

The Prince George's Post



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Lt. Governor Boyd Rutherford speaking with Lt. Col. Christopher C. Bushman, Deputy Superintendent of the Maryland Park Service, before starting the hike.

Lt. Governor Boyd Rutherford Participates in Department of Natural Resources' First Day Hike

By GOVERNOR'S COMMUNICATIONS OFFICE
Office of the Governor

ANNAPOLIS, MD (January 1, 2019)—Lt. Governor Boyd Rutherford today participated in the Department of Natural Resources' First Day Hike at Patapsco State Park in Ellicott City. The Department of Natural Resources organized 36 hikes across 32 Maryland parks for the first day of 2019 as part of an annual nationwide event sponsored by America's State Parks.

"It was wonderful to start off

the year hiking with fellow Marylanders at one of our treasured state parks," said Lt. Governor Rutherford. "From the sandy shorelines of the Eastern Shore to high perches of Mountain Maryland, I encourage everyone to get outdoors in 2019 and experience all that our great state has to offer."

The First Day Hikes program provides a wide array of outdoor adventures and experiences for every level of hiker and walker, providing unique access to Maryland's cultural, historical, and natural resources and treasures, along with opportunities for education and stewardship.

Events Honoring
Rev. Dr. Martin Luther King, Jr.—
See page A6

Board of Public Works Approves Funding For Clean Water and the Chesapeake Bay

Funding will reduce pollution and energy consumption

By JAY APPERSON
Maryland Department
of the Environment

BALTIMORE (Jan. 2, 2019)—The Maryland Board of Public Works approved more than \$46 million in funding today to reduce pollution and save energy. The board is composed of Governor Larry Hogan, Treasurer Nancy K. Kopp and Comptroller Peter Franchot.

"This is a great start to the new year with smart investments that protect public health and the environment while saving money and energy in Maryland communities," said Maryland Environment Secretary Ben Grumbles. "The Piscataway sewage treatment plant bio-energy project is a big step in greening the economy, cleaning the Chesapeake Bay watershed, and combating climate change."

The following project was approved today:

Piscataway Wastewater Treatment Plant Bio-Energy Project—Prince George's County

Funding of \$46,959,973—a \$43,959,973 Water Quality State Revolving Loan Fund loan and a \$3 million Energy-Water In-

frastructure Program grant—to the Washington Suburban Sanitary Commission will help fund the design and construction of bio-energy facilities at the Piscataway Wastewater Treatment, which will receive biosolids from other WSSC wastewater treatment plants. The project will include a process to precondition the biosolids prior to anaerobic digestion, an anaerobic digestion facility and a facility to produce dewatered "Class A biosolids," which can be beneficially reused as fertilizer on farms and also sold to home gardeners.

Also, a combined heat and power facility will be built to capture biogas—methane and carbon dioxide—from the digestions to be used to produce steam and electricity for the plant. The Energy Water Infrastructure Program provides funding for the planning, design and construction of projects—including combined heat and power systems—that will benefit both the environmental and economic interests of the state. Energy efficiency and the use of renewable energy and biogas can help the Chesapeake Bay by reducing nitrogen pollution and greenhouse gas emissions.

Inauguration Information

The Inauguration of Governor Larry Hogan and Lt. Governor Boyd Rutherford will be held on **Wednesday, January 16, 2019, beginning at 12:00 p.m.** on the Northwest Lawn of the State House in Annapolis.

This event is free and open to the public. Seating is first-come first-served. Arrive early to allow time for parking and security measures. Parking is available at Navy-Marine Corps Memorial Stadium for \$5.00; free shuttle service is available.

9:30 a.m.: Pre-Inaugural Entertainment

229th Army Band, Maryland Army National Guard: The band has been part of the Maryland National Guard for most of the 20th century and is one of few Army bands to have received battle honors.

Cardinal Shehan School Choir: The nationally recognized Cardinal Shehan School Choir from Baltimore City has performed on Good Morning America, The View, and in June, at Governor Hogan's Baltimore City Cabinet Meeting.

Barbara Ingram School for the Arts Chamber Choir: The Barbara Ingram School for the Arts, located in Hagerstown, provides a world-class academic and arts education as the first arts magnet high school in Washington County and Western Maryland.

Bethesda-Chevy Chase High School Chamber Choir: The Bethesda-Chevy Chase High School Music Department has earned two Grammy Foundation awards and is home to eight instrumental ensembles and three choral ensembles.

12:30 p.m.: Inauguration Ceremony Performances

United States Naval Academy Glee Club, Maryland Army National Guard Member SFC Erin Betz, Annapolis Symphony Orchestra

9:30 p.m.: Post-Ceremony Music—Ground Floor, State House
Selections from the Maryland Defense Force Band and the 229th Army Band, Maryland Army National Guard Jazz Ensemble

—Maryland Governor's Press Office

A Record Over 1,500 Use Local SoberRide Program on New Year's

Greater Washington Anti-DUI Program's Ridership More Than Triples Using Ridesharing Platform

By KURT GREGORY ERICKSON
WRAP

WASHINGTON, D.C., (Jan. 3, 2019)—A record over 1,500 (1,502) persons in the Washington-metropolitan area used the free safe ride service, SoberRide®, this New Year's (from 8:00 p.m. on December 31, 2018 through 4:00 a.m. on January 1, 2019) as opposed to possibly driving home drunk.

"For its hours of operation this New Year's, this level of ridership translates into SoberRide® removing a potential drunk driver from Greater Washington's roadways every 19-seconds," said Kurt Gregory Erickson, President of the nonprofit Washington Regional Alcohol Program, the organization conducting the region's SoberRide® effort.

WRAP's most recent holiday SoberRide® offering concluded this past Tuesday morning (January 1) after kicking-off and running nightly since December 14, 2018 providing a total of 1,988 free safe rides to local residents age 21 and older who otherwise may have attempted to drive home after drinking. The local anti-drunk driving service is offered as a way to keep local roads safe from potentially impaired drivers during this traditionally high-

risk holiday. During the most recent 18 consecutive evening period, area residents celebrating with alcohol could download Lyft to their phones, then enter WRAP-provided codes (available at SoberRide.com) in the app's "Promo" section to receive their no cost (up to \$15) safe transportation home while supplies lasted.

(In 2017, 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.)

Since partnering with Lyft, WRAP reports a more than tripling of its annual SoberRide® ridership (the charity also offers its free safe ride service on St. Patrick's Day, Cinco de Mayo, July 4th and Halloween) with 5,000 total riders in 2018 versus 1,655 in 2016 (the last year when the SoberRide® program was serviced by participating local taxicab companies). SoberRide® provided 4,202 rides with Lyft in 2017.

"We're thrilled by how many people took advantage of the SoberRide® program this holiday season and on New Year's. Lyft be-

lieves strongly in the power of rideshare to reduce impaired driving. I'm glad we were able to connect so many people with a reliable and convenient Lyft ride this past weekend," said Steve Taylor, General Manager, Lyft Washington DC.

The most recent New Year's ridership of 1,502 users surpassed WRAP's previous record ridership for the holiday which had been 1,225 New Year's SoberRide® users in 2017. The total ridership for the 2018 Holiday SoberRide® campaign (1,988) also proved to be a record surpassing last December's total of 1,828 users.

Lyft provided SoberRide® trips last month throughout the Washington-metropolitan area to local residents age 21 and older who otherwise may have attempted to drive home after drinking.

SoberRide® was 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.

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INSIDE

Penguin Chick Names Announced at The Maryland Zoo

The Maryland Zoo African penguin colony is going by the books—for penguin names, that is. In November, the Zoo held a public contest to pick the 2018-2019 breeding season penguin chick naming theme.

Community, Page A3

ChildWatch:

A New Year for Children

Although we face unprecedented challenges and threats to the safety and well-being of children at home and around the world, we must all resist and take whatever actions are required for as long as it takes never to go backwards.

Commentary, Page A4

BGE Announces New Vice President and General Counsel

"We are excited about the knowledge, experience and extensive community involvement John is bringing to the role of vice president and General Counsel at BGE," said Calvin G. Butler Jr., BGE's chief executive officer.

Business and Finance, Page A5

Movie Review:

Beautiful Boy

Based on the best-selling pair of memoirs from father and son David and Nic Sheff, Beautiful Boy chronicles the heartbreaking and inspiring experience of survival, relapse, and recovery in a family coping with addiction over many years.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

Is so-called eco-friendly dry cleaning a reality?

—Jane Krause,
Garden City,
NJ

Features, Page A7

TOWNS and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

A slice of history at

Darnall's Chance: The Story of Pie

Did you know that pies were first invented thousands of years ago and their history is rich in flavor?

Well, celebrate National Pie Day at Darnall's Chance on Saturday, Jan. 26 at 1 p.m. Join Debbie Waugh of Green Springs Garden to learn the history of pie from its medieval origins to today. Pie and coffee reception will follow.

Reservation and payment (\$15) are required in advance. For information, call 301-952-8010. Historic Darnall's Chance Museum is on a hill overlooking School House Pond in Upper Marlboro.

By the way, I looked up National Pie Day. There really is such a Day; it's celebrated annually on Jan. 23. But at Darnall's Chance, a Saturday date allows more pie-lovers to participate.

MVFD 2019 Live-in Recruitment Weekend

The Morningside Volunteer Fire Department is excited to announce their 2019 Live-in Recruitment Weekend, Feb. 7-10. If you're interested or would like to sign up, visit www.morningside-vfd27.com/recruitment/live-in/. Fill out an inquiry form and let them know you plan to attend! A recruiter will be in contact with you for further details.

Neighbors & Other People

Ange and Marlyn Meoli, formerly of Auth Village, are the proud grandparents of their 11th grandchild (9th boy), born Dec. 18. Luca Angelo Meoli is the son of Libby and Andy Meoli, of Willow Grove, Pa. Baby Luca, who checked in at 7 lbs., 15 oz., joins big brothers, Matteo, 8, and Gabe, 20.

Andy Meoli, who grew up in Auth Village, is a stained-glass artist with his own studio. You can see samples of his work at: <https://www.furtherstained-glass.com/>. By all means, pull up this website—Andy's work is awesome.

Keona Amper, 6th-grader at St. Mary's School of Piscataway in Clinton, was 1st place winner in the Catholic Standard newspaper's Christmas Card Contest for grades 4-6. She drew (or

Painted) a beautiful and unusual Nativity scene.

My daughter Elaine and I saw New Years in with a retreat at Loyola on the Potomac in Faulkner. I recommend it to everyone.

Correction: In a recent obit for Markwin Gangestad, I had him graduating from Crossland in 1971 and retiring in 1962. Actually, he retired from the National Institute of Health in 2016 after 32 years of service.

Changing landscape

H&R Block has moved from Andrews Manor to the Penn Mar Shopping Center in Forestville. For information, call 301-735-6615.

"Super Thrifty Store coming soon" according to the banner posted on the front of a closed thrift store in Andrews Manor Shopping Center.

"Opens Very Soon" is the banner on what was Café Allentown. It will become Kachis Chicken. "The best Peruvian chicken just got a little better."

The District plans to end right turns on red at about 100 Washington intersections this year. The closest intersections to us are at Pennsylvania Avenue SE/Minnesota Avenue SE and Alabama Avenue SE/Naylor Road SE. The reason? Lots of pedestrian and biking accidents, often fatal.

Coming up

The Baltimore Boat Show will be Jan. 24-27 for those who are seeking just the right dreamboat. More than 300 boats of all shapes and sizes will be displayed.

It's the Year of the Pig: 4717. And the folks in Washington's Chinatown are promising the biggest DC Chinese New Year's Parade yet. It'll march on Feb. 10, down 6th St. NW, beginning at 2 p.m., with lions and dragons, Chinese dancers, marching bands, Kung Fu, the Washington Nationals' Natmobile and more.

Morningside Memories: 30 years ago

Jean Davis was elected President of the Morningside Senior Citizens. Other

officers were Audrey Cook, vice president; Grace Carruth, secretary; and June Nicholson, treasurer.

Morningside Mayor Jerry Glaubitz had become president of the Bethany Lutheran Church Council. Other officers were: Debbie Carr, Gloria Garner, Jack Huttel and Harry Renninger.

Mary Alfieri, floral designer

Mary Josephine Alfieri, 87, who for years traveled back to her hometown of Lawrence, Mass., in May to attend The Feast of the Three Saints to keep the Sicilian tradition alive in her family, died Dec. 15.

She graduated from Lawrence High School and married John Alfieri on June 11, 1950. Eventually they came to Washington, settled in Hillcrest Heights, and sent their children to Holy Family Elementary, La Reine and McNamara high schools.

After serving in the Army during the Korean War, her husband John became a barber and eventually had his own shop in Marlow Heights. Mary was happy being creative and turned her love for floral design into a career.

She was preceded in death by her husband John only last February. Survivors include three children, Michael, Eileen and John. She is now buried with her husband at Maryland Veterans Cemetery in Cheltenham.

Milestones

Happy birthday to Patty Gallatin, Jan. 11; Martin Miller, Frank Binsted and Roc Wheeler, Jan. 13; Curtis DeMarco Knowles, my son Mike McHale, Kathleen Giroux and Joanie Mangum, Jan. 14; Robert Koch, Jan. 15; Dolly Wood, Jan. 16; and Nikial M. Boston, Jan. 17.

Happy anniversary to Gary and Melody Barnes on Jan. 14; and to Frank and Sharleen Kelly Cappella, their 64th (!) on Jan. 15.

Remembering Kenny Hedrick, volunteer firefighter with the Morningside Volunteer Fire Department, who died in the Line of Duty on Jan. 12, 1992, fighting a housefire on nearby Walls Lane.

Around the County

Winter Reading Challenge 2019

Win Big Apple Circus prizes during the 2019 Winter Reading Challenge!

By DONNA SCOTT-MARTIN
PGCMLS

LARGO, MD (December 13, 2018)—For the month of January 2019, Prince George's County Memorial Library System will participate in Beanstack's Second Annual Winter Reading Challenge, sponsored by Mark Cuban. We challenge each customer to log at least 200 reading minutes on our Beanstack site at pgcmls.beanstack.org. Sign up to earn a \$10 off coupon for the Big Apple Circus at National Harbor

from February 14 to March 24, 2019. Five grand prize family ticket packs will be raffled among customers who complete the challenge.

Our county goal is to collectively log 100,000 minutes. Hundreds of libraries and schools across the nation will also encourage their communities to read a target number of minutes and books. If we reach the national goal, Shark Tank investor Mark Cuban will donate \$35,000 to top participating libraries to expand access to the resources they offer within their communities.

Meet the New Library CEO!

The Board of Library Trustees invites you to meet Roberta Phillips, the new Chief Executive Officer of the Prince George's County Memorial Library System.

South Bowie Branch Library, 15301 Hall Road, Bowie, MD 20721, 301-850-0475

Thursday, January 17, 2019, 7:45-9 p.m.

Laurel Branch Library, 507 7th Street, Laurel, MD 20707; 301-776-6790

Saturday, January 26, 2019, 3-4:30 p.m.

New Carrollton Branch Library, 7414 Riverdale Rd., New Carrollton, MD 20784; 301-459-6900

Wednesday, January 30, 2019, 9:30-11 a.m.

Oxon Hill Branch Library, 6200 Oxon Hill Rd., Oxon Hill, MD 20745; 301-839-2400

Thursday, January 31, 2019, 7:30-9 p.m.

—<https://www.pgcmls.info/>

Geneva College Announces

Dean's List of Online Adult Degree Students

By CHERYL JOHNSTON
Geneva College

BEAVER FALLS, Pa. (January 4, 2019)—Geneva College announces that **Carolyn Sims of Upper Marlboro, MD** is on the Dean's List of online Adult Degree Program (ADP) students for Fall Term 2018-19. To be eligible for this recognition, ADP students must earn a GPA of at least 3.7 while passing 12 credits hours or more in their major.

Geneva College is a Christ-centered academic community that provides a comprehensive education to equip students for faithful and fruit-

ful service to God and neighbor. Offering over 115 traditional undergraduate majors and programs, fully online Adult Degree Programs and high-demand graduate degrees, Geneva's programs are recognized for their high quality. *U.S. News & World Report* ranks Geneva as a Top Three Best Value Regional University with one of the top engineering programs in the nation. Adhering to the truth of Scripture, a Geneva education is grounded in God's Word as well as in a core curriculum designed to prepare students vocationally to think, write and communicate well in today's world.

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

BOWIE STATE UNIVERSITY

Congratulations to BSU President Breaux for inclusion in the 10 most dominant HBCU leaders in 2019 #BSUPride. Visit www.hbcucampaignfund.org/hbcunews/2018/12/25/the-ten-most-dominant-hbcu-leaders-of-2019 for more information.

GWYNN PARK HIGH SCHOOL STUDENTS

Inside PGPCS Gwynn Park High School Students Top Congressional App Challenge. "The Congressional App Challenge (<https://www.congressionalappchallenge.us/>) was established by the U.S. House of Representatives in 2013 as a nationwide event which invites middle and high school students from all participating Congressional districts to compete as individuals or groups up to four".

"Students create and present an original software application, or "app" for a mobile, tablet, or computer platform of their choosing. The contest is modeled after the long-successful Congressional Art Competition and is designed to promote innovation and engagement in STEM education fields. The winning app will be placed on display in the U.S. Capitol alongside other winners from the nation."

Destini Brown of Gwynn Park High School won first place in the Fifth Annual Congressional App Challenge (<https://hoyer.house.gov/content/hoyer-announces-winners-fifth-annual-fifth-district-congressional-app-challenge>) hosted by Congressman Steny H. Hoyer. Her mobile app, "How Are You Feeling?" is designed to help autistic children communicate their emotions. Gwynn Park student Austin Wilson won third-place with his app "Slithery Learning," designed to help students' study and learn. Congratulations to Destini and Austin for your accomplishments.

HISTORY

"Aquasco is named for a nearby tract surveyed and patented in 1650. The name is derived from the Native American name Aquasake. Aquasco is located between

Swanson's Creek and the Patuxent River, the community developed as an agricultural center to produce tobacco. Aquasco occupies the southern corner of Prince George's County and is centered on the intersection of Maryland Route 381, Aquasco Road and Maryland Route 233, Dr. Bowen Road."

"Plantations in the American South were established in the 18th century and, in the early 19th century, the village of Woodville began to form. It was named after the Wood family, early settlers of Aquasco. By mid-century, the village had a grist mill, several small stores, a tavern, blacksmith, school, post office, Methodist and Episcopal churches."

BECOME A FOSTER PARENT!

Make a difference in a young person's life and become a Foster Parent. WIN Family Services, a faith-based foster care agency, is always looking for individuals wanting to make a difference. They need parents with a big heart to provide homes for youth who have big needs. It takes a village to raise a child and there are thousands of youth in Maryland that need a loving home. They need compassionate adults like you to nurture and love our young people.

If you feel like this is your calling and have extra love to give to a child, please contact us today. Call 410-578-8004 or info@winfamilyservices.org.

BADEN COMMUNITY CENTER

Learn basic safety and sanitation in all areas of cosmetology. Hair Care Course includes hair styling, braiding, and cutting services. You will also learn nail and skin care, and salon management essentials at Baden Community Center. The address is 13601 Baden-Westwood Road, Brandywine, Maryland 20613. Telephone number is 301-888-1500; TTY 301-699-2544. Dates are January 14-February 10, 2019 Mondays and Wednesdays from 6:00 p.m.-7:30 p.m. Activity #: 20612-104A. Fee is \$68 for residents and \$98 for non-resident.

Brown Station Road Public Container Pad & Recycling Center
3501 Brown Station Road, Upper Marlboro
Mon-Sat: 7 a.m.-6 p.m., Sun: Closed

Missouri Avenue Solid Waste Acceptance & Recycling Center
12701 Missouri Avenue, Brandywine
Mon, Wed, Fri: 6:30 a.m.-3 p.m., Tue, Thu: 10 a.m.-6:30 p.m., Sat: 7:30 a.m.-4 p.m., Sun: Closed

Recycle Your Christmas Tree!

Residents with County provided yard trim collection may place their undecorated, unbagged, live Christmas trees at the curb by 6 a.m. on regularly scheduled yard waste collection days (Mondays). You may also recycle "live" decorations including wreaths curbside. No artificial trees. Live trees can also be dropped off for free and recycled at:

Free January Health Resources Provided by Doctors Community Health System

By CHONDRIA ANDREWS
Doctors Community Hospital

LANHAM, MD (Jan 2, 2019)—Throughout the year, Doctors Community Health System offers numerous screenings and support groups. Some of the upcoming events include:

Free Drop-In Grief Support Group

Monday, January 14, 2019, Second Monday of Each Month, 11 a.m.-12:30 p.m.
Doctors Community Hospital
8118 Good Luck Road
Critical Care Conference Room,
2nd Floor
Lanham, MD 20706
301-808-5671

This group provides supportive listening, sharing and psycho-educational resources to grieving.

Free Lymphedema and Chronic Swelling Support Group

Thursday, January 17, 5-7 p.m.
Doctors Community Hospital
8100 Good Luck Road
North Building, 5th Floor, DSE Room
Lanham, MD 20706
301-552-8144 | DCHrehab.org
Join people who have lymphedema as they share their experiences while learning about the latest treatment and management options.

Free Cancer Prevention Workshop

Thursday, January 17, 6-7:30 p.m.

Doctors Community Hospital
8100 Good Luck Road
North Building, 4th Floor, Rm 415
Lanham, MD 20706
301-552-7968 | DCHweb.org/prevention

Learn steps you can take to reduce the risk of cancer.

Free Screenings on Mobile Health Clinic

Visit the Wellness on Wheels (WOW) mobile health clinic to receive free screenings (diabetes, cholesterol and blood pressure) as well as medication reviews and education. For updated care locations, call 301-324-4968 or visit DCHweb.org/WOW. (Most times are 10 a.m.-4 p.m.)
January 10: Laurel-Beltsville Senior Activity Center, 7120 Contee Road, Laurel, MD (9 a.m.-1 p.m.)
January 14: Shoppes at New Carrollton, 7898 Riverdale Road, New Carrollton, MD
January 15: Langley Park Senior Activity Center, 1500 Merrimac Road, Hyattsville, MD
January 16: Powder Mill Village Apartments, 3625 Powder Mill Road, Beltsville, MD
January 17: Hollywood Plaza Shopping Center, 9801 Rhode Island Avenue, College Park, MD
January 22: John E. Howard Senior Activity Center, 4400 Shell Street, Capitol Heights, MD (9 a.m.-1 p.m.)
January 23: Beltway Plaza Mall, 6000 Greenbelt Road, Greenbelt, MD

COMMUNITY

The American Counseling Association's Counseling Corner

Sleeping Well is Vital to Good Health

Want to have less stress and anxiety in your life, along with generally better health? Then start getting more, and better, sleep.

It's simple advice but for millions of us it's often difficult to accomplish. The American Sleep Association estimates some 50 to 70 million Americans suffer from some form of sleep disorder, ranging from insomnia that makes falling or staying asleep difficult, to sleep apnea, a sleep breathing disorder that makes a solid night's sleep virtually impossible.

If you believe you are suffering from a serious sleep disorder, it's important to discuss the issue with your family doctor. Serious sleep disorders can have a direct effect on a person's health.

But if, occasionally, it simply feels difficult to fall asleep or to get a good night's sleep, there are actions you can take.

Experts advise one of the best aids to sleeping well is having a regular sleep pattern. By going to bed and getting up at more or less the same time every day, you're training your body and brain to have regular sleep habits.

Researchers have also found there are a number of things to avoid if you want to improve sleep. Alcohol, when consumed within 4 to 6 hours of bedtime, might seem relaxing but actually interrupts the quality of your sleep.

Caffeine and nicotine, both of which are stimulants, can make it difficult to fall asleep if ingested within 4 to 6 hours of bedtime. Nicotine includes not just cigarettes, but also cigars, vaping and anything delivering nicotine. And avoiding caffeine means not just skipping that after-dinner cup of coffee, but also avoiding evening tea, chocolate, and cola drinks, all of which contain caffeine.

And what can help you actually sleep better? Start with a comfortable bed and pillow. People also usually sleep better in cool rooms. Consider ear plugs or an eye-mask if noise or excessive light is waking you up. A warm bath helps many people feel more relaxed and sleepy. It's also a good idea to try not to nap during the day. And keep food, computers, cell phones, TV and other electronics out of your bedroom.

Try reading or even listening to music instead.

Adults need from 7 to 9 hours of sleep a night; infants and children even more. Start making changes for better sleep and you'll feel more rested, relaxed and even healthier.

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

Penguin Chick Names Announced at The Maryland Zoo

A literary character naming theme was picked for this nesting season

By CLAIRE AUBEL
The Maryland Zoo

BALTIMORE, MD (January 2, 2019)—The Maryland Zoo African penguin colony is going by the books—for penguin names, that is. In November, the Zoo held a public contest to pick the 2018–2019 breeding season penguin chick naming theme. The theme of literary characters was the clear winner with 48% of the votes, followed by types of pasta and lastly, shades of colors.

The Zoo's penguin colony is midway through breeding season for 2018–2019. To date, nine chicks have hatched. Each year, along with an ID number, each chick is named according to a specific annual theme once DNA tests reveal whether the chick is male or female. The theme will carry through until the last chick hatches in the spring.

Four chicks have been named so far, including: Gatsby, named for the main character in F. Scott Fitzgerald's *The Great Gatsby*; Zorro, named after the fictional lead character in a series of books by Johnston McCulley; Coraline, named for the main character of a fantasy children's novella, *Coraline*, by Neil Gaiman; and Knightley, named for a main character in Jane Austen's novel, *Emma*.

The Maryland Zoo has been hatching penguin chicks for over 50 years, celebrating the arrival of Mille, chick number 1000 last spring. Past naming themes have included space (Astrid, Hubble), types of fish (Trigger, Tetra) and famous scientists (Tesla, Newton).



PHOTOGRAPH COURTESY OF THE MARYLAND ZOO

This African penguin chick has been named Gatsby, named for the main character in F. Scott Fitzgerald's *The Great Gatsby*.

Names are selected by the Penguin Coast animal care team members who are busy behind the scenes caring for the new hatchlings and the entire penguin colony of 95!

To see pictures of the Zoo's newest feathered additions, visit The Maryland Zoo Facebook page!

Founded in 1876, The Maryland Zoo in Baltimore is the third oldest zoo in the United States and is internationally known for its contributions in conservation and research. More than 1,500 animals are represented in the Zoo's varied natural habitat exhibits in areas such as the award-winning Penguin Coast, Polar Bear Watch, the Maryland Wilderness, African Journey and the Children's Zoo. Visit www.marylandzoo.org.

We're Thinking Sunshine! Volunteer as a Fresh Air Host Family

By DIANA CARTER
The Fresh Air Fund

Fresh Air summers are filled with children running through the sprinklers in the grass, gazing at star-filled skies and swimming for the first time. This summer, join volunteer host families in the Capital Beltway Area, and open your heart and home to a Fresh Air child. Each summer, thousands of children from New York City's low-income communities visit suburban, rural and small town communities along the East Coast and Southern Canada through The Fresh Air Fund's Friendly Towns Program.

Treasure, age 9, has visited the Cleaveland family for the past two summers. Host mom Antonia said, "I remember the first year, she actually

set her alarm so she could wake up early and make breakfast with me. She taught me to appreciate the small things and realize the importance of family time."

The Fresh Air Fund, an independent, not-for-profit agency, has provided free summer experiences to more than 1.8 million New York City children from low-income communities since 1877. Fresh Air children are boys and girls, from seven to 18 years old, who live in New York City. Children who are reintroduced by host families may continue with The Fresh Air Fund through age 18 and can enjoy extended trips.

For more information about hosting a Fresh Air child this summer, please contact Diana Carter at 301-275-5856 or visit www.freshair.org.



PHOTO CREDIT: ALEX STEEDMAN

Treasure, from Brooklyn, enjoying a beautiful day with her summer sisters Caroline and Isabelle.

HEALTH AND WELLNESS

Alzheimer's Association Shares 10 Warning Signs of Alzheimer's Disease

Recognizing signs, early detection empowers families to plan for the future

By CINDY SCHELHORN
Alzheimer's Association

MCLEAN, VA (December 31, 2018)—As the holiday season draws to a close, the Alzheimer's Association anticipates an increase in calls to its free 24-hour Helpline, 800-272-3900.

Visits with family members or friends not seen as frequently during the year may raise questions about their cognitive health. Although some change in cognitive ability can occur with age, serious memory problems are not a part of normal aging. The Alzheimer's Association encourages anyone who has a question or concern about the state of an aging family member or friend to call the Helpline.

"Our highly trained and knowledgeable Helpline staff are available anytime day or night with reliable information and support for all who have questions or need assistance," said Cindy Schelhorn, senior director of communications and marketing for the Alzheimer's Association National Capital Area Chapter. "In addition, master's level clinicians can provide confidential care consultation to help with decision-making support, crisis assistance and education on issues families face every day."

Recognizing the difference can help you to identify when it may be time for your loved one to see a doctor. The Alzheimer's Association has a check list of ten warning signs, along with examples of normal aging. Every individual may experience one or more of the warning signs in different degrees. If you notice any of them, please see a doctor.

Alzheimer's Association

10 Warning Signs of Alzheimer's

1. Memory loss that disrupts daily life. One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned

information. Others include forgetting important dates or events; asking for the same information over and over; relying on memory aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on one's own.

What's typical: Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in planning or solving problems. Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's typical: Making occasional errors when balancing a checkbook.

3. Difficulty completing familiar tasks at home, at work or at leisure. People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's typical: Occasionally needing help to use the settings on a microwave or to record a television show.

4. Confusion with time or place: People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's typical: Getting confused about the day of the week but figuring it out later.

5. Trouble understanding visual images and spatial relationships. For some people, having vision problems is a sign of Alzheimer's. They

may have difficulty reading, judging distance and determining color or contrast. In terms of perception, they may pass a mirror and think someone else is in the room. They may not realize they are the person in the mirror.

What's typical: Vision changes related to cataracts.

6. New problems with words in speaking or writing. People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's typical: Sometimes having trouble finding the right word.

7. Misplacing things and losing the ability to retrace steps. A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's typical: Misplacing things from time to time, such as a pair of glasses or the remote control.

8. Decreased or poor judgment. People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's typical: Making a bad decision once in a while.

9. Withdrawal from work or social activities. A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They

may also avoid being social because of the changes they have experienced.

What's typical: Sometimes feeling weary of work, family and social obligations.

10. Changes in mood and personality. The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

What's typical: Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Although the onset of Alzheimer's disease cannot yet be stopped or reversed, an early diagnosis is an important step in getting appropriate treatment, care and support services which allows people with dementia and their families:

- A better chance of benefiting from treatment
- More time to plan for the future
- Lessened anxieties about unknown problems
- Increased chances of participating in clinical drug trials, helping advance research
- An opportunity to participate in decisions about care, transportation, living options, financial and legal matters
- Time to develop a relationship with doctors and care partners
- Benefit from care and support services, making it easier for them and their family to manage the disease.

For more information, visit the Alzheimer's Association web site at alz.org or call their toll-free 24/7 Helpline at 800-272-3900.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's.

COMMENTARY

Marion Wright Edelman
President, Children's Defense Fund



ChildWatch:

A New Year for Children

As we begin the New Year, every new headline reminds us that these are very tumultuous times. I start this season redoubling my determination to focus all my energies towards helping build a transforming movement for children to end child poverty and inequality at this extremely dangerous time of attempted regression. And we must all strengthen our efforts to continue to try to provide a moral compass and example for our young and organize relentlessly to protect all of our children. The Children's Defense Fund's mission to leave no child behind and ensure every child a Healthy Start, a Head Start, a Fair Start, a Safe Start and a Moral Start in life and successful passage to adulthood with the help of caring families and communities has never been more important. These are extremely perilous times for children and for our nation and world. Although we face unprecedented challenges and threats to the safety and well-being of children at home and around the world, we must all resist and take whatever actions are required for as long as it takes never to go backwards.

So often we procrastinate and make excuses for our inaction, depression, and despair. It's not the right time. I can't make a difference. It's not my business. Nobody will pay attention. It's overwhelming and my little bit doesn't matter. We must struggle with ourselves and ask God's forgiveness and help to keep being useful and not let daily distractions keep us from pushing forward. And we always must remember that it is always the right time to do right. I share an adapted version of Madeleine L'Engle's poem "First Coming" (used by permission in my book *Guide My Feet* as published in *Imagining the Word*):

God did not wait till the world was ready,
 till . . . nations were at peace.
 God came when the Heavens were unsteady,
 and prisoners cried out for release.

God did not wait for the perfect time.
 God came when the need was deep and great.
 God dined with sinners in all their grime,
 turned water into wine.

God did not wait till hearts were pure.
 In joy God came to a tarnished world of sin and doubt.
 To a world like ours, of anguished shame
 God came, and God's Light would not go out.

God came to a world which did not mesh,
 to heal its tangles, shield its scorn.
 In the mystery of the Word made Flesh
 the Maker of the stars was born.

We cannot wait till the world is sane
 to raise our songs with joyful voice,
 for to share our grief, to touch our pain,
 God came with Love: Rejoice! Rejoice!

These words are a reminder and encouragement for all we must and will do in the new year. As the holy season comes to a close and the time for new beginnings emerges, let's commit to moving forward together for children with purpose, determination, gratitude, and joy.

Steny H. Hoyer
Maryland Congressional District 5



National Capital Region Delegation Secures Elimination of Holman Rule in Rules Package for 116th Congress

WASHINGTON, DC (January 2, 2019)—Congressman Steny H. Hoyer (MD) and House Democrats from the National Capital Region today announced that they have secured the removal of the Holman Rule from H. Res. 6, the Rules package for the 116th Congress. The Holman Rule allows restrictions on federal offices and programs, including the reduction of individual salaries, to be added to must-pass appropriations legislation.

Congressmen Hoyer, Gerry Connolly, Don Beyer, Anthony Brown, Jamie Raskin, Rep.-elect Jennifer Wexton and David Trone, and Congresswoman Eleanor Holmes Norton issued the following joint statement:

"With our first votes, House Democrats led by Members from the National Capital Region will demonstrate our commitment to restoring support for the federal workforce in Congress. By eliminating the Holman Rule from the House Rules package for the 116th Congress, Democrats will end an underhanded GOP tactic to sneak at-

tacks on federal employees into must-pass bills.

"As we remove the Holman Rule, we are also seeking solutions to end Trump's government shutdown and his 2019 pay freeze for the civil service. Federal employees work in every Congressional district to provide vital services that help keep our nation healthy, safe, and strong, and their ill treatment at the hands of the Trump Administration and Republican leaders is one of the most disgraceful elements of the past two years. That era is now over, and we will continue to ensure that House Democrats use our Majority to fight for feds."

The Holman Rule was originally established in 1876 as part of a contentious fight over civil service reform. It enabled the House to use federal appropriations language to cut individual salaries, programs, or office sizes. The provision was discarded in 1983, but House Republicans revived it at the beginning of the previous session of Congress. They attempted to use the Holman Rule at least

twice during that session, without success.

Federal employees have been subjected to repeated attacks by President Trump and Congressional Republicans over the past two years. On Friday, the Trump Administration formally froze the pay of the federal workforce for 2019.

The news that the Holman Rule would be discarded came as House Democrats announced immediate votes at the beginning of the 116th Congress to reopen the government with a series of spending bills which have already passed in either the full Senate or the Senate Appropriations Committee with near-unanimous bipartisan support. Today is the twelfth day of the partial government shutdown, during which approximately 420,000 federal employees are working without pay and another estimated 380,000 are furloughed. House Democrats, again led by National Capital Region Members, are preparing legislation to authorize back pay for federal workers affected by the shutdown.

Marc Morial
President and CEO, National Urban League



To Be Equal:

A Message to Presidential Candidates: A Winning Strategy Includes a Plan for Black America

"You want our vote, come get our vote."
 —Angela Lang, executive director,
 Black Leaders Organizing for Communities

The nation recently experienced a midterm election of historic dimensions: more than 47% of eligible voters cast a ballot in November—the highest percentage since 1966. Black voter participation drove a significant force in driving that turnout, and in electing the most diverse Congress in history.

But, as the presidential primary cycle begins, candidates cannot expect to see an equal level of enthusiasm unless issues of racial and economic justice are addressed.

In fact, Black voter turnout fell seven percentage points in the last Presidential election, falling from a high of 66.6 percent in 2012 to 59.6 percent in 2016. National Democratic Committee Chair Tom Perez blamed the drop, in part, on candidates' failure to engage the Black community: "African-Americans—our most loyal constituency—we all too frequently took for granted. That is a shame on us, folks, and for that, I apologize. And for that I say, it will never happen again!"

The upcoming Congressional session will demonstrate whether incumbent lawmakers—most of whom will be running for reelection in 2020—truly are making an effort to engage the Black community. Following an intensive campaign by the National Urban League to urge diversity in Senate hiring, only two Senators have hired Black chiefs of staff—Doug Jones, who credited Black voters for his surprise victory in 2017—and Elizabeth Warren, who has just declared her intention to run for President.

Research has shown that, more than ever, Black voters are basing their decisions at the polls on issues of racial justice and economic opportunity. A poll conducted by a coalition of

civil right groups just after the midterm elections found that "to have similar or greater wins in 2020, candidates must invest in and engage communities of color and the issues that matter most to these constituents."

Yet, only 57% of Black voters were contacted from a campaign, political party, or community organization about voting in the months prior to Election Day.

The poll further found that Black voters support policies that unite and strengthen the nation:

- Equal pay for men and women (88%)
- Congress should pass the Dream Act (81%)
- Strengthening the Affordable Care Act (79%)
- Sexual harassment is a major problem (84%)
- Congress should enact strict gun laws (81%)

Candidates across the political spectrum who are searching for a blueprint for a platform that will address the concerns of Black voters can find it in the National Urban League's Main Street Marshall Plan.

The National Urban League and the Urban League Movement take seriously our responsibility to challenge candidates for the highest office and remind them. Over the course of the 2016 election season, we invited all declared candidates to participate in a Civil Rights Briefing. We also hosted a number of presidential candidates, Republicans and Democrats, at our Conference. We are prepared to do the same, and we will expect every candidate to explain his or her plan to address racial justice and economic opportunity and face questions about the above issues and more.

Benjamin L. Cardin
United States Senator for Maryland



Cardin, Collins Bill to Protect Federal and Other Government Workers Hurt During Shutdowns Introduced for 116th Congress

Currently, 420,000 federal workers are being forced to work without pay, and another 380,000 federal workers were sent home over the holidays without pay.

WASHINGTON (January 3, 2019)—Thirteen days into a government shutdown, U.S. Senator Ben Cardin (D-Md.), Senator Susan Collins (R-Maine) and 28 Senate colleagues have re-introduced legislation that would protect federal and other government workers from the repercussions of this and future lapses in federal appropriations. The *Government Employee Fair Treatment Act*, which the Senate passed by unanimous consent prior to Christmas in the 115th Congress, would guarantee that furloughed federal employees will be paid retroactively and stipulates that all employees shall be paid as soon as possible after the lapse in appropriations ends. The bill also clarifies that excepted employees who have scheduled previously approved leave occurring during an appropriations lapse may indeed take that leave without undue penalty. The bill also clarifies that its provisions also apply to employees of the District of Columbia (DC) Government, D.C. Courts, and D.C. Public Defenders Service, who are also affected by federal government shutdowns.

"Federal workers are dedicated public servants who simply want to do their jobs on behalf of the American people. They shouldn't continue to suffer—working dangerous jobs without knowing when their next paycheck may come, or being forcibly furloughed and unable to carry out their mission—be-

cause of extreme partisan gamesmanship," said Senator Cardin. "This and all government shutdowns have real consequences for hard-working federal employees across the country and the local economies they support as consumers. Congress should pass this bill and the president should sign it as a symbol of good faith and respect for the men and women who keep our country safe and moving forward."

See **PROTECT** Page A8

The Prince George's Post

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

File and Suspend? Restricted Application? Or Just Wait?

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

Dear Rusty:

My wife and I were both born in 1953. My wife will reach her full retirement age in March 2019 and I will reach mine in June of 2019. My wife's benefit will be roughly \$2,200/month and mine will be about \$2,700/month if we were to file for payments. An option I have considered is spousal benefits only. In June of 2019 can my wife or I file and suspend our benefits and the other file for spousal benefits and receive half of the others benefits while both our benefits continue to earn credit (8% per year) until we both hit 70? **Signed: Looking to Maximize**

Dear Looking: Well, you can't do things quite the way you suggest, but you do have a different option known as the "restricted application for spousal benefits only" which either of you can exercise because you were both born before the cutoff date in the 2015 law which changed the File and Suspend option.

You can't both "file and suspend" benefits as you asked but using the Restricted Application (RA) allows one of you to file for benefits and the other to file the RA to collect half of the other spouse's benefit while allowing their own benefit to grow. To use the restricted application, I usually suggest that the lower-earning spouse apply for their retirement benefits first, allowing the higher-earning spouse to file the RA and collect ½ of the lower-earning spouse's benefit while their own retirement benefit grows at a rate of 8% per year of delay (actually 2/3rds of 1% per month of delay). You can delay up until age 70 when you'll get 32% more than you will get at age 66.

So if your wife applies in March 2019 and collects her full benefit, you could file the RA when you reach age 66 in June 2019 and get half of your wife's benefit (about \$1,100/month) for 4 years until you reach 70, at which point you can switch to your own retirement benefit which would be about \$3564 per month (using the numbers you provided). Since your wife's retirement benefit would always be more than her spousal benefit (half of your FRA benefit), she would continue receiving her own full retirement benefit, unless you should predecease her, in which case she would get 100% of the increased benefit you are receiving instead of her normal retirement benefit.

But there is another alternative: You could both simply wait until you are 70 to apply and both get the 32% benefit increase, which for your wife would mean about \$700 more per month. Which is the better alternative? Only you can decide, while comparing expected longevity against your wife collecting an additional \$700 per month starting at age 70. In a little over 6 years, your wife's additional monthly benefit would offset what you would have received in spousal benefits from the Restricted Application, and she'd get the higher benefit for the rest of her life. In the end, it always comes down to how badly you need the money now, your health and your expected longevity.

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) or email us at ssad-visor@amacfoundation.org.

CHRISTMAS IN APRIL OF PRINCE GEORGE'S COUNTY To Repair Approximately 80 Homes on Saturday, April 27, 2019

Urgent need for all skilled trades people!

Christmas in April*Prince George's County will be repairing the homes of approximately 80 disadvantaged homeowners with the help of approximately 3,000 volunteers on Saturday, April 27, 2019. In order to assist our neighbors we are in **urgent need of all skilled trades people (such as carpenters, painters, plumbers, roofers, jack of all trades and contractors)**. If you can help us, please contact Mary Kucharski, Executive Director of Christmas in April*Prince George's County at 301-868-0937 or email us at cinapg@aol.com. Thank you for your assistance!

BENEFIT DINNER/DANCE February 23, 2019, 6:00–10:30 p.m. Columbia Moose Lodge 10404 Brandywine Road in Clinton, Maryland

Christmas in April, which is celebrating their 31st Year of Service to County residents, will be holding a Benefit Dinner to help raise funds for materials. These funds will help us purchase supplies to assist us in our effort to repair the homes of approximately 85 County homeowners on April 27, 2019.

Tickets may be purchased in advance for \$20 per person. Admission includes dinner and live music by The Strangers with Special Guest—Daryl Davis (Chuck Berry's Keyboard player). A cash bar will be available.

To purchase tickets or for further information please call, Mary Kucharski, Executive Director of Christmas in April*Prince George's County, at 301/868-0937.

BGE Announces New Vice President and General Counsel

By TASHA JAMERSON
BGE

BALTIMORE (December 31, 2018)—BGE has promoted John Corse to vice president and General Counsel for the company, replacing Dan Gahagan who announced his retirement in September. John most recently served as Associate General Counsel for BGE's parent company Exelon where he oversaw litigation activities for many of Exelon's operating companies, including the Maryland-based competitive business and Exelon utilities BGE, Pepco, Delmarva Power and Atlantic City Electric.

"We are excited about the knowledge, experience and extensive community involvement John is bringing to the role of vice president and General Counsel at BGE," said Calvin G. Butler Jr., BGE's chief executive officer. "We are also very thankful to Dan for his dedication and service, which includes expertly leading BGE's legal strategy through some of the most transformational chapters in the company's history, including the transition to competitive markets and smart meters, among many others. We are confident that John

will continue to keep our customers, employees and other stakeholders top of mind as he leads our legal team."

John has long and distinguished career in Maryland, starting his legal profession in Baltimore at the law firm of Piper & Marbury which later became Piper Rudnick LLP. He was also an insurer with USF&G Corporation before joining Exelon in 2003 as Chief Litigation Counsel for Constellation. John has been active in many pro bono efforts with the Baltimore City Bar Association, and is a supporter of the United Way of Central Maryland. He holds a B.A. in Political Science from Stanford University and a Juris Doctor from the University of Kansas School of Law.

John and Dan have been working together on the transition over the past few months, and John will officially begin his new role in January.

BGE, founded in 1816 as the nation's first gas utility and headquartered in Baltimore, is Maryland's largest natural gas and electric utility. The company's approximately 3,200 employees are committed to



PHOTOGRAPH COURTESY BGE

BGE Vice President and General Counsel John Corse

safe and reliable power delivery to more than 1.25 million electric customers and more than 650,000 natural gas customers in central Maryland, as well as enhanced energy management, conservation, environmental stewardship and community assistance.

Hogan Administration Announces Agreement With Maryland Transportation Authority Police Lodge #34, Fraternal Order of Police Inc.

Provides 5%, 5%, and 4% Salary Increases Over Next Three Years,
Additional Potential 1% Contingent on Revenues

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, MD (January 3, 2019)—The Hogan administration today announced that the state has completed negotiations and reached agreement with another exclusive bargaining representative—a three-year tentative agreement with the Maryland Transportation Authority Police Lodge #34, Fraternal Order of Police Inc. (FOP 34). While this agreement was reached with FOP 34's bargaining team on Dec. 31, the final agreement must be ratified by a full member vote.

Employees represented by FOP 34 will receive a five percent cost of living increase effective July 1, 2019; as well as an additional one percent cost of living increase effective January 1, 2020 if revenues exceed projections by \$75 million; another five percent cost of living increase effective July 1, 2020; along with a four percent cost of living

increase on July 1, 2021. Additionally, eligible employees will also receive increments each year of the agreement.

All employees in FOP 34's bargaining unit will also be eligible to participate in Maryland SmartWork, the student loan repayment initiative announced by Governor Larry Hogan in July, which will repay up to \$20,000 in student loans.

"I want to thank FOP 34's bargaining team for coming to the table and working with us and the members that they represent for the job they do every day in keeping Marylanders safe and protecting our vital infrastructure," said Department of Budget and Management Secretary David Brinkley. "We believe this agreement will significantly advance the state's efforts to recruit and retain a high-caliber, highly trained police force."

These increases are in addition to the two percent cost of living increase for state em-

ployees that takes effect in January 2019 and the half percent increase and \$500 bonus employees will receive in April 2019 due to last year's agreement.

"I'm proud of our administration's strong relationship with so many of our labor partners, which allows us to come to the bargaining table and negotiate agreements that benefit our hardworking state employees," said Secretary Brinkley. "Our shared success is a reflection of the mutual respect that we have for each other and for our state workforce."

This is the fourth agreement reached between the Hogan administration and a state employee union in the past two months. Prior agreements have been reached with the State Law Enforcement Officers Labor Alliance, the Maryland Professional Employees Council, and the American Federation of Teachers—Healthcare Maryland.

Four Retirement Readiness Fixes For Baby Boomers

(NAPS)—The Stanford Center on Longevity's 2018 "Sightlines Report" found that baby boomers have accumulated less household wealth and carry more debt in comparison to previous generations of American retirees.

The report found that overall household asset balances—and retirement savings in particular—are lower for boomers than for the elderly Americans born before them. In addition, baby boomers are carrying more debt compared to older generations, with one in three holding a debt burden exceeding 50 percent of their total wealth.

With approximately 10,000 Americans turning 65 each day, the news that baby boomers are less ready to retire than those generations who have come before them is disconcerting by itself, but it is especially worrisome in light of rising retirement expenses they will face.

"Given that boomers will likely live longer and rack up higher lifetime medical costs than prior generations, the inevitable conclusion is that boomers will face some tough challenges during their retirement years," according to CBS MoneyWatch.

Financial planning experts offer a few possible retirement readiness fixes to help baby boomers address a shortfall in available cash:

- **Pay down debt**—For those boomers in the preretirement or early-retirement stage, do what you can to reduce your debt load. Every penny not going to debt is a penny going toward funding your retirement lifestyle.
- **Consider returning to the workforce**—If you are physically able, think about options for working a little later in your life or perhaps returning to the workforce in a part-time job. A few years of additional income can make a huge difference down the line.
- **Adjust your standard of living**—Be prepared to make some modifications to your lifestyle in order to reduce your monthly expense budget. You may be surprised how much minor purchases, such as a daily gourmet coffee, can add up to on an annual basis.



IMAGE CREDIT NAPS

Your retirement may be more fun and easier to achieve once you consider all your assets.

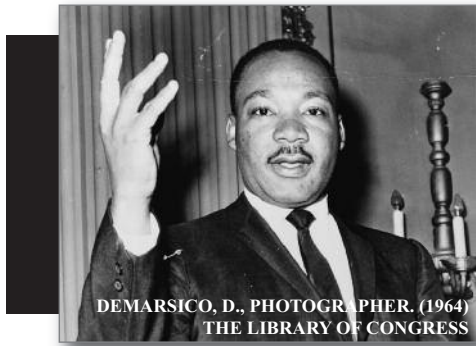
- **Be smart about your available resources**—Can you afford to defer Social Security for a bit longer in order to maximize the cash benefit? Do you own a home that has equity you can put to work for you with a reverse mortgage? Are there other financial resources you can draw down, such as an old savings account or a life insurance policy you may have socked away?

"Many seniors are surprised to learn that one potential asset for generating immediate cash is a life insurance policy," said Darwin M. Bayston, CFA, president and chief executive officer of the Life Insurance Settlement Association (LISA), a nonprofit organization that educates seniors about alternatives to lapsing or surrendering a life insurance policy. "A life insurance policy is considered your personal property and—as such—you have the right to sell that policy anytime you like."

When a consumer sells a policy in a "life settlement" transaction, the policy owner receives a cash payment and the purchaser of the policy assumes all future premium payments—then receives the death benefit upon the death of the insured. Candidates for life settlements are typically aged 70 years or older, with a life insurance policy that has a death benefit of at least \$100,000.

To learn more about life settlements and whether you could be eligible for a free review of your life insurance policy, visit www.LISA.org or call the LISA office at 888-902-6639.

OUT on the TOWN



EVENTS ~ HONORING ~ Rev. Dr. Martin Luther King, Jr.

January
12-21, 2019

City of College Park Tribute to Rev. Dr. Martin Luther King, Jr.

Date and Time: Saturday, January 12, 2019, 2-3:30 p.m.
Description: Join us for the 28th Annual City Tribute to Rev. Dr. Martin Luther King, Jr. The City's annual event honors Dr. King's legacy through a keynote address, performances, art and a City proclamation. This year's theme is "Injustice Anywhere is a Threat to Justice Everywhere" presented by the 2019 Keynote Speaker Melvin C. High. Mr. High is Prince George's County Sheriff. *The selections and songs presented during the event are chosen by the participants as their way to honor Dr. King. The City, by sponsoring this event, does not endorse any particular religion, belief system or presentation.*

Cost: FREE
Ages: All ages are welcome
Location: Kay Theater, The Clarice Smith Performing Arts Center, 8270 Alumni Drive, College Park, MD 20742. Free event parking is available nearby in University Lots 1b and Z all day on Saturdays (excluding home football games). These lots are about a 2-5 minute walk to the venue. There are also paid parking options in the Stadium Drive Garage as well.
Contact: 240-487-3500

Martin Luther King, Jr. Day of Service Food Drive

Date and Time: Monday, January 14, 2019, 10 a.m.-8:30 p.m.
Description: The Teen Advisory Board of the Oxon Hill Library will participate in the Martin Luther King, Jr. Day of Service by collecting nonperishable items.
Cost: FREE
Ages: 13-18
Location: Oxon Hill Branch Library, 6200 Oxon Hill Rd., Oxon Hill, MD 20745
Contact: 301-839-2400

VR: Martin Luther King National Historic Site

Date and Time: Thursday, January 17, Friday, January 18, Saturday, January 19, 2019, 3-6 p.m.
Description: Explore a guided lesson of the MLK National Historic Site in Atlanta, GA with Google Expedition virtual reality in the Sojourner Truth Room! **Registration required. Call 301-839-2400.**
Cost: FREE
Ages: Elementary (5-12 yrs)
Location: Oxon Hill Branch Library, 6200 Oxon Hill Rd., Oxon Hill, MD 20745
Contact: 301-839-2400

Prince George's County Top Ladies of Distinction 7th Annual MLK Prayer Breakfast

Date and Time: Saturday, January 19, 2019, 8:30-11:30 a.m.
Description: Join the Top Ladies of Distinction, Inc. Prince George's County Chapter for our 7th Annual Martin Luther King, Jr. Prayer Breakfast. Our theme: "Pressing Ahead To Continue Our Journey." We look to honor and celebrate the legacy of Rev. Dr. Martin Luther King, Jr. through tributes, song, inspirational entertainment, a powerful word from our guest speakers, Minister Diamond Gantt of St. Stephens Baptist Church, Temple Hills, MD and Rev. Omari Hughes of Reid Temple AME, Glendale, MD, and a delectable breakfast to feed your belly and soul! There will also be vendors and a photography booth present to enhance the celebration! We look forward to celebrating with you and your family! Get your tickets today

(eventbrite.com) and help us raise funds to meet the needs and serve of our community!!

Cost: General Admission (age 13 & older), \$50.00; (age 12 and under) \$20.00; Top Teen (Sponsored Ticket) Enter donation (\$); Child (age 5 and under) Free
Ages: All ages are welcome
Location: Camelot by Martin's, 13901 Central Avenue, Upper Marlboro, MD 20774
Contact: facebook.com/tlodpgcc

Program Honoring Dr. Martin Luther King, Jr.

Date and Time: Saturday, January 19, 2019, 10 a.m.
Description: The program will feature the artwork of local students who have been selected as finalists and winners in the City's Martin Luther King Art Contest.
Cost: FREE
Ages: All ages are welcome
Location: City Hall, 15901 Excalibur Road, Bowie, MD 20716
Contact: 301-809-3032

Let Freedom Sing! 2nd Annual Musical Celebration honoring the Life and Legacy of Martin Luther King, Jr.

Date and Time: Saturday, January 19, 2019, Matinee 2 p.m. (doors opening at 1:30 p.m.); Evening 7 p.m. (doors opening at 6:30 p.m.)
Description: Let Freedom Sing featuring the Howard Gospel Choir from Howard University. Free parking on site.
Cost: Adults \$15, Seniors Citizens (65 and over) \$10, Students (K-12/College with valid I.D.) \$10. Tickets: <http://www.bowiecenter.org/tickets.html>
Ages: All ages are welcome
Location: Bowie Center for the Performing Arts, 15200 Annapolis Road, Bowie, Maryland
Contact: 202-758-5193 or info@howardgospelchoir.com.

A Civil Rights Movie Matinee: Selma

Date and Time: Saturday, January 19, 2019, 2-4:30 p.m.
Description: This Ava DuVernay film documents Martin Luther King, Jr.'s campaign to secure equal voting rights by an epic march from Selma to Montgomery, AL in 1965.
Cost: FREE
Ages: Adults
Location: Oxon Hill Branch Library Lecture Hall, 6200 Oxon Hill Rd., Oxon Hill, MD 20745
Contact: 301-839-2400

2019 Martin Luther King, Jr. Birthday Celebration

Date and Time: Monday, January 21, 2019, 8:30 a.m.-noon
Description: Keynote Speaker Rev. Delman L. Coates, Ph.D., Senior Pastor of Mt. Ennon Baptist Church in Clinton, MD, Hosted by UNCF Washington and the Washington Inter-Alumni Council, the 36th annual Martin Luther King, Jr. Birthday Celebration will help send more students to and through school.
Cost: Individual tickets are \$75
Location: The Hotel at the University of Maryland, 7777 Baltimore Ave., College Park, MD
Contact: Jennifer A. Coke, UNCF, jennifer.coke@uncf.org, 202.810.0333

MLK Day of Service 2019, Silver Spring, MD

Date and Time: Monday, January 21, 2019, 10 a.m.-12 p.m.
Description: By Montgomery County (MD) Alumnae Chapter of Delta

Sigma Theta Sorority, Inc. Join us in celebration of service and volunteerism. Dr. Martin Luther King, Jr. once said, "Life's most persistent and urgent questions is: What are you doing for others?" Dr. King devoted his life to advancing equality, social justice, and economic opportunity for all. He challenged us to build a more perfect union and taught us that everyone has a role to play. Join us in living up to Dr. King's challenge and be a part of a service project, which will benefit county organizations and the local community. Learn about the various community service groups, nonprofit organizations, foundations and more, who can use your help, not just on that day, but all year.

Cost: FREE, BUT YOU MUST HAVE A TICKET TO SERVE. Register at eventbrite.
Location: Silver Spring Civic Building, 1 Veterans Place, Silver Spring, MD 20910
Contact: @mcaadst, Facebook: mcaadst

Martin Luther King Jr., Day To Serve

Date and Time: Monday, January 21, 2019, 10 a.m.-1 p.m.
Description: Join the University of Maryland Black Alumni Association for our MLK Day to Serve. Volunteers will gather at the museum and carry out community service efforts to benefit local, underserved communities.
Cost: FREE, Register at bdmuseum.maryland.gov/events/
Ages: All ages are welcome
Location: Banneker-Douglass Museum, 84 Franklin Street, Annapolis, MD 21401
Contact: 410-216-6180

The 38th Annual Dr. Martin Luther King Jr. Peace Walk and Parade

Date and Time: Monday, January 21, 2019, Peace Walk: 11 a.m.; Parade: 12-2 p.m.
Description: We welcome all residents of the District of Columbia and surrounding areas to take part in the annual Dr. Martin Luther King, Jr. Peace Walk and Parade.
Peace Walk: Prayer Service at 9 a.m.; Peace Walk Line up at 10:40 a.m., Assembly next to United Black Fund, 2500 MLK Jr., Ave. SE, Washington, DC. Step off at 11 a.m.
Parade: Check-in at 10 a.m.: Anacostia Art Center 1231 Good Hope Rd SE; Assembly at 10:30 a.m., next to Black Workers Wellness Center, Destination: 2 p.m. at Gateway Pavilion, 2730 MLK Ave., SE, Washington, DC. **To participate in the parade: The final date for walk-in registration is Thursday, January 10, 2019.** The parade will step off at 12 p.m. and proceed south on Martin Luther King Jr Ave SE through downtown Anacostia. The parade will conclude at the campus of St. Elizabeth's East with a **Health and Community Fair from 12-3 p.m.** at the Gateway Pavillon located at 2700 Martin Luther King Jr Ave SE.
Contact: <https://mlkholidaydc.org/>

City of Annapolis Annual Dr. Martin Luther King, Jr. Parade

Date and Time: Monday, January 21, 2019, 12 p.m.
Description: Come join the fun! The City of Annapolis and the Annapolis Drum and Bugle Corps announce "History in the Making" with the Annual Dr. Martin Luther King, Jr. Parade.
Cost: FREE
Ages: All ages are welcome
Location: City's Downtown area; Parade will end at the Market House
Contact: 240-389-0248, MLKParade1@gmail.com

ERIC D. SNIDER'S IN THE DARK Movie Review

Beautiful Boy

Beautiful Boy
Grade: B
Rated R, some harsh profanity, a little sexuality.
2 hrs.

In 2008, journalist David Sheff and his son Nic published parallel memoirs, "Beautiful Boy" and "Tweak," detailing Nic's struggles with drug addiction and David's efforts to help him. Both books are credited as source material for the film "Beautiful Boy," directed by Felix van Groeningen ("The Broken Circle Breakdown") and written by him and Luke Davies ("Lion"), a former heroin addict—but the focus is on the father, played by a suddenly very dad-like Steve Carell, more than the

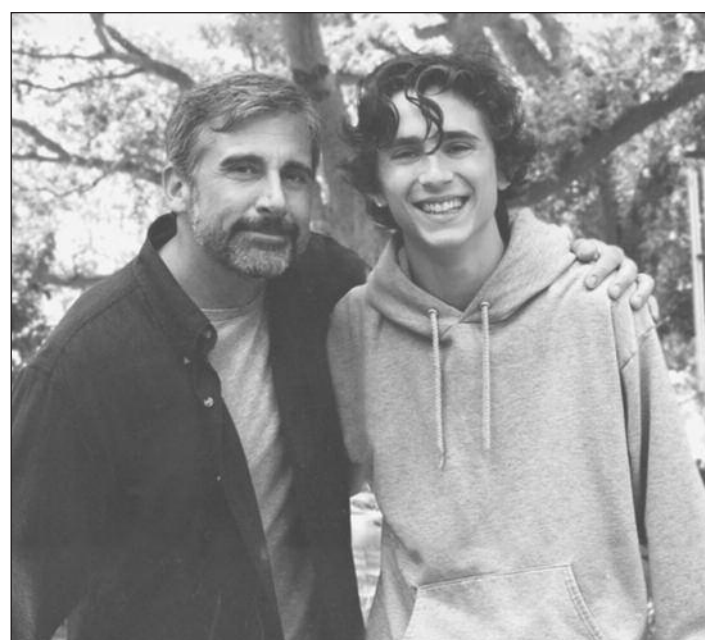
kid (Timothee Chalamet). The shift in perspective (these stories are usually from the junkie's point of view) gives Carell the opportunity to do some fine dramatic work as a loving father experiencing the multiple heartbreaks of parenthood, on his way to accepting that you can't "save" anyone. All you can do is be there for them.

Van Groeningen's telling of the story involves a fractured timeline and unmarked flashbacks, often prompted by David going somewhere and recalling times he was there with Nic. The editing gets ahead of itself: With no context, we see Nic, who went off the grid for a couple days, sitting in a donut shop; then we cut to David at the airport, getting a

call from Nic; then we cut back to the donut shop, where David is now arriving: The first shot was a flash-forward. All of these devices disorient us (not unpleasantly) and suggest a continuous, never-ending cycle of recovery and relapse (though the ending is optimistic; Nic obviously survived long enough to write a book).

As played by a skinny, pale Chalamet, Nic looks terribly young, but then sometimes seems so mature; it's exactly the right mixture of childhood and adulthood to make an 18-year-old meth addict seem vulnerable

and in need of fixing. There are worthy supporting performances by Maura Tierney as David's second wife (with whom he has two younger kids, Nic's half-siblings) and Amy Ryan as his ex-wife, Nic's mom. The struggles and aggravations are heartrending, probably more so if you're a parent, probably MORE so if you're the parent of a wayward child. But even a childless flaneur like myself can see the intense love and sorrow in Carell's performance, along with a father's steadfast refusal to ever give up.



ROTTENTOMATOES.COM

Based on the best-selling pair of memoirs from father and son David and Nic Sheff, *Beautiful Boy* chronicles the heartbreaking and inspiring experience of survival, relapse, and recovery in a family coping with addiction over many years.

Annual Photo Contest Now Taking Submissions

2019 Contest Runs Through August 31

By PRESS OFFICER
Maryland Department of Natural Resources

ANNAPOLIS, MD (January 3, 2019)—The Maryland Department of Natural Resources is now accepting entries for its annual photo contest. Photographers, novice or professional, can enter for the chance to win cash and other great prizes.

Winning entries will be posted online, featured in an issue of the seasonal *Maryland Natural Resource* magazine, and placed in the 2020 wall calendar.

More than 4,300 photos were submitted by more than 800 photographers in the 2018 contest, shattering last year's record of 1,500 photos. Photographers from more than 16 states, including California, Florida, New York and Ohio entered the contest.

Entries can include images from anywhere in Maryland featuring birds, fauna, flora, insects, natural phenomena, outdoor recreation, scenic landscapes, weather or wildlife. Judges will choose first, second and third place winners for each season; from among the first-prize winners, an overall grand prize winner will be awarded. Social media users will also be able to select a "Fan Favorite" via the department's Facebook page.

Photographers may submit up to three entries for \$10 with additional entries (no limit) at \$3 each between now and Aug. 31. All photos must be original and unpublished. The contest is open to residents and visitors alike, but only photos of Maryland will qualify to win.

The best overall photo receives a grand prize of \$500 cash, a one-year Maryland State Park and Trail Passport, a complimentary five-year magazine subscription and five copies of the 2020 calendar. First, second and third place winners also receive prizes.

Calendar of Events

January 10–January 16, 2019

Hot Chocolate Fridays

Date and Time: Friday, January 11, 2019, 1–3 p.m.
 Description: Warm up with a cup of authentic colonial hot chocolate and a guided house tour of Darnall's Chance House museum. No reservation necessary. Tours on the hour.
 Cost: Adults: \$5/person, Seniors & Groups: \$4/person
 Ages: 5–18: \$2/person; Ages 4 & under: Free
 Ages: All ages are welcome
 Location: Darnall's Chance House Museum, 14800 Governor Oden Bowie Dr., Upper Marlboro, MD 20772
 Contact: 301-952-8010

ReUse-a-Palooza: A Conservation Event

Date and Time: Friday, January 11, 2019, 6–8 p.m.
 Description: The main theme of this event is, "Recycled art & music project, and conservation swag". Each environmental event will feature a mini-Recycling Expo, featuring educational booths providing information on recycling and conservation resources. We'll also have food, themed conservation films, and friendly "best of" competitions amongst participants. Make sure you're a part of this good cause to help preserve our environment! Also on January 18 at the Bladensburg Community Center, 4500 57th Avenue, Bladensburg, MD 20710.
 Cost: FREE!
 Ages: 6–17
 Location: Columbia Park Community Center, 1901 Kent Village Drive, Landover, MD 20785
 Contact: 301-341-3749; TTY 301-699-2544

Xtreme Teens: Skills Night

Date and Time: Saturday, January 12, 2019, 7–10 p.m.
 Description: How creative are you? Come demonstrate your artistic side through drawing and crafting! Afterward, we will leave them out in the teen room for display to your friends, family and interested patrons! Show us what you got!
 Cost: FREE! with M-NCPPC ID
 Ages: 10–17
 Location: Kentland Community Center, 2413 Pinebrook Avenue, Landover, MD 20785
 Contact: 301-386-2278; TTY 301-699-2544

A Taste of Tea

Date and Time: Sunday, January 13, 2019, 1 p.m.
 Description: Come in out of the cold and join us for tea, the "comfort drink". We will be tasting various teas, such as green, black, and white, while learning a little history of the beverage, and a surprising fact about herbal "tea". This will be a casual, fun, buffet style get-together. Meet new friends and neighbors over scones, jam, lemon curd, and light desserts.
 Cost: \$5/person. **Reservations required.** Call 301-464-5291
 Ages: 12 and up
 Location: Marietta House Museum, 5626 Bell Station Road, Glenn Dale, MD 20769
 Contact: 301-464-5291; TTY 301-699-2544

Documented: The Community Blackboard

Date and Time: Monday, January 14, 2019–March 9, 2019, 10 a.m.–4 p.m. (**Opening Reception is scheduled for Saturday, January 19, 2019, from 5 to 8 p.m.**)
 Description: "Documented: The Community Blackboard," is a site-specific, interactive and transformative artwork by Muriel Hasbun. This thoughtful exhibition asks the public to post their family photos, documents and to write their own migration story onto the gallery walls, promoting coexistence, creativity, remembrance, respect, and dialogue beyond borders. Join us to make and become your history!
 Cost: FREE!
 Ages: All ages are welcome
 Location: Brentwood Arts Exchange, 3901 Rhode Island Avenue, Brentwood, MD 20722
 Contact: 301-277-2863; TTY 301-699-2544

Kids Kaboose

Date and Time: Tuesday, January 15, 2019, 10:30 a.m.–12 p.m.
 Description: Railroad stories and fun for families.
 Cost: FREE
 Ages: 1–11
 Location: Bowie Railroad Museum, 8614 Chestnut Ave., Bowie, MD 20715
 Contact: 301-809-3089 or museumevents@cityofbowie.org

STEM-tastic: Minecraft Architecture

Date and Time: Tuesday, January 15, 2019, 3 p.m.
 Description: Have fun using the Minecraft game to build structures and explore building designs!
 Cost: FREE
 Ages: 5–12
 Location: Fairmount Heights Branch Library, 5904 Kolb St., Fairmount Heights, MD 20743
 Contact: 301-883-2650

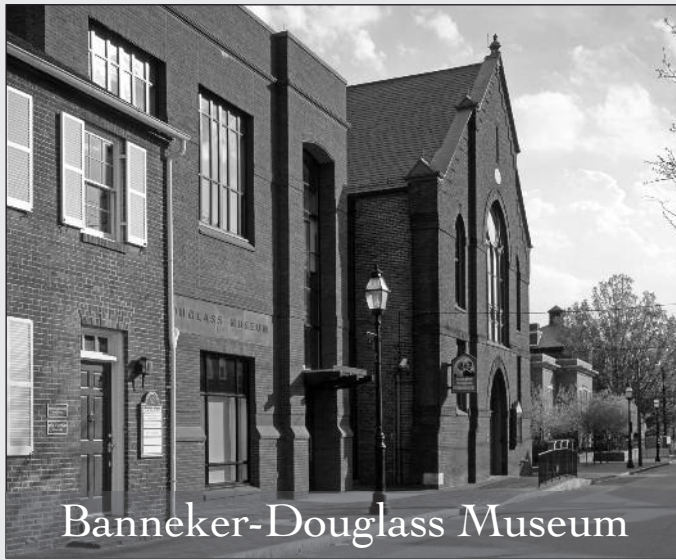
The Windsock Arms

Date and Time: Wednesday, January 16, 2019, 5:30–7:30 p.m.
 Description: Try out a new specialty cocktail each month while chatting with our guest bartenders. Every month features a different theme and activity. Enjoy after-hours access to the exhibits, socialize with friends, and snack on appetizers.
 Cost: \$12 in advance, \$15 at the door includes food
 Ages: 21 and over only
 Location: College Park Aviation Museum, 1985 Corporal Frank Scott Drive, College Park, MD 20740
 Contact: 301-864-6029; TTY 301-699-2544

Studio Artists Talk: "Art and/in Community Building"

Date and Time: Wednesday, January 16, 2019, 7–8:30 p.m.
 Description: Does art positively contribute to your richness of your community? What does engagement look like? How do we do it? Hear from a panel of artists who balance making art with being a teaching artist, a community organizer, and/or an arts administrator. Artists: John Ortiz, Melissa Ezelle, Kara Brielmann, Kory Richardson, Linda Rollins; Moderator: Gretchen Schermerhorn.
 Cost: FREE
 Ages: Adults
 Location: Pyramid Atlantic Art Center, 4318 Gallatin St., Hyattsville, MD 20781
 Contact: 301-608-9101; www.pyramidatlanticartcenter.org

OPEN TO THE PUBLIC



Banneker-Douglass Museum

PHOTOGRAPH: BANNEKER-DOUGLASS MUSEUM

Located in Annapolis, the **Banneker-Douglass Museum** is the state's official museum of African American heritage. The facility works to promote African American history and culture, with a particular look at Maryland connections, through lectures, workshops, performances, and various exhibits to engage the community at large. The museum is open Tuesdays through Saturdays, from 10am–4pm. Admission is free, with scheduled guided tours and site rentals available for a fee.

The Banneker-Douglass Museum:
 84 Franklin St., Annapolis, MD 21401
 410-216-6180 • <http://bdmuseum.maryland.gov/>

Calendar Spotlight

New Exhibits, Opening Reception: Laurence Hurst Anniversary Show and Songs of a Caged Bird

Saturday, January 12, 2019, 3–5 p.m.

Laurence Hurst Anniversary Show:

Banneker-Douglass Museum is proud to present the Laurence Hurst Anniversary Show, guest curated by Laurence Hurst. In celebration of the museum's 35th anniversary, this exhibition features artwork spanning 50 years by Mr. Hurst, who is BDM's first-ever Artist-in-Residence.

Songs of the Caged Bird:

This dynamic exhibition features Maryland-based African American artists and is guest curated by Lilian Thomas Burwell. Inspired by "I Know Why the Caged Bird Sings" by the late Maya Angelou, this exhibit urges visitors to reflect on the artistry that springs forth from restriction.

Cost: FREE. Register at bdmuseum.maryland.gov/events/
 Ages: All ages are welcome
 Location: Banneker-Douglass Museum, 84 Franklin Street, Annapolis, MD 21401
 Contact: 410-216-6180

PG Valor vs. Reading Wizards Sunday, January 13, 2019 Doors Open at 3:30 p.m. | Tip-Off 4 p.m.

\$10 General Admission • www.pgvalor.com
 9107 Pine View Lane, Clinton, MD 20735

National Anthem: Daynin Michael
 Half-Time: Zion's Daughters Dance Academy



Earth TALK™ Is Eco-Friendly Dry Cleaning a Reality?

Dear EarthTalk:
 Is so-called eco-friendly dry cleaning a reality?
 —Jane Krause, Garden City, NJ

Although some greener alternatives exist, most dry cleaners still use perchloroethylene ("perc" for short), a petroleum-based solvent that can be hazardous to the human central nervous system, with exposure causing headaches, nausea, dizziness and memory problems for some people.

Perc's constituent components—phosgene, vinyl chloride, carbon tetrachloride and trichloroacetic acid (TCA)—have also been linked to a range of other health issues, including liver and kidney malfunction, reproductive abnormalities and even cancer. The U.S. Environmental Protection Agency (EPA) regulates perc under the Toxic Substances Control Act, the Clean Water Act and the Safe Drinking Water Act.

Luckily for consumers, safer alternatives to perc for dry cleaning are available. The most common comes from a company called GreenEarth Cleaning, whose products and process form the backbone of a large network of independent "green" dry cleaners across the United States. GreenEarth's process uses biodegradable liquid silicone—essentially liquified sand—in place of petrochemicals. Since liquid silicone is chemically inert, it doesn't chemically react with fabric fibers, and is safe to use on delicate garments—beads, lace, silk, cashmere—and won't cause shrinkage.

And perhaps best of all, it breaks down into natural elements (sand, water and carbon dioxide) that are safe for air, water, soil

and people. In fact, liquid silicone is so safe that it is often a base ingredient in many everyday shampoos, conditioners and lotions that we put right onto our skin with no ill effects.

From its humble beginnings in a lab back in 1998, GreenEarth's system is now used by some 6,000 dry cleaners globally. You can find one near you via a zip code search on the company's website.

Another green alternative to dry cleaning is so-called professional wet cleaning, whereby fabric is laundered in a computer-controlled washer and dryer that uses water along with specialized soaps and conditioners instead of solvent—and spins its contents much more slowly than a typical home washing machine. The result is that it's much gentler on fragile clothing.

Yet another eco-friendly choice is liquid carbon dioxide (CO2) cleaning, which uses pressurized CO2 in combination with other gentle cleaning agents to dissolve dirt, fats and oils in clothing instead of perc.

One often-overlooked option is simply to hand-wash delicate clothes and fabrics in Woolite or some other non-toxic detergent, and then hang them to dry. If you need your hand-washed clothes to have a finished

pressed look, you can take them to a standard cleaner for pressing only.

Despite the existence of greener alternatives, four out of five dry cleaners still use perc. Consumers should be aware of dry cleaners that advertise their process as organic, given that perc can be considered organic because its petroleum-based chemicals do come out of the ground. If you aren't sure about that neighborhood dry cleaner, ask them a few questions to find out what makes them consider themselves green. Just because they might recycle hangers or plastic bags doesn't get them off the hook as



CREDIT: JEREMY BROOKS, FLICKRCC

Even though greener options are widely available, 80 percent of dry cleaners still use potentially toxic "perc" to clean fabrics.

polluters if they use perc or other hazardous substances or processes.

CONTACTS: GreenEarth, www.greenearthcleaning.com; EPA's "Outdoor Air—Industry, Business, and Home: Dry Cleaning Operations," archive.epa.gov/airquality/community/web/html/drycleaning.html.

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

NEW YEAR, NEW YOU!

TUESDAY TIP

- Stop waste before it can begin. Refuse single-use items like water bottles, straws, bags, coffee cups and more.
- Go a step further than recycling at home – start a compost bin.
- Support your local organic farmers by joining a CSA (Community Supported Agriculture), which provides seasonal produce to your family.
- Consider trying a "Meatless Monday" to reduce meat and animal products from your diet.
- Make more efforts to conserve water by turning off the water when you brush your teeth or limiting the time you bathe/shower.

Green your New Year by setting some of these easy goals to reduce your footprint, help make a big difference in the world, and save some money.

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

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Record from A1

Sponsors of this year's Holiday SoberRide® campaign included Sponsors of this year's Holiday 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, Heineken, Kendall-Jackson, 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 75,498 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.

Protect from A4

"The partial government shutdown represents a failure to govern and harms not only those who need to interact with the closed agencies, but also hundreds of thousands of federal employees and their families," said Senator Collins. "Civil servants bring dedication, competence, and experience to their work, and I appreciate all that they do for our government and our nation. Our legislation would guarantee that they are paid retroactively as soon as appropriations are restored. I am also continuing to discuss with the White House and my colleagues on both sides of the aisle ways to bring an end to the shutdown so that furloughed federal employees can return to work as quickly as possible."

Delmarva's Craft Beer-Centered Radio Program "Beer Notes" Picked up By Alaska NPR Station

By ANN MCGINNIS HILLYER
Shore Craft Beer

BERLIN, MD, (January 2, 2019)—"Beer Notes," a craft beer-oriented radio program produced by Shore Craft Beer in collaboration with Delmarva Public Radio (DPR), Salisbury University, the U.S. Department of Agriculture and the Tri-County Council for the Lower Eastern Shore of Maryland, has been picked up for syndication by its first non-Shore public radio station: KMXT in Kodiak, Alaska.

"Beer Notes" is a weekly, two-minute program that premiered on Oct. 18, 2018 and airs every Thursday evening at 5:44 p.m. during "All Things Considered" on DPR. It is the first program to be syndicated by DPR, which allows it to be purchased by stations across the country through the Public Radio Exchange (PRX).

The program is designed to highlight the world-class beer of the Eastern Shore and functions, in part, to drive tourism to Delmarva and its unique array of breweries and craft beer-focused restaurants and hotels.

"We're incredibly excited that Beer Notes has been picked up by its first station outside of the Shore, and in Alaska of all places," said Shore Craft Beer CEO Ann McGinnis Hillyer. "This is the first of many to come. We're so happy to promote the craft beer industry as a whole, but especially the burgeoning craft beer community on Delmarva, too."

The program is crafted to educate and entertain its listeners, covering the origins, science, styles, trends and the development of craft beer culture. Recently-aired episode topics have included the process of brewing gluten-free beer, the impact of global climate change on craft brewing and how to correctly pour beer, among many others.

Beer Notes is broadcast weekly on DPR, WSCL 89.5 and WSDL 90.7. The show can also be found online at BeerNotes.org, and episodes are additionally posted on DelmarvaPublicRadio.net after they air. Episodes are available for sponsorship.

To support the program and promote Delmarva's craft beer industry to radio listeners nationwide, Shore Craft Beer is sponsoring a contest that asks Beer Notes fans to fill out an email form requesting Beer Notes on their local NPR station. One participant will be randomly chosen on Jan. 11 to receive gift cards to an area brewery and restaurant. Contest details and the request form can be found online at BeerNotes.org.

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