

# The Prince George's Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY SINCE 1932

Vol. 86, No. 43 October 25 — October 31, 2018

Prince George's County, Maryland

Newspaper of Record

Phone: 301-627-0900

25 cents

## Maryland Unveils Newest Chesapeake Bay License Plate Design

By HOWARD R. FLETCHER  
Capital News Service

ANNAPOLIS, Maryland (October 18, 2018)—Maryland drivers can update their expression of Chesapeake pride and help with efforts to “Save the Bay” with a new license plate design that state transportation and environmental officials unveiled Thursday at Sandy Point State Park.

The artwork for the new license plate was created by Tina Cardosi and Sujen Buford, of Frederick, Maryland-based design firm TM Design Inc.

The new plate is slated to be available for purchase beginning Oct. 29. It's the third iteration of a Maryland Bay-themed tag in 28 years.

“We worked along with the trust using focus groups of volunteer Marylanders, who told us that they wanted depictions of icons and wildlife unique to Maryland,” Buford said in a phone interview with Capital News Service.

The artwork for the final design—incorporating a crab and the Chesapeake Bay Bridge—was selected from among more than 250 submissions.

“The process for arriving at the selected design was incredibly thorough, took nearly a year, and involved two rounds of focus groups and online surveys,” said Erin Valentine, development and communications coordinator for the trust.

Cardosi and Buford worked diligently to make sure they represented the watershed environment in the most appealing way, according to an email statement from TM Design.

Cardosi had many sleepless nights due to the excitement and creative ideas that spurred her vision, she said.

“I knew that a blue crab should be the focus. After all, everyone knows Maryland is for crabs,” said Cardosi. “Also, the Bay Bridge is the gateway to vacation in the state of Maryland.”

The Motor Vehicle Administration, Maryland Transportation Authority and the state police were also consulted throughout the design process, according to Valentine.

The design conforms to state guidelines, three different plate-reader technologies and security needs, Valentine said.

Maryland vehicle owners will have to pay \$20 over normal vehicle registration fees to own the plates.

Funds raised from these plate registrations go to the Chesapeake Bay Trust.

The trust is a nonprofit, grant-making organization dedicated to restoring the rivers, streams, forests and main body of the Chesapeake Bay watershed, according to its mission statement.

Seven percent of all licensed vehicles in the state have Chesapeake Bay Trust plates, and 12 percent of households across the state report that they have at least one set of Bay Plates in the family, according to the Maryland Motor Vehicle Administration.

Over more than 30 years, the program has awarded more than \$100 million through more than 11,000 grants to fund watershed restoration projects, citizen outreach and engagement initiatives, and K-12 environmental education programs, according to Jana Davis, the trust's executive director.

“I think it's important for people to know that their \$20

## Free Halloween Lyft Rides Offered in P.G. County to Prevent Drunk Driving

Nearly Half of U.S. Highway Deaths on Halloween Involve Drunk Drivers

By PRESS OFFICER

Washington Regional Alcohol Program

UPPER MARLBORO, MD, (October 16)—Preparing to combat that time of year when, according to the National Highway Traffic Safety Administration (NHTSA), nearly half (44%) of all U.S. traffic deaths involve drunk drivers\*, **free Halloween Lyft rides will be offered to deter impaired driving throughout Prince George's County beginning Saturday, October 27, 2018.**

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the 2018 Halloween SoberRide® program will be in operation beginning at 10:00 p.m. on Saturday, October 27 and continue until 4:00 a.m. on Sunday, October 28, 2018 as a way to keep local roads safe from impaired drivers during this traditionally high-risk holiday.

During this six-hour period, area residents age 21 and older celebrating with alcohol may download Lyft to their phones, then enter a SoberRide® code in the app's “Promo” section to receive their no cost (up to \$15) safe transportation home. WRAP's Halloween SoberRide® promo code will be posted at 5:00 pm on Saturday, October 27th on [www.SoberRide.com](http://www.SoberRide.com).

Last year, a record 715 persons in the Washington-metropolitan area used WRAP's Halloween SoberRide® program

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

(Last year, WRAP announced a partnership with the ridesharing service Lyft to provide WRAP's SoberRide® service in the Washington-metropolitan area. SoberRide®, the popular free safe ride service to prevent drunk driving, is now solely available via the Lyft mobile app ridesharing platform.)

“Nearly half (44%) of all U.S. traffic fatalities during Halloween involve drunk drivers according to the National Highway Traffic Safety Administration,” said Kurt Gregory Erickson, WRAP's President.

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

“Lyft is proud of the role ridesharing has played in reducing impaired driving across the nation. Here in the DC area, partnering with the Washington Regional Alcohol Program al-

See **FREE LYFT** Page A8



PHOTO BY HOWARD FLETCHER/CAPITAL NEWS SERVICE

See **UNVEILS** Page A8

## Halloween Fire and Life Safety Tips

By PRESS OFFICER

Maryland State Fire Marshal

STATEWIDE (October 22, 2018)—Jack-o-Lanterns are ushering in Halloween across Maryland and State Fire Marshal Brian S. Geraci recommends several fire and life safety tips to help everyone enjoy a safe Halloween. “Planning ahead can help make this and every Halloween fire safe. Taking simple fire and life safety precautions, like making sure fabrics for costumes and decorative materials are flame-resistant, can prevent fires and avoid needless burn injuries.”

The State Fire Marshal provides these sensible Halloween fire & life safety tips:

- Pick costumes that are **bright and reflective**. Make sure costumes are short enough to prevent tripping and ensure masks don't block vision.
- Consider adding **reflective tape** to costumes and trick-or-treat containers for greater visibility.
- Purchase only costumes, wigs and props **labeled flame-resistant or flame-retardant**. When creating a costume, choose materials that will not easily ignite if it comes in contact with heat or flame.
- Provide children with **flashlights and/or glow sticks** to carry for lighting or as part of their costume.

- Use **flashlights or glow sticks as alternatives to candles or incandescent lights when decorating walkways or yards**. They are much safer for trick-or-treaters whose costumes may brush against the decoration.
- Always **supervise children** as they go trick-or-treating.
- Remember to **keep exits clear** of decorations ensuring nothing blocks escape routes from the home.
- Instruct children to **stay away from open flames** or other heat sources. Be sure children know how to **stop, drop and roll in the event their clothing catches on fire**. (Stop immediately, drop

to the ground, covering your face with your hands, roll over and over to extinguish the flames).

- If you are walking with **pets**, consider using a **leash with reflective material** attached.
- Instruct children who are attending parties at others' homes to **locate the exits** and plan how they would get out if an emergency would occur.
- When decorating inside the home, consider using **battery operated candles** instead of burning regular candles to help eliminate the potential of a fire occurring.
- **Do not overload** electrical outlets and extension cords.

Excessive use of extension cords may cause overheating and also become trip hazards.

- **Replace frayed, cracked or otherwise damaged electrical cords.**
- **Don't overload electrical circuits.**

The State Fire Marshal offers one additional tip that could well be the most important. “**Make sure your home is equipped with working smoke alarms and carbon monoxide detectors.** These devices are very effective fire safety tools in preventing injury or death from fire and carbon monoxide,” according to State Fire Marshal Geraci.



IMAGE CREDIT: WINTERSIXFOUR, MORGUEFILE.COM

## District 6 Council Member Derrick Leon Davis Receives 2018 Phyllis Campbell Newsome Public Policy Leadership Award

By PRESS OFFICE  
P.G. County Council

UPPER MARLBORO, MD (Oct. 19, 2018)—Council Member Derrick Leon Davis was the recipient of the Phyllis Campbell Newsome Public Policy Leadership Award, named in honor of the Center for Nonprofit Advancement's former director of advocacy and community relations after her untimely passing in 2003. The award was created to highlight the work of elected and non-elected officials who have gone above and beyond in partnership with the nonprofit sector to ensure more vibrant communities.

Upon receiving the award, Council Member Davis said, “I am richly privileged to receive this award from The Center for Nonprofit Advancement, which

supports so many through its life-changing work, while serving as a keeper of the legacy of the late Phyllis Campbell Newsome. It has been said that we should be ashamed to die until we have won some victory for humanity. And so, we live, attempting to do as Phyllis Campbell Newsome did in her lifetime - using our gifts, talents, skills and abilities to improve the quality of life for our residents and promote positive change. We should all aspire to this legacy of giving and helping others.”

Each year, the Center honors four public officials with this award. One official is recognized from each of the jurisdictions the Center supports including, the District of Columbia, Northern Virginia, and Montgomery and Prince George's counties.

### INSIDE

#### October Breast Cancer Awareness Event a Success

“The community really came out and supported this event. We distributed more than 400 breast cancer awareness tote bags, performed 47 clinical breast exams and provided 50 mammogram screenings. About eight of the screened women have never had a mammogram before...”

Community, Page A3

#### A Little Awareness—and Support—Go a Long Way

As co-directors of the High Road Academy in Laurel, a school that serves about 70 students in grades 5 through 12 with exceptionalities including but not limited to autism and ADHD, we believe—and have seen—that every child has the ability to reach his or her full potential.

Commentary, Page A4

#### First Ever Partnership Event in Celebration of Hispanic Heritage Month

This celebration of Hispanic Heritage Month shows that in Prince George's County, representation matters. Hispanic business owners are hardworking and have created thousands of job and career opportunities for people from all walks of life.

Business and Finance, Page A5

#### Halloween Happenings

Check out a number of Halloween events around the county and nearby. Events for kids, adults, and even your favorite four-legged friend. Take note of events that require reservations or advance tickets!

Out on the Town, Page A6

#### Earth Talk

Dear EarthTalk:

When will those gasoline driven leaf blowers that gardeners use be outlawed? The noise and toxic fumes they emit can't be good for us.

—Judy, via email

Features, Page A7

# TOWNS and NEIGHBORS

## In and Around Morningside-Skyline

by Mary McHale 301-735-3451

### Want to help people? Morningside VFD invites you to EMS Day, Nov. 4

Serve your community and make an impact on the lives of others! Consider becoming a volunteer with the Morningside Volunteer Fire Department.

Drop by the Firehouse at 6200 Suitland Road on Sunday, Nov. 4, 11 a.m. to 4 p.m., to learn about their Emergency Medical Services. Here is the invitation:

"Join us for a day full of EMS activities—including training sessions—to learn about the unique benefits of becoming a volunteer at the Morningside Volunteer Fire Department. Attendees will be able to have an accelerated application process to begin helping others as soon as possible.

"Prior experience is welcome, but not mandatory, and full-day attendance isn't required. If you are interested, email recruitment@morningsidevfd27.com."

EMS Day, Sunday, November 4, 11 a.m. to 4 p.m.!

### People

Jeff Kinney, author of the "Diary of a Wimpy Kid" book series, got his start cartooning at Bishop McNamara High School when his first cartoon ran in the school newspaper. He graduated from McNamara in 1989 and now has been named one of *Time* magazine's 100 Most Influential People in the World.

Helen Cordero, of Skyline, has been presented the Purple Light Nights Award. In next week's column I'll tell you about it.

The Mount Calvary Catholic Church Youth Choir sang the national anthem at the Southern Maryland Blue Crabs minor league baseball game Sept. 16th had their picture taken with the Blue Crabs mascot.

My local family had a great campout in Elk Neck State Park, in Cecil County, last weekend. They put up tents, cooked on a campfire, hiked and just enjoyed being together. They were John & Michelle McHale, Elaine & Luke Seidman, Sheila & John Mudd, Mike & Ann Mudd, Conor & Heather McHale and their kids, Mary and Wesley. Such a good time was had that another family

campout is already being planned for Spring.

### 50th Reunion

Potomac High, Class of 1968, has a 50th Reunion Saturday, Oct. 27. Email Joe Fitzgerald at nickelman2005@yahoo.com.

### Real Italian Spaghetti Dinner

The annual Deacon Dante Ross Spaghetti Dinner is coming up Saturday, Nov. 3, 6 p.m. in the Social Hall at St. Philip's. Adults, \$10; children (5-10), \$5; under 5, free. Info: 301-423-4244.

The late Dante Ross, by the way, was my neighbor and good friend. This annual event honors him.

### Magic and Spirits of the Dead

Professional illusionist Michael Cantori presents a fascinating journey through the realm of Spiritualism and its affiliation with theatrical magic in Victorian America on Saturday, Nov. 3, 4 p.m. at the Surratt House Museum. This free program offers both lecture and performance. Limited seating; arrive early. Info: 301-868-1121.

### Changing landscape

District Heights has submitted a request for Proposals for Architectural Services for District Heights Veterans Memorial Park. Bids must be received by Nov. 20 at 1 p.m.

I think 2018 is the biggest acorn year ever. There are thousands in my front yard.

### Morningside Memories:

#### The polls, 40 years ago

Back in 1978 we voted at Skyline School on Election Day only (no early voting). Chief Democratic Judge at Skyline was Helen Ditmars and Chief Republican Judge was Dottie Curcio. Other judges were: Alvina Beardmore, Carolann Musser, Jean Davis, Robert Davis, Cathy Celia, Ann Marie Morgan, George Donley and Kermit Pope.

Now, in 2018, the polls are opening for early voting. But not at Skyline School.

#### May they rest in peace

Gilbert Zimmerman, 72, formerly of

Morningside, died Oct. 8 at his home in Sharpsburg, Md. He was the son of Paul and Pauline Zimmerman who lived on Elgin Court and were among Morningside's founders back in 1949. Gilbert attended Charlotte Hall before transferring to Suitland High where he graduated in 1964. He served in the Army and then worked as a Customer Service Manager for Delta Airlines until he retired. He was a member of the American Legion in Boonsboro. Survivors include his wife Liz, three children and four grandchildren.

Charles Michael Griffin, Jr., 20, of Suitland, a 2007 graduate of Dr. Henry A. Wise Jr. High School, died in his sleep early the morning of Oct. 5.

He had attended Princeton Elementary (where his mother is secretary), Thurgood Marshall Middle and Forestville High Military Academy before graduating at Wise. He was a member of the Forestville Black Knights Drill Team, Army JROTC, Boy Scout Troop 404 at Andrews, and was a camp counselor at Goshen. He started his own business, Griffin Yard Service GYS.

Charlie leaves his grieving parents, Elizabeth "Beth" and Charles Griffin; siblings, Justin, Natalie, Gunther, Ashley and Christina; grandparents and more family. Services were at Bells UMC where he had been well-involved, and particularly happy to help with Bells Warm Nights program. As his obit says, "Charlie lived a full life with his 20 years, and saw the innate goodness in the world."

### Milestones

Happy birthday to Linda Ferguson Sandoval, Juanita Starke, Orva Heisenbittel and Christopher Flaherty, Oct. 27; Diane Cvitko, Oct. 28; my grandson Isaac Gallegos, Oct. 29; Denise Williams, former Morningside Councilman Kim Miller and my daughter Kathleen Shearer, Oct. 30; Don Eisenberg, Oct. 31; Carolyn Follin and Morningside Councilman Jim Ealey, Nov. 1; and Carl McKlveen, Nov. 2.

Happy 16th anniversary to Michael and Maria (Blankenship) Jinks on Nov. 1.

Happy 60th birthday, Prince George's Community College!

## Around the County

### Habitat for Humanity Metro Maryland News

By PRESS OFFICER  
Habitat for Humanity  
Metro Maryland

#### Applications Now Available for Partnership With Habitat for Humanity Metro Maryland

Info sessions begin the process for new Habitat homes

SILVER SPRING, MD (October 16, 2018)—Habitat for Humanity Metro Maryland (HFHMM) has announced that they have several home purchase opportunities available for interested families, all located in Prince George's County.

Anyone interested in learning more about Habitat's homeownership program can go to our website at [www.habitatmm.org](http://www.habitatmm.org) and click on the How To Apply tab at the top of the page.

Registration is now open for upcoming homebuyer Q & A sessions. Attendance is not required for families to apply to the program but attendees will be able to meet our HFHMM staff members, ask lending and credit questions, learn details on Habitat's unique program and the specific houses that are currently available.

For more information on dates, locations for the sessions or to register, please go to our website at [www.habitatmm.org/home+repair](http://www.habitatmm.org/home+repair). You can also download the application as well as view more information about the available homes.

#### HFHMM Announces New Family Chosen for Partnership

A family of three finally gets a chance to have a home of their own.

SILVER SPRING, MD (October 16, 2018)—Habitat for Humanity Metro Maryland (HFHMM) is delighted to announce the selection of our newest partner family. Longtime residents of Prince George's County, the Perks/Betancourt family of three tried for several years to become homeowners but found it difficult to find an affordable home even though both parents worked full time jobs. One day, Kim Perks saw an ad for the Home is Key program through HFHMM and the rest, as they say, is history.

When asked their reaction when they heard that they were selected for partnership, Kimberly Perks responded that, "A big smile came across...our faces and a feeling of excitement and relief... This is a huge opportunity for us. Habitat for Humanity and all its volunteers are making owning a home a reality for us. We are so grateful to everyone who is dedicating parts of their lives to help make our family dream come true."

Reflecting on this family, John Paukstis, President/CEO of Habitat for Humanity Metro Maryland, remarked that, "Making a difference in the lives of families we serve is what we have done for the past 36 years and we are excited to welcome the Perks/Betancourt family into the wider Habitat family. Our ability to serve our families is a testament to the wonderful support we receive from corporations, foundations, individuals and faith groups. It is about the community coming together to change lives, one home at a time."

Through HFHMM's homeownership program, families are selected based upon housing need, willingness to partner in the construction of their future home and the ability to pay a 30 year mortgage. The Perks/Betancourt family is working hard on their days off to contribute to the construction of their home as well as completing the homebuyer education program requirements for all future Habitat homeowners.

This property is scheduled for completion by Thanksgiving with the home dedication set for early December followed by settlement with the future homeowners.

Habitat for Humanity Metro Maryland, Inc. (HFHMM) is an affiliate of Habitat for Humanity International that serves Montgomery and Prince George's Counties. Since 1982, HFHMM has partnered with the community and low-income families to build strength, stability and self-reliance through shelter. To date, HFHMM has provided over 415 decent and affordable housing solutions, serving over 900 individuals. HFHMM supports the notion that good, stable housing matters for neighborhoods. Better quality of living leads to stronger citizens and families. Habitat for Humanity is about changing lives, one home at a time. [www.HabitatMM.org](http://www.HabitatMM.org).

## Brandywine-Aquasco

by Audrey Johnson 301-888-2153

### THE STORM UNSEEN

*The Storm Unseen/A Memoir of Life with Lupus* by Lillian Makle Forbes. Minister Lillian Makle Forbes is a lifelong resident of Southern Maryland. She is the fifth child of Mrs. Lillian E. Gray Makle and the late Mr. Joseph B. Makle Sr. and was reared in Charles County. Minister Forbes attended St. Michael's Catholic Church in Baden, Maryland.

Minister Lillian Forbes began serving as a lay servant in 1986. She is currently serving as a certified lay minister in the United Methodist Church. She also serves as a volunteer chaplain at the University of Maryland Charles Regional Center.

However, one of the most defining moments of her life was when, while awaiting excitedly the birth of her second child, she was diseased with the chronic autoimmune disease, lupus.

Through the question she always asked God was, "Why me?" She still wanted to trust His plan for her life, knowing He had a reason for all she went through with Lupus.

When the lupus was in remission, it was not long before it returned, and with a vengeance. Read about Lillian's remarkable battle with lupus and the sovereignty of God and His healing power. Her new book, *The Storm Unseen, A Memoir of Life with Lupus*, recounts the twelve years of intense physical suffering and overwhelming mental anguish that prompted her to consider suicide.

What also emerged in that time was a closer walk and relationship with God, a dependence on the Lord that Lillian needed while dealing with the health challenges of lupus each day. By God's Grace, Lillian has been healed. Now in good health, she has answered God's call to a broader mission field.

### PIANO CLASSES

Learn to play the Piano. Learn from a master craftsman in the art of Piano. Courses are held on Saturdays for 6 weeks and are available for ages 6 and up. All are welcomed. Fee is \$48 for residents and \$63 for non-residents. Course sessions are September 8–October 20, 2018 and November

3–December 8, 2018. Course times are ages 6–8 from 9:30–10:30 a.m. Ages 9–12 from 10:30–11:30 a.m. Ages 13 & up from 11:30–12:30 p.m.

The Piano lessons will be taught at Baden Community Center, 13601 Baden-Westwood Road, Brandywine, Maryland 20613. Telephone number is 301-888-1500/ TTY 301-699-2544.

### WOMEN'S DAY CELEBRATION

Family and friends are invited to celebrate with us at Clinton United Methodist Church for our Annual Women's Day Sunday, November 4, 2018 at our 8:00 a.m. and 10:30 a.m. service. Clinton United Methodist Women's President is Mia Kerrick. Our Pastor is Rev. Dorothea J. Belt Stroman.

Colors are shades of pink and red. Topic will be Women's Health, to encourage young ladies to go for their health exams early.

The church address is 10700 Brandywine Road, Clinton, Maryland 20735. Office number is 301-868-1281. Email address is [cumcmd@verizon.net](mailto:cumcmd@verizon.net). Visit us at <http://cumcmd.org/>

### BOWIE STATE UNIVERSITY HOMECOMING WEEKEND

We had a great Homecoming weekend Friday, October 12 we celebrated our 30th Annual Scholarship Awards Gala at 100 Westgate Circle, Annapolis, Maryland 21401. Bowie State University National Alumni Association, Inc. 2018 Scholarship Recipients are Aryn Washington, Rodney Dawson and Ashley English. Congratulations to everyone for their achievements. Good luck in all your future endeavors.

Saturday, October 13, the Bulldogs of Bowie State University got the job done on Homecoming, knocking off the Virginia State University Trojans 20-15 before a nationally televised audience. The victory sets Bowie State's overall mark at 5-2, 3-1 in CIAA play and 1-1 in the north. Congratulations Bulldogs. Thanks to everyone who came and watched the game on the campus.

## LOCAL STUDENTS

### Saint Anselm College Releases Dean's List

MD Student Named to Dean's List for Spring 2018 Semester

MANCHESTER, NH (October 17, 2018)—Saint Anselm College has released the Dean's List of high academic achievers for the second semester of the 2017–2018 school year. To be eligible for this honor, a student must have achieved a grade point average of 3.1 or better in the semester with at least 12 credits of study which award a letter grade.

Mark W. Cronin, Dean of the College, announced that **Michael Akinlosotu, a Computer Science major in the class of 2018 from Upper Marlboro, MD** was named to the Dean's List for the spring 2018 semester at Saint Anselm College in Manchester, New Hampshire.

A total of 729 students representing 22 states and 3 countries were named to the spring 2018 Dean's List at Saint Anselm College.

*Founded in 1889, Saint Anselm College is a four-year liberal arts college providing a 21st century education in the Catholic, Benedictine tradition. Located in southern New Hampshire near Boston and the seacoast, Saint Anselm is well known for its strong*

*liberal arts curriculum, the New Hampshire Institute of Politics, a highly successful nursing program, a legacy of community service and a commitment to the arts.*

### Local Student Made Presentation at New Orleans Conference

SALISBURY, MD (Oct 15)—Some 15 Salisbury University students, faculty, staff and alumni recently presented at the Popular Culture/American Culture Association in the South's annual conference in New Orleans.

Student and alumni presentations from Prince George's County included:

"Life After Slavery: African American History on the Eastern Shore of Maryland After the Civil War" by junior history and political science major **Abiodun Adeoye of Hyattsville, MD.**

Funding for SU's participation in the conference came from the Charles R. and Martha N. Fulton School of Liberal Arts, Franklin P. Perdue School of Business, SU Honors College, Graduate Studies and Research Office, and Provost's Office.

For more information call 410-543-6030 or visit the SU website at [www.salisbury.edu](http://www.salisbury.edu).

# COMMUNITY

## The American Counseling Association's Counseling Corner

### How to Tell When a Marriage is in Trouble

Divorce is a fairly common reality in the U.S. While the most often cited statistic is that 50 percent of marriages will end in divorce, current estimates are that the number is actually in the range of 42 to 45.

That's still a very large number of divorces and it's a figure that is growing even higher among those aged 55 to 64 where divorce rates have quadrupled over the past three decades.

One would think that it's fairly easy to spot when a marriage is in trouble, but, in fact, marriage problems often tend to grow slowly over time rather than suddenly seeming to burst out of nowhere. It's important to be aware of the potential problems facing any marriage, since early intervention and the seeking of assistance can often help avoid divorce as a final outcome.

While there will always be small troubles and disagreements in even the best of relationships, it's when the disagreements become almost constant that there are real problems underlying the marriage.

One sign that serious troubles are brewing is when one partner feels he or she is giving more than is being received over an extended period of time. It can be a job, outside family, the children or any of numerous other issues that has one partner feeling he or she is unfairly carrying the bulk of the load.

When a couple is experiencing severe disagreements that are happening frequently and are coupled with an unwillingness or inability to resolve those disagreements, there's a good chance that permanent damage is being done to the relationship.

Such problems are usually a sign that outside help, in the form of a professional counselor, is needed. While seeking assistance for marital problems doesn't mean that every marriage will be saved, it does increase the chances of working out solutions. And in some cases that solution might mean the couple is better off being apart.

A counseling profession can facilitate communication between the couple, help them see the reality of their situation and offer techniques to help in resolving the problems being faced.

Your family clergy may be trained in marriage counseling, or you can consult a counseling professional specializing in relationship and marriage counseling. The American Counseling Association website at [www.counseling.org](http://www.counseling.org) can help in locating a counselor in your area experienced in these fields.

Counseling Corner is provided by the American Counseling Association. Comments and questions to [ACACorner@counseling.org](mailto:ACACorner@counseling.org) or visit the ACA website at [www.counseling.org](http://www.counseling.org).

## October Breast Cancer Awareness Event a Success

By PRESS OFFICER  
Doctors Community Hospital

LANHAM, MD (October 15, 2018)—On October 5, 2018, Doctors Community Hospital held its 4th annual Pink Ribbon Rally to celebrate breast cancer awareness and overall good health.

"The community really came out and supported this event. We distributed more than 400 breast cancer awareness tote bags, performed 47 clinical breast exams and provided 50 mammogram screenings. About eight of the screened women have never had a mammogram before. It's really great to see this type of activity and we can't wait to do it again next year," said Terrie Trimmer, director of the Center for Comprehensive Breast Care at Doctors Community Hospital.

This year's partners were Wegmans-Woodmore Towne Center and the Prince George's County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. Also, there were about a dozen local organizations in atten-

dance that helped to advance breast health awareness throughout the area.

### Breast Screening Recommendations

Women should get regular screening mammograms to help detect breast cancer early—when it is most treatable. Women should be screened for breast cancer at:

- Ages 40 and older—have mammograms and clinical breast exams yearly
- Ages 20s and 30s—have clinical breast exams as part of regular health assessments at least every three years
- Ages 20 and older—perform breast self-exams and notify doctors of any changes immediately

### About Breast Cancer

Breast cancer is a disease in which malignant (cancerous) cells develop in breast tissue. Though early-stage breast cancer does not always have symptoms, some may develop as the tumor grows.

- A painless lump in or near the breast
- A change in breast size or firmness

- Nipple itching, burning, rash, turning inward or discharge
- A warm area in the breast
- Breast skin changes such as dimpling, a sore or a rash
- Swelling in the armpit

Women should contact their physicians immediately if they experience any of these symptoms. To schedule an annual mammogram screening or request a free breast health brochure, call the Center for Comprehensive Breast Care at 301-552-8524 or visit [DCH-web.org/breast](http://DCH-web.org/breast).

Doctors Community Health System is a network of medical and surgical services provided throughout Prince George's County and in Anne Arundel County. At the heart of this network is its flagship—Doctors Community Hospital in Lanham, Maryland. To complement the hospital's high-quality and comprehensive services, the system has more than a dozen centers of care in Bowie, Camp Springs, Crofton, District Heights, Hyattsville, Lanham, Largo, Laurel, Riverdale and Temple Hills.

## Council Announces FY 2019 Domestic Violence Grant Recipients

Grant Program Seeks Community Solutions for Ending Domestic Violence in the County

By PRESS OFFICER  
Prince George's County Council

UPPER MARLBORO, MD (October 16, 2018)—The Prince George's County Council, in an initiative combatting domestic violence and related abuse in the County, announced recipients of the Council's FY 2019 Domestic Violence Grant funding following a proclamation ceremony recognizing October as Domestic Violence Awareness Month on Tuesday, October 16, 2018 in Upper Marlboro, Maryland.

The Prince George's County Council appropriated \$500,000 in FY 2019 in a third round of grant funding to support the Council's Domestic Violence Grant Program, a funding resource for programs that serve the housing, counseling, or advocacy needs of County residents who are victims of domestic violence. Grant funds are available to nonprofit organizations through a review and evaluation process for all applicants.

Council Chair Dannielle Glaros (D)—District, 3 stressed the importance of ongoing collaboration between nonprofits and government to effectively address the scourge of domestic violence.

"This Council appreciates the work of our awardees and all nonprofits working tirelessly to support our families and save lives. We continue to focus on strengthening our communities with solutions and partnerships to address the scourge of domestic violence in Prince George's County."

To view the proclamation ceremony on-demand, please visit the Council website, <http://pgccouncil.us>.

### FY 2019 Domestic Violence Grant Program Awardees

HOUSING	AMOUNT
St. Matthew's Housing Corporation	\$38,050
Community Crisis Services, Inc.	\$85,000
PREVENTION	AMOUNT

La Clinica del Pueblo	\$25,000
Progressive Life Center, Inc.	\$55,388
Prince George's Child Resource Center, Inc.	\$30,000
The Institute for Creative Community Initiatives	\$30,000
Dimensions Health Corporation dba UM Capital Region Health	\$50,000
Sisters4Sisters, Inc.	\$20,000
COUNSELING	AMOUNT
Community Advocates for Family & Youth, Inc.	\$36,000
District Heights Youth Development Foundation	\$40,000
ADVOCACY	AMOUNT
Community Advocates for Family & Youth, Inc.	\$50,562
Community Legal Services of Prince George's County, Inc.	\$20,000
Women's Law Center of Maryland	\$20,000
TOTAL	\$500,000

## Three P.G. County Cities and Towns Receive Prestigious Sustainable Maryland Certified Award at Maryland Municipal League Conference

By MIKE HUNNINGHAKE  
The Environmental Finance Center at the University of Maryland

COLLEGE PARK, MD (October 15, 2018)—The Environmental Finance Center at the University of Maryland announced that the Town of Cottage City, the City of Mount Rainier, and the City of Laurel were among eight Maryland municipalities honored at the Sustainable Maryland Awards Ceremony at the Maryland Municipal League's annual Fall Conference last Friday in Annapolis.

### Cottage City

- Highlights of Cottage City's accomplishments include:
- Cottage City sponsored a series of 12 environmental field trips for senior citizens in Cottage City and the surrounding community.
  - The Town launched a community garden that is now in its 8th year. It features 24 beds, four fruit trees, and a grape arbor.
  - The Town partnered with the Port Towns Community Health Partnership and Fort Lincoln Family Medicine Center for monthly low-impact exercise classes for seniors from May 2016–April 2017.
  - Cottage City was one of the initial communities that joined Prince George's County and Sustainable Maryland's efforts to "Scoop the Poop".
  - The Town adopted a Green Purchasing Policy to help ensure more environmentally friendly procurement of goods and services.

"The town of Cottage City, as part of its effort to become a more sustainable community, is proud of the Green Team and staff for their accomplishments and in being awarded the Sustainable Maryland certification," said Commissioner Natasha Davis. "We hope to continue our pursuit of becoming a model community."

According to Mike Hunninghake, Program Manager for Sustainable Maryland,



COTTAGE CITY: (from left) Commissioner Natasha Davis, Commissioner Wanda Wheatley, Green Team member Denise Hamler, and Town Manager Dylan Galloway with the Sustainable Maryland Certified award at the Maryland Municipal League conference last Friday.

able Maryland, "This year's class of Sustainable Maryland Certified communities represents significant continued progress on sustainability issues, in small towns and large cities, from all across the state. The Green Teams, elected officials, and municipal staff that have accomplished so much provide both inspiration and real-world examples for their peers to follow."

For detailed information about Cottage City's sustainability initiatives, please contact Dylan Galloway, Town Manager, [townmanager@cottagecitymd.gov](mailto:townmanager@cottagecitymd.gov), 301-779-2161.



MOUNT RAINIER: (from left) Council Member Shivali Shah and Green Team Chair Joseph Jakuta with the Sustainable Maryland Certified award at the Maryland Municipal League conference last Friday.

### Mount Rainier

Mount Rainier received its initial certification in 2012, and was re-certified again in 2015 and 2018.

"Mount Rainier has been a bellwether in the state of Maryland with its demonstrated commitment to going green and reducing its environmental footprint," said Mayor Malinda Miles. "Thanks to volunteers, the City has once again met the Sustainable Maryland Certified re-certification standards. This is the third time that Sustainable Maryland's certification goals have been made. Thank you especially to Green Team Chair Joseph Jakuta for taking the lead and putting Mount Rainier's re-certification application together."

Highlights of Mount Rainier's accomplishments:

- The Green Team created a video series called #GreenLife, which focuses on environmental living in Mount Rainier.
- The City worked with University of Maryland students and a Chesapeake Conservation Corps volunteer to complete a Municipal Carbon Footprint for the City.
- The Green Team hosted native plant workshops, plant swaps, and plant sales for the past eight years.
- The Mount Rainier Community Garden started its fifth growing season in the spring of 2018.

- The City participated in a municipal collaboration with other municipalities in Prince George's County in an effort to provide energy efficient weatherization upgrades to income-eligible residents for free.

For detailed information about Mount Rainier's sustainability initiatives, please contact Miranda Braatz, City Manager, [mbraatz@mountrainiermd.org](mailto:mbraatz@mountrainiermd.org), 301-985-6585 Ext: 22

### City of Laurel

Laurel received its initial certification in 2015, and became re-certified in 2018.

Highlights of Laurel's accomplishments:

- Held its first health fair for the community in 2018. The event had a total of 50 vendors, and attendees were able to receive complimentary flu shots as well as health screenings for cholesterol, diabetes, hearing, and vision.
- Has been a Tree City USA community for 24 years.
- The City is one of the municipalities that has approved the Patuxent River Watershed Act. The purpose of this legislation is to protect the Patuxent River by regulating actions that impact the river.
- Offers an extensive Health & Wellness program for City employees, where enrolled participants accumulate points for certain healthful activities.

"The City of Laurel is proud to be recognized as a Sustainable Maryland Certified municipality, as well as a SolSmart municipality," said Mayor Craig Moe. "As Laurel continues to grow, the City Council and I pledge to always work toward sustainable growth, including protection of our natural resource conservation, historic district, commercial corridor and encouraging healthy living for our wonderful city."

For detailed information about Laurel's sustainability initiatives, please contact Christian Pulley, Economic and Community Development Director, [cpulley@laurel.md.us](mailto:cpulley@laurel.md.us), 301-725-5300 ext. 2252.



LAUREL: (from left) Department of Economic and Community Development Director Christian Pulley, Deputy City Administrator Lou Ann Crook, Clerk of Council Kim Rau, Mayor Craig Moe, Councilman Keith Sydnor, Department of Economic and Community Development Deputy Director Robert Love, and Councilman Fred Smalls with the Sustainable Maryland Certified award at the Maryland Municipal League conference last Friday.

ALL PHOTOS COURTESY OF THE ENVIRONMENTAL FINANCE CENTER AT THE UNIVERSITY OF MARYLAND

# COMMENTARY

## A Little Awareness—and Support—Go a Long Way

By TIM MARTIN AND JORDAN PUGH, Co-directors  
High Road Academy, Laurel

Unless you have a direct connection, you may not realize October is Learning Disabilities Awareness Month. It's a time to recognize individuals with learning disabilities, how that may affect their families and what we can do to make our society more inclusive.

As co-directors of the High Road Academy in Laurel, a school that serves about 70 students in grades 5 through 12 with exceptionalities including but not limited to autism and ADHD, we believe—and have seen—that every child has the ability to reach his or her full potential. They can grow into productive adults who contribute greatly to our community. With 30 years of collective experience, it's something we've witnessed firsthand time and time again.

To help individuals with learning disabilities thrive, there must be awareness. It's important that parents and especially educators create a system in which those who need extra support can access it. General education teachers are often the doorway to a child with learning disabilities being diagnosed and receiving a tailored education. If they recognize the signs, that child might get the help they need far sooner than if they don't.

It's true that the squeaky wheel gets the grease. Parents also need to know when to campaign for more attention to their child. They are often their child's biggest advocate.

Part of the Catapult Learning family of schools, the High Road Academy in Laurel can be a resource for districts, parents and children. Our team takes a holistic approach to supporting our students in developing academically, behaviorally and socially. Our staff includes educators, counselors, psychologists and occupational therapists dedicated to fostering an environment where students with special needs can thrive. We also work very closely with families to ensure they have the tools they need.

We also believe in fostering an environment of well-being and engaging in partnerships that create opportunities for our students. For example, our staff works with the team at Prince George's Community College to offer a workforce development program that prepares our students for jobs and careers when they leave us. Beyond the basics, our school also features a backyard sanctuary—complete with a pond and garden—created, maintained and enjoyed by our students.

The old saying holds true: It takes a village, and the more people who are aware of learning disabilities and the true potential individuals who are affected have, the stronger we are as a society. All of us can do our part to make this a more inclusive community where everyone reaches their full potential.



Tim Martin, Co-director



Jordan Pugh,  
Co-director

PHOTOS COURTESY OF  
HIGH ROAD ACADEMY

## Marion Wright Edelman

President, Children's Defense Fund



### ChildWatch:

## The Land of the Free

This week marked the fiftieth anniversary of the Black Power salute given by Olympic medalists Tommie Smith and John Carlos as the American anthem played during their medal ceremony at the 1968 Olympic Games. Their quiet nonviolent protest earned them loud and widespread criticism, death threats and suspension from the U.S. track team. Tommie Smith later said: "We were just human beings who saw a need to bring attention to the inequality in our country. . . I don't like the idea of people looking at it as negative. There was nothing but a raised fist in the air and a bowed head, acknowledging the American flag—not symbolizing a hatred for it." But the reaction to their stance has clear parallels fifty years later.

The start of this year's football season and Nike's decision to feature Colin Kaepernick in an advertising campaign reignited the debate over whether athletes should be castigated for respectfully kneeling or engaging in silent nonviolent protest during the national anthem to protest racial and social injustice in America. The debate also raises other questions about whether the national anthem itself is beyond free expression of speech and reproach—and whether "The Star Spangled Banner" has ever been a universal symbol of a "land of the free" for all. After all its author Francis Scott Key embodied some of the profoundly unjust contradictions endemic to our young nation, especially the role of slavery in a nation allegedly founded on the premise of all men being created equal. Where were we women and people of color and Native Americans whose lands were stolen and pillaged by White settlers?

Key was born three years after the adoption of the Declaration of Independence into a wealthy slave-owning family in Maryland. He owned slaves himself and freed some but not all during his lifetime. A deeply religious man, he argued against slave trafficking and once asked, "Where else, except in slavery, was ever such

a bed of torture prepared by man for man?" But instead of fighting to end slavery in our land Key was a founder and officer of the American Colonization Society which encouraged free Blacks in America to emigrate to Africa. That organization included some members who believed slavery was wrong but also many who were simply alarmed by the growing numbers of freed and former slaves. They shared an inability to envision or embrace an America where free Blacks and Whites could peacefully coexist together.

As a lawyer working in Washington, D.C. who was eventually appointed U.S. Attorney for Washington by President Andrew Jackson, Key represented pro bono several slaves suing for their freedom but he also represented slaveowners suing to have runaway "property" returned. And Key was the prosecutor in one of the most sensational cases of his time which began when 18-year-old slave Arthur Bowen stumbled into his White mistress's bedroom carrying an ax after a night of drinking. Although he did not threaten or attack anyone, he was quickly arrested on charges of attempted murder. Outrage over his "crime" led to several nights of race riots in Washington. Key sought the death penalty for Arthur although Arthur's mistress said from the beginning she did not think he meant to hurt her and later successfully pleaded for Arthur's pardon.

Key then gained national attention by prosecuting White doctor Reuben Crandall for sedition and inciting insurrection during the rioting after Arthur's arrest—arguing that Crandall was an abolitionist who hoped to provoke violence by distributing antislavery literature. During that trial Crandall's defense attorneys quoted some of Key's own writings about the evils of slavery, but a Washington Post feature on the case explains that Key doubled down and "appealed to the all-white jury's sense of supremacy: 'Are you willing, gentlemen, to abandon your country; to permit it to be taken

from you, and occupied by the Abolitionist, according to whose taste it is to associate and amalgamate with the Negro?'" Crandall was acquitted but he died soon after of tuberculosis contracted while he was in jail for eight months awaiting trial. It's small wonder that during Key's lifetime antislavery advocates already viewed his famous lyrics with skepticism and argued the "home of the brave" was actually the "home of the oppressed."

Key also argued vehemently against the War of 1812 because of his religious beliefs but served anyway and was part of a delegation negotiating a prisoner exchange when he found himself on a ship in Baltimore harbor watching the pivotal overnight battle that moved him to write a poem about what he had seen. Those words set to the tune of a popular drinking song ultimately became "The Star Spangled Banner." Today the most commonly sung first verse seems to glorify the battle without capturing any of Key's earlier antiwar ambivalence. It is one more example of the contradictions inherent in our national anthem and national life.

More than two hundred years after it was written many Americans believe the anthem remains a symbol of contradictions still so present in our national life. This brings us full circle to the current debate over whether kneeling during the anthem is a respectful and appropriate way to call attention to the ways our nation still falls short of its professed ideals. As I wrote last year, as one of many, many hundreds of thousands of people who protested, went to jail, marched, sat and—yes—knelt during the Civil Rights Movement, I applaud athletes and anyone using their visible public platform to nonviolently protest still-present racial and gender injustice as a result of our national birth defects embodied in Native American genocide, slavery and exclusion of women and non-propertied White men from the electoral process.

See LAND Page A5

## Marc Morial

President and CEO, National Urban League



### To Be Equal:

## Enough is Enough. VOTE! History Will Not Look Kindly on 21st Century Jim Crow

After years of preclearance and expansion of voting access, by 2013 African American registration and turnout rates had finally reached near-parity with white registration and turnout rates. African Americans were poised to act as a major electoral force. But, on the day after the Supreme Court issued *Shelby County v. Holder*, eliminating preclearance obligations, a leader of the party that newly dominated the legislature announced an intention to enact what he characterized as an "omnibus" election law. Before enacting that law, the legislature requested data on the use, by race, of a number of voting practices. Upon receipt of the race data, the General Assembly enacted legislation that restricted voting and registration in five different ways, all of which disproportionately affected African Americans.—

Judge Diana Gribbon Motz, 4th Circuit Court of Appeals, *NAACP v. North Carolina*

The National Urban League has been at the forefront of the fight for voting rights for decades. At the national and state level we and our network of 90 affiliates in the Urban League Movement have advocated for access to the ballot, condemned efforts at voter suppression and fought for our rights in the courts and in the streets.

My predecessor, Whitney M. Young, stood proudly with the other Big Six civil rights leaders beside President Lyndon Johnson as he signed the Voting Rights Act in 1965.

Our rights are more threatened than at any time since that moment. That's why the Urban League Movement is engaged in a voter education and civic

participation campaign called "Enough is Enough. VOTE!"

I could quote statistics showing how voter registration and voter participation rates rose steadily from the signing of the Voting Rights Act in 1965 until 2013, when the Supreme Court gutted the Act with its decision in *Shelby v. Holder*. That is generally how we measure the success of the Act.

But to quote Congressman John Lewis, who very nearly lost his life in the battle for the Voting Rights Act, "increasing the voter rolls was not the central purpose of the legislation. It was intended to stop state-sponsored terrorism, intimidation, and unjust, humiliating practices—literacy tests, poll taxes, and even lynching—which led people of color to fear registering and voting on Election Day."

It is no coincidence, and no accident, that the push to dismantle voting rights intensified after the election of 2008—the first time in United States history when the Black voting rate equaled the white rate.

That's exactly when Georgia, for example, tried to enact its controversial exact-match policy—which allows the state to reject voter registrations if so much as a hyphen is out of place. Under Section 5 of the Voting Rights Act, however, the policy was rejected.

Despite the Justice Department's determination that "flawed system frequently subjects a disproportionate number of African-American, Asian, and/or Hispanic voters to . . . erroneous burdens on the right to register to vote," Georgia is now on its third attempt to enact "exact match," and is being sued for the second time.

In 2018, voters in at least eight states will face more stringent voting laws than they did in the last federal election. Overall, voters in 23 states will face tougher restrictions than they did in 2010. Tens of thousands of registered voters were deterred from voting by these racially discriminatory voter-suppression tactics.

In *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*, Michelle Alexander wrote, "The genius of the current caste system, and what most distinguishes it from its predecessors, is that it appears voluntary. People choose to commit crimes, and that's why they are locked up or locked out, we are told."

So it is with voter suppression laws. They purport to target people who supposedly can't be bothered to acquire photo identification, or who supposedly misspell their own names—never mind that it is overwhelmingly voters of color who lack the documentation to acquire required identification, or whose names are likely to be misspelled by overwhelmingly white county elections workers.

Poll taxes and literacy tests didn't explicitly mention race, either. History will look no more kindly on the 21st Century Jim Crow.

Ultimately, these efforts to suppress voters of color are mere sandbags against the rising current of an increasingly racially diverse electorate. They may delay but never halt our progress toward equality. But only if we press on, continue to wage battles in the courts and in our communities, continue shining a light on discrimination and speaking truth to power.

## The Prince George's Post



Your Newspaper  
of Legal Record

Call: 301-627-0900  
Fax: 301-627-6260

Do you have news or events to share? We'd love to hear from you!

Email the editor at  
pgpost@gmail.com

## The Prince George's Post

The Prince George's Post  
P.O. Box 1001 15207 Marlboro Pike  
Upper Marlboro, MD 20772-3151  
Phone: 301-627-0900 • Legal Fax: 301-627-6260  
Email: pgpost@gmail.com  
Contents © 2018, The Prince George's Post

<b>Publisher/Senior Editor</b> Legusta Floyd	<b>Editor</b> Lisa Duan
<b>General Manager/ Legal Advertising Manager</b> Brenda Boice	<b>Administrative Assistant/ Billing</b> Lorissa Steward
<b>Legal Advertising Assistant</b> Robin Boerckel	<b>Web Manager</b> Kyler Quesenberry

Prince George's County, Md. Member National Newspaper Publishers Association, and the Maryland, Delaware, District of Columbia Press Association. The Prince George's Post (ISSN 10532226) is published every Thursday by the New Prince George's Post Inc., 15207 Marlboro Pike, Upper Marlboro, Md. 20772-3151. Subscription rate: 25 cents per single copy; \$15 per year; \$7.50 senior citizens and students; out of county add \$1; out of state add \$2. Periodical postage paid at Southern Md. 20790. Postmaster, send address changes to Prince George's Post, P.O. Box 1001, Upper Marlboro, Md. 20772-3151.

# BUSINESS AND FINANCE

## Social Security Matters

Ask Rusty:

### A "Surprise" Medicare Premium Increase

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

Dear Rusty:

I don't know if my situation is unique but here it is. Years ago, I bought savings bonds to add to my retirement and now that I have cashed some in, I not only must pay income tax on the interest, but the added income has put me above an established allowable income, so my Medicare premiums have increased, and that increase is taken out of my social security benefits. It seems I am being punished for being someone who planned ahead for retirement. It's bad enough that I am taxed on 85% of my social security payments but with this added surprise my benefits are declining each year. There seems to be a lack of information on Social Security and Medicare benefits and penalties. Thanks for providing a forum to air my situation. *Signed: Surprised and Frustrated*

**Dear Surprised:** I fully understand your dilemma, and I agree that some of the risks to Social Security benefits from changing income levels aren't widely publicized. From what you've told me, it appears that you are being affected by a Medicare provision referred to as "IRMAA", or the Income-Related Medicare Adjustment Amount. The IRMAA provision provides that if a beneficiary's annual Modified Adjusted Gross Income exceeds certain levels, they must pay a higher Medicare Part B premium and a supplemental amount for their Part D premium for prescription drug coverage. And since the Part B premium is deducted from your Social Security benefit, IRMAA can, indeed, lower your net Social Security benefit payment. The base Part B premium for 2018 is \$134 but exceeding the base income amount of \$85,000 filing "single" (or \$170,000 filing "Married-Jointly") will mean a higher Part B premium—anywhere from \$187.50 to \$428.60 (instead of \$134) depending upon the level of annual income.

Since you told me you cashed in some savings bonds, which pushed you "above an established allowable income," there may be something you can do to ease the impact. Medicare recognizes that situations sometimes occur which temporarily boost one's income into the IRMAA range, and so provides for a way you can prove that your normal annual income isn't truly as high as recently reported to the IRS. You can do this by submitting Form SSA-44 and claiming a "life changing event" which will allow you to explain that your annual income was artificially high for just one year. Here is a link to that form: <https://www.ssa.gov/forms/ssa-44.pdf>. If approved, this could result in your Medicare premium in subsequent years being returned to the amount it was before cashing in those savings bonds. You will have to pay the higher premium for the year in question and if your income in subsequent years continues to exceed the IRMAA level your Medicare premium will not be adjusted. But since you're now aware of IRMAA you may be able to better manage redeeming any investments you may have. I recently published another article on this topic, which you may find of interest. Here is a link to that article: <http://socialsecurityreport.org/ask-rusty-irmaa-and-medicare-premiums/>.

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

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

## Land from A4

Nonviolent protesters are carrying on the morally courageous legacy of nonviolent protest so desperately needed today across our nation and world.

Americans standing up or kneeling down to insist our nation live up to her founding creed of liberty and justice for all are standing on the shoulders of moral giants and dissenters throughout America's history. Every single movement for equality and justice in America from our revolution for independence through our struggles to end slavery, end Jim Crow discrimination against people of color, expand women's rights, establish LGBT rights and more has faced loud, dangerous, and often violent opposition. There have always been people in power who condemn as un-American any and all forms of protest and any challenge to our nation's economic, racial, gender-based and other inequities however unjust. Peaceful, nonviolent, prayerful and sustained protest is needed and will always be appropriate in a nation still aspiring to live up to its promise as the land of the free and whose currency says "In God We Trust."

It's time to stand up to those who seek to hijack our professed values of liberty and justice for all. I believe honoring God's call for justice for all God's children trumps the national anthem created by a slave owner and which symbolizes our nation's profound birth defects. Our times cry out for a new song and a new politics in a nation and world desperately hungering for moral and just leadership and for an end to the cries of millions of war, poverty and hunger ridden children in our boastfully wealthy nation where in 2017, 12.8 million children lived in poverty and the three richest billionaires in America held more wealth than the bottom 500 percent of Americans. We must create now a just world safe and fit for every child and human being. And sustained strategic nonviolent protest is a powerful way to reach our efforts to make America become a truly just nation.

## First Ever Partnership Event in Celebration of Hispanic Heritage Month

Prince George's County Economic Development Corporation and Greater Washington Hispanic Chamber of Commerce Join Forces to Support Local Businesses

By LORI VALENTINE  
PGCEDC

COLLEGE PARK, MD (October 17, 2018)—Last Thursday, the Greater Washington Hispanic Chamber of Commerce (GWHCC) and the Prince George's County Economic Development Corporation (PGCEDC) came together to celebrate Hispanic Heritage Month. More than 150 guests attended the celebration at The Hotel at the University of Maryland, which included local business owners and government officials from across the metro area together to network and partner with their culturally diverse colleagues.

"As we celebrate Hispanic Heritage Month, we are proud to embrace our friends and remarkable partners Jim Coleman and the Prince George's County Economic Development Corporation," said Nicole Quiroga, President and CEO of GWHCC. "There is no greater time to work together to bring our members more opportunities to develop their business."

In addition to celebrating Prince George's County's Latino community and the newly formed partnership between the Prince George's County Economic Development Corporation and the Greater Washington Hispanic Chamber of Commerce, several state and local dignitaries stopped by the event to support the partnership and salute the Hispanic business community for its contributions to Prince George's County and the surrounding region. PGCEDC President and CEO Jim Coleman was among the first to acknowledge the importance of the partnership.

"We are delighted to celebrate Hispanic Heritage Month with Nicole Quiroga and our wonderful partners at the Greater Washington Hispanic Chamber of Commerce and all the Hispanic businesses that help make Prince George's County en fuego!" said Coleman. "Our coming together this evening is a testament to the EDC and GWHCC businesses in the Hispanic community to be aware of the business development programs, opportunities and resources available through the EDC to help grow their businesses. Tonight is about opportunity; the opportunity to meet each other, sell to each other, help each other and be informed about the great

things the EDC can do to help you grow your business!"

Community members from both Washington, DC and Maryland enjoyed hors d'oeuvres and refreshments during the partnership announcement and networking event. Also in attendance were State Senator Victor Ramirez (Dist. 47), Council Member Deni Taveras (Council Dist. 2), Nicholas Majett, Chief Administrative Officer at Prince George's County Executive's Office, Daisy Rickert, Latino Affairs Liaison for Prince George's County Executive's Office, Bradley Mims, President and CEO of COMTO, Rocio Treminio-Lopez, Latino Business Liaison with the EDC, Lorena Rivera, Director of Hispanic Affairs with the Governor's Office of Community Initiatives and J. Walter Tejada Board Member of Metropolitan Washington Airport Authority.

"Tonight was really big for our Latino Business Community," said Rocio Treminio-Lopez, Latino Affairs Liaison for PGCEDC. "This celebration of Hispanic Heritage Month shows that in Prince George's County, representation matters. Hispanic business owners are hardworking and have created thousands of job and career opportunities for people from all walks of life. Members of the community have earned the right to be recognized and celebrated. I'm proud to be a resource for

business leaders who want to grow and create more opportunity. Tonight, we dance and celebrate, but we know that there is more work to be done. I look forward to the Latino Business community continuing to expand the economic footprint of Prince George's County."

The Greater Washington Hispanic Chamber of Commerce aims to develop the network and tools in assisting businesses in the D.C. area to grow. Every year more than 1500 businesses and organizations participate in our events, many of whom are our members. These members range from the Washington region's largest corporations to one-person companies—and everything in between. For more information, please visit [www.GWHCC.org](http://www.GWHCC.org).

The Prince George's County Economic Development Corporation provides business services that help attract, retain, and expand businesses, create high-quality jobs, and expand Prince George's County's commercial tax base. EDC's mission of business attraction and expansion is accomplished through our main business initiatives including Business Development, Innovation Station Business Accelerator, Workforce Services, and Marketing/Communications. For more information, please visit [www.pgcdec.com](http://www.pgcdec.com).



PHOTO COURTESY OF PGCEDC

Jim Coleman (left) and Nicole Quiroga (2nd from right) entertain local business leaders at Hispanic Heritage Month Celebration.

## HEALTH AND WELLNESS

### Maryland Department of Health Reports First Seasonal Flu Cases

Vaccination is Your Best Protection for You and Your Loved Ones

By PRESS OFFICER  
Maryland Department of Health

BALTIMORE, MD (October 16, 2018)—The Maryland Department of Health announced today the first confirmed cases of the seasonal flu for the 2018-2019 influenza season. Two laboratory-confirmed cases of seasonal influenza have been identified in one adult and one child in the Central and Eastern Shore regions of Maryland. The confirmed flu strains are type A (H1) and Type B (Victoria).

Influenza is a contagious respiratory disease that may lead to serious complications, hospitalization, or even death. The virus that causes influenza spreads from person to person through coughing or sneezing, as well as through direct contact with infected people and contaminated surfaces or objects. Common symptoms include fever, body aches, fatigue, coughing, and sore throat. Symptoms usually begin one to four days after being exposed to the virus.

"The influenza vaccine is the best way to protect yourself and your family from becoming ill with influenza," said Deputy Secretary for Public Health Services Fran Phillips, RN, MHA. "Getting vaccinated each year is important, because the strains of influenza that circulate change over time. This season, influenza vaccines have been updated to better match the circulating strains."

Influenza vaccine is recommended for everyone over the age of six months. It is especially important for individuals who are at high risk for influenza-related complications and severe disease, including:

- Children younger than five, but especially children younger than two years old
  - Persons 65 years of age and older
  - Pregnant women (and women up to two weeks postpartum)
  - Residents of nursing homes and other long-term care facilities
  - American Indians and Alaska Natives
  - Persons of any age with chronic medical conditions
  - Persons undergoing therapy, or with a condition that may weaken their immune systems
  - Persons caring for someone in these groups to avoid spreading the disease to them. These persons include health care workers, household contacts of individuals at risk for complications from the flu, and daycare or school workers
  - The vaccine is widely available, and Maryland residents are urged to get protected now by contacting their health care provider, local health department, or neighborhood pharmacy and getting vaccinated against influenza.
- If you believe you are ill with influenza:
- Contact your health care provider for management of flu symptoms or treatment of any complications
  - Get rest and drink plenty of fluids
  - Cover your mouth and nose when sneezing or coughing
  - Use alcohol-based hand sanitizers and wash your hands often
  - Avoid crowded places like shopping malls or public transportation
  - Avoid unnecessary visits to hospitals or other settings where people with weakened conditions may be at risk of getting your flu as they could be severely affected

your flu as they could be severely affected

• Stay home from work or school whenever possible to avoid spreading the flu to your friends and coworkers

For more information regarding the 2018-2019 updated influenza vaccines and Centers for Disease Control (CDC) vaccine recommendations, visit <https://www.cdc.gov/flu/about/season/flu-season-2018-2019.htm>.

Stay up-to-date on influenza activity in Maryland by visiting <https://phpa.health.maryland.gov/influenza/fluwatch/> for weekly updates.

Maryland has an established online Maryland Resident Influenza Tracking Survey (MRITS). This tool is designed to enhance the state's existing influenza surveillance by monitoring influenza-like illnesses among residents who might not seek medical care. Please volunteer! Sign up online at <http://flusurvey.health.maryland.gov/> to receive an email each week with a link to our surveys where you can report any flu-like symptoms.

For more information about the seriousness of influenza and the benefits of vaccination, visit <https://phpa.health.maryland.gov/influenza/> or <http://www.cdc.gov/flu/> or <http://www.cdc.gov/flu/protect/vaccine/index.htm> or call CDC at 1-800-CDC-INFO.

#### Community Flu Clinics:

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.

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

# OUT on the TOWN

## Halloween Happenings

### Xtreme Teens: HallowSCREAM Party

Date and time: Friday, October 26, 2018, 6–10 p.m.  
Description: Come dressed as your scary best! We'll host contests for the best costume and the worst-dressed people. This is an event you won't want to miss as we'll have a live DJ, your favorite foods and loads of fun activities throughout the day. We DARE you to come out for an awesome time!

Cost: FREE with a valid youth M-NCPPC ID!  
Ages: Ages 10–17  
Location: Berwyn Heights Community Center, 6200 Pontiac Street, Berwyn Heights, MD 20740

### Halloween Jamboree

Date and time: Friday, October 26, 2018, 6:30–8:30 p.m.  
Description: Trick-or-Treat! Bring your kids out for a fun evening of face painting, skating, music, and light refreshments. Remember to grab a goodie bag on your way out!

Cost: Resident: \$5 / Non-Resident: \$7  
Ages: Ages 6–12  
Location: Oakcrest Community Center, 1300 Capitol Heights Boulevard, Capitol Heights, MD 20743

### Films in the Woods—The Rocky Horror Picture Show

Date and Time: October 26–October 27, 2018, 11:30 p.m.–2 a.m.  
Description: The Rocky Horror Picture Show Midnight Showing. Dust off your gold sequin top hat, snap on your rubber gloves and lace up your corset for a fun-filled evening of call-backs and great one-liners. *Advance ticket sales through eventbrite recommended.*

Cost: General: \$15.00, Advanced: \$10.00  
Ages: 18+  
Location: 2001 Bryan Point Road, Accokeek, MD 20607  
Contact: 301-292-5665

### Witches & Wizards Weekend

Date and Time: Saturday, October 27, 10a.m.–3 p.m. and Sunday, October 28, 11 a.m.–3 p.m. The Wizards Express Train Ride: Saturday at 11:30am & 2pm. Sunday at 12pm & 2:30pm  
Description: Young witches and wizards at the B&O Railroad Museum will enter the school of wizardry where they will make their own magical wands, learn simple science in the potions class, and create a plant creature in herbology class. Masters of the magical maze will have the chance to win a railroading storybook and a free cone card from The Charmery.

Cost: FREE for B&O Members, \$20 adults, \$12 children, plus train ride: \$3 adults, \$2 children  
Ages: All ages are welcome  
Location: B&O Railroad Museum, 901 W. Pratt St. Baltimore, MD 21223  
Contact: 410-752-2490, www.borail.org/witches-wizards.aspx

### Tails on Trails: Howl-o-ween

Date and Time: Saturday, October 27, 2018 at 11 a.m.–3 p.m.  
Description: Celebrate Halloween at Piscataway Park with your furry friend. Tails on Trails will feature trail trick-or-treating, dog-friendly haywagon rides, and a Pooch Play Zone with an agility course and cooling pool. Capture the character of your best friend with a pup portrait then create a paw print art keepsake. MOM's Organic Market–Waldorf will be handing out some doggy goodies. Halloween costumes are strongly encouraged for both humans and dogs alike. Festive fidos will have a chance to win prizes for a costume contest. All dogs must be on leash.

Cost: Admission is \$5 per dog. Some activities have an additional cost.  
Ages: All ages are welcome.  
Location: Piscataway Park, Accokeek Foundation, 3400 Bryan Point Road, Accokeek, Maryland 20607  
Contact: 301.283.2113

### Halloween on Ice

Date and time: Saturday, October 27 from 1–3 p.m.  
Description: Celebrate Halloween at the Ice Arena! Costume contest, treat bags for kids in costume and lots of skating fun for the whole family! Food donations will go to the Bowie Community Pantry.

Cost: Free admission with costume. Free skate rental with a canned good.  
Ages: All ages are welcome  
Location: Bowie Ice Arena, 3330 Northview Dr., Bowie, MD 20716  
Contact: 301-809-3090



IMAGE CREDIT: DAFFERS234, MORGUEFILE.COM

### Spooky Pooch Howl-o-ween Celebration

Date and time: Saturday, October 27, 2018, 2–4 p.m.  
Description: Grab your pooch and high-tail it to Hillwood for Halloween fun. Strut your mutt in our canine costume competition and purchase a signature drink at Yappy Hour.

Cost: \$13 adult (with 1–2 dogs), \$8 Hillwood member (with 1–2 dogs), \$5 child (ages 6–18), free for children under 6  
Ages: All ages are welcome  
Location: Hillwood Museum, 4155 Linnean Avenue, NW, Washington, DC 20008  
Contact: 202-686-5807

### Campfire Talk: "The Goatman, Is He a Myth? A Hallowe'en Campfire"

Date and time: Saturday, October 27, 6:30–7:30 p.m.  
Description: As Hallowe'en approaches, shiver with the frost on the pumpkin (or with fear of the Goatman?), and warm yourself before a fire, as a park ranger describes the myth (or is it?!?) of the "Goatman," a bizarre creature sighted frequently in this vicinity. Beware, because the Goatman may be in the Greenbelt woods, and may be glimpsed in the firelight! The Goatman lives! Meet at the Campfire Circle in B Loop. Park Ranger John Reid is presenting the program.

Cost: FREE  
Ages: Ages 8 and above  
Location: Greenbelt Park, 6565 Greenbelt Road, Greenbelt, Maryland 20770  
Contact: 301-344-3944

### Tails & Trails Boo-tac-u-lar

Date and time: Wednesday, October 31, 2018 from 6–8:30 p.m.  
Description: Enjoy a fun-filled evening riding on a haunted trail, listening to ghost stories around a fire, playing games, and participating in a costume contest with prizes.

Cost: Resident: \$5 / Non-Resident: \$7  
Ages: Ages 12 and under  
Location: Tucker Road Community Center, 1771 Tucker Road, Fort Washington, MD 20744

### Halloween Festival & Costume Party

Date and time: Wednesday, October 31, 2018, 6:30–8:30 p.m.  
Description: Come dressed in your favorite costume and join the parade at our annual Halloween Festival. Enjoy carnival games, candy bag giveaways, and a trunk or treat adventure. This is a safe alternative to door-to-door trick or treating.

Cost: Resident: \$3 / Non-Resident: \$4  
Ages: Ages 3–12  
Location: Suitland Community Center, 5600 Regency Lane, Forestville, MD 20747

### Laurel's House of Horror

Date and Time: September 28th–November 3, 2018, 7 p.m.  
Description: Laurel's House of Horror is Maryland's scariest haunted house attraction, built inside of an abandoned movie theater. The Haunted House is open every year for select dates. It's our 5th year, and the 50th anniversary of the theater. Each year's haunt offers something unique—sensory overload, a chilling sense of anticipation and fear, and all-new exhibits and areas. Dare to venture through the twists and turns in the elaborate theater. Discover over 28,000 square feet of movie icons, clowns, zombies, snakes, spiders and real ghosts. **Reserve Tickets!**

Cost: Get tickets at <https://laurelhaunt.com/haunted-house/>  
Ages: Recommended 10 years old and older  
Location: Laurel's House of Horror, 935 Fairlawn Ave, Laurel, MD 20707  
Contact: 240-294-8444

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

### Hell Fest

Hell Fest  
Grade: B-  
R, a lot of harsh profanity,  
a lot of violence.  
1 hr., 28 min.

The rare slasher film that's not a sequel to or remake of a previous one, "Hell Fest" exploits the premise of a traveling Halloween carnival being infiltrated by an actual masked killer who avoids detection by blending in with the hired scarers. Directed by Gregory Plotkin ("Paranormal Activity: The Ghost Dimension") from a screenplay with five names attached to it, the film is free of subtext and provides only minimal backstory: College student Natalie (Amy Forsyth), her best friend Brooke (Reign Edwards), Brooke's sarcastic punk roommate Taylor (Bex Taylor-Klaus), and their respective male love interests go to the Hell Fest amusement park on Halloween night, where they—but Natalie in particular—are stalked by a Michael Myers-ish figure. The scares are modestly effective, and the between-scares scenes of six lively young people horsin' around at a spook alley are tolerable. The place itself is a vast theme park full of creative environments (this is supposed to be a traveling operation?), and it's fun to watch the characters interact with them even when they're not being killed. Horror stalwart Tony Todd (the Candyman himself) has a one-scene cameo as if to give the potential new franchise its bona fides. It could have used more themed kills—smashing someone's head with an oversized "test your strength" mallet is all we get—but slasher movies are like trick-or-treat candy: You can't be too choosy.



ROTTENTOMATOES.COM

A masked serial killer turns a horror themed amusement park into his own personal playground, terrorizing a group of friends while the rest of the patrons believe that it is all part of the show.

## PLAN AHEAD: Registration or Reservations Required

### Prince George's County Expungement Fair

Date and Time: Saturday, November 3, 2018, 10 a.m.–2 p.m.  
Description: If you are interested in expungement services: Expungement services are for Maryland charges only! Please bring a paper printout of your charges. Free transportation provided (call for locations). Consult with an attorney on site for free. Get access to employment, medical, housing assistance, and more! **Pre-registration is strongly encouraged** for faster processing on event day. Register at <http://bit.ly/pgexpungementfair>. Presented by Transforming Neighborhoods Initiative, in partnership with the 8th Annual Prince George's County Veterans Stand Down and Homeless Resource Day.

Cost: FREE  
Ages: All are welcome  
Location: Wayne K. Curry Sports and Learning Complex, 8001 Sheriff Road, Landover, MD 20785  
Contact: 301-952-4690; 301-952-4205; [pgexpungementfair@co.pg.md.us](mailto:pgexpungementfair@co.pg.md.us)

### Chocolate, Gifts and Wine

Date and Time: Saturday, November 3, 2018, 6–8 p.m.  
Description: Indulge in chocolate and wine—a calm before the holiday storm. Also, make a luxurious gift for someone on your list (or keep it for yourself!)

Cost: \$20/advance, \$25 at the door. **Reservations recommended.** Space is limited.  
Ages: 21 and over  
Location: Montpelier Historic Site, 9650 Muirkirk Road, Laurel, Maryland 20708  
Contact: 301-377-7817, TTY 301-699-2544

### The 32nd Annual HBCU Tour

Date and Time: November 4–9, 2018  
Description: Join us as we visit Historically Black Colleges and Universities. The 32nd Annual HBCU Tour, which offers high school seniors an opportunity to receive on-the-spot admissions is sponsored by the Prince George's County Alumnae Chapter of Delta Sigma Theta Sorority, Incorporated. The week-long tour includes visits to 11 campuses in 4 states and is open to students in the 10th, 11th and 12th grades.

Cost: \$450.00 includes motor coach transportation, hotel (3 per room), 11 meals, and museum admission  
Ages: Students in the 10th, 11th and 12th grades  
Contact: **For applications and more information,** visit: [www.pgacdst.org](http://www.pgacdst.org) or e-mail: [hbcu@pgacdst.org](mailto:hbcu@pgacdst.org)

## OPEN TO THE PUBLIC



PHOTO COURTESY OF THE CITY OF BOWIE

### Allen Pond Park

There's something for everyone at **Allen Pond Park**, home to the Bowie Skate Park, Bowie Ice Arena, and Opportunity Park, which offers 100% accessible experiences at its tot lot. The park features fields for organized sports, walking and biking trails, boat rentals, picnic sites for rental, and a fishing pier over the 10-acre stocked Allen Pond. Many of the city's events are hosted at the park, such as open-air concerts at the Robert V. Setera Amphitheater and popular community festivals like Bowiefest and the International Festival. Allen Pond Park is open daily, sunrise to sunset.

Allen Pond Park: 3330 Northview Dr., Bowie, MD 20716  
301-809-3011 • <https://www.cityofbowie.org/Facilities/>

## Calendar of Events October 25–October 31, 2018

### “Shatter the Silence” on Domestic Violence

Date and Time: Saturday, October 27, 2018, 7:30–10:30 a.m.  
Description: The 5K Walk/Run co-hosted with the University of Maryland Capital Regional Health helps M-NCPPC Shatter the Silence during Domestic Violence Awareness Month. All donations and funds raised will go to DVSAAC at the end of October. “Shatter the Silence” t-shirts, water bottles, and wristbands are available for purchase. T-shirts sizes Medium and Large are \$10, sizes X-Large- 4X-Large are \$12. The water bottles are \$5, and wristbands are \$2.  
Cost: FREE, registration required  
Ages: All ages are welcome.  
Location: Watkins Regional Park, 301 Watkins Park Drive, Upper Marlboro, MD 20774  
Contact: 240-417-8149

### Washington International Horse Show Kids' Day

Date and Time: Saturday, October 27, 10 a.m.–2 p.m.  
Description: Children participate in more than a dozen hands-on educational and fun activities, including pony rides, coloring station, face painting, pony brushing lessons, plus giveaways from Georgetown Cupcake. There's even a pony kissing booth with Mini Cooper, the mini pony! Rain or shine.  
Cost: FREE  
Ages: All ages are welcome.  
Location: Outdoor activities will be held in front of the Hotel Monaco at 700 F Street NW, Washington, DC (the street will be closed for the event) and face painting and other events will be held on the Capital One Arena concourse.  
Contact: www.wihs.org

### DEA Drug Take Back Day

Date and Time: Saturday, October 27, 10 a.m.–2 p.m.  
Description: Join the Bowie Police Department for DEA's next Drug Take Back Day. Safely and responsibly, dispose of expired or unused medications. Pet medications are also accepted! **No needles/sharps.**  
Location: Bowie Police Department, 15901 Excalibur Road, Bowie, MD 20716  
Contact: 240-544-5792 or agibson@cityofbowie.org

### STEAM Fest 2018

Date and Time: October 27, 2018, 11 a.m.–3 p.m.  
Description: STEAM 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.  
Cost: FREE for Admittance—**Registration Required**  
Ages: All youth in Prince George's County  
Location: The Showplace Arena, 14900 Pennsylvania Ave., Upper Marlboro, MD 20772  
Contact: 301-952-7900

### Night at the Museum: Sip & Paint

Date and Time: Saturday, October 27, 6 p.m.–8 p.m.  
Description: Join famed artist Laurence Hurst and Banneker-Douglass Museum Director Chanel Compton, and create your own masterpiece as we take you on an artistic journey through Maryland's rich African American history and culture. Relax, unwind, and bring a friend (or make new ones) during this art-filled evening. We look forward to seeing your creations! Art supplies provided. **To register, visit <http://bdmuseum.maryland.gov/events/>**  
Cost: \$40  
Ages: Adults  
Location: Banneker-Douglass Museum, 84 Franklin Street, Annapolis, MD 21401  
Contact: 410-216-6180

### “Oktoberfest” at Bowie Farmers' Market

Date and Time: Sunday, October 28, 8 a.m.–12 p.m.  
Description: Come out and make a scarecrow—participants need to bring an old pair of pants, a shirt, and a nylon stocking (for the head). The market will supply the straw and the know-how. Also free pumpkin painting (pumpkins available for purchase). The market is open from 8 a.m. to noon; Oktoberfest activities are from 10 a.m. to noon.  
Cost: FREE, pumpkins available for purchase  
Ages: All ages are welcome  
Location: Parking lot of the Bowie Center for the Performing Arts at Bowie High School, 15200 Annapolis Rd., Bowie, MD 20715  
Contact: 301-809-3078, mcorley@cityofbowie.org

### Nature Quest Nature Art Contest

Date and Time: November 1, 2018 deadline  
Description: Be a part of a new Department of Parks and Recreation's Nature Quest art contest. Explore your back yard, a local park, or other outdoor environment. Tell your nature story by drawing, painting, photographing, writing a poem, or making a video. Enter the art contest by uploading your artwork to the Nature Quest website ([www.pgparcs.com/naturequest.htm](http://www.pgparcs.com/naturequest.htm))—you could win a cash prize!  
Ages: 18 and under  
Contact: TTY: 301-699-2544, [www.pgparcs.com/naturequest.htm](http://www.pgparcs.com/naturequest.htm)

### 23rd Annual Jug Bay 10K/5K Run for Wildlife / 3K Fun Walk

Date and Time: November 3, 2018, 7:30 a.m. check-in. Races start at 9 a.m.  
Description: This mostly flat, paved and dirt road course leads runners along the banks of the Patuxent River. Proceeds from the run and walk directly support projects, research, conservation and education in the Patuxent River watershed. Early registration available on-line (until 5 p.m. on November 1, 2018) at <http://www.pgparcs.com/3191/Jug-Bay-Run-For-Wildlife>  
Cost: \$30 for all 10K runners, \$25 for all 5K runners, \$20 for all 3K walkers. Fees higher on race day.  
Location: Patuxent River Park, Upper Marlboro, MD 20772  
Contact: 301-627-7755

## Go Green, Plant Free Trees: Environmental Programs Available to Prince George's County Residents

By PRESS OFFICER  
P.G. County Department of Parks and Recreation

RIVERDALE, MD (Oct. 15, 2018)—Did you know that Prince George's County residents are eligible for various environmental programs that can encourage stormwater management and energy saving just by planting a tree?

The Department of the Environment's Rain Check Rebate Program makes planting a tree at home more affordable than ever. The program provides eligible homeowners the opportunity to receive a reimbursement on the purchase of trees of up to \$150 per tree; up to \$1,200 per

lot for trees planted on their private property. Homeowners can call 311 or contact the county at DERRebatesandCredits@co.pg.md.us for more information on this program.

Additionally, a BGE sponsorship through the Arbor Day Foundation allows Prince George's County residents, who are within the BGE service area, to complete a form online to receive a free 1-gallon tree mailed to their home. Visit [www.arborday.org/bge](http://www.arborday.org/bge) and use the tool to determine the best location in your yard to plant your free tree

to save energy. The online tool also estimates the annual savings that will result from the tree. Your free 1' to 3' foot trees will be shipped directly to your house ready for planting. All at no charge, courtesy of BGE.

There are also programs to assist communities under the Department of the Environment's Tree ReLEAF Grant Program which provides landscape funding to community groups for planting native trees and shrubs in public or private common areas. Examples of projects that have received funding include tree plantings in parks and on playgrounds, memorial and street tree plant-

ings, and reforestation projects along streams.

Tree planting is a relatively inexpensive environmental method that can make a big impact. The cost of the tree itself depends on the species and size of tree chosen—an 8–12 foot tree can range in cost from \$75 to \$200, including mulch. Together, we can create a greener Prince George's County!

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.*

## This Year's Chesapeake Film Festival Has Largest Attendance Ever

By PRESS OFFICER  
Chesapeake Film Festival

EASTON, MD (October 18, 2018)—George Nilson, President of the Board of Trustees of the Chesapeake Film Festival, announced that “it is clear that we more than doubled last year's ticket revenues and attendance. Four days and 48 films in three cities and five venues—that growth and the buzz during the festival has inspired us to double our effort to bring exciting film experience to the shore through the winter and spring, leading up to next year's festival. We will not go into hibernation. We are profoundly grateful to our sponsors, advertisers, institutional

partners and the thousands of film fans who attended. The excitement, increased audiences and revenue point to a bright future for the Chesapeake Film Festival and its programming. The growth of the festival greatly contributes to the Midshore cultural scene and its tourism/economic development.”

On the final night of the festival, an awards ceremony was held at the Avalon Theatre where thirteen films received awards for their accomplishments. The awards given were:  
**Best Environmental Feature** *Saving Sea Turtles: Preventing Extinction*  
Jennifer Ting, Michele Gomes and Cheryl Ottenritter

### Best Environmental Short

*Current Revolution*  
Roger Sorkin

### Best Environmental Short Animation

*The Elephant's Song*  
Lynn Tomlinson and Sam Saper

### Best Animated Short

*Shadow*  
Lei, Lei

### Best Editing

*The Executioner's Shadow*  
Maggie Stogner and Rick Stacks

### Best Documentary Feature

*Moving Stories*  
Cornelia Ravenal and Mikael Södensten

### Best Narrative Short

*Othello—San*

Ted Adams, III

### Best Sound Design:

*The Elephant's Song*  
Lynn Tomlinson and Sam Saper

### Best Narrative Feature Film

*I, Matter*  
Llysa Rie and Shayne Pax

### Best Emerging Filmmaker

*Riverment*  
Shayla Racquel

### Best Actress

*I, Matter*  
Llys Rie Ieska

### Best Actor

*Hold My Horse*  
Timothy Troy

### Best Director

*I, Matter*  
Shayne Pax and Llysa Rie Ieska

## Earth TALK™ Taming of the Wild Leaf Blowers

Dear EarthTalk:  
*When will those gasoline driven leaf blowers that gardeners use be outlawed? The noise and toxic fumes they emit can't be good for us.*  
—Judy, via email

Those leaf blowers sure can be annoying, just for the noise alone. According to the Centers for Disease Control & Prevention, using a commercial-grade gas-powered leaf blower for just two hours can cause hearing damage, and repeated use is a sure recipe for permanent hearing loss. And when you factor in the air quality nuisance from the inefficient gas motors on the models commonly used by maintenance workers and landscapers everywhere, it gets personal as it becomes a serious health issue.

California's statewide Environmental Protection Agency (CalEPA) reports that the best-selling commercial leaf blowers emit as much smog-forming pollution after just one hour of use as driving a 2016 Toyota Camry about 1,100 miles. CalEPA adds that landscape workers running a leaf blower are exposed to 10 times more ultra-fine particles—invisible to the naked eye but easily lodged into the lining of your lungs—than someone standing next to a busy road.

And these aren't isolated, hyper-localized problems, as experts warn that within a couple of years, smog-creating emissions from leaf blowers, lawn mowers and other small gas-powered “off-road” motors will eclipse smog emissions from cars and trucks on the American road.

But rest assured, there are some rumblings of change. Upwards of 170 American

cities in 31 states (as well as five cities in three Canadian provinces) have some kind of leaf blower restrictions already in place. LeafBlowerNoise.com maintains a list of cities across North America and beyond that have some kind of restrictions on the books.

And of course, there are cleaner, quieter ways to clear yard debris and leaf litter. Getting out the rake and broom is a sure-fire way to stay on your neighbors' good side by avoiding all that pollution and noise. And it's a great way to get some productive exercise on a fall day. Even better, get the kids off the couch and away from the screens to lend a hand.

Another alternative is to use an electric lawn vacuum which sucks up leaf litter and other yard debris (instead of blowing it

around) with a lot less noise and without causing smog. That said, an electric leaf blower—either battery-powered or corded to an outlet—can get the job done with less noise and no spewing (albeit with less oomph).

Given recent outcries about leaf blowers, manufacturers have responded with new models that address many

consumer—and neighbor—concerns. For example, Echo's PB-250 was designed from the ground up to eliminate annoying noise frequencies and operate more efficiently while maintaining the flexibility of gasoline as a fuel. Husqvarna, Stihl, Black & Decker and TORO also have newer models which comply with most of the recently adopted leaf blower ordinances around the country. Check out the city of Burlingame, California's PDF listing all models of leaf blowers that max out at 65 decibels in volume for quieter (and in many cases less polluting) models.

**CONTACTS:** Leafblownoise.com; Echo PB-250LN Handheld Gas Blower, [amzn.to/2A57UkM](http://amzn.to/2A57UkM); Burlingame's “65 Decibel Machinery List,” [goo.gl/TvE5aE](http://goo.gl/TvE5aE).

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



IMAGE CREDIT: DEAN HOCHMAN, FLICKRCC.

Upwards of 170 American cities in 31 states (as well as five cities in three Canadian provinces) have some kind of leaf blower restrictions already in place.






# UGLY FOOD IS SKIN DEEP

Over a third of the food that is produced in the U.S. goes uneaten yet 1 in 7 Americans face hunger and food insecurity. No food should go to waste, and no person should go hungry.

- Every dollar adds up, even uneaten leftovers, so only buy what you need.
- Compost your food scraps, which are recycled in to soil that you can use in your yard or garden!
- Grow your own produce, especially if you've composted! Start with what you always eat like tomatoes, onions or peppers.
- Sign up for a Hungry Harvest box subscription that rescues “imperfect” produce and delivers it to your door while also contributing to hunger-solving organizations at [www.hungryharvest.net](http://www.hungryharvest.net)



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](http://www.westphaliaum.org)

**BAPTIST**

**FIRST BAPTIST CHURCH  
OF HIGHLAND PARK**

'A Bible Based, Christ Centered  
& Spirit Led Congregation'

6801 Sheriff Road Landover, MD  
20785 (301) 773-6655

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

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

"A Time of Prayer, Praise,  
Worship, & The Word"  
Dr. Henry P. Davis III, Pastor  
[www.fhbp.org](http://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](http://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**

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

**COMMUNITY CHURCH**

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

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

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

Church Directory  
Advertisements are  
paid ads.

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

Call Today!  
**301-627-0900**

## CLASSIFIEDS

**AUTOMOBILE DONATIONS**

DONATE AUTOS, TRUCKS,  
RV'S. LUTHERAN MISSION SO-  
CIETY. Your donation helps local  
families with food, clothing, shelter,  
counseling. Tax deductible. MVA  
License #W1044. 410-636-0123 or  
[www.LutheranMissionSociety.org](http://www.LutheranMissionSociety.org)

**BUSINESS SERVICES**

Bulk advertising at its best: adver-  
tise in over 70 newspapers and  
reach millions of readers with ONE  
call. Broaden your reach and get  
results for pennies per reader. Call  
Wanda at 410-212-0616 or email  
[wsmith@mddcpress.com](mailto:wsmith@mddcpress.com).

**MISCELLANEOUS**

Join other advertisers of the MDDC  
Small Display Advertising Network.  
Grow your Revenue with a business  
size ad in this network; Let the  
Multi-Media Specialists help you in-  
crease your customer base; CALL  
TODAY 410-212-0616—See your  
results NOW

**SERVICES MISCELLANEOUS**

Reach the Entire Mid-Atlantic Re-  
gion; Call 410-212-0616

**BUSINESS OPPORTUNITIES**

Let the Multi-Media Specialists of  
MDDC Advertising Network assist  
you in growing your business and  
increasing your customer base. Call  
today at 410-212-0616 and start see-  
ing results NOW. [www.mddcpress.com](http://www.mddcpress.com)

Place a business card ad in the Re-  
gional Small Display 2x2/2x4 Ad-  
vertising Network—Let MDDC  
help you grow your business! Call  
TODAY at 410-212-0616 to in-  
crease your customer base and get  
results.

**REAL ESTATE FOR SALE**

Delaware New Move-In Ready  
Homes! Low Taxes! Close to  
Beaches, Gated, Olympic pool.  
Homes from low \$100's, No HOA  
Fees. Brochures Available 1-866-  
629-0770 or [www.coolbranch.com](http://www.coolbranch.com)

**WANTED TO BUY OR TRADE**

FREON R12 WANTED: CERTI-  
FIED BUYER will PAY CASH for  
R12 cylinders or cases of cans. 312-  
291-9169; [www.refrigerantfinders.com](http://www.refrigerantfinders.com)

**BUSINESS SERVICES**

Increase your Frequency with your  
Advertising Call one of MDDC's  
Multi-Media specialists to grow  
your business. Call Wanda at 410-  
212-0616 or email [wsmith@mddcpress.com](mailto:wsmith@mddcpress.com).

**EDUCATION/  
CAREER TRAINING**

AIRLINE MECHANIC TRAIN-  
ING-Get FAA certification to fix  
planes. Financial Aid if qualified.  
Approved for military benefits. Call  
Aviation Institute of Maintenance  
866-823-6729.

**SERVICES—MISCELLANEOUS**

Increase your customer base and  
get great results by placing your  
ads in the MDDC—Classified Ad-  
vertising network! Call today 410-  
212-0616 Ask for Multi-Media  
Specialist—Wanda & watch your  
results grow.

**THIS  
COULD BE  
YOUR AD!**

Call today  
**301-627-0900**

Increase your presence by advertis-  
ing on FACEBOOK; TWITTER  
AND GOOGLE-ADS; Call our  
Multi-Media Specialists to experi-  
ence the success of social media  
advertising today; CALL 410-212-  
0616

Subscribe! **301-627-0900**  
The Prince George's Post

SAVE loads of money with your  
advertising BUDGETS; CON-  
NECT with the Multi-Media Spe-  
cialists of the MDDC Advertising  
Networks; GET Bulk Advertising  
Opportunities NOW; CALL TO-  
DAY; With One Call; With One Ad  
Placement & One Bill; You'll

**AARP** Auto Insurance  
Program from  
**THE HARTFORD**

**AARP AUTO INSURANCE  
FROM THE HARTFORD**

TO SPEAK WITH AN AGENT AND REQUEST A  
FREE QUOTE CALL THE HARTFORD TO SEE  
HOW MUCH YOU COULD SAVE:  
**1-877-579-9788**

Enter To **WIN**  
**\$4,000**

\$100 weekly \$3,000 Grand Prize  
Newspaper sponsored shopping survey. No purchase necessary.

Enter to win now, go to:  
**www.pulsepoll.com**

Do you or a loved one  
**struggle on the stairs?**

AN ACORN STAIRLIFT IS  
A PERFECT SOLUTION FOR:  
✓ Arthritis and COPD sufferers  
✓ Those with mobility issues  
✓ Anyone who struggles on the stairs

**\$250  
OFF!**  
THE PURCHASE OF A  
NEW STAIRLIFT

CALL NOW FOR YOUR FREE INFORMATION KIT AND DVD!  
**1-855-841-2971**

Not valid on previous purchases. Not valid with any other offers or discounts. Not valid on refurbished models. Only valid towards purchase of a NEW Acorn Stairlift directly from the manufacturer. \$250 discount will be applied to new orders. Please mention this ad when calling. AZ 800-278722, CA 94926, HI 1-808-708-0606, IL 618-999-0606, IN 317-999-0606, MD 410-212-0616, MI 800-278-7222, MN 612-999-0606, NY 1-800-278-7222, OH 614-999-0606, RI 401-863-0606, VA 800-278-7222, WA 800-278-7222, WI 1-800-278-7222, WY 307-777-0606.

**JOURNALISM STUDENT?**  
— PAID SUMMER INTERNSHIPS —

The Reese Cleghorn Internship program offers paid internships for  
college students at MDDC news media members in MD, DE and DC.

- News reporting
- Photojournalism
- Focus on web

APPLICATION DEADLINE:  
**Friday, November 16, 2018**

Visit <http://bit.ly/1uqXKLU> to apply.

### Unveils from A1

contribution goes through the trust and not to the trust," said Davis. "Twenty dollars is about what it costs for us to plant a tree or send a student on a life-changing field trip experience."

"We make sure all of that money goes to such good use." There are more than 300,000 Chesapeake Bay Trust plates on the road today, said Davis.

"The new design will be the third design in the history of the program. The first Chesapeake Bay license plate was unveiled in 1990. The second design, which is currently on the roads, was unveiled in 2004," said Valentine.

The popularity of the Bay plate has been relatively steady over time, but tends to get a little bump when a new design comes out, Valentine explained.

Changes and improvements in printing and manufacturing technology made the decision to update the design of the license plate easy, according to Davis.

"When we updated the design about 14 years ago, our color and illustration options were limited to four-color printing," said Davis. "Now, with all the color and detail that digital technology enables, the sky's the limit. We thought it was time we took advantage of that."

The artist who lost sleep sorting through design possibilities in her head agrees.

"The vivid colors and crisp, detailed illustrations come together to form a unique and memorable plate that will represent one of our state's most important aquatic and land resources—the Chesapeake Bay," Cardosi said.

### Free Lyft from A1

allows us to take our commitment to providing safe, convenient, and affordable transportation a step further, particularly during times of the year when people are out celebrating and in need of a ride home," said Steve Taylor, GM, Lyft Washington, D.C.

Sponsors of this year's Halloween SoberRide® campaign include the 395 Express Lanes, AAA Mid-Atlantic, Anheuser-Busch, Brown-Forman, Constellation Brands, District of Columbia Association of Beverage Alcohol Wholesalers, Enterprise Rent-A-Car, Giant Food, Glory Days Grill, Lyft, MillerCoors, Restaurant Association Metropolitan Washington, Volkswagen Group of America and the Washington Area New Automobile Dealers Association.

Since 1991, WRAP's SoberRide® program has provided 73,123 free safe rides home to would-be drunk drivers in the Greater Washington area.

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

More information about WRAP's SoberRide® initiative can be found at [www.SoberRide.com](http://www.SoberRide.com).

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

**Community Food Drive**

**Saturday, November 17, 2018 • 8:00 a.m.–2 p.m.**

**Bowie Walmart,  
3300 Crain Highway, Bowie, Maryland**

Please bring non-perishable food items  
to donate and share with those in need.

Hosted by the Prince George's County Alumnae  
Chapter of Delta Sigma Theta Sorority, Inc.  
Physical and Mental Health Committee

For more information, e-mail [HSW@pgcadst.org](mailto:HSW@pgcadst.org).

**WET BASEMENTS STINK !!**

Mold, mildew and water leakage into your basement causes health and foundation damage. What can be done to fix the problem? Allstate American Waterproofing is an honest, hardworking local company. We will give you a FREE evaluation and estimate and a fair price. We have repaired thousands of basements in the area; we can provide local references. When your neighbors needed waterproofing, they called Allstate American. Why don't you? Call now to receive a 20% discount with your FREE ESTIMATE. MHIC#36672

**CALL 1 800 426 7783 NOW!**

**The Prince George's Post**  
Your Newspaper  
of Legal Record

Call (301) 627-0900  
Fax (301) 627-6260

**Subscribe Today!**

Serving Prince George's County Since 1932