real camping later and then you can spend thousands of dollars on everything you need!

12. Fly a kite: If you can find an open space free of power lines and gopher holes, you can fly a kite. Start with the inexpensive ones found at the department store and try it out. If the kids like it, you may want to invest in a really nice kite and watch them perform acrobatics in the sky.

13. Campfire: Unfortunately, not every town or city allows campfires; especially open ones that are basically a hole in the ground surrounded by rocks. If your city does allow them, invest in a metal, enclosed one. These are designed to keep the fire from getting out of control and the doors help keep the kids away from the flames. Roast marshmallows, make s'mores and then close the door and enjoy the view. Just remember to keep a bucket of water and some sand handy and make sure the entire fire is out before you go to bed.

14. Sidewalk/driveway chalk drawing: Chalk comes in a lot of colors and is rather inexpensive. The important thing to keep in mind is where the kids draw. It has to be a safe area that is free of any traffic since the little ones will be practically lying down as they create their masterpieces. If you're in a school playground or empty parking lot, you can also draw a race track that the kids can go through on their bikes, skateboard or roller skates. Add a little color to your area and don't be afraid to get down with them and let your inner Picasso come out.

15. Outdoor movie: Watching a movie outdoors and under the stars is a great way to spend an evening. Projectors can be borrowed from schools or offices and a large white bed sheet makes for a great screen. Hook the projector up to your laptop and set up a few speakers. Make some popcorn, bring out the patio chairs and enjoy.

16. Container planting: If you're a gardener, you already know how much fun it can be but for the rest of us, we don't have the motivation to take it to that level. That's why container plants are great. Check out local garage sales for great deals on different size planters. They may need a coat of paint but as long as they're

not broken, they'll work fine. Buy a bag of soil and select a few flowers and even vegetables to grow. Check online or at your local garden center to see what plants grow well in containers in your area. Find a good spot for the containers but if you need to, they can be easily moved somewhere else. Have the kids water it regularly and maybe record how it's growing in a diary. Fruit and vegetable plants are possible so that at the end of the growing season the kids could actually eat what they've grown.

17. Picnic: A picnic is a rather simple way to have lunch but is much more than just your sandwich in a brown bag. Along with the sandwiches you can have salads, a veggie platter, assorted fruits and all types of drinks. Place the food in a cooler with an ice pack, pack some plates, utensils and cups, bring a blanket to lie on and you're set. You can also bring a plastic table cover to use if you find a picnic table. The secret is to find someplace that has a soft patch of ground that you can enjoy such as a park, the beach or along a trail. Make sure to take all your garbage home and don't leave any food for the animals.

18. Photo essay: A photo essay is just a fancy way to get kids to take photos with their phones. In the old days we used something called a camera but since smartphones are here, they'll work just fine. Have the kids document a trip or an outing such as a day at the beach or to the zoo. Ask them to take photos of their arrival and the different things they see. When they arrive home, they can upload the photos to their computer and create a slide show. The older kids may be able to incorporate video and background music as well. Once done, save a copy in a safe place and in a few years, you can remind them of how much fun they had that day.

19. Water slide: On a hot day, there's nothing like gliding across your lawn on your own personal water slide. Sheets of plastic are available at your local hardware store and try to find a safe place to lay it down, preferably with a bit of a slope and no rocks. Visit our activities page at What To Do With The Kids to find out how to make a water slide that could be the envy of the neighborhood.

20. Hanging out: Why not play a board game outside, read a book together or just sit and talk with the kids. The young ones might get bored but the older ones may just enjoy spending time with you and that's what we are all about. Make it spontaneous. Find a shady spot, bring out some toys, games or crafts and spend some time together while the weather is nice. It can result in the type of memories you want your kids to have.

What To Do With The Kids is the website that adults go to when they want to know what to do with their kids. The site features games, crafts, activities, downloads, a resource section for parents and much more. Visit www.whattodowiththekids.com or visit one of our local Facebook pages to find kid and family-friendly things to do in your area.

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