

The Prince George's Post



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Snip, Snap, Sauté Service Introduced by PHILLIPS' Special Education School as Part of Culinary and Farm Career Skills Program

By SHAWN FLAHERTY
PHILLIPS Programs for Children and Families

LAUREL, MD (September 26, 2018)—PHILLIPS Programs for Children and Families, a local nonprofit helping youth with a variety of challenges succeed, is starting Snip, Snap, Sauté, a student run food preparation service at its Special Education Day School in Laurel—which serves youth from DC and Maryland, including Howard, Prince George's and Montgomery Counties. The service is part of PHILLIPS' Growing Futures, a career training program that incorporates a vertical farm and commercial kitchen.

"Our student's grow, cook and now prepare food. Traditional curriculums aren't as effective for our students. Educational programs that are active and engaging help train our students for careers. Snip, Snap, Sauté rounds out our classroom offerings taking it from farm to fork," explained Piper Phillips Caswell, president & CEO, PHILLIPS Programs.

Growing Futures' Farm to Table model is a hands-on experiential program encompassing both culinary arts training in a state-of-the-art commercial kitchen, and training in an indoor hydroponic vertical farm growing and harvesting fresh ingredients such as herbs, vegetables and microgreens all year long. Snip, Snap, Sauté is a food preparation service which is part of PHILLIPS' Growing Futures. Students use the fresh ingredients they have grown in the farm to



PHOTO COURTESY OF PHILLIPS SCHOOL

Students of PHILLIPS School-Laurel learn career skills as they grow, cook and now prepare food in their commercial kitchen. Students seen with PHILLIPS staff: Julie Buisson, Leslie Finnegan and Chef Erik Lund.

augment the taste and nutrition of the food they cook in the school's commercial kitchen.

Growing Futures youth gain confidence and competence culminating in employment. Through participation in entrepreneurial activities and authentic work experiences, youth thrive as they develop marketable career skills, acquire health and wellness practices and gain an understanding of sustainability practices with earth's natural resources.

The curriculum teaches students the foundational food service skills needed for ServSafe Certification while Snip, Snap, Sauté gives them an opportunity to reinforce these classroom skills by applying them to real-world situations. The combination of classroom learning and real-world scenarios gives

PHILLIPS' students a unique way to apply their hospitality knowledge, gain confidence and ultimately become employed and productive young adults.

The Growing Futures Program complements PHILLIPS Building Futures, which provides intensive trades education for students with disabilities. During the school day, students participating in Building Futures receive academic programming, supportive services, and related services while they learn the building trades by building homes and rehabbing a variety of structures at a rural retreat. Additionally, PHILLIPS Designing Futures, a 3D design and print class, is a gateway curriculum for IT. It is offered to both PHILLIPS students and community youth and young adults on the autism spectrum.

These programs are important since PHILLIPS serves students with behavioral needs ages 6–22 who have significant learning and emotional challenges and for whom school has often been a place of repeated failure and frustration. For 51 years, PHILLIPS has helped youth succeed by providing customized support and education through three programs, including: Special Education Day Schools in Annandale, Fairfax and Leesburg, VA and Laurel, MD; PHILLIPS Family Partners offering home- and community-based counseling and support; and PHILLIPS Career Partners, which offers our career and technical education avenues including Building Futures, Growing Futures and Designing Futures.

Council Vice Chair Todd M. Turner Hosts "Stay Sharp On Social Media"

A Day of Fun and Information on Social Media Use, School Safety, and Networking for Parents and Students

By COMMUNICATIONS OFFICE
Prince George's County Council

UPPER MARLBORO, MD (Sept 25, 2018)—Prince George's County Council Vice Chair Todd M. Turner (D)—District 4, in partnership with Bowie State University, In Reach, Inc., AC Pollard Staffing, Jack and Jill of America—National Harbor Chapter, the City of Bowie Education Committee and the Maryland-National Capital Park and Planning Commission (M-NCPPC), will host "Stay Sharp on Social Media—Challenges, Choices and Chances."

The event will be held on Saturday, October 6, 2018, 9:30 a.m.–2:30 p.m. at Bowie State University, Center for Natural Sciences, Mathematics and Nursing, 14000 Jericho Park Road in Bowie.

"Stay Sharp on Social Media" will feature panel discussions focusing on responsible social media use, school safety, mental health and personal branding. The day's event will also include special guest News 4 Today reporter Molette Green, Prince George's County State's Attorney Angela Alsobrooks, Bowie State University President Dr. Amita Breaux, WKYS radio host DJ Freeez, scholarship opportunities and giveaways.

Council Member Turner encourages parents, guardians and students to join in the timely discussion of social media safety.

"The amount of time young people spend online continues to grow, making it especially important that conversations about social media safety are ongoing. We want to provide parents and guardians with important information and updates about how social media networks are used, and students with the tools and resources to stay safe online. Additionally, in response to the rise in school

At-A-Glance: "Stay Sharp on Social Media—Challenges, Choices and Chances"

WHO: Council Member Todd M. Turner (D)—District 4, Reporter Molette Green, News 4 Today; Bowie State University President Dr. Amita Breaux; Prince George's County State's Attorney Angela Alsobrooks; Prince George's County Assistant State's Attorney Jade Mathis; Prince George's County Police Department Commander Steven Yuen; Author and Motivational Speaker Dr. Roselyn Acker-Black; Founder and CEO of B. Carter Solutions and Social Media Strategist, Brittany Carter McKinnon; Community Activist "Sgt. Pushup" Patrick Parker; District of Columbia Schools Director of Social Emotional Learning, Dr. William Blake; Resilient Child Therapy Institute, LLC, Kristian Ownes

WHEN: Saturday, October 6, 2018, 9:30 a.m.–2:30 p.m.

WHERE: Bowie State University, Center for Natural Sciences, Mathematics and Nursing, 14000 Jericho Park Road, Bowie, MD 20715

shootings, a new component of the 'Stay Safe' event will focus on school safety and mental health. It is sure to be an informative day and we encourage residents to join the conversation."

This free event is open to all public and private, middle and high school students, as well as their parents/guardians. Continental breakfast and lunch will be provided. **Pre-registration is required.** For additional information including registration, contact Evelyn Archie at 301.952.4355, or EJArchie@co.pg.md.us.

County Hosts Fall 2018 'Clean Up, Green Up' on October 20, 2018

The registration deadline is Friday, October 5

By PUBLIC INFORMATION OFFICER

P.G. County's Department of Public Works & Transportation

LARGO, MD (September 27, 2018)—Prince George's County's bi-annual countywide beautification event—"Clean Up, Green Up"—will take place on Saturday, October 20, 2018. The County invites community organizations, schools, businesses, municipalities, and anyone interested in helping keep it clean and green to participate.

"Clean Up, Green Up" is a win-win on several levels. Not only is it great for the environment with the planting, cleaning, and litter removal, but it also creates opportunities for neighbors to reconnect with one another and for new residents, businesses, and organizations to get to know their communities," said Gwendolyn T. Clerkley, Acting Director of the Department of Pub-

See CLEAN UP Page A8



County Establishes New Poet Laureate Office

Poet, Author J. Joy Matthews Alford Becomes County's First Poet Laureate

By PRESS OFFICER
Prince George's Arts Council

UPPER MARLBORO, MD (September 27, 2018)—The Prince George's County Council voted unanimously September 18 to create a first-ever Poet Laureate program through the passage of CR-50-2018.

The program will be established under the Prince George's Arts & Humanities Council.

Known as the Office of the Poet Laureate, the program will allow the county to create a greater spotlight for advocacy among poetry and prose and it will aid in positioning the county on a global stage within the arts and humanities. Cultural and county leaders also expect the county poet laureate to be a catalyst in raising the consciousness of the poetry among residents and to help develop programs that center on and encourage writing of all forms.

The proclamation reads: "For the purpose of supporting the establishment of a County Poet Laureate Program under the auspices of the Prince George's Arts and Humanities Council (PGAHC) to highlight literary arts and promote appreciation for poetry, to inspire deeper engagement in the written and spoken word in Prince George's County."

The move signals an evolution in the cultural and historic development of the county.

"I truly thank our County Council for their unanimous support of CR 502018," says Prince George's Arts & Humanities Council Executive Director Rhonda Dallas. "Collectively, we have established a significant cultural legacy within the arts community as we intend to fully engage the Office of Poet Laureate to inspire both our youth and our adults and build community



PHOTO COURTESY OF PGAHC

J. Joy Matthews Alford

throughout Prince George's County."

Poet J. Joy Matthews Alford, also known as, "Sistah Joy," will serve as the county's first poet laureate in leading the office.

"I'm honored to have been appointed as the inaugural Poet Laureate of Prince George's County," Alford says. "I look forward to working to provide opportunities for poets, from beginner to established poet and to help ensure a solid foundation for poetry throughout the county. I look forward to helping build bridges between generations and cultures as well as between the poetry community and those for whom poets speak. Being a part of creating an enhanced poetry experience in Prince George's County is an incredible opportunity, privilege and responsibility, one that I'm excited to work toward over the next three years."

For additional information, including poetry by Sistah Joy visit her website, <https://www.sistahjoy.com>.

PGAHC seeks to create a world-class cultural environment where diverse high-quality arts and humanities programs are available for all Prince George's County residents and visitors.

INSIDE

Year 20 of "Heat's On—Water's Off" Set For October 6

Plumber & Steamfitter (HVAC) volunteers will be providing over \$100,000 worth of free plumbing/heating repairs & equipment to approximately 16–20 low-income senior home-owners in Prince George's County.

Community, Page A3

End Cruelty to Immigrant Families and Children

What is wrong with us? As we continue to fight for parents and children separated at the border to be reunified and for children crossing alone to be treated humanely, we must intensify the call of all major faiths to protect children and welcome the stranger.

Commentary, Page A4

BBB Warns Of Buying Flood Damaged Cars

Better Business Bureau (BBB) urges used car buyers to be cautious of unscrupulous businesses and individuals who may try to sell flood-damaged cars as standard secondhand cars, without revealing the vehicles' history.

Business and Finance, Page A5

Movie Review:

Alpha

But Keda's journey is frequently thrilling in the way that boys' adventure novels are, intense but not overwhelming, with a satisfying resolution. I liked it; I think an outdoorsy kid who's 11 or 12 would love it.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

A friend recently told me that when her family stopped using hand sanitizer and antibacterial wipes ..., they stopped getting sick ... Is there any research backing up this theory...?

—Betsy Edger, via e-mail

Features, Page A7

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Town of Morningside named "Banner City"

In his "From the Mayor's Desk" letter, Morningside Mayor Benn Cann announced that Morningside has been recognized by the State of Maryland and the Maryland Municipal League as a Banner City. The honor means the town has been engaged with the City, State and Federal governments in multiple ways. "We will work," writes Mayor Cann, "to ensure sustainability of this status."

By the way, if you wish to contact the Town, you can call the Town Hall at 301-736-2300 or go to morningsidemd.gov where you can get information. You can also read the Morningside Sun newsletter.

People

Patrick O'Connell is the chef at the Inn at Little Washington, which has just won its coveted third Michelin star. (Michelin is the guide to the best restaurants.) A story in the *Washington Post* states that Patrick is "a kid from South Capitol Street, via Clinton, Md." Now he ranks among the top chefs in the United States.

Carolyn Hayes is the new Prefect for St. Philip's Sodality. Other officers are Chris Webb, vice-prefect; Tony Malloy, secretary; and Peggy Nanney, treasurer.

Long-time volunteers Betty Crampton and Barbara Brickner were honored at the May meeting of The Oxon Hill Food Pantry. Also, the incumbent officers were reelected: Sylvia Green, president; Joe Vicek, vice-president; Betty Cottrell, secretary; Brenda Garland, treasurer; and Therese Kinca, assistant treasurer.

Next week I'll tell you about my fantastic September vacation.

Coming up

The Leonard Dyer Regional Health Center is open Wednesdays, 9 a.m. to 3 p.m., for free flu shots. The Center is at 9314 Piscataway Road, Suite 175, in Clinton. For information, call 301-856-9400.

Suitland Road Baptist Church is hosting its 20th Annual Women's Conference on Saturday, Oct. 20, 9 a.m. to 3 p.m. The fee is \$30, which includes

materials and lunch. For more information, call 301-219-2296 or go to www.srbcoutreach.org.

The Great Jack O'Lantern Campfire will warm you at Darnall's Chance Museum in Upper Marlboro on Saturday, Oct. 20, at 6 p.m. You are invited to bask in the campfire, enjoy marshmallows, popcorn and hot cider, and listen to haunted Halloween tales. The fee is \$5 (cash only) per person, under 4 free. For information, call 301-952-8040. Rain date is Oct. 21.

The next Town Hall Work Session in Morningside is Oct. 9; the Town Hall Meeting will be Oct. 16 at 7 p.m.

Changing landscape

Construction has begun on a new storage building for the Morningside firehouse. According to the website, "With this building, the MVFD will be able to better accommodate the crews on duty and enable a more functional space to support community events and training."

County Exec Baker delivered remarks at the Opening of the renovated New Carrollton Branch Library on Sept. 26.

The Surratts Branch Library will close sometime this autumn, will be gutted and modernized, and is expected to reopen in about two years. This is a blow to me because I'm a regular patron of Surratts.

Morningside Memories:

30 years ago

Thomas Earl White, 56, one of the proprietors of G.I. Liquors and G.I. Market, died of cancer Aug. 15, 1988. The Whites and G.I. Market, both gone now, are a special part of Morningside history.

G.I. Liquors was sold and is still open for business.

Tommy's parents, Whitey and Ethel, bought a piece of swampy land on unpaved Meadows (now Suitland Road) in 1944 and built a one-room grocery, heated by a pot-bellied stove. They moved into an apartment on the second floor. When their sons John and Tommy came home from the Air Force after the War, they joined their sister Louise in running the store. Tommy

married a Morningside girl, Barbara Wentz, and they moved to Temple Hills. But from age 14 Tommy was involved in Morningside.

Local psychologist dies during business trip to Africa

Dr. Frederick Brian Phillips, 72, national president of the Association of Black Psychologists, died unexpectedly on Sept. 2 during a business trip to Accra Ghana, West Africa. He was a resident of Ft. Washington.

He was born in Philadelphia, and earned degrees from Penn State and the University of Pennsylvania. He founded Progressive Life Center Inc. an Afrocentric human services firm with multiple locations in the U.S., Zambia and Accra. He served as a forensic expert witness in the areas of post-traumatic stress disorder, competency to stand trial, insanity defense, adoption, and child custody. He was an expert psychologist for local, national, and international media, and a consultant to the Peace Corps.

Survivors include his wife Iness; children, Jamali K. Phillips and Dr. Jasmine R. Phillips; stepsons, David Mambwe, Peter Mambwe and Chilufya Mambwe; and five grandchildren. Services were at Ebenezer AME in Camp Springs.

Milestones

Happy birthday to Tim Ward, Sept. 28; my brother Tom Mudd and former Morningside Town Clerk Janice Diggs, Sept. 29; Peggy Nanney and Jessica (Williams) Proctor, Sept. 30; Jasmine Wade, Nola Thomas and my grandson Sam Mudd, Oct. 2; John Ihrig, Oct. 3; Marlene Titus, Oct. 4; Sue Gilmore and Muriel Ireson, Oct. 5; Rory Lohman, Carmen Buffington and George Nixon, Oct. 6; former Skyline Citizens' President Dr. Alvin Thornton and Kam'Ron Blade, Oct. 7; Greta Chambers, Oct. 9; and Mary Deans, Oct. 11.

Happy anniversary to André and Cynthia Jordan who celebrated their 55th on Sept. 28; to Larry and Jean Beardmore, their 60th (!) on Oct. 4; Bill and Terry Ratliff, their 32nd on Oct. 4; and my daughter Elaine and Luke Seidman, their 29th on Oct. 7.

Around the County

Ajenifuja and Pryor Named to CIAA Honor Roll

By GREGORY C. GOINGS CHARLOTTE, N.C. (Sept. 26, 2018)—The Central Intercollegiate Athletic Association (CIAA) along with the conference head football coaches and Sports Information Directors released its Week #4 Honor Roll and a pair of Bowie State Bulldogs are among the honorees. Redshirt junior Oluwaleke Ajenifuja (Beltsville, Md.) was tabbed as Defensive Lineman of the Week and freshman Joshua Pryor (Baltimore, Md.) was voted Rookie of the Week for the second time this season.

Ajenifuja ranked second on the team in tackles against Saint Augustine's, accounting for five, which included 1.5 sacks, two tackles for a loss and he recovered one fumble. Pryor continues to be impressive in his first season in a Bowie State uniform, accounting for four tackles, three sacks (14 yards) and one quarterback hurry in the Bulldogs' 32-22 victory at Saint Augustine's.

Department of Corrections Celebrates Hispanic Heritage of Inmates For 10th Year

By PUBLIC INFORMATION OFFICER Prince George's County Department of Corrections

UPPER MARLBORO, MD—The Prince George's County Department of Corrections held the 10th annual Hispanic Heritage Celebration on September 20, 2018. Under the leadership of Director Mary Lou McDonough, the Department of Corrections has consistently recognized the culture of the Hispanic detainees with a celebration inside the facility.

"The Hispanic Heritage Celebration is always a notable event for our detainees. While the program celebrates our Hispanic inmate population, our non-Hispanic staff is also awarded an opportunity to better understand the culture. The celebration has a positive influence on how our staff reacts to situations around the facility," Director Mary

Lou McDonough said.

Along with inmate testimony, the Hispanic Heritage Celebration included folk dancing, an accordion solo, a mariachi singer and a choir performance. Detainees particularly enjoyed the music and dancing. As in past years, local restaurant, Sardis Pollo A La Brasa, contributed food for the detainees and guests.

A representative from Prince George's County Executive Rushern L. Baker's office was also in attendance to present a proclamation to Director Mary Lou McDonough for her continued efforts to honor the Hispanic inmate population. About 20 percent of the 890 inmates incarcerated at the Department of Corrections at this time are Hispanic.

Holiday Closures for Columbus Day

County government offices, with the exception of public safety agencies, will be closed on Monday, October 8, 2018 in observance of Columbus Day

By PUBLIC INFORMATION OFFICER Prince George's County Department of the Environment

LARGO, MD (September 18, 2018)—The following offices, services and facilities will be closed or suspended on Monday, October 8, 2018:

Facility/Service	October 8
Animal Services Facility (3750 Brown Station Road)	Closed
Brown Station Road Sanitary Landfill	Open
Brown Station Road Public Convenience Center	Open
Electronics Recycling Acceptance Site (Located at the Brown Station Road Sanitary Landfill)	*Closed
Household Hazardous Waste Acceptance Site (Located at the Brown Station Road Sanitary Landfill)	*Closed
Missouri Avenue Solid Waste Acceptance and Recycling Center	Open
PG. County Organics Composting Facility	Open
PG. County Materials Recycling Facility (1000 Ritchie Road)	Open
Bulky Trash Collection (By appointment only)	No Scheduled Collections on Monday, Oct. 8; Collections resume Tuesday, Oct. 9
Trash Collection in County-Contracted Areas	Regular Collections Occur Tuesday, Oct. 9–Friday, Oct. 13
Curbside Recycling Collection	Regular Collections Occur Tuesday, Oct. 9–Friday, Oct. 13
County Yard Trim Collections	Regular Collections Occur on Monday, Oct. 8

Facility only open Thursday, Friday and Saturday

TheBus, a public transit service operated by the Prince George's County Department of Public Works and Transportation (DPW&T), will operate on Monday, October 8, 2018, with **exception** to Route 51. Regular service on Route 51 **will resume** on Tuesday, October 9, 2019. In addition, the County's **Call-A-Bus** service, including dialysis transportation, will not operate on Monday, October 8, 2018. Regular route services will resume on Tuesday, October 9, 2018.

The Prince George's County Department of Permitting, Inspections and Enforcement will be closed on Monday, October 8, 2018. Regular business hours will resume on Tuesday, October 9, 2018.

In addition, Prince George's CountyClick 3-1-1 will be closed on Monday, October 8, 2018 and will resume regular operations on Tuesday, October 9, 2018; 7 a.m.–7 p.m. However, residents can still submit service/issue requests online at www.countyclick311.com/.

For more information regarding Prince George's County Government office closures, contact CountyClick 3-1-1.

Brandywine-Aquasco

by Audrey Johnson 301-888-2153

NEW HOPE FELLOWSHIP BASKETBALL MINISTRY

Kevin Jackson, who is a member of New Hope Fellowship in Upper Marlboro, Maryland, is presenting the New Hope Angels Basketball Team. Approximately 12 members from the community that are interested in fellowship with other Christians who share a passion for the game. The New Hope Angels are actively working to join a basketball league within the area. However, the ministry strives to host its own basketball league this winter. The co-ed (that's right co-ed, females are welcome) basketball teams would consist of 5–12 players ranging from age 17 and older. If you are interested in entering a team into the basketball league or joining a team, please email: myersumc@gmail.com. The registration cost per team is \$125 for the entire league.

DR. PAULINUS CHIGBU

Dr. Paulinus Chigbu, a UMES marine environmental science professor was honored this summer in a White House-sponsored ceremony saluting 140 of the nation's leading science educators. Chigbu, director of the National Oceanic and Atmospheric Administration's Living Marine Resources Cooperative Science Center, received a Presidential Award for Excellence in Science, Mathematics and Engineering Mentoring awarded jointly by the White House Office of Science and Technology Policy and the National Science Foundation (NSF).

He received a presidential citation, participated in formal discussions on science, technology, engineering and math education priorities and received a \$10,000 NSF grant.

The award Dr. Chigbu received "recognizes the critical roles mentors play outside the traditional classroom in the academic and professional development of the future STEM workforce."

Awardees represent schools in all 50 U.S. states, Department of Defense Education Activity schools in the U.S. territories of American Samoa, Guam, the Commonwealth of the Northern Mariana Islands and the U.S. Virgin Islands.

STEAM FEST

Saturday, October 27, 2018 the STEAM FEST will be held at the Show Place Arena from 11 a.m.–3 p.m. The ad-

dress is 14900 Pennsylvania Avenue, Upper Marlboro, Maryland 20772. Cost is free for admittance. Contact number is 301-952-7900.

"STEAM Fest is an educational approach to learning that uses Science, Technology, Engineering, the Arts and Mathematics as access points for guiding student inquiry, dialogue, and critical thinking. The end results are students who take thoughtful risks, engage in experiential learning, persist in problem-solving, embrace collaboration, and work through the creative process."

PRINCE GEORGE'S FALL FEST WINE AND MUSIC FESTIVAL

Concerts for Causes presents Fall Fest 2018, Food Wine and Music Festival October 20, 2018 at 11 a.m.–6:00 p.m. at Bowie Town Center. The address is 15606 Emerald Way. Complimentary Wine tastings from the area's best wineries. Vendors, Great food, Exhibitors and Artisans. Two stages and many areas of music and other entertainment. Benefitting Concerts for Causes raising funds to give musical instruments to students in underserved communities. Sponsorships and Vendor opportunities available. Tickets available at Eventbrite. One free general Complimentary General admission ticket.

DESTINATION UMES

October 24, at 5:00 p.m. join the UMES National Association, and the Greater Annapolis, and Washington Metropolitan Area Alumni Chapters. You will learn more about navigating your future at UMES. Destination University of Maryland Eastern Shore 29th Annual Meet and Greet for admitted and interested students will be held at Bowie Comfort Inn Comfort Center, 4500 Crain Highway Bowie, Maryland 20716. Be the one to SOAR HIGHER.

Our graduates take it to the next level by pursuing careers that drive our economy and support our communities. With a University of Maryland Eastern Shore Degree in aviation, business, construction management, criminal justice, engineering, health professions, hospitality, tourism and more, you can be prepared to soar. Visit www.umes.edu, or call UMES Admissions at 410-651-6410 for more information.

COMMUNITY

The American Counseling Association's Counseling Corner

Don't Let Tests Overwhelm Your Child

Testing is a fact of life for students from elementary through high school. Whether it's a school system required standardized test, or simply an exam or quiz from the teacher to measure progress and understanding, tests can be a major source of stress and anxiety for many students.

There is no magic cure to remove all the anxiety from testing, but there are strategies to reduce stress levels and to maximize test performance.

A great starting point is being physically prepared. That can help with not only test-taking, but with all aspects of the school day. And all being physically prepared means is that your child should be well-rested and eating healthy foods.

Studies find that the average teen should be getting eight to ten hours of sleep per night, especially on school nights. Those studies, however, find that only about 15% of teens actually get at least 8 hours of sleep on most school nights. That doesn't make for a well-rested brain when that algebra pop quiz appears in the morning.

Similarly, good nutrition plays a very important role in brain function. Skipping breakfast will always impair brain function. Junk and high-sugar foods almost always guarantee a sugar high that will be followed by a crash during the school day. Drinks high in caffeine, like coffee, soda and energy drinks, may help a student feel alert but can also make him or her feel jittery and nervous and then concentrating is much more difficult.

While getting enough sleep and eating well are important, another critical key to reducing test anxiety is to be prepared. This means staying on top of the subject, keeping up with assigned readings, and being aware of when tests are coming up. By maintaining a more constant understanding of the subject matter your student can avoid having to do last-minute "cramming," which almost always raises anxiety levels and doesn't improve grades much.

You can also help your child by teaching them some relaxation techniques. Simply taking a few deep breaths before and even during the exam, and thinking positive thoughts about doing well, can actually make a real difference.

Doing well on tests requires planning, studying and relaxing. But if these things don't help your child, he or she may be suffering from some degree of test anxiety. In such cases, the school counselor, or an outside professional counselor, can provide help in overcoming the problem.

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.

"It's Written in the Stars: READ!"

Celebrate Teen Read Week 2018 at Your Library

By PRESS OFFICE

The Prince George's County Memorial Library System

LARGO, MD (September 20, 2018)—"It's Written in the Stars: READ!" is the theme of this year's Teen Read Week (TRW) to be held October 7-13. Join the Prince George's County Memorial Library System (PGCMLS) as we celebrate with special teen events that spotlight all the great resources and activities available at the library to encourage teens to read for the fun of it. Thousands of libraries, schools and bookstores across the country will hold similar events centered on this year's theme. Teen Read Week is a national adolescent literacy initiative created by the Young Adult Library Services Association (YALSA), a division of the American Library Association.

Teens! Enjoy books, magazines, e-books, audiobooks and more, all for free, with your PGCMLS LINK virtual library card for our County's public school students or your student library card for all others. Strong reading skills are more critical than ever because they translate into better performance at school and better preparedness for careers. This is why it is important to take advantage of Teen Read Week, according to Kelsey Hughes, the Library's Adult and Teen Services Specialist.

PGCMLS invites teens, parents and other concerned community members to participate in these special events during Teen Read Week 2018:

Teen Advisory Board | Surratts-Clinton Branch: Tuesday, October 9, 4 p.m.

Sci-Fi / Fantasy Cosplay Night | Spauldings Branch: Tuesday, October 9, 5:30 p.m.

Game Night: TRW 2018 | Oxon Hill Branch: Tuesday, October 9, 7:30 p.m.

Escape the Room | South Bowie Branch: Wednesday, October 10, 4 p.m.

TRW with Kids Achieve Club | Hyattsville Branch: Wednesday, October 10, 5:30 p.m.

DREAM Lab: Teen Radio Show | Fairmount Heights Branch: Thursday, October 11, 3 p.m.

Sci-Fi and Fantasy Trivia Afternoon | Bowie Branch: Thursday, October 11, 3 p.m.

Teen Action Group: TRW VR Demo | Hyattsville Branch: Thursday, October 11, 4:30 p.m.

The library is a safe and supervised space for teens to engage in creative, educational activities with caring adults and mentors. Visit <https://ww1.pgcls.info/website/teens-468> for Teen Read Week parental tips.

The Prince George's County Memorial Library System (PGCMLS), consisting of 19 branches, offers strategies for lifelong learning. Engage with us on social media: Facebook, Twitter, Flickr, Pinterest, Instagram and YouTube. Check out our mobile apps! Learn more about what your Library has to offer at www.pgcls.info.

Year 20 of "Heat's On—Water's Off" Set For October 6

Mechanical Trades to Service Homes of Prince George's County Low Income Seniors

By PRESS OFFICE

Mechanical Contractors Association of Metro Washington

LANHAM, MD (September 24, 2018)—It takes a village to care for our elderly community. Which is why the Mechanical Contractors Association of Metropolitan Washington, along with volunteers from Plumbers Local 5 & Steamfitters Local 602 will prepare the homes of elderly community members for the winter months ahead, during their annual Heat's On—Water's Off event, Saturday, October 6, 7 a.m. to 12:30 p.m. at Steamfitters Local Union 602 Apprentice School at 8421 Ardwick Ardmore Rd., Hyattsville, Maryland 20785. The contractors and unions will partner with the Prince George's County Fire Department and Department of Family Services to sponsor the event.

Plumber & Steamfitter (HVAC) volunteers will be providing over \$100,000 worth of free plumbing/heating repairs & equipment to approximately 16-20 low-income senior home-owners in Prince George's

County. The generous sponsors of this event will donate two new furnaces, two new heat pumps, two air-conditioners and three hot water heaters, as well as other essential materials i.e. smoke and carbon monoxide alarms, filters, and plumbing supplies.

Volunteers will gather at 6:30 a.m. at the Steamfitters Local 602 Apprentice School to be assigned a home, listen to guest speaker Senator Joanne Benson, have breakfast, and then be dispatched to complete their work at 7:30 a.m. Lunch will be provided as volunteers return.

"This is one of our most worthwhile community service activities," said John Geiling, MCAMW Immediate Past President. "Last year, in pre-home inspections a gas water heater was discovered without a flue... leaking dangerous carbon monoxide fumes into the home. We find life threatening problems like this every year. It's very exciting that we've been able to do this for nineteen years. The people whose lives we have improved are grateful to have the work done, and the volunteers are just as pleased for the chance to make a difference in the community."



County Health Department Releases Flu Shot Clinic Schedule

By PRESS OFFICER
P.G. Co. Health Department

LARGO, MD (Sept. 27, 2018)—

The Prince George's County Health Department released its schedule of when and where residents can get free influenza vaccinations for the 2018 flu season. Clinics are open to all county residents and no appointments are necessary. People younger than 18 must be accompanied by a parent or a guardian. Injectable flu vaccines will be available to anyone 6 months and older.

SCHEDULE

Thursday, October 11
Springhill Lake Recreation Ctr
6101 Cherrywood Lane
Greenbelt, MD 20770
1 p.m. to 7 p.m.

Saturday, October 13
Turner Memorial AME Church
7201 16th Place
Hyattsville, MD 20783
10 a.m. to 2 p.m.

Sunday, October 14
Woodstream Church

9800 Lottsford Road
Mitchellville, MD 20721
8 a.m. to 1 p.m.

Thursday, October 18
Pallotti High School
113 St. Mary's Place
Laurel, MD 20707
10 a.m. to 6 p.m.

Saturday, November 3
Wayne K. Curry Sports & Learning Complex
8001 Sheriff Road
Landover, MD 20785
10 a.m. to 3 p.m.

Health Department On-site Flu Clinics
Starting Monday, October 1
Cheverly Health Center
3003 Hospital Drive Suite 2082
Cheverly, MD 20785
Monday-Friday, 9 a.m. to 3 p.m.

Starting Wednesday, October 3
Leonard Dyer Regional Health Center
9314 Piscataway Road Suite 175
Clinton, MD 20735
Wednesdays, 9 a.m. to 3 p.m.

The Health Department encourages all residents to get vaccinated for the flu. It is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications.

People who have the flu often feel some or all of these signs and symptoms that usually start suddenly, not gradually:

- Fever or feeling feverish/chills (*not everyone with flu will have a fever*)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Vomiting and diarrhea (more common in young children than in adults)

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Although people with the flu are most contagious in the first 3-4 days after their illness begins, some other-

wise healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick.

- How to Prevent the Flu:**
- **Get your flu shot**
The flu vaccine can help prevent the flu or reduce your symptoms if you become ill.
 - **Cover your cough and sneeze**
This reduces the chance of spreading the virus to others.
 - **Avoid or limit contact with people you know are sick with the flu**
 - **Stay home if you are sick**
Stay home until at least 24 hours after you are fever free without the use of medications.
 - **Wash your hands frequently**
If soap and water are not available, use hand sanitizer.
 - **Avoid touching your eyes, nose, and mouth.** This lessens the possibility of the virus entering your body through mucous membranes.
 - **Clean high touch or shared surfaces/equipment/objects frequently.** If those objects are contaminated, the virus can spread if people touch them.
- For more information on flu prevention, visit <https://www.cdc.gov/flu/consumer/prevention.htm>



PHOTOGRAPH COURTESY OF MID-ATLANTIC BUILDERS

The Villages of Savannah in Brandywine, Maryland is the first fully multi-generational community, as each of the community's 18 home designs can be custom-fit for multi-gen living. Join us for the special VIP Reveal Event on October 13-14 from 11 a.m. to 6 p.m. to tour three new decorated models.

Mid-Atlantic Builders Hosting VIP Event to Unveil Multi-Generational Living in Brandywine

VIPs Get Pre-Grand Opening Incentives and First Choice of Home Sites

By PRESS OFFICER
Mid-Atlantic Builders

BRANDYWINE, MD (Sept. 24, 2018 /PRNewswire)—No matter how large the family or how many generations will live under one roof, home shoppers will find a design to fit their lifestyle at The Villages of Savannah in Brandywine.

Now they can experience this rare opportunity for luxurious multi-generational living at a special VIP Reveal Event on October 13-14 from 11 a.m. to 6 p.m. While many builders offer an occasional design with an in-law suite, The Villages of Savannah is the first fully multi-generational community, as each of the community's 18 home designs can be custom-fit for multi-gen living.

At the VIP Reveal Event, guests will tour three new decorated single family home models and learn about all the ways they can personalize the home of their choice to fit the needs of their families. To unlock special VIP-only Incentives including priority home site selections, home shoppers can visit

MidAtlanticBuilders.com/Savannah to register as a VIP or call 301-782-9036.

The Villages of Savannah will feature floorplans never before built in Prince George's County. The Reveal event will include the opportunity to walk through the new Palermo, Sorrento and Capri model homes. Each offers the opportunity to personalize with a variety of design and structural options, including multi-generational suites that give families the opportunity for both privacy and togetherness.

"Every family has unique needs, and their homes reflect that," said John Lavery, Vice President of Sales and Marketing. "When families attend the VIP Reveal Event, they'll find that The Villages of Savannah offers everything from our most spacious homes to hold the largest families to single-level living homes for those looking for an easy, convenient design with all living space on one level."

Homes at The Villages of Savannah start from the upper \$400's. They range from 3 to 6 bedrooms, 2 to 6 bathrooms and 1,801

to 6,971 square feet. The three home styles include:

- Estate Homes elevating traditional designs with added luxury and innovation for growing families.
- Multi-Gen Homes designed to be the pinnacle of flexible family living for buyers with adult children or aging parents.
- Single-Level Homes to fuel an active lifestyle with easy living all on one level for empty-nesters.

Mid-Atlantic Builders is known for creating High-Performance Homes. The team will work with homebuyers to create a custom-fit home, personalized with a variety of selections, options and upgrades. Every home includes its EnergySmart program that ensures each home uses less energy and saves owners money each month. And each home is also built with advanced materials and techniques to provide a comfortable, healthy living environment.

Mid-Atlantic Builders offers the finest new homes and communities in the Washington, D.C., metro area. Founded in 1976, Mid-Atlantic Builders has produced more than 1,500 new homes in Maryland and Virginia. Mid-Atlantic is a past winner of the NAHB America's Best Builder award and is a 12-time winner of MBIA's Builder of the Year.

COMMENTARY

Marion Wright Edelman
President, Children's Defense Fund



ChildWatch:

End Cruelty to Immigrant Families and Children

"We can't let people drive wedges between us ... because there is only one human race."
—Dolores Huerta, Co-founder, United Farm Workers

July 26 was the deadline set by a court for the Trump administration to reunite all children and parents who were cruelly separated from each other at the border by their zero-tolerance immigration policy. Yet we are about to enter October with about 400 children still separated from their families. Nearly two-thirds of these children's parents have reportedly already been deported without being reunited with their children. Immigrant advocates say some migrant parents agreed to be deported quickly with the understanding that it would speed up their ability to recover their children—but did not understand that they would be leaving their children behind. One father from Honduras who was deported without his 11-year-old son told a reporter he believed that was the only way to be reunited with his child: "They told me, 'He's ahead of you' . . . It was a lie."

These are not the only families being threatened and torn apart by current cruel Trump administration immigration policies. We must add all of the families broken up every day by deportation actions; the more than 270,000 U.S.-born children threatened with separation if President Trump revokes Temporary Protected Status for Haitians, Salvadorans and Hondurans in 2019; and the uncertainty still hanging over those, some with young children, who have received temporary immigration benefits through the Deferred Action for Childhood Arrivals (DACA) program and other Dreamers. The Department of Health and Human Services reported this month that there are 12,800 migrant children who

came across the border alone who are still detained rather than placed with family members or sponsors, a five-fold increase from a year ago. This is dramatically straining the capacity of existing shelters and depriving these vulnerable children and youths of crucial supportive human connections. One likely reason for this increase is that sponsors are more reluctant to come forward to care for these unaccompanied minors given the anti-immigrant actions of the Trump administration.

As if these earlier horrors of the administration's anti-immigrant agenda were not enough, the Departments of Homeland Security and Health and Human Services recently proposed to remove the 20-day limit on detention of children with their families established under the 1997 Flores court ruling, which would allow children and families to be placed in indefinite detention in unlicensed facilities. And the administration is expected to soon propose for comment harmful and radical revisions to the "public charge" regulation that would allow the Department of Homeland Security to deny green cards and visas to immigrants who receive one or more public benefits, such as Medicaid, the Supplemental Nutrition Assistance Program (SNAP), housing vouchers and others. The threat of the new much broader definition of "public charge" is already causing immigrant families not to apply for the benefits they and their children need to survive.

What is wrong with us? As we continue to fight for parents and children separated at the border to be reunified and for children crossing alone to be treated humanely, we must intensify the call of all major faiths to protect children and welcome the stranger. It will take all of us protesting together against the Trump administration's cruel

and immoral zero-tolerance immigration policies, the evil separation of immigrant children from their families, and efforts to detain and cut back protections for immigrant families and children.

For all people of conscience ready to act—you are not alone. You can join the Children's Defense Fund and many others at the community, state and national levels to resist policies that tear children apart from families and threaten those who are undocumented, those with Temporary Protected Status, those with DACA and other Dreamers, and those seeking green cards and visas. In your local community you can help address the immediate needs of immigrants by supporting service programs providing them needed help, offering refuge and sanctuary, and protesting cruel and harmful practices. Please reach out and support those aiding children and families at the border. At the national level, please join those who will comment on the harmful proposed regulations designed to deny children in detention basic protections and threaten basic survival benefits for children and families with changes to the "public charge" rules.

Two of CDF's respected colleague organizations, the Center for Law and Social Policy (CLASP) and the National Immigration Law Center, are co-chairing a Protecting Immigrant Families, Advancing Our Future Campaign to bring all of us together to fight these anti-immigration policies that will severely harm children and families. To join the campaign, receive regular updates on proposals and learn when and how to comment on proposed actions as they occur, visit <http://bit.ly/PIFCampaign>.

About one in four children in our country has an immigrant parent. This urgent child and family tragedy is an attack on children, on immigrant families and on the moral decency of our nation—and it is far from over. Please stay vigilant, stand up and speak out.

Benjamin L. Cardin
United States Senator for Maryland



Cardin, Senators Introduce Bill to Enhance Maternal Health Coverage Under Medicaid

WASHINGTON (September 25, 2018)—U.S. Senators Ben Cardin (D-Md.), Cory Booker (D-N.J.), Kirsten Gillibrand (D-N.Y.), Tammy Baldwin (D-Wis.), Richard Blumenthal (D-Conn.) and Kamala Harris (D-Calif.) today introduced a bill to reduce the United States' rising maternal mortality rates, improve maternal and infant health outcomes, and close the disparities that continue to put mothers and children of color at risk.

The bill, the Maximizing Outcomes for Moms through Medicaid Improvement and Enhancement of Services (MOMMIES) Act, would enhance coverage for pregnant women covered by Medicaid—which covers nearly half of all births in the United States—by extending coverage for many women to a full year after childbirth, increasing access to primary care providers and women's health providers, establishing a maternity care home demonstration project, and taking action to expand access to doula care.

Each year, an estimated 700 to 900 women nationwide now die as a result of pregnancy or childbirth. The maternal mortality rate in Maryland is 25.6 percent compared to the national average of 13.3 percent. African American women account for over 40 percent of these deaths associated with childbirth.

"With the rate of maternal mortality in the United States significantly increasing over the last three decades, Congress must act so that mothers and their newborns receive the care they need. Whether a mother lives or dies from complications during childbirth should not be determined by her zip code or income level," said Senator Cardin. "This bill will make crucial reforms to expand access to essential health care for low-income pregnant women, ensuring that we can join every other developed country in reducing the rate of women dying as a result of pregnancy and childbirth."

"As the rest of the world works to improve maternal health out-

comes, skyrocketing maternal mortality rates here in the United States are precipitating a public health crisis—one that puts mothers of color and low-income mothers especially at risk," said Senator Booker. "Maternal mortality and morbidity, especially among communities of color, is an urgent public health issue that demands a comprehensive, proactive approach. By enhancing Medicaid's maternal health coverage, this bill will reduce disparities in access to care and improve health outcomes for all mothers."

"It's completely unacceptable that the United States has the highest maternal mortality rate in the industrialized world," said Senator Gillibrand. "Too many women across the country have died during and after childbirth because of preventable and treatable conditions, and this rate is especially high for black women, who are up to four times more likely to die as a result of pregnancy and childbirth. We are failing our mothers and babies. I'm proud to be a cosponsor of the MOMMIES Act, which will take important steps to improve maternal care for some of our most vulnerable mothers who rely on Medicaid. Congress must immediately address this problem, and I urge my colleagues to join me in supporting this legislation."

"Wisconsin is seeing troubling increases in maternal and infant mortality, so we need to do everything we can to make sure women and our families have access to quality, affordable health care," said Senator Baldwin. "We know that healthier pregnancies lead to healthier babies. That's why I'm proud to work on this important legislation by enhancing Medicaid and CHIP support so mothers and pregnant women can get the care they need at a price they can afford."

"Inadequate or inaccessible health care is a major contributor to a maternal mortality rate in the United States that is stunningly, unacceptably high. By strengthening Medicaid and CHIP—vital

lifelines for millions of pregnant women, mothers, and children—the MOMMIES Act will bridge the gap in maternal health disparities in underserved communities. Few investments are more important," said Senator Blumenthal.

"The United States is the only industrialized country in the world where the maternal mortality rate is increasing, and Black women in particular are three to four times as more likely to die from a pregnancy-related health complication," said Senator Harris. "This is an unacceptable health crisis in America and we must address it."

Between 2000 and 2014 the maternal mortality rate in the United States has increased by 26 percent, while it has decreased in other developed countries. And stark disparities in maternal deaths exist, as black women are nearly four times as likely to die from childbirth complications as white women. Furthermore, for every woman who dies due to a pregnancy-related complication, dozens more suffer from severe maternal morbidity.

Specifically, the MOMMIES Act would improve maternal health outcomes by:

- Extending Medicaid coverage for postpartum women to a full year after giving birth, rather than the current limit of 60 days that many women face
- Ensuring that all pregnant and postpartum women have full Medicaid coverage, rather than coverage that can be limited to pregnancy-related services
- Establishing a maternity care home demonstration project to study this innovative model of care in several states
- Extending the Affordable Care Act's primary care bump to ensure that Medicaid beneficiaries have access to primary care providers, including women's health providers
- Encouraging increased access to doula care to provide pregnant women on Medicaid with emotional, physical, and informational support.

Marc Morial

President and CEO, National Urban League



To Be Equal:

Enough Is Enough. Vote! Our Rights Are Too Hard-Won to Take for Granted

"Our first project was to become familiar with the voter registration process and all the impediments that kept down the number of Negro voters. These impediments were quite formidable and sometimes unpredictable. The stated registration process required passing a literacy test and a citizenship test, computing one's age in years, months and days, and providing 'correct' identification. Such identification could change at the whim of a deputy registrar and might include a driver's license, a social security card, a utility or water bill, and/or a rent lease."

—Sybil Morial, Witness to Change: From Jim Crow to Political Empowerment

As a young woman in the early 1960s in New Orleans, my mother, Sybil Morial, was rejected for membership in the League of Women Voters because of her race. In response, she co-founded the interracial Louisiana League of Good Government, was elected its first President, and set about reg-

istering voters—even though, across the south, people were being killed for trying to register Black voters.

She recalled a woman named Clara who was in her late 70s or early 80s, who'd grown up in rural southwestern Louisiana. "I have wanted to be able to vote as long as I can remember," she told my mother. "My mama used to tell us stories about slavery days and about the lynchings of our people. I thought that was so awful and wished I could vote so maybe I could help stop the way our people were treated."

Despite her diligent work preparing for the literacy and citizenship tests, Clara was rejected. She vowed to study harder. She waited again. The third time, my mother waited outside the door of the registrar's office. Clara emerged in tears. "That mean man was so ugly to me. He told me I wasn't smart enough to vote." My mother began to doubt whether Clara would ever be able to vote. But the fourth time, Clara passed. "I made it, Mrs. Morial. I can vote! Praise the Lord!"

Praise the Lord, indeed. Since the Voting Rights Act of 1965, Black voting rates—particularly in presidential years—rose steadily. In 2008, the Black voting rate matched the white rate for the first time and in 2012 exceeded it. Not coincidentally, in 2013 the Supreme Court gutted the Voting Rights Act and the Black voter turnout in 2016 dipped to a low not seen since 2004.

In Clara's memory, and in the memory of all those who fought and bled and died for the right to vote, the National Urban League is working to engage voters with a campaign called "Enough is Enough. Vote!" More than 50 years after the passage of the Civil Rights Act and the Voting Rights Act, racial justice protections are slipping away. The rights of immigrants are being decimated. Mass incarceration debilitates Black communities. Public schools are deliberately underfunded. The Affordable Care Act, which slashed the uninsured rate among African Americans, has been weakened and remains under threat of repeal.

Enough is enough. There is power in our vote. When we go to the polls, we overwhelmingly elect representatives that champion the issues essential to our families and communities.

Over the next few weeks, we'll be holding voter engagement events around the country. In the meantime, people can pledge to vote, make sure they're registered or register online, find their polling location or see their candidates at <http://www.nul.org>. Sign up to receive updates and stay engaged.

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Serving Prince George's County Communities
Since 1932

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Changed My Mind After Claiming Social Security

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

Dear Rusty:

I will be 67 years old this September and have been receiving my Social Security benefits since September of last year (2017). I've found that I do not need the money now, and since I don't need the money, I'm wondering if can I repay what I've already collected and just wait until I'm 70 to get a larger benefit?

Dear Changed: Situations such as yours are exactly why Social Security has a "do over" option, which allows those who claim benefits to withdraw that application within one year. Reality is that sometimes financial circumstances change. People who lost their job may react by claiming Social Security, and then later find other employment, which provides them the income they need. Or they may simply just change their mind and be sorry they applied for benefits. In any case, the do-over option can be used to fix that but exercising that option does have some important consequences.

The short answer to your questions is "Yes"—you can exercise the "do over" option and totally withdraw from Social Security if you do so within 1 year of the date your benefits originally started. But—and this is a big but—you will have to pay back everything that you have collected, including any withheld taxes, Medicare premiums, and any spousal or other dependent benefits that may have been paid on, to or from your account over the past year. Obviously if you wish to do that you should act with haste to submit Form SSA-521 (Request for Withdrawal of Application), because you're coming up on the one-year anniversary of your original application.

However, since you have already reached your full retirement age of 66, you have another less financially painful option available to you which you might want to consider—you can simply suspend your current benefits, which will allow you to earn delayed retirement credits equal to 2/3rds of 1% per month of suspension (8% per year) up until you reach 70 years of age. You will have lost that initial 8% benefit growth you would have otherwise realized for the 1st year after you reached age 66, but that may be less traumatic than repaying Social Security a very large lump sum for an entire year's worth of benefits paid. Then when you reinstate (un-suspend) your benefits at age 70, the benefit amount will be about 24% higher than it is now. Thus, you'll gain a significantly increased benefit without needing to repay all that money you collected for a whole year.

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

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Smoke Alarm Sales in Maryland

By PRESS OFFICER
Office of the State Fire Marshal

STATEWIDE (Sept. 26, 2018)—The 2018 Maryland General Assembly passed Senate Bill 728 to state that: On or after October 1, 2018, a person may not sell a battery operated smoke alarm in the state unless the smoke alarm is a sealed, tamper resistant unit incorporating a silence/hush button and using one or more long-life battery. A "long-life battery" means a non-rechargeable, nonreplaceable primary battery that is capable of operating a smoke alarm for at least 10 years in the normal condition. A person who violates this section is guilty of a misdemeanor and on conviction is subject to a fine not exceeding \$1,000.

The bill also allowed smoke alarm systems that are electronically connected as part of a listed centrally monitored or supervised alarm system or capable of sending and receiving notifications by low power radio frequency wireless communication signal or a wireless local area networking capability.

As of January 1, 2018, smoke alarm placement in all existing residential occupancies were to have been upgraded to comply with the current law that requires that all battery powered smoke alarms be ten year sealed battery units with a hush button feature and located on every level of the home and outside all

sleeping areas. Smoke alarms must be upgraded in single-family and rentals as of the January 1, 2018 date. If you still have 9 volt or other battery type smoke alarms please take the time now to purchase the ten year sealed battery units to protect you and your family from the threat of fire.

Reminder: For all new residential units constructed after July 1, 2013, at least one smoke alarm must be installed in each sleeping room, in the hallway or common area outside of sleeping rooms, and in the hallway or common area on each level within a residential dwelling unit, including basements and excluding specified unoccupied spaces such as attics.

This new section of the smoke alarm law will eliminate any confusion with consumers on what type of smoke alarm to purchase. For any questions please contact your local or state fire marshal office.

If you find a merchant who is not complying with this new law, please contact The Office of the State Fire Marshal to report such information.

The Office of the State Fire Marshal is an agency of the Department of State Police dedicated to helping protect citizens from fire and explosion through a comprehensive program of education, inspection, investigation and fire protection engineering. For more information on fire safety call 1-800-525-3124.

BBB Warns Of Buying Flood Damaged Cars

By COMMUNICATIONS OFFICE
Better Business Bureau

WASHINGTON DC (Sept. 26, 2018)—Following every major flood, scam artists try to pawn off flooded vehicles as standard secondhand cars. In the aftermath of Hurricane Florence, flood-damaged vehicles will be popping up at auto auctions, used car dealerships and in classified ads. Unsuspecting consumers, particularly those living in regions of the country unaffected by hurricanes or flooding, are led astray by fresh upholstery, new carpeting and bargain prices.

Better Business Bureau (BBB) urges used car buyers to be cautious of unscrupulous businesses and individuals who may try to sell flood-damaged cars as standard secondhand cars, without revealing the vehicles' history.

BBB has the following tips for auto

shoppers to determine if a used car is flood-damaged:

Ask to see the title. Check the date and place of transfer to see if the car came from a flood-damaged state and if the title is stamped "salvage." If you are still suspicious, purchase a vehicle history report of the vehicle, which should tell you if a car has ever been tagged as "salvage" or "flood damaged" in any state.

Carefully check the dashboard. Examine all gauges to make sure they are accurate, and there are no signs of water. Look for indications that the dashboard may have been removed.

Check the electronic components. Test the lights, windshield wipers, turn signals, cigarette lighter, radio, heater and air conditioner several times to make sure they work. Also, flex some wires under the dash to see if they bend or crack, since wet wires become brittle upon drying.

Check the interior spaces. Look in the

trunk, glove compartment, and beneath the seats and dash for signs of mud, rust or water damage. Check for open drainage holes in the bottom of the vehicle.

Check the condition of the fabrics. Look for discolored, faded or mildewed upholstery and carpeting. Recently shampooed carpets may be cause for concern. Carpeting that has been replaced may fit too loosely or may not match the interior color.

Remember to check under the hood. Look for standing water, mud or grit in the spare tire wheel well or around the engine compartment under the hood.

Research the dealer. Always check out the BBB Business Profile of the dealer at bbb.org.

Get an inspection. Before buying any used car, you should get a pre-purchase inspection by a trusted mechanic.

Visit www.bbb.org/en/us/article/tips/14088-bbb-tip-buying-a-used-car for more BBB tips on buying used cars.

Practical Money Matters:

5 Alternatives to Pursuing a Bachelor's Degree

By HUGH NORTON

I went to college after high school, and it proved to be a good investment. However, I also realize that the college path isn't necessarily the right fit for everyone, nor is it something to be embarked upon lightly and without planning. A college degree isn't a requirement for every skilled job and for some, the time and money it takes to earn a bachelor's degree could be better spent elsewhere.

Here are five alternatives to the bachelor's degree route that, if they are the right fit for you, could cost less now and set you up for a good career later.

1. Learn a trade from a career school. If you're already interested in a particular type of skilled work, you could look into programs at a trade, vocational or career school. There are many focuses within different industries to choose from, including healthcare, technology, the culinary arts, HVAC and business.

Career school training often lasts two years and could be expensive. Just like with the traditional college and university system, federal financial aid may be available to help you pay for the education. You may also be able to start working sooner than you would if you pursued a degree from a four-year bachelor's program.

Keep in mind there are also other options to consider. Career schools teach you the practical skills and knowledge you need to do a job and you'll graduate with a diploma or certificate and/or be ready to get a license. In some cases, though, you could receive similar training and credentials from a community college, which could be less expensive.

As with traditional four-year programs, not all schools are reputable. Before deciding, be sure to research schools, the training programs they offer, their record with respect to job placements for graduates and the fees they charge.

2. Apply for an apprenticeship. Rather than paying for and attending school, you could apply for an apprentice-

ship. As an apprentice, a company will employ and pay you while you receive on-the-job training and classroom instruction. According to the Department of Labor (DOL), the average starting wage is \$15 an hour, although it can increase as you gain experience.¹

Apprenticeships are currently available in a wide range of industries, including construction, energy, manufacturing, healthcare, IT, hospitality and telecommunications. The training can last one to six years depending on the occupation and program. Once you complete your apprenticeship, you will receive a nationally recognized credential that could be used to continue your career.

The average annual income for someone who completes a program is \$50,000, and those who go through an apprenticeship earn about \$300,000 more than non-apprenticeship workers overall, according to the DOL.² Many apprenticeships are also available for occupations that are expected to grow as fast, or faster, than average.

Applying for an apprenticeship doesn't guarantee you a spot within the company upon completion. You may still need to pass tests and go through an interview process. Some apprenticeships require participants to have certain qualifications, such as previous work experience. If you don't currently qualify for an apprenticeship in your desired field, career schools may offer pre-apprenticeship programs in which you can enroll as a first step towards getting an apprenticeship.

3. Join the armed forces. If you are interested in serving as a member of the military, there may be several paths to consider. You could join the military with the intent of continuing your career there or you can use the military as a starting point. The skills and experience learned as a member of the armed forces could help you get a civilian job after you finish your service.

Depending on your skills and experience, you could be eligible for a sign-on bonus

when you enlist. Once you've joined, you may also receive on-base housing as part of your compensation package or could be offered a housing allowance if you'd prefer to live off-base. Additionally, you could receive financial assistance towards your education if you decide you want to go back to school after your service.

You'll need to pass the basic eligibility and physical requirements, as well as meet the age requirements, to qualify for military service. Your job can depend on the branch you join within the military, your experience, how you perform on the Armed Services Vocational Aptitude Battery, your preferences and the current job openings.

4. Become a police officer or firefighter. If it appeals to you, look into a career of local public service by joining the police or fire department. Depending on where you live, the process can be competitive and difficult. Getting started in either profession can require rigorous physical training, written tests and in-person interviews. You'll also need to meet the minimum requirements, which could include some college experience and a clean criminal record.

Police officers and firefighters have very different jobs, and there's a lot to consider before entering either profession. You may want to reach out to local departments and set up informational interviews to get a sense of what the jobs entail before starting down either career path.

If you do pursue a career in public service, both police officers and firefighters can make a good living—particularly in large cities. Depending on location and how many years you serve, you also may be eligible for a pension and healthcare benefits for life upon retirement.

5. Get an associate's degree. An associate's degree from a community college could be a good middle-ground option if you want to continue your education without committing to a four-year school.

Full-time students can earn an associate's degree within

two years, or you could work and study part-time and earn the degree at your own pace. You may still be eligible for federal financial aid, and community colleges are often much less expensive than other colleges or universities. The College Board found the average annual community college tuition and fees were \$3,570 for the 2017-2018 school year, about 65 percent less than what you might pay at a four-year in-state public school (\$9,970).³

An associate's degree could pay off for years to come, though. U.S. Bureau of Labor Statistics data shows that for those over 24 years old, unemployment rates are lower and median weekly earnings are higher for associate's degree holders than those who have only a high school diploma or some college but no degree.

Bottom Line: Pursuing a bachelor's degree isn't the right path for everyone, nor is it a requirement to have a prosperous or happy life. In the end, you may choose to pursue a bachelor's degree and then perhaps a graduate degree. However, you may first wish to consider the additional options available to you and even try out a few to discover which one suits you best.

¹ See <https://www.dol.gov/apprenticeship/toolkit/toolkitfaq.htm> "Is an apprenticeship a job?"

² See <https://www.dol.gov/apprenticeship/toolkit/toolkitfaq.htm> "How much money can an apprentice earn?"

³ See <https://trends.collegeboard.org/college-pricing/figures-tables/average-published-undergraduate-charges-sector-2017-18> The public two-year in-district costs versus the public four-year in-state school. Room and board costs weren't included because students at two-year schools may be able to live at home and commute to school.

Hugh Norton directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.

This article is intended to provide general information and should not be considered health, legal, tax or financial advice. It's always a good idea to consult a tax or financial advisor for specific information on how certain laws apply to your situation and about your individual financial situation.

MD Small Business Development Center

WOSB/EDWOSB Certification Training Workshop

Women Owned Small Business/Disadvantaged Owned Small Business

Meet the Experts and Learn Industry Secrets

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

WOSBs (EDWOSBs) to compete for set-aside contracts or receive sole source awards in industries where women-owned small businesses are underrepresented.

October 10, 2018 • 9:30 a.m.–11:30 a.m.
University of Maryland – Baltimore
620 W. Lexington St. Rm 2-110,
Baltimore, MD 21201

Cost: \$35
Register at <http://www.mdsbdc.umd.edu/calendar/corridor-sba-wosb-edwosb-government-certification>

OUT on the TOWN

37th Annual Kinderfest: A Family Tradition

By PRESS OFFICER
The M-NCPPC Department of Parks and Recreation

RIVERDALE, MD (September 20, 2018)—Looking to entertain your whole family? Start a new tradition? Create memories that will last a lifetime? The 37th Annual Kinderfest is the event for you!

First held as an 'Oktoberfest' for youth and their family and friends, the annual fall festival has something for everyone. The free event features attractions of all kinds, including carnival games, hay and pony rides, magicians, a rock climbing wall—and of course, Watkins Park's carousel and miniature train.

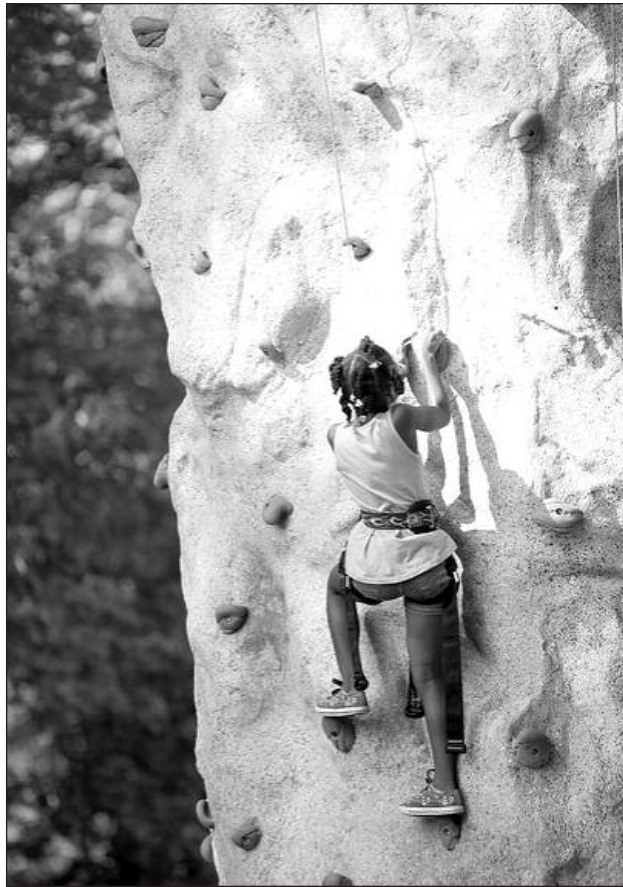
Midway Amusement also joins the festival for another year of fun, offering more entertainment with the Atlantis Fun Park, Tikki Mountain, face painting, and more!

And who could forget the food and live performances? Animal acts like reptiles and amphibians, and birds of prey will thrill your future zoologist, while upbeat music will have the whole family moving. Zumba and the DJ Gully Dance Party provide the perfect way to work off yummy eats from food vendors like Jammin Flava and Bay Soft Ice Cream.

You don't want to miss this—so, get ready to join us (and a couple thousand of your closest neighbors, friends, and family) for another bigger and better Kinderfest!

For a full schedule of all the fun events, visit <http://www.mncppc.org/823/Schedule-of-Events>

The Department of Parks and Recreation delivers an award-winning park system through progressive, innovative leadership and a commitment to the community and the environment in Prince George's County. For more on the Department of Parks and Recreation, visit www.pgpc.com and stay connected on Facebook, Twitter, Flickr, YouTube, and Instagram. The M-NCPPC Department of Parks and Recreation encourages and supports the participation of individuals with disabilities in all programs and services.



PHOTOS COURTESY M-NCPPC DEPARTMENT OF PARKS AND RECREATION



at
Watkins Regional Park
Parks & Recreation

WHAT: 37th Annual Kinderfest
WHEN: Sunday, October 7, Noon–5 p.m.
WHERE: Watkins Regional Park, 301 Watkins Park Drive, Upper Marlboro, MD 20774
COST: FREE; fees for some activities and food concessions

ERIC D. SNIDER'S IN THE DARK

... Movie Review ...

Alpha

Alpha
Grade: B

Rated PG-13, in a fictional primitive language with English subtitles, extreme peril, animal violence, scary situations
1 hr., 38 min.

They don't make a lot of movies that are set in 18,000 B.C. and told entirely in made-up caveman languages, perhaps for obvious reasons. Nor is the theme of "where dogs came from" often explored in film, though that angle sounds a lot more lucrative. Here to fill those needs is *Alpha*, set 20 millennia ago among the hunter-gatherers of Europe, starring Kodi Smit-McPhee as a teen who becomes separated from his tribe and must find his way home in a harsh but beautiful world, befriend a wolf along the way. The use of a fictitious primitive language (subtitled in English, of course) gives the film an earnest geekiness, which, in addition to the occasionally dodgy CGI, means we're always teetering on the edge of ridiculousness. But it mostly works, and it's unusual and ambitious,

which is always good for a few bonus points.

Our boy, a soft, willowy lad named Keda, is the son of the tribal chief, Tau (Johannes Haukur Johannesson), and is joining the men for the first time on their annual buffalo hunt. Father and son both take the rite of passage seriously, Tau spending much of the first 30 minutes of the film giving Keda loving guidance and stern correction, emphasizing the principle that everything in life—even life itself—must be earned. When a hunter from another clan observes that Tau must be proud of his son, his reply indicates this has not yet been determined: "I hope he makes me proud." No pressure, Keda!

As the result of a scary, vertigo-inducing encounter with a herd of buffalo near a cliff, Tau and the hunters come to believe that Keda is dead, or at least beyond saving, and mournfully leave him behind. But Keda is not dead, just badly injured, and here, at the halfway point, is when the film becomes a survivalist adventure, like a PG-13 version of *The Revenant*. Armed with a knife, Keda

proves resourceful and well trained, though he still struggles with making fire, and more peril awaits him in the form of flash floods, saber-toothed tigers, and a pack of wolves. One of those wolves, wounded in its altercation with Keda, sticks around and bonds with the kid. The whole premise of the movie—prehistoric boy meets wolf—is thus a spoiler, since it doesn't begin to happen until the second half.

Written with a sense of innocent wonder by first-timer Daniele Sebastian Wiedenhaupt, the film isn't long yet could have used some trimming in the first act, leading up to the incident on the cliff. That's when the story becomes truly engag-

ing, and when director Albert Hughes (on his first solo outing after making *Menace II Society*, *Dead Presidents*, *From Hell*, and *The Book of Eli* with his twin brother Allen) can start showing off the movie's gorgeous, desolate landscapes. There's a lot of natural beauty here (it was shot mostly in Canada), and Hughes composes evocative and haunting images. There's also a lot of CGI, some of which is unconvincing and mildly distracting. But Keda's journey is frequently thrilling in the way that boys' adventure novels are, intense but not overwhelming, with a satisfying resolution. I liked it; I think an outdoorsy kid who's 11 or 12 would love it.



ROTTENTOMATOES.COM

An epic adventure set in the last Ice Age, *Alpha* tells a fascinating, visually stunning story that shines a light on the origins of man's best friend. While on his first hunt with his tribe's most elite group, a young man is injured and must learn to survive alone in the wilderness. Reluctantly taming a lone wolf abandoned by its pack, the pair learn to rely on each other and become unlikely allies, enduring countless dangers and overwhelming odds in order to find their way home before winter arrives.

Board of Public Works Approves Expansion of Two State Parks

Acres Added to Merkle Natural Resources Management Area and New Germany State Park

By PUBLIC INFORMATION OFFICER
Maryland Department of Natural Resources

ANNAPOLIS, MD (September 26, 2018)—The Board of Public Works today approved two Maryland Department of Natural Resources items that seek to expand two existing state parks, one in Southern Maryland and the other in Western Maryland.

Program Open Space funds will go toward the purchase of 33 acres adjacent to Merkle Natural Resources Management Area in Prince George's County and five acres adjoining New Germany State Park in Garrett County.

The acquisitions will expand educational and recreational opportunities, and protect important watersheds.

"By leveraging Program Open Space funding, we can enhance and expand our state park offerings for our citizens and visitors," Maryland Natural Resources Secretary Mark Belton said. "These two acquisitions will buffer existing state properties while increasing recreational opportunities and restoring wildlife habitat."

The Prince George's County property contains fields, a pond, a stream bed and woodlands. The acquisition will improve state park boundaries, expand trail connections and recreational opportunities.

The Garrett County property is in the Poplar Lick sub-basin of the Savage River Watershed, the last intact watershed supporting native brook trout populations in Maryland. Brook trout, highly valuable for biological, cultural, economic and recreational reasons, are generally found in the state's more pristine and remote areas.

OPEN TO THE PUBLIC



PHOTO COURTESY NPS

Greenbelt Park is a hidden jewel located just outside of Washington, DC. It provides a sylvan escape from the busy city life where you can camp, hike, and enjoy time with friends and family. Greenbelt Park offers camping, hiking trails and picnic areas. The park features a 174 site campground and is open year round. The campground is known for its affordability, safety, peaceful surroundings, and National Park Service hospitality. Site specific reservations are available through www.nps.gov/gree.

Greenbelt Park: 6565 Greenbelt Road, Greenbelt, MD 20770
• 301-344-3944 • www.nps.gov/gree

Plan Ahead / Registration Required

The Arc Prince George's County Presents:
2018 Inclusion Works Breakfast

Date and Time: October 11, 2018, 8 a.m.–10 a.m.

Description: Is your business open to hiring people with disabilities and you want to learn how to do it successfully? Join the ARC Prince George's and partners for an important discussion during National Disability Employment Awareness Month. Light breakfast will be served followed by a short panel discussion with employers who know first hand that Inclusion Works! Guests will also enjoy networking opportunities with local business leaders and meet job-ready candidates and graduates of The Arc's Employment Services and Office Skills Training Programs. **Register** at <http://www.pgcedc.com/component/event-booking/the-arc-prince-george-s-county-presents-2018-inclusion-works-breakfast?Itemid=331>

Cost: FREE

Ages: Adults—Business Leaders, Human Resources Representatives, Hiring Managers and more

Location: 2U, Inc., 7900 Harkins Road, New Carrollton, MD 20784

Contact: Special Project Liaison Danielle K. Milner at DMilner@thearcofpgc.org

"Who Am I Now?" Seminar

Date and Time: Friday, October 12, 9 a.m.–12:15 p.m. Registration starts at 8:30 a.m. Coffee and fruit will be provided.

Description: Chesapeake Life Center will offer insight into this aspect of the grieving process in a seminar offered by Chesapeake Life Center. "Who Am I Now?" will explore the many ways bereaved adults confront change in the way of their being and seeing the world post-loss. **Social workers licensed by the Maryland Board of Social Work Examiners can earn 3.0 continuing education units. Preregistration is required** and can be completed by calling 888-501-7077 or visiting <https://www.hospicechesapeake.org/event/who-am-i-now/>.

Cost: The class is free to Hospice of the Chesapeake volunteers. The cost for all others is \$40, with a \$2.99 online registration fee.

Ages: Adults

Location: Hospice of the Chesapeake's Prince George's office, 9500 Medical Center Drive, Suite 250, Largo, Maryland 20774

Contact: 888-501-7077

Calendar of Events

October 4–October 10, 2018

5K for Breast Cancer Awareness at National Harbor

Date and time: October 6, 2018, 6:30 a.m.–10 a.m., On-site registration the day of the race is 6:30–7:30 a.m.
Description: This 3.1-mile walk/run is designed to be healthy and fun for the entire family. A portion of the proceeds will directly support the Bosom Buddies program within Prince George's County, a program whose mission is to provide educational resources and aqua therapy for breast cancer survivors.
Cost: On-site registration: \$25
Ages: All ages are welcome
Location: Woodrow Wilson Bridge Trail, 7200 Harborview Avenue, Oxon Hill, MD 20745
Contact: 301-446-6800; TTY 301-699-2544

2018 Community Health Fair/Accoceek First Church of God

Date and Time: Saturday, October 6, 2018, 10 a.m.–4 p.m.
Description: Theme: "Awareness is your first step to Wellness". FREE medical services and consultations, including healthy eating demonstrations, screenings (blood pressure and diabetes), massage therapy, free certificates from Southern MD Hospital for cholesterol screening, bouncy house for the children, games, trivia, and much more!
Cost: FREE
Ages: All ages welcome
Location: Accoceek First Church of God, 15821 Livingston Road, Accoceek, MD 20607
Contact: 301-283-2116, www.accoceekchog.org

First Ever Special Olympics Maryland Health Expo

Date and Time: Saturday, October 6, 2018, 11 a.m.–4 p.m.
Description: The 2018 Health Expo combines Special Olympics Healthy Athletes program with additional health and fitness related services with the single focus of increasing access to quality health care for individuals with intellectual disabilities. Health screenings will be offered to all persons with intellectual disabilities. The exams that will be available cover Healthy Hearing, Special Smiles, Fun Fitness, Health Promotion, and Strong Minds.
Cost: FREE
Ages: Event is open and free of charge to all persons with intellectual disabilities. No previous participation in Special Olympics required!
Location: Towson American Legion Hall Post #22, 125 York Rd. Towson, MD 21204
Contact: <https://www.somd.org/2018-health-expo/>

Bowie International Festival

Date and Time: Saturday, October 6, 2018, 11 a.m.–5 p.m.
Description: A day of celebration and exploration! You'll find: a variety of entertainers, artists, crafters, food, and children's activities. Children may pick up a passport at any children's activity booth or the event information booth and participate in various activities and accumulate stamps on their passport.
Cost: FREE, with fees for food and drink concessions
Ages: All ages welcome
Location: Allen Pond Park, 3330 Northview Drive, Bowie, MD 20716
Contact: 301-809-3078

2nd annual DC-Metro Modern Home Tour

Date and time: Saturday, October 6, 2018; 11 a.m.–5 p.m.
Description: Our Modern Home Tours give people a chance to explore and view some of the greatest examples of modern architecture right in their own city via self-guided tour. We stand out from other tours by offering homes that are modern in design and style and by offering this experience to everyone. *Tour benefits the ALAS chapter at University of Maryland, College Park.*
Cost: \$40, *in advance, through eventbrite*; and \$50 on the day of the tour.
Ages: 12 and up
Location: The 9 homes on this year's tour are located in the following towns and neighborhoods: Takoma Park, Bethesda, Chevy Chase, Pinehurst Parkway Park, Arlington, and McLean
Contact: www.dcmetromodernhometour.com

College Park Day

Date and time: Saturday, October 6, 2018, 12 p.m.–6 p.m.
Description: Join us for an afternoon of fun and laughter! Activities include obstacle courses, climb wall, bounce house, face painting, live bands and performers ... and more! Enjoy creating different arts and crafts. Come say hello to the folks who keep you safe and check out their fire trucks and squad cars! Music all day long ... our main stage will feature jazz, rock, reggae, salsa and more!
Cost: FREE
Ages: All ages are welcome
Location: College Park Aviation Museum, 1985 Cpl. Frank Scott Dr, College Park, MD 20740
Contact: 301-864-6029

Artful Afternoon

Date and time: Sunday, October 7, 1–4 pm.
Description: Art for everyone: shadow puppet show, a printmaking workshop, studio open house and sale, and an art exhibition.
Cost: FREE
Ages: All ages are welcome
Location: Greenbelt Community Center, 15 Crescent Road, Greenbelt, MD 20770
Contact: 301-397-2208

Hispanic Heritage Film Series: Los rubios (The Blonds)

Date and time: Thursday, October 11, 2018, 7–9 p.m.
Description: Los rubios (The Blonds) Directed by Albertina Carri, Argentina, 2003. (89 Mins.) Albertina Carri's second feature is a documentary with fictional elements about the Argentine dictatorship of the 1970's and 1980's. Carri, who lost her parents to Argentina's brutal military junta when she was three years old, travels through Buenos Aires with her crew to unravel the factual and emotional mysteries of her parents' life, disappearance and death.
Cost: FREE
Ages: Adults
Location: The Brentwood Arts Exchange, 3901 Rhode Island Avenue, Brentwood, MD 20722
Contact: 301-277-2863

Calendar Spotlight

DoE Green Summit 2018

Friday, October 5, 2018, 9 a.m.–1:30 p.m.

Description: Join YOUR Prince George's County Department of the Environment, partners and presenters for a one-day Green Summit! Engage, promote and empower action for tackling various environmental and health issues in our County.

Topics for presentations and workshops include:

- Curbside composting and how to build your own composting bin
- Zero waste and waste diversion including upcycling and how to do a home trash audit
- The Year of the Anacostia campaign
- Our Summer Youth Enrichment Program
- Stormwater Best Management Practices including installing a Rain Barrel at home and caring for trees
- Clean and green housekeeping tips

- Preparation for adopting a pet, including how to make natural pet treats and the importance of "Scoop that Poop"
- Tackling litter and illegal dumping in the County
- The Chesapeake Bay, climate change and the EPA

Cost: FREE

Ages: Family friendly

Location: Kentland Community Center

2413 Pinebrook Avenue, Landover, MD 20785

Contact: 301-883-5810



Enrollment Opens for Maryland Climate Leadership Academy

First Cohort Kicks Off in November

By PUBLIC INFORMATION OFFICER
Maryland Department of Natural Resources

ANNAPOLIS, MD (Sept. 27, 2018)—The MD Department of Natural Resources today opened enrollment for the Maryland Climate Leadership Academy, the nation's first state-led program aimed at helping community leaders, critical infrastructure, local governments and state agencies effectively plan for and implement climate change initiatives.

The Maryland Climate Leadership Academy's first cohort will kick off in November with a three-part series offered at community college and university campuses across the state. Each course will provide participants with critical training on climate preparedness, economic impacts, energy and water management, entrepreneurship, governance and risk management. This series of courses is designed for executive and senior staff in both the private and public sectors.

"Maryland is well-equipped to continue to lead the country in driving creative, innovative and successful strategies aimed at address-

ing climate change-related impacts on our businesses, citizens and communities," Maryland Natural Resources Secretary Mark Belton said. "Through the Maryland Climate Leadership Academy, we will amplify, complement and support locally-designed and -led initiatives by providing detailed and on-demand trainings aimed at integrating climate change into community decision-making."

The state has engaged the Association of Climate Change Officers, a professional society and credentialing body, to administer and develop programming the Maryland Climate Leadership Academy. The association will leverage its existing education and training curriculum and make its existing and future credentialing programs available to academy participants.

"For the first time, a state government is providing critical training to its local government, infrastructure and business leaders," Association of Climate Change Officers Executive Director Daniel Kreeger said. "This step will help to ensure that public and private sector leaders statewide are working with common knowledge and understanding, and are aligning their efforts on climate action."

Additional certificate programs, online education resources and workshops will also be announced later this fall. Additional information about the Maryland Climate Leadership Academy is available at: MDCClimateAcademy.org.



Hygiene Hypothesis Says Mess Is Best

Dear EarthTalk:

A friend recently told me that when her family stopped using hand sanitizer and antibacterial wipes all the time, they stopped getting sick so much. Is there any research backing up this theory, or is it just a "new" wives tale?

—Betsy Edger, via e-mail

Your friend may be onto something. The so-called "Hygiene Hypothesis"—first put forth by British epidemiologist David Strachan in a 1989 paper in the medical journal *Thorax*—suggests that a lower incidence of infection during early childhood (thanks to more sterile, less crowded environments as compared to earlier times) could explain the rapid rise in allergic diseases in the late 20th century. As the theory goes, in the modern world our immune systems no longer have to deal with the vast numbers of potential real pathogens we experienced during the previous stages of our evolution. With so much more time on their hands, our antibodies rise up against other perceived dangers—gluten, peanuts, milk—which in fact are not really threatening. Our immune systems' over-reaction manifests itself in the form of pesky and occasionally life-threatening allergies.

And the research does seem to bear out the hypothesis. A 2003 Australian study concluded that asthma and allergy rates are higher for those who move from a developing country to a developed country. Meanwhile, a 2007 study by a group of international researchers at the Centre for Research in Environmental Epidemiology found that "frequent use of common household cleaning sprays may be an important risk factor for adult asthma." And a 2011 study by German researchers found that children living

on farms—and therefore exposed to a wider range of microbes than their urban and suburban peers—had statistically significant lower asthma rates.

Yet others, like University College London researcher Graham Rook, think there's more to the story. He attributes rising rates of inflammatory and other human allergic disease not to modern-day hygiene but to lack of exposure to so-called "old friends"—microbes present in hunter-gatherer times when human immune systems were evolving. Rook backs up his "Old Friends Hypothesis" by citing other studies shedding light on the connection between good health and exposure to greater biodiversity in general.

"Lifestyle changes, antibiotics, caesarean births and lack of breastfeeding limit the transmission of maternal microbiota to the next generation," says Rook, adding that our "unvarying diets" lacking the microbial diversity our bodies evolved with combined with our limited contact with the natural world only aggravate the problem. "Without these microbial inputs in early life our immune systems, endocrine systems and metabolic systems do not develop correctly, and can malfunction."

The moral of the story? Whether you agree more with Strachan or Rook, don't be scared to indulge in nature and don't be a germaphobe. Get your kids off their screens

and out into the yard, park, playground or beach where they can mingle with the dirt and get exposed to as many different microbes as possible. They'll live healthier lives and handle future health threats more easily than those who spend their childhoods over-sanitized indoors. Chances are they'll be happier adults, too, given the research correlating lack of outdoor time with increased rates of depression. Who would've think that dirt cures?



IMAGE CREDIT: CHIOT'S RUN, FLICKRCC.

According to the "Hygiene Hypothesis," less exposure to bacteria and viruses during childhood—thanks to more sterile, less crowded environments as compared to earlier times—could explain the rapid rise in allergic diseases in the late 20th century.

CONTACTS: Migration and Asthma, onlinelibrary.wiley.com/doi/abs/10.1002/ppul.10323; Household Cleaning Sprays & Adult Asthma, www.ncbi.nlm.nih.gov/pmc/articles/PMC2020829/; Environmental Microorganisms and Childhood Asthma, www.nejm.org/doi/full/10.1056/NEJMoa1007302; Graham Rook, www.grahamrook.net.

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

TUESDAY TIP

SUSTAINABLE WARDROBE

- Reduce at its source - only buy what you need for the upcoming season!
- Donate clothes, in wearable condition, to your local thrift store, Goodwill or other non-profits like Dress for Success and shelters.
- Pro-tip: Drop off your "old" clothes and go browsing for your wardrobe at the same time.
- Organize a pick-up from Textiles to take your holey or stained clothes (www.textiles.com).
- Keep fabric for arts and craft projects.

According to the EPA, roughly 15% of textiles are recycled and 65% end up in the landfill. The main source being discarded clothing. Learn how to make your wardrobe less polluting with these tips.

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

COUNTY CHURCH DIRECTORY

UNITED METHODIST

WESTPHALIA
United Methodist Church

"A CHURCH ON THE REACH FOR GOD"
9363 D'Arcy Road
Upper Marlboro, MD

Two Worship Services:
8 and 10:30 a.m.
Sunday School: 9:30

(301)735-9373
Fax: (301) 735-1844

Rev. Dr. Timothy West,
Pastor

ALL ARE WELCOME

Web Site:
www.westphaliaum.org

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9:30 a.m.
Sunday Worship:
7:30 a.m., 11:00 a.m.
Saturday Worship:
6:30 p.m.

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12 noon (The Power Hour) and 6:45 pm

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

BAPTIST

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

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

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

UNITED METHODIST

Union
United Methodist Church

14418 Old Marlboro Pike,
Upper Marlboro, MD

Church (301) 627-5088

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

Rev. Kendrick D. Weaver, Pastor

S. G. Spottswood
A.M.E. Zion Church

419 Hill Road, Landover, MD
20785 • 301-490-2625
Rev. Jonathon Counts, Pastor

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

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

BAPTIST

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

COMMUNITY CHURCH

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

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(301) 864-3437

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

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Call the Prince George's Post today and have your Church information published in our Directory.

Call Today!
301-627-0900

Clean Up from A1

lic Works and Transportation (DPW&T). "We had a great turnout for last fall's event, and are looking forward to that same type of participation this year."

The Department of Public Works and Transportation will provide registered participants with plastic gloves, trash bags, safety vests, litter grabbers, and a maximum of eight (8) bags of mulch for this fall's 'Clean Up, Green Up.' The registration deadline is Friday, October 5, 2018. Everyone is encouraged to take part in the Fall 2018 'Clean Up, Green Up'.

Students who participate in 'Clean Up, Green Up' can receive community service hours. Verification forms for community service are available at the schools.

'Clean Up, Green Up' is a partnership between Prince George's County Government, Prince George's County Public Schools, the Maryland-National Capital Park and Planning Commission, Keep Prince George's County Beautiful, and the Neighborhood Design Center.

If you have any questions or need more information, please call DPW&T's Office of Highway Maintenance at 301-499-8523 or e-mail Regina Ford at RBFord1@co.pg.md.us.

Judiciary Contest Promotes Peacemaking Through Student Artwork

By PUBLIC INFORMATION OFFICER
Division of Government Relations and Public Affairs

ANNAPOLIS, MD (Sept. 24, 2018)—The Maryland Judiciary is inviting students to help promote peacemaking with artwork for the 13th annual Conflict Resolution Day Student Bookmark Art Contest. The contest is open to Maryland students in kindergarten through eighth grade to help celebrate national Conflict Resolution Day on Thursday, October 18.

Students are asked to create bookmarks with the theme of resolving or preventing conflict. Topics include peer mediation, apologizing, respecting differences, starting a conversation, solving problems together, listening, tolerance, building peace, and alternatives to violence.

"We invite Maryland's students to think about ways to resolve conflicts peacefully and to share their ideas through their art," said Mary Ellen Barbera, Chief Judge of the Maryland Court of Appeals. "We want to encourage students to talk to each other about peacemaking and resolve disagreements without violence."

The contest has become increasingly popular since it began in 2005. Last year, more than 1,800 students from across the state participated in the event. There were 15 winners and 48 honorable mentions.

Submissions will be judged on creativity and message. Prizes will be awarded for first, second, and third place in three age groups: grades K-2, 3-5, and 6-8. For each age group, the prize awards will be \$75 for first place, \$50 for second place, and \$25 for third place. A selection of winning bookmark entries will be printed and distributed throughout Maryland to promote conflict resolution. The best 1,000 entries will be displayed in the Judicial College Education and Conference Center in Annapolis in December.

Winners and their families will be invited to a ceremony and reception in Annapolis on Tuesday, December 11. Chief Judge Barbera will meet the winners and present the awards.

The contest is sponsored by the Maryland Judiciary's Mediation and Conflict Resolution Office (MACRO). Entries are due by Thursday, Oct. 18, which is Conflict Resolution Day. Visit MACRO's website for more information, including a template, instructions, and delivery information.

2018 National Essay Contest on the Film "DROP" for Youth, Ages 12-18 years • Cash Prizes for Winners!

Black Women for Positive Change (BW4PC) announces a 2018 National Essay Contest about the film, "DROP: A Story of Triumph." Contestants can write a 1 page essay, produce a 2 minute Rap or submit a poem to express their views about the message in DROP about the choice of staying in school or dropping out.

The DROP Essay Contest is part of the annual 2018 Week of Positive Change, Non-Violence and Opportunities, October 13-21, 2018. In a joint statement, BW4PC National Co-Chairs Dr. Stephanie Myers and Daun S. Hester stated, "We must convince youth that dropping out of school is a pipeline to prison and violence. They must stay in school and earn their high school diploma or GED to prepare for success."

Who: Youth ages 12-18 years
Deadline: October 26, 2018
What: National Essay Contest: "DROP: A Story of Triumph".
YouTube Free Viewing:
<https://www.youtube.com/watch?v=AasVeQtqTYg&t=2s>
How To Apply: On-Line
https://docs.google.com/forms/d/e/1FAIpQLSccX5_chFWay-lyTE9-Ux6iB4fGlxOO_axomx1uEF-vdcCfVlg/viewform
Paper Application At: www.blackwomenforpositivechange.org
Submit Paper Application: dropessay2018@gmail.com
Submit Students can submit: (1) One-page Essay; (2) a 2-minute Rap, or (3) Poem/Spoken Word.
Cash Prizes: High School and Middle School winners in each category. First Place \$250; Second Place \$150; Third Place \$75.

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