

# The Prince George's Post



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## PGCC to Provide Assistance For Students Affected by Partial Shutdown

By TABRESHA LANGHAM  
Prince George's Community College

LARGO, Md. (Jan. 10, 2019)—Prince George's Community College (PGCC) announced that it will provide assistance to students impacted by the current federal government shutdown at a press conference with Prince George's County Executive Angela Alsobrooks and other county and regional partners.

"We understand that some of our students may be adversely affected because of the government shutdown. We are committed to support these students and ensure that their educational endeavors are not prolonged or interrupted," said PGCC President Dr. Charlene Dukes.

County Executive Angela Alsobrooks said, "We anticipate as of tomorrow that many of our neighbors and friends and loved ones will wake up and feel the stress of having not received a paycheck." She continued, "I am really pleased to stand today with a number of our partners who have come together to express to our residents, that although the federal government may be shut down, we are fully operational."

If students or their families are experiencing financial hardships as a result of the government shutdown, PGCC would like to help them avoid any interruption to the upcoming semester. Tuition assistance programs will be available for eligible students to support the academic and career goals of those impacted. To learn more about the criteria and required documents, students should contact the Tuition Assistance Hotline at 301-546-0154.

"The government shutdown may create unforeseen financial challenges



PHOTO CREDIT: JOHN WEBSTER, PRINCE GEORGE'S COMMUNITY COLLEGE

**Dr. Charlene Dukes, PGCC president, and Angela Alsobrooks, Prince George's County executive, joined with county and regional partners to announce efforts to assist families affected by the government shutdown.**

for families and individuals," said Dukes. "Our goal at the college is to help alleviate stress and worry for those impacted so that they continue their pursuit of a higher education with the necessary focus and determination."

## Interim CEO Goldson Announces New Fund To Cover Student Meal Fees

By OFFICE OF COMMUNICATIONS  
Prince George's County Public Schools

UPPER MARLBORO, MD (January 10, 2019)—Today, Dr. Monica Goldson, Interim Chief Executive Officer, announced a new fund to support Prince George's County Public Schools (PGCPS) students who need a hot meal during the federal government shutdown and beyond.

The 10,000 Meals Challenge fund, established through the nonprofit Excellence in Education Foundation for PGCPS, will allow community members to assist in covering student meal fees. The issue

has been a major topic of discussion and concern with the continuing federal government shutdown.

Earlier this week, at the request of the Board of Education, the school system examined a proposal to provide free meals to all students impacted. On Monday, Dr. Goldson announced the system would cover hot meal costs through Friday.

"With each passing day, the shutdown creates more uncertainty for families across Prince George's County. While the shutdown may have sparked this conversation, the reality is that school meal debt remains a challenge for students, families and schools," said Dr. Goldson. "Students, school needs

and their communities are at the core of our decision-making. I am grateful for our community partners and their continued commitment to our students. Together, we are making Prince George's County Public Schools a model for caring throughout the region and one we can all be proud of."

The new fund aims to cover the cost of 10,000 meals, ensuring that every child who needs a hot meal receives one. NAI Michael, Old Line Bank, Lanier Electronics and Educational Systems Federal Credit Union have donated \$15,000 towards the initiative, which will pay for more than 5,000 meals. Daily school breakfasts cost \$1.60; school lunches run between \$2.75 and \$3 daily.

Donations will be distributed to schools with the greatest demonstrated need. To donate, visit [www.pgcps.org](http://www.pgcps.org) and click the 10,000 Meals Challenge button.

## CIAA Board of Directors Select City of Baltimore as Official Home of 2021–2023 Men's and Women's Basketball Tournament

*As the CIAA's Only MD School, Bowie State University to Serve as Host Institution*

By GREGORY C. GOINGS  
Bowie State University Sports Information

BALTIMORE, MD (January 8, 2019)—The Central Intercollegiate Athletic Association (CIAA®), the nation's first African American athletic conference, has selected Baltimore as the official site of the 2021–2023 CIAA Men's and Women's Basketball Tournament. The announcement, made by the CIAA Board of Directors, comes after a thorough and comprehensive process which included site visits to each city to assess athletic facilities, convention center, hotels, and restaurant options for the popular week-long event. Additionally, three cities selected as finalists, delivered in-person presentations during the Board's fall meeting in Charlotte in early December.

Charlotte, NC, and Norfolk, VA, were among the finalists.

"This is an exciting time for the CIAA as we have an opportunity to bring the basketball tournament to a new market, moving it closer to many of our northern institutions who have travelled to Charlotte for more than a decade," said CIAA Commissioner Jacqie McWilliams. "We are incredibly thankful for our partnership between the CIAA, the City of Charlotte and the Charlotte Regional Visitors Authority (CRVA). Charlotte is still our home, we are still headquartered here. We have built life-long

friendships with our partners and the community that goes beyond the tournament. We plan to continue this great relationship."

The tournament has been held in Charlotte for the past 13 years and will remain in the city for the 2019 and 2020 tournaments.

The selection of Baltimore marks the first new location for the CIAA Basketball Tournament since 2005. From the tournament's inception, the popular championship series has been held in Washington, DC, Norfolk and Richmond, VA, Raleigh and Greensboro, NC. Baltimore previously hosted the championship for one year, in 1951.

"The teams and cities that presented their bids to the Board of Directors were energetic and impressive. What stood out about Baltimore was their vision of how the CIAA Basketball Tournament could be woven into the fabric of the city. Also important was Baltimore's commitment to provide scholarships for the CIAA institutions and overall support of the hotel and business communities," said CIAA Board Chair and Fayetteville State University President Dr. James A. Anderson. Key com-



munity activities featured within the tournament, such as Education Day, the Career Expo and Toyota Fan Fest will continue in Baltimore as well.

"We are honored to have been chosen as the host city for the CIAA's 2021–2023 tournaments. We are thrilled that the CIAA organization has recognized what we all know very well—Baltimore is a city of unsurpassed hospitality and civic and cultural amenities that make it a destination for hundreds of thousands of visitors annually," said Mayor Catherine E. Pugh. "We look forward to welcoming the CIAA, its players and many fans, and to hosting these major tournaments in a way that demonstrates what a truly great city we are, and what a great decision this will be for all."

Located in the growing DC-Maryland-Virginia (DMV) corridor, where a robust CIAA alumni community resides, Baltimore is a short drive from member institution Bowie State University. "As

See CIAA BOARD OF DIRECTORS Page A8

## National Women's March and the Book "Becoming" To be Focus of D.C. Group Life Coaching Seminar

By FELICIA HODGES  
Tigerlily Communications

WASHINGTON, D.C. (Jan 7, 2019)—What better way to kick off an historically diverse 2019 than with a local, group-coaching seminar specifically for women of color?

On January 23, 2019, "Becoming Together: A Group Coaching Conversation for Women of Color" will be held at Busboys and Poets, 2021 14th St. Northwest, in D.C. from 6:30–8:30 p.m. Following closely on the heels of the National

See COACHING SEMINAR Page A8



PHOTO CREDIT: CATAPULT LIFE COACHING

**Patrice Ford Lyn, CEO and founder of Catapult Life Coaching and facilitator of the event "Becoming Together: A Group Coaching Conversation for Women of Color".**

## Aisha Braveboy Sworn in as Prince George's County's Newest State's Attorney During Investiture Ceremony

By DENISE ROBERTS  
State's Attorney's Office

UPPER MARLBORO, MD—On Monday, January 7, 2019, during her investiture ceremony, Aisha N. Braveboy, county's top law enforcement officer, was sworn in as the Prince George's County State's Attorney, by the Honorable Sheila R. Tillerson Adams, Administrative Judge of the Circuit Court for Prince George's County and the Seventh Judicial Circuit of Maryland.

"I am deeply humbled by this moment. It is truly a privilege to lead the Office of the State's Attorney. Being sworn into this position is the greatest accomplishment of my professional career," Braveboy said during her inaugural address. "However, serving with the men and women of the State's Attorney's Office, my law enforcement partners, and my colleagues at the courthouse will be one of the greatest joys of my life."

Braveboy was elected by an overwhelming margin after serving two terms as Maryland State Delegate for the 25th District and fighting on behalf of young people through juvenile diversion programs and diligent community engagement.

Earlier that morning, 103 Assistant State's Attorneys, Deputy State's Attorneys and Investigators were also sworn in.

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### INSIDE

#### Why Community Service Matters On Martin Luther King Jr. Day

This Martin Luther King Jr. Day, consider how you can honor a great man, while helping to build a stronger community.

Community, Page A3

#### To Be Equal:

##### A Change for the Better: House Rules on Staff Diversity

Despite the progress this country has made related to corporate diversity and inclusion, our Congress, specifically the U.S. Senate, has failed to move the needle when it comes to diversity and inclusion.

Commentary, Page A4

#### Comcast Launches Digital Security Service to Protect WiFi Connected Devices in the Home

The xFi Advanced Security service protects all of the devices in a customer's home that are connected to the Xfinity Advanced Gateway with no set-up required, other than turning the device on.

Business and Finance, Page A5

#### Dino-Sized Ambitions

2018 Doodle 4 Google Winner Inspired by Maryland-National Capital Parks and Planning Commission's Dinosaur Park. Sarah Gomez-Lane and her mother, Maria Lane-Gomez, are regular visitors to Dinosaur Park which drives Sarah's passion for dinosaurs and paleontology.

Out on the Town, Page A6

#### Earth Talk

Dear EarthTalk:

How is it that bitcoin, a virtual currency that few of us have heard of and no one I know uses, is becoming a major contributor to carbon emissions?

—Troy Sussman, Bowie, MD

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# TOWNS and NEIGHBORS

## In and Around Morningside-Skyline

by Mary McHale 301-735-3451

### Show Place Arena invites you to the Spring Home Show, Jan. 26-27—and it's free!

The Suburban Maryland Spring Home Show is coming to The Show Place Arena in Upper Marlboro, Jan. 26 and 27.

Home Show events are designed for homeowners who are in all stages of remodeling, landscaping and decorating their homes. It includes home improvement and remodeling exhibits with product demonstrations. Many of the exhibitors go to great lengths to provide visual, interactive experiences designed to stimulate your creativity and dreams for your own home-improvement plans.

Plus, with their exhibitors' special, show-only deep discounts, you have an opportunity to shop, compare and save all under one roof, in a fun, interactive environment!

Dates and times: Sat., Jan. 26, 10 a.m. to 8 p.m.; and Sun., Jan. 27, 10 a.m. to 6 p.m. The Show Place Arena is at 14900 Pennsylvania Ave., in Upper Marlboro. Phone: 301-952-7900. Admission is free.

### Neighbors and Other People

Roberta Phillips is the new Chief Executive Officer of the Prince George's County Library. You are invited to come and meet her at the Oxon Hill Library on Thursday, Jan. 31, 7:30 to 9 p.m.

The Morningside Volunteers had a busy weekend in the run-up to New Years, responding to a multi-alarm fire in Upper Marlboro and handling multiple other emergencies with the ambulance and engine. You can see some of the photos on their website: [morningsidevol27.com](http://morningsidevol27.com).

My daughter Therese (Crossland '72) lives in Brownsville, Texas, just across the Rio Grande, from Matamoros, Mexico. She works with Catholic Charities and other organizations to help the migrants, many of whom come poorly dressed for the weather, hungry, and sick. She takes them clothing, flip-flops, books and other things, and has just knitted a scarf for "some lucky person." If you are a knitter and feel like making a scarf for some lucky migrant, get it to me and I'll send it on to Therese.

### Changing landscape

Jay's Food Mart has moved to Suitland Road, in Morningside, on the site of what was (I think) a Texaco station years and years ago.

Advance Auto Parts has moved to what used to be a Rite Aid drugstore in Clinton.

The Surratt House Museum and Visitors' Center, in Clinton, has reopened for tours on a regular schedule: Wed., Thurs. and Fri., 11 a.m. to 3 p.m.; Sat. and Sun., noon to 4 p.m.

### Morningside Memories: 60 years ago

In March 1959 the Women's Civic Group of Morningside hosted a Spring Fashion Show which opened with music: Marimba solo by Lynn Nichols; Tap dance, Nan Lollis; Vocal solo, Cathy Smith; Pas de Deux, Judy Conlon and John Thornton; and a Piano solo by Sandra Schaub.

Children's fashions were presented by Bo Peep Shop, Suitland, and featured models Lou Ann Donaldson, Jackie Langford, Faith Tickell, Gail Spaid, Kathleen Jennings and Kathy Gaddis.

Ladies' Fashions were thanks to Darling Dress Shop, Coral Hills, with models Barbara Bauer, Katherine McLaughlin, Virginia Rosch, Dolores Short and Sue Loveless.

### Tony Tañedo, Philippine Army retiree

Avelino Y. "Tony" Tañedo, 82, of Andrews Village, who was retired from the Philippine Army, died at home surrounded by family, Dec. 23. He was born in Tarlac (a province in the Central Luzon region of the Philippines), the oldest of the five children of Cristeta and Dominador Tañedo.

He attended Feati University in Manila, and joined the Philippine Army in 1955. He worked in the field of military intelligence. The Army sent him to NCO Academy in Hawaii and eventually to the Philippine Embassy in Washington.

It was at the Embassy, on Armed Forces Day 1969, that he met his future wife, Salome "Sally" Contreras. They were wed Oct. 3, 1970 at St. Charles Borromeo Church in Arlington. They lived

in Arlington until Nov. 1973 when they moved to Andrews Village in Camp Springs. Over the years Tony was an officer—including president—of the Andrews Village Board of Directors.

He retired from the Philippine Army with more than 25 years of service, and became assistant manager of Kmart in Rivertowne. He was a longtime usher at St. Philip's Church.

Tony is survived by his wife of 48 years, Sally; children, Reuben Tañedo, Philip (Samira) Tañedo and Ciela (Brent) Leech; five grandchildren; and siblings, Msgr. Francisco Tañedo, Edgar Tañedo and Purita Tañedo Sy. Mass of Christian Burial was celebrated by Fr. Ted Hegnauer at St. Philip's with eulogies by Ernie Apaga, Philip Tañedo and Brent Leech. A repast followed in the Parish Hall.

Tony volunteered in many ways at St. Philip's and will be greatly missed by the parish and by the Daughters of St. Anne, an order of nuns who have a convent in the parish.

### Larry Estep, pastor and Crossland grad

Rev. Larry M. Estep, 66, Crossland High Graduate, formerly of Ritchie, died Oct. 13 in York, Pa. He was born Dec. 7, 1951 in Washington, son of the late Armos and Alese Estep.

He graduated from Valley Forge College and Lancaster Theological Seminary and was the current Pastor of St. Paul's (Dubs) Union Church in Hanover, Pa. He also pastored other Pennsylvania parishes, served on the staff of U.S. Center for World Missions, and worked with many conferences and committees.

Survivors include his wife of 31 years, Kay, daughter Kristen, stepdaughter Katrina, and five grandchildren. He leaves a sister, Janice Harrison (Neil) of Los Angeles, and brothers Kenneth Estep (Doris) of Accokeek and Jim Estep (Nancy) of Upper Marlboro.

### Milestones

Happy birthday to Dennis Seaman and former St. Philip's principal Linda Cullinan, Jan. 19; June Nicholson and Gina (Glagola) Hull, Jan. 20; my great-grandson Jason Shearer, Jan. 22; Mark Foland, Jan. 23; and Claire Kennedy, Jan. 24.

by Audrey Johnson 301-922-5384

## Brandywine-Aquasco

### MARTIN LUTHER KING JR. HOLIDAY

Please join Mel Franklin, Council Member at Large for a day of service on this year's Dr. Martin Luther King, Jr. Holiday (MLK Day). "A DAY ON" MLK Day Litter Clean-up at North, Central, and South County Schools. When and where: MLK Day, Monday, January 21, 2019 from 9:00 a.m.-12:00 p.m., at Parkdale High School (6001 Good Luck Road, Riverdale, MD 20737), Walker Mill Middle School (800 Kare Blvd. Capitol Heights, MD 20743), and Surrattville High School (6101 Garden Drive, Clinton, MD 20735). Children under 13 should be accompanied by an adult. High school students can receive credit for volunteer hours.

Event details: At this event from 9:00 a.m.-12:00 p.m. on MLK Day at Parkdale High School, please go to <https://tinyurl.com/mlkday-parkdale-2019>. To register to volunteer for A DAY ON to help pick-up litter between 9:00 a.m.-12:00 p.m. on MLK Day at Walker Middle School, please visit <https://tinyurl.com/mlkday-walkermill-2019>. To register to volunteer for A DAY ON to help pick-up litter between 9:00 a.m.-12:00 p.m. on MLK Day at Surrattville High School, please visit <https://tinyurl.com/mlkday-surrattville-2019>.

### RECOGNITION OF UNDERGRADUATE COLLEGE STUDENTS

College Students recognized Sunday, January 6, 2019 at Clinton United Methodist Church were Brittany Baker—University of Maryland Eastern Shore, Princess Anne, Maryland (Major: Health Fitness, Minor: Health Nutrition), Rachael Cain—Morgan State University, Baltimore, Maryland (Major: Architecture), Rachel Cain graduated December 2017. Lauren Crawford—Hollis University, Roanoke, Virginia (Major: Environmental Science), Sally Davies—Prince George's Community College, Largo, Maryland. Vedall Grant—George Mason University, Fairfax, Virginia (Major: Psychology), Catherine Holmes—Virginia Tech, Blacksburg, Virginia (Major: Marketing, Minor: Elementary Education), Emily Holmes—Virginia Tech, Blacksburg, Virginia (Major: Financial Planning Minor: Communications), Emeka Mbakwe—University of Maryland—Baltimore County, Catonsville, Maryland (Major: Biology with Pre-Pharmaceutical Track), Emeka graduated in December. Matthew Oghogho—Morgan State University, Baltimore, Maryland (Major: Civil Engineering, Minor: Management) and will graduate in May. Osama Omoregbe—College of Southern Maryland, LaPlata, Maryland (Major: Art, Minor: Education), Osayi Omoregbe Frostburg University, Frostburg, Maryland

(Major: Health Sciences). All the students were presented with a grant from Clinton United Methodist Church. Congratulations to all the students.

### NOTTINGHAM MYERS UNITED METHODIST CHURCH

Nottingham Myers United Methodist Church presents a Valentine Experience to Remember Sweetheart Ball Friday, February 15, 2019 from 7 p.m.-11 p.m. in their Family Life Center. The address is 15601 Brooks Church Road, Aquasco, Maryland 20608. Please join us for an evening of fellowship. Music by Bruthers Plus One. Tickets cost \$50 per person for couple and single. Please contact Kim for tickets at [kim698787@verizon.com](mailto:kim698787@verizon.com).

### COLUMBIA AIR CENTER

The Columbia Air Center located at 16000 Croom Airport Road, Upper Marlboro, Maryland 20772 is an African American Heritage Site self-guided with signage. Daily, dawn to dusk. Information call 301-627-6074 or visit [www.history.pgparks.com](http://www.history.pgparks.com).

"The Columbia Air Center is the first African American owned and operated airfield in Maryland, if not the nation, was licensed in 1941. John W. Greene, Jr., a pioneer in black aviation, was instrumental in developing the airfield originally called Riverside Field. Occupied by the U.S. Navy during World War 11, the air field reopened as Columbia Air Center, offering a flying school, charter services and maintenance shop. The first African American Civil Air Patrol Squadron in the Washington, D.C. area was formed here."

### BIRTHDAY GREETINGS

Happy Birthday to Grace Obasuyi, Steven Carter, Davion Dorsett, Dr. Sandra Jones, Veronica Quarm, Khadija Hakim-Hinton,, Nurbert Hughes, Walter Joiner, Ian Williams, Bernestine (Bunny) Bryan, Nicole Falby, Mavis Turnbull, Beatrice Chapman, Abu Davies, Judanne Thomas, Margaret Thompson, Brandon Holmes, Lawrence Omoregbe, Jordan Joseph, Marian Thomas, Rachelle Jackson, Roseline Omoregbe, Yannick Bourne, William Terry, Donovan Cain, and Florella Wallace who are Clinton United Methodist Church members celebrating birthdays during the month of January, 2019.

### WEDDING ANNIVERSARIES

Happy Wedding Anniversary to Nurbert and Carol Hughes, Buddy and Betty King, Walter and Theresa Lindsay Joiner who are Clinton United Methodist Church members celebrating a Wedding Anniversary during the month of January.

## Around the County

### Local Students Honored



PHOTOGRAPH CREDIT: PICTURE PEOPLE, SEARS, ANNAPOLIS MALL

The Grant family (left to right): Gabriela, Nuria, Kevin and big sister Soleil.

### Gabriela Grant Earns Honors Citation

Gabriela Grant of Bowie, MD received the Honors College Citation in a recent ceremony in the Memorial Chapel on the University of Maryland's College Park campus. The Honors College Citation signifies the successful completion of Honors course work which includes Honors seminars, special Honors

versions of introductory courses, and a first year colloquium. The Honors College is a highly selective, nationally recognized academic program for talented undergraduates at the University of Maryland.

—University of Maryland Honors College

### Clarion University Announces Fall Dean's List

CLARION, Pa. (January 8, 2019)—Marc Bartkowiak of Capitol Heights, MD earned a 3.5 GPA to be named to the dean's list for the fall 2018 semester at Clarion University of Pennsylvania.

—Clarion University of Pennsylvania

### Free January Health Resources Provided by Doctors Community Health System

By CHONDRIA ANDREWS  
Doctors Community Hospital

#### Free Screenings on Mobile Health Clinic

LANHAM, MD (January 2, 2019)—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](http://DCHweb.org/WOW). (Most times are 10 a.m.-4 p.m.)

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  
January 24: Hollywood Plaza Shopping Center, 9801 Rhode Island Avenue, College Park, MD  
January 25: Diyanet Center, 9610 Good Luck Rd, Lanham, MD (10 a.m.-4 p.m.)  
January 28: Shoppes at New Carrollton, 7898 Riverdale Road, New Carrollton, MD  
January 29: Spanish Village, 1922 County Rd, District Heights, MD  
January 30: Shops at Iverson, 3737 Branch Ave., Hillcrest Heights, MD  
January 31: City of Glenarden Nutrition Center James R. Cousins, Jr. Municipal Center, 8600 Glenarden Parkway, Glenarden, MD

### Five Schools Receive Excellence in Gifted and Talented Education Awards

By OFFICE OF COMMUNICATIONS  
Prince George's County Public Schools

UPPER MARLBORO, MD (January 9, 2019)—Capitol Heights, Glenarden Woods, Longfields, Montpelier and Vansville elementary schools are recipients of 2019 Maryland Excellence in Gifted and Talented Education (EGATE) Awards. This is the first year Longfields and Vansville received EGATE Awards and the second time for Capitol Heights (2013), Glenarden Woods (2012) and Montpelier (2011).

"Congratulations to these elementary schools for providing exceptional Talented and Gifted programs for our students," said Dr. Monica Goldson, Interim Chief Executive Officer. "These programs play a critical role in keeping advanced learners challenged and engaged."

The EGATE Award recognizes public schools that offer superior and equitable gifted and talented education. The rigorous application process requires school teams to document how their school's gifted and talented education program aligns with the Maryland Criteria for Excellence: Gifted and Talented Education Program Guidelines. The guidelines establish optimal practices in four program components: identification of program students, curriculum and instruction, professionally qualified teachers and professional development, and program management and evaluation.

A total of 17 schools have received the EGATE Award since it began in 2010, with four schools earning the award twice:

- Accokeek Academy (2012)
- Calverton Elementary (2015)
- Capitol Heights Elementary (2013, 2018)
- Glenarden Woods Elementary (2012, 2018)
- Greenbelt Elementary (2014)
- Greenbelt Middle School (2013)
- Heather Hills Elementary (2012)
- Kenmoor Middle School (2010, 2015)
- Longfields Elementary (2018)
- Mattaponi Elementary (2013)
- Montpelier Elementary (2011, 2018)
- Rockledge Elementary (2012)
- University Park Elementary (2015)
- Valley View Elementary (2011)
- Vansville Elementary (2018)
- Walker Mill Middle School (2011)
- Whitehall Elementary (2016)

The Maryland State Advisory Council for Gifted and Talented Education will sponsor a reception in February to recognize new EGATE schools. Schools will receive citations from Governor Larry Hogan and the Maryland State Department of Education (MSDE), a banner and plaque, and will serve as a model and resource to other schools working to achieve EGATE status.

# COMMUNITY

## The American Counseling Association's Counseling Corner

### Are the Winter Blues Getting You Down?

With winter here, perhaps you're not quite feeling your normal self. Maybe you're a bit sluggish, a little irritable, sleeping longer, or just feeling a little down in general? Welcome to what's commonly called the "winter blues" or the "winter blahs."

This is a fairly common problem and while it's often minor, there are times when it can be a quite serious issue. Some people find winter weather affects them strongly enough that it makes daily life difficult. Severe cases are known as Seasonal Affective Disorder (SAD) and can be serious enough to warrant treatment by a mental health professional.

But for most of us these winter blues are just a minor inconvenience and, fortunately, one that you can do something about.

One contributing factor is the shorter days and lack of sunlight in winter. The obvious cure is to increase the amount of light in your life. If it's a bright, sunny day, bundle up and get outside for a bit. If it's gray and dreary, try turning on extra lights to brighten things up and use broad spectrum bulbs (often sold as "therapy lights") that simulate natural sunlight.

Exercise also helps fight those tired and sluggish feelings. Just a short daily walk or gym workout can help your body and mind overcome feelings of low energy.

And even small changes can make a difference. When you're feeling down, give a friend a call and talk about happy things. Watch a favorite funny TV show or movie. Read a book that you know you'll enjoy, or spend some time on a hobby that makes you feel good.

Getting involved with others is another way to feel better. Start going out more, whether it's socializing with friends or volunteering at your church, a local shelter, or nonprofit agency. Helping others almost always brings better feelings, and when you combine that good work with a nice bright smile, you may find you just don't have time to feel blue.

Of course, there are many things that can cause sad feelings besides cold, gray skies. If you find that you just can't overcome such feelings, and they're interfering with your enjoyment of a normal life, seek help. A professional counselor can both help pinpoint the cause of your feelings and suggest ways to overcome the problem.

Bottom line? Take action and don't let the winter blues take the fun out of your life.

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

### Peace Groups Sponsor Writing Contest for Maryland Middle School Students

All Maryland middle school students are invited to enter a statewide writing contest focusing on the themes of peace and social justice.

The contest, which is sponsored by Anne Arundel Peace Action, the Maryland Peace Action Education Fund, the Benjamin Peace Foundation and the Peace and Justice Center of Annapolis Friends Meeting, is open to all 7th and 8th grade students enrolled in public or private schools in Maryland and to home-schooled students corresponding to the same grade levels. This is the 23rd consecutive year the contest has been conducted.

Four cash prizes will be awarded: \$350 for first place, \$250 for second place, \$150 for third place, and \$100 for fourth place. The winners will be honored at a special ceremony, although attendance is not required to receive an award.

To enter, students must submit an entry of up to 1,200 words on this topic:

"The First Amendment to the U.S. Constitution guarantees our most fundamental liberties, including prohibiting the government from restricting freedom of speech or the press, the free exercise of religion, the right to assemble peacefully, and the right to petition the government for a redress of grievances. However, these freedoms have been threatened throughout American history. Which one of these do you believe faces the greatest challenges at this time? Support your views with examples from current events. What actions do you suggest to protect the freedom you selected?"

Entries must be accompanied by a separate cover sheet including the student's name, address and phone number or e-mail address; school's name, address and phone number; and the name of the teacher sponsor if applicable.

Entries and accompanying materials must be postmarked no later than April 30, 2019 and mailed to Fred B. Benjamin Peace Writing Contest, 310 Riverview Avenue, Annapolis, MD 21403-3328.

Anne Arundel Peace Action and the Maryland Peace Action Education Fund are affiliated with Peace Action, the country's largest grassroots peace and disarmament organization with approximately 100,000 members nationwide.

For more information, call 410-263-7409 or e-mail [mjkeller@att.net](mailto:mjkeller@att.net).

## Why Community Service Matters On Martin Luther King Jr. Day

(SPM Wire) Martin Luther King Jr. Day will be commemorated on January 21. If you are planning how to best spend the time off from work or school, consider volunteering.

To honor the life and legacy of King, many communities offer service events that are easy to join for one day.

From serving meals to the elderly to interpreting critical health information to new immigrants, there are many ways you can devote your skills, time and energy to others in need.

A national listing of service projects can be found by visiting [nationalservice.gov](http://nationalservice.gov).

This Martin Luther King Jr. Day, consider how you can honor a great man, while helping to build a stronger community.

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### Local Day of Service Events:

#### Dr. Martin Luther King Jr. Day of Service

Date and Time: Monday, January 21, 2019, 9:30 a.m.—1 p.m.

Description: Large scale trash and debris removal at the corner of Adelphi Road and Belcrest Road. Join Volunteers from the City of Hyattsville's Teen Center for a large scale trash & debris from the area adjacent to Northwestern High School. All necessary materials will be provided; cotton work gloves and a set of Safety Guidelines. Volunteers are reminded to dress for the elements; long pants & sleeves, sturdy boots or shoes. Please bring water & sunscreen. You will get dirty! *How This Helps Our Community:* Removing trash & debris near the local high school will contribute to the overall beautification of our city, remove a blighted area, and create a safe natural environment. Participation in this event helps to satisfy the State of Maryland Student Service Learning requirement. Hosted by City of Hyattsville.

Cost: FREE. Join at [www.allforgood.org/projects/4Q0wzqkR](http://www.allforgood.org/projects/4Q0wzqkR)

Ages: Volunteers must be 13 years of age or accompanied by a parent or guardian.

Location: 7000 Adelphi Rd, Hyattsville, MD 20782

Contact: Colleen Aistis, [caistis@hyattsville.org](mailto:caistis@hyattsville.org), 301-985-5057

#### 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 de-

voted 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: [@mcacadst](https://www.facebook.com/mcacadst), Facebook: mcacadst

#### 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/](http://bdmuseum.maryland.gov/events/)

Ages: All ages are welcome

Location: Banneker-Douglass Museum, 84 Franklin Street, Annapolis, MD 21401

Contact: 410-216-6180

#### Martin Luther King Day of Service

Date and Time: Monday, January 21, 2019, 11 a.m.—2:30 p.m.

Description: The mission of this event is to inspire high school and middle school aged youth to work towards progress and equality, and celebrate diversity in their own communities. Students will participate in interactive workshops geared towards community service and will be able to receive community service hours at the end of the day. *How This Helps Our Community:* Community members and youth will participate in hands on workshops to create food baskets, hygiene kits, and kindness letters for those in their communities. *Skills Needed:* Writing, Public Speaking, Child Care. Organization: Latin American Youth Center/ Maryland Multicultural Youth Center

Cost: FREE

Ages: Youth. Join at [www.allforgood.org/projects/28gzV9QR](http://www.allforgood.org/projects/28gzV9QR)

Location: 2611 Buck Lodge Rd, Adelphi, MD 20783

Contact: Al'Asia Davis, [alasia@layc-dc.org](mailto:alasia@layc-dc.org), 206-423-4085



IMAGE COURTESY BANNEKER-DOUGLASS MUSEUM

## Banneker-Douglass Museum Releases Video From 'Year of Frederick Douglass,' Invites Marylanders to Join Celebration

More than 9,000 Visit State's Official Museum of African American Heritage

By ALEX CHOI  
Governor's Office of Community Initiatives

ANNAPOLIS, MD (January 10, 2019)—The Banneker-Douglass Museum today announced the release of a promotional video for the museum's celebration to close out the "Year of Frederick Douglass." The "Year of Frederick Douglass," which runs from February 14, 2018–February 14, 2019, was announced last February when Governor Larry Hogan issued a proclamation establishing the commemorative year in observation of the bicentennial of the birth of the renowned abolitionist and Maryland native.

"The Year of Frederick Douglass has helped spark renewed public interest in learning about the rich heritage, history, and culture of Maryland's African American communities, and our Frederick Douglass themed events combined with our new and existing programming has drawn in large numbers of visitors from around the nation," said Chanel Compton, Director of the Banneker-Douglass Museum. "We are excited to release this promotional video inviting all to join us as we celebrate the outstanding success of the Year of Frederick Douglass." [See video at <https://youtu.be/e3o1n8qsaBo>]

The Banneker-Douglass Museum has hosted nearly 30 Frederick Douglass-themed events in 2018, including the opening of the "Douglass Reading Room"—a temporary exhibit guest curated by Greg Morton, artist and owner of one of Frederick Douglass'

former Baltimore homes. These events along with the introduction of new programming have generated renewed enthusiasm, with over 9,000 visitors recorded in 2018.

The Banneker-Douglass Museum "Year of Frederick Douglass" concluding celebration will be held in the museum on February 9, 2019 from 6:00 p.m.—9:00 p.m., and will be co-hosted by the Banneker-Douglass Museum Foundation. The program will include remarks from special guest speaker, Kenneth B. Morris, Frederick Douglass decedent and founder of Frederick Douglass Family Initiatives. Individuals interested in attending should register by visiting: <https://conta.cc/2Fazznw>.

Located in downtown Annapolis, Banneker-Douglass Museum serves as the State of Maryland's official museum of African American heritage. Since opening its doors in 1984, the museum has continued to engage visitors of all ages and backgrounds to share the rich cultural traditions and history of Maryland's African American community through programs and exhibitions highlighting the importance of education, community, and historic preservation.

A full list of upcoming events can be found by visiting: <https://bdmuseum.maryland.gov/events/>.

Banneker Douglass Museum is a unit of the Governor's Office of Community Initiatives. The Banneker-Douglass museum is open to the public Tuesday through Saturday from 10:00 a.m.—4:00 p.m. Admission is free. To learn more about Banneker-Douglass Museum, visit: <http://bdmuseum.maryland.gov/>.

## Md. Senate President Miller Announces Cancer Diagnosis

By NATALIE JONES, CHARLIE  
YOUNGMANN AND DAVID JAHNG  
Capital News Service

ANNAPOLIS, Maryland (Jan 10, 2019)—Maryland Senate President Thomas V. "Mike" Miller Jr., D-Prince George's, Charles and Calvert, announced Thursday to the chamber he has led for more than three decades that he had been diagnosed with and was being treated for prostate cancer.

Rather than discussing his illness, Miller had printed statements distributed around the chamber that detailed his diagnosis.

"The story's gotta be about the Senate. It's not about me, it's about the Senate," Miller said after the statements had been distributed, quickly moving on with the day's proceedings.

Miller was diagnosed with prostate cancer in July 2018, along with other osteopathic issues, he said in the statement.

He was prescribed pharmaceuticals and continued physical therapy until late December, when he awoke with a sharp pain in his leg.

An oncologist at The Johns Hopkins Hospital informed Miller and his family that the cancer couldn't be managed through medicine alone.

Miller said he will be undergoing chemotherapy during this legislative session, his 33rd year serving as Senate president.

"... in spite of my treatments, I will be fully able to join my colleagues and preside this session," Miller said in the statement.

Senate Minority Whip Stephen Hershey, R-Kent, Queen Anne's, Cecil and Caroline, said the news of Miller's diagnosis was "devastating," noting that the Senate president had long been a staple of legislative compromise.

Hershey told Capital News Service that he hopes to see Miller in better health this session.

"It was absolutely a gut punch for all of us," said Senate Minority Leader J.B. Jennings, R-Baltimore, Harford counties.

However, he said Miller's prognosis was good and that the Senate would come together to offer their support.

"The governor had a health scare, he was able to get his job done. Speaker of the House had his health scares, he's gotten his job done. We'll get the job done," said Jennings.

Maryland Gov. Larry Hogan, R, was diagnosed with non-Hodgkin's lymphoma in 2015, and skin cancer in 2018. Speaker of the House Michael Busch, D-Anne Arundel, had a liver transplant in 2017, and heart bypass surgery in 2018.

Hogan, in a statement, said "I ... know firsthand that Mike Miller has earned his place in Maryland political history because he's a fighter who always gives it everything he's got, no matter how tough things get. Mike's tenacity, bravery, and perseverance will ensure that he wins this battle, and he has my full support."

Senate President Pro Tem Katherine Klausmeier, D-Baltimore County, who would lead in the event of Miller's absence, said that it was a sad day after hearing his diagnosis.

"I hope the whole world keeps praying. ... He's the glue that holds the Senate together," said Klausmeier.

# COMMENTARY

## Marc Morial

President and CEO, National Urban League



### To Be Equal:

## A Change for the Better: House Rules on Staff Diversity

*Diversity matters. In a world that is both diverse and deeply interconnected, companies and institutions with greater levels of diversity are achieving better performance. Most organizations, including McKinsey, have more work to do to take full advantage of the opportunity presented by a more diverse leadership team. Organizations also have more work to do on their talent pipeline to attract, develop, mentor, sponsor, and retain the next generations of diverse leaders at all levels. But with the rewards of diversity set to increase, investing now is the best plan. Winners will pull further ahead and laggards will fall further behind.*

—Management Consulting Report  
“Diversity Matters,” McKinsey & Co.

The National Urban League congratulates the

U.S. House of Representatives, which approved a rules package creating a new Office of Diversity and Inclusion and requiring the appointment of a Chief Diversity Officer and the development of a diversity plan.

Congressional staff diversity has long been a top priority of the National Urban League. Just last month, we joined with more than 60 other national civil and human rights organizations and stakeholders in sending a letter calling on Members of Congress to prioritize diversity in hiring top staff.

In the letter we encouraged the Members to take the following steps:

1. **Set Clear Goals:** Promptly develop hiring goals to ensure diversity among those hired in new top and key mid-level staff position openings in your office.

2. **Adopt a Diversity Plan:** Develop a written office diversity and inclusion plan that includes recruitment and hiring goals, retention and development strategies for staff, data collection and analysis procedures, a clear allocation of responsibility among staff and performance evaluation for implementation of the plan, and unconscious bias training for all managerial staff involved in recruitment, hiring, evaluation, and retention.

3. **Adopt the Rooney Rule:** Formally adopt and implement the Rooney Rule, which would require your office to interview at least one person of color for every top and key midlevel staff position opening. Senate Democrats adopted this rule in 2017. Data should be kept to measure the compliance and effectiveness of the rule.

4. **Support Chamber-Wide or Conference-Wide Efforts to Improve Staff Diversity,** such as the creation of an independent and bipartisan Diversity Office, the disclosure of demographic data of staff, and adoption of the Rooney Rule.

These are the same recommendations we made when we hosted a panel on diversity at the U.S. Senate nearly two years ago.

Soon afterward, we delivered senior-level resumes of qualified, African-American candidates to senators who represent states with a high percentage of minority residents. Our intention was to encourage senators to consider a diverse pool of candidates when hiring for positions like chief of staff, legislative director, and communications director.

Newly-elected Senator Doug Jones of Alabama last January appointed the first Black Chief of Staff in the Democratic caucus, joining Republican Senators Tim Scott of South Carolina and Jerry Moran of Kansas.

In a letter accompanying the resumes we sent to the Senate, I wrote:

At the core of economic civil rights is the idea that all people should have access to jobs for which they are qualified. Despite the progress this country has made related to corporate diversity and inclusion, our Congress, specifically the U.S. Senate, has failed to move the needle when it comes to diversity and inclusion. This is deeply concerning and an embarrassment to our country. While policy decisions affecting all Americans are debated in the halls of Congress, persons of color are largely absent in top-level staff positions. Thus, on issues like education, the economy, health care, and decisions of war and peace, Members of Congress are legislating without the perspective of black and brown staff.

According to the Joint Center for Political and Economic Studies, more than 31 percent of top staffers hired so far by newly-elected House Members are people of color. As of September, fewer than 14 percent of top staff in the House were people of color.

The rule change is a significant step toward a Congress that truly represents the rich diversity of the nation and an expansion of economic opportunity for all Americans.

## Marion Wright Edelman

President, Children's Defense Fund



### ChildWatch:

## Lucy Durr Hackney

When Lucy Durr married Sheldon Hackney in 1957, the custom alterations to her beautiful gown were done for her by a family friend—Mrs. Rosa Parks. This wonderful detail opens a small window into my dear friend and former Children's Defense Fund board and volunteer staff member Lucy Durr Hackney's extraordinary life. Lucy, who passed away last October at age 81, was the daughter of civil rights activists Virginia and Clifford Durr and niece of U.S. Supreme Court Justice Hugo Black. She followed her family's staunch commitment to social justice and led a selfless life of loving service and support to family, friends, just causes, community and nation.

By the time Lucy got married her parents were well known for their work with progressive causes and local support of civil rights activists and leaders in Montgomery, Alabama. Clifford Durr was an attorney who had worked in President Franklin Roosevelt's administration and defended citizens accused of communism during the McCarthy era. Virginia Durr was friends with Eleanor Roosevelt and one of the founding members of the Southern Conference for Human Welfare (SCHW), an interracial group working to reduce segregation and improve living conditions in the South. Virginia Durr and Mrs. Parks were part of an interracial women's group in Montgomery and Mrs. Durr had helped arrange a scholarship for Mrs. Parks to attend Highlander Folk School for training in nonviolent action in the summer of 1955. When Mrs. Parks was arrested four months later, Clifford Durr helped bail her out of jail and Virginia Durr drove her home. During the tumultuous months that followed, Clifford Durr was one of Mrs. Parks's attorneys and Virginia Durr strongly supported the Montgomery Bus Boycott and the network of White women who helped drive Black women to work who stayed away from riding the buses.

Lucy left the segregated South for Radcliffe College in Massachusetts but returned to Alabama to marry Sheldon, another Alabama native who shared the same commitment to civil rights and social justice. Their marvelous partnership lasted the rest of their lives. As Sheldon, a Southern historian, went on to become a university leader, Lucy continued her education while raising their three children—completing her undergraduate degree at Princeton University where Sheldon served as provost and earning her

law degree at Tulane University while Sheldon served as president. She rose early and went to bed late to get her multiple responsibilities done.

When Sheldon became President of the University of Pennsylvania, Lucy began working as a staff attorney at the Juvenile Law Center where her family notes she was “tenacious” in her work on behalf of children's health, welfare, and justice programs, and founded Pennsylvania Partnerships for Children, a nonprofit advocacy group dedicated to improving the health, well-being and education of Pennsylvania children that helped 100,000 previously uninsured young people in Pennsylvania receive health coverage. Lucy and Sheldon's oldest daughter Virginia suffered a brain injury at birth which fed Lucy's passion for helping children, especially those with disabilities and other special needs, and making sure all children got the education and support they needed to transition to successful adult lives. She called Virginia her “muse,” and Virginia, son Fain, daughter Elizabeth, and eventually Lucy's beloved grandchildren were her inspiration in all she did as a fierce child advocate.

Lucy was a board member at the Children's Defense Fund alongside Hillary Rodham Clinton as well as serving as a volunteer CDF staff member when she spent several years in Washington, D.C. when Sheldon served as Chairman for the National Endowment for the Humanities in the Clinton administration. What a joy and privilege it was to know and work with her over the decades. She was beautiful inside and out and brought light wherever she went. Her family writes: “Lucy was the rock of her immediate and extended family. She was vibrant and full of energy. She was unrelentingly optimistic. ‘There will be no woe is me!’ was a favorite saying. She offered a smile and a greeting to all those she encountered. She was an amazing mother and grandmother. She could be counted on 100% by her family whenever she was needed. She would defend any family member even when they were wrong. Unconditional love is hard to find—and she gave it to her family in full measure.” Lucy Durr Hackney continued her parents' legacy to its fullest throughout her committed life of service and child advocacy. We are all beneficiaries—especially children—and I feel so lucky she was my friend.

## Todd M. Turner

Prince George's County Council Chair



## Committee Assignments For Legislative Year 2019

Prince George's County Council Chair Todd M. Turner (D)—District 4, has announced Legislative Year 2019 Council committee assignments. The Council voted last July to amend its Rules of Procedure, allowing for a restructuring of Council standing committees. The new committee structure accommodates the expansion of the legislative body from nine to eleven members, increasing the number of standing committees from five to six.

Council Chair Turner notes the Council accomplishes most of its work through its standing committees, adding, “The primary role of our committees in the legislative process is twofold—to consider proposed legislation under review, and conduct the Council's budget review and adoption process, including important fiscal and program oversight over the spending of assigned departments and agencies. This year's committee leadership and assignments strike an important balance, applying diverse perspectives and a wealth of experience and skill, among all Council Members, returning and new, to perform the important work ahead this year.”

Council Member Sydney Harrison (D)—District 9, will chair the Education and Workforce Development Committee (EWD), with Council Member Derrick L. Davis (D)—District 6, serving as vice-chair. EWD members include Council Member At-Large Mel Franklin, and Council Members Deni Taveras (D)—District 2, and Monique Anderson Walker (D)—District 8. EWD will include oversight of the Prince George's County Public Schools System; Community College; Memorial Library System; and Workforce Development programs, enabling a focus on the shared priority of college and career readiness.

Council Member At-Large Calvin Hawkins, II, will serve as Health, Human Services and Public Safety Committee (HSPS) chair, assisted in this work by Council Member Jolene Ivey (D)—District 5, who will serve as committee vice chair. Committee members include Council Members Mel Franklin, Sydney Harrison and Deni Taveras. Included among the agencies, institutions and issues of concern to HSPS: Prince George's County Public Safety agencies, the Court system; Citizens Complaint Oversight Panel; University of Maryland Capital Region Health; County Health Department; and Department of Social Services.

Council Member Dannielle Glaros (D)—District 3, will chair the Planning, Housing and Economic Development Committee (PHED). Council Member Calvin Hawkins, II, is committee vice chair. PHED Members include Council Members Derrick L. Davis, Thomas E. Dernoga (D)—District 1 and Jolene Ivey. In addition to County zoning and subdivision bills, and planning and land-use regulations, PHED will also support the outcomes of the Council's economic development initiatives, and maintain a focus on housing policy, permitting and code enforcement within the Departments of Housing and Community Development and Permitting, Inspections and Enforcement respectively; the Maryland-National Capital Park and Planning Commission, as well as the People's Zoning Council.

Council Member Derrick L. Davis will serve as chair of the Government Operations and Fiscal

Policy Committee (GOFP) and Council Member Thomas E. Dernoga will serve as vice-chair. Committee Members include Council Members Calvin Hawkins, II, Rodney Streeter (D)—District 7 and Monique Anderson-Walker. GOFP is responsible for several issues and policies related to general government, labor agreements, bond issues, budget and financial management, and cable television and telecommunications. Agency review responsibilities include the Office of Central Services; Office of Community Relations; Board of Elections, Board of License Commissioners; Office of Finance; Office of Human Resources Management; Human Relations Commission; Personnel Board; Office of Information Technology; Office of Law; Board of Ethics; Office of Management and Budget; and the Revenue Authority.

The Transportation, Infrastructure, Energy and Environment Committee (TIEE), will be led by Council Member Deni Taveras as chair and Council Member Monique Anderson Walker who will serve as vice chair. Committee Members include Council Members Thomas E. Dernoga, Dannielle Glaros and Council Chair Todd Turner. TIEE handles legislative matters pertaining to transportation policy and planning, as well as environmental protections, green infrastructure and conservation and energy programs. Agency review responsibilities include the Department of the Environment; Animal Control; Department of Public Works and Transportation; the Washington Suburban Sanitary Commission; and the Washington Suburban Transit Commission.

Council Vice Chair Streeter and Council Member Franklin will preside over the General Assembly Committee as chair and vice-chair, respectively. Members include Council Members Jolene Ivey, Sydney Harrison and Council Chair Todd Turner.

## The Prince George's Post

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## The Prince George's Post

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# BUSINESS AND FINANCE

## Social Security Matters

Ask Rusty:

### What Percent of My Benefit Will My Spouse Get?

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

Dear Rusty:

I have heard many different answers on this but there are so many scenarios I can't seem to find an answer to mine. My wife and I were both born in 1959 and we both turn 60 next year. Both of us will be eligible for Social Security based on our work records to date, but my SS benefit is much larger than hers. Scenario: Say we both retire from work at 60. For simplicity let's say neither of us works in retirement, my wife claims Social Security at age 62 and I claim at my full retirement age of 66 plus 10 months. What will her spousal benefit be, as a percentage of my benefit, when she starts receiving it when I claim at my full retirement age? **Signed: Planning Ahead**

**Dear Planning:** A spouse claiming benefits at full retirement age (FRA) can get 50% of the higher earning spouse's FRA benefit, if that amount is more than she is entitled to on her own record. But if your wife claims her own Social Security retirement benefit early at age 62, her spousal benefit will be reduced even if it starts at her full retirement age. The reason is that her total spousal benefit will be the sum of her own age 62 benefit plus a "spousal boost" computed from both of your FRA benefit amounts—the spousal boost will be the difference between your wife's own FRA benefit amount and ½ of your FRA benefit amount.

Let's use an example: if your wife's Social Security benefit at her full retirement age is \$1000 and your benefit at your full retirement age is \$2400, your wife's spousal boost would be \$200 (\$1200 minus \$1000). If your wife has reached her FRA when you claim benefits that amount would be added to her reduced age 62 benefit of \$708 (70.8% of her FRA benefit amount), which would make your wife's total spousal benefit amount \$908 (\$708 plus the \$200 spousal boost).

So, in this example, your wife's total benefit would be about 38% of your FRA benefit amount, rather than the 50% she would get by waiting until her full retirement age to apply for both benefits. You can apply that same formula using your currently estimated FRA benefit amounts as provided by Social Security to arrive at a more precise percentage, but it will be somewhere in the 38% range, reduced from 50% because she is taking her own Social Security retirement benefit at age 62.

Of course, your wife's own full retirement age benefit must be less than 50% of your FRA benefit for her to even be eligible for a spousal benefit. And, since you were both born in 1959, if you both claim benefits some months before your wife has reached her full retirement age, her "spousal boost" amount will be actuarially reduced according to the number of months before she reaches FRA that you claim. The only way your wife can get the full 50% of your FRA benefit amount is by waiting until she has reached her full retirement age to claim Social Security benefits.

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

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

### Ask a Business Lawyer Before Starting a Business

Thursday, January 24, 2019 • 10 a.m.–12 p.m.  
Cost: \$35.00

Contact Information: [sconawa1@umd.edu](mailto:sconawa1@umd.edu)

Register: <http://www.marylandsdc.org/calendar/corridor-ask-a-business-lawyer-before-starting-a-business>

You are a small business owner, not a legal expert. Still, you will need to navigate corporate compliance issues, intellectual property laws, taxes, regulations, corporate liability, and countless other legal issues as you start and grow your business. With so much to learn, how do you know where to begin?

This small business legal workshop is design for startups as well as those already in business. When your business changes and grows, you need to be prepared to respond to those changes. If you are someone, concern about some of the legal issues in starting a business or issues that may arise in an existing and growing business. This workshop is for you to attend and asked a business lawyer.

#### Key Topics:

- The choosing of the type of legal business entity
- Protecting your identity
- Understanding business contracts and leases
- 1099 versus W2 employees, what is the difference.
- Employment practices and pitfalls – and how to avoid employment problems
- and many more legal issues that small businesses encounter every day

There will be time for questions covering individual concerns of those in the class.

## Comcast Launches Digital Security Service to Protect WiFi Connected Devices in the Home

Available to 15 Million Homes, Xfinity xFi Advanced Security Monitors, Blocks and Informs Customers of Online Threats and Provides Seamless Protection

By SAVANNAH ISNER  
Comcast

PHILADELPHIA (January 8, 2019)—Comcast today announced the national launch of Xfinity xFi Advanced Security, a new artificial-intelligence-powered service that monitors, blocks and informs customers of online threats to connected devices, and provides seamless digital protection for those devices when connected to their home network.

By 2022, Cisco estimates that there will be more than 13 connected devices per person in North America, and many consumers don't have access to the expertise or the tools to keep those devices secure, especially when many of these technologies don't have keyboards or screens. In addition, Symantec reported that the number of attacks against Internet-of-things devices is growing exponentially, increasing 600 percent between 2016 and 2017, alone, creating new concerns for connected home users.

xFi Advanced Security was developed to protect devices in this new hyper-connected reality. It uses AI and machine learning technology to monitor and analyze WiFi traffic in the home, and will automatically block identified suspicious activity in real time. Using a simple, intuitive user interface, the technology informs customers of blocked threats, and when nec-

essary, provides instructions on how to further secure affected devices.

"As the digital world gets more complex, we wanted to make it simple and easy for our customers to protect their home networks. That's why we developed xFi Advanced Security," said Fraser Stirling, Senior Vice President of Digital Home, Devices and AI, Comcast Cable. "We want to give customers digital peace of mind for the devices they already own and the confidence to expand and evolve their connected homes knowing that every new camera, voice-assisted speaker or smart thermostat they add will be protected."

The xFi Advanced Security service protects all of the devices in a customer's home that are connected to the Xfinity Advanced Gateway with no set-up required, other than turning the device on. There's nothing for the customer to install or configure, and once the device is turned on, the xFi Advanced Security service starts working immediately. Protection is automatically extended to any device that is connected to the home network wirelessly or by ethernet. Customers can review a list of digital security-related actions that were taken each day right from the xFi dashboard—accessible from the mobile app or online. This seamless experience is possible because the technology behind xFi Advanced Security is fully integrated into xFi Gateways.

While traditional security products are effective at protecting individual devices like laptops and tablets, there's a growing need for technologies that can protect all the devices on a network at once. xFi Advanced Security bridges that gap, automatically protecting any device that connects to an xFi gateway.

xFi Advanced Security is the latest addition to Comcast's Xfinity xFi platform, which gives customers a simple, digital dashboard to set up and manage their home WiFi networks and allows users to see what devices are connected to the network, troubleshoot issues, set parental controls, get notifications about activities on the home network, and even pause WiFi access to certain devices during dinner or bedtime. xFi users can also ensure whole-home WiFi coverage by adding xFi Pods, small, easy to install devices that plug into any electrical outlet and extend connectivity to hard to reach areas of their home.

Xfinity xFi Advanced Security is available to Comcast customers who rent an xFi Gateway. The service is available for \$5.99 per month, and is also available as part of a package in some markets. Customers can add it directly from the xFi app.

xFi Advanced Security is powered in part by an advanced AI platform developed by AI security leader Cujoo AI.

## Prince George's County Health Department Receives \$12 Million CDC Cooperative Agreement to Improve Chronic Disease Health Care in Southern Maryland

Five-year cooperative agreement funds clinical and public health interventions to help over a million residents in underserved areas prevent or manage diabetes, heart disease and stroke

By PRESS OFFICER

Prince George's County MD

LARGO, MD (Jan 8, 2019)—The Centers for Disease Control and Prevention (CDC) has awarded the Prince George's County Health Department a \$12 million, five-year cooperative agreement to improve access to chronic disease care for an estimated 1.2 million residents in Prince George's, Calvert, Charles and St. Mary's counties. The cooperative agreement will fund strategies that establish or strengthen the integration of clinical practice with evidence-based public health programs to improve treatment resources, prevention programs and overall health outcomes for patients at high-risk for diabetes, heart disease and stroke.

"This is a tremendous step in the right direction to help our residents become healthier and live more productive lives," said County Executive Angela D. Alsobrooks. "Access to high-quality, affordable health care services for everyone in Prince George's County is one of my top priorities. I'm extremely proud of our Health Department for securing a grant that will build a stronger bridge connecting patients to the world-class care they need."

These chronic diseases continue to be among the leading causes of death statewide. Heart disease caused over 2,000 deaths in 2017 in the four-county area; stroke and diabetes caused over 850 deaths. Unmanaged chronic disease contributes substantially to health care costs; approximately 10% of people living with chronic disease in this region of southern Maryland are responsible for 80% of the region's chronic disease health care costs. Some of the common barriers to care for patients in this region include transportation, health literacy, lack of finances or health insurance coverage, and lack of emotional or social support.

"Working with nearly two dozen leading public and private health care and medical organizations across the state, the Prince George's County Health Department will harness this opportunity from the CDC and lead an ambitious effort to boost the health care infrastructure for underserved patients who need more help fighting or avoiding these debilitating and deadly diseases," said Prince George's County Acting Health Officer Ernest L. Carter, MD, PhD. "We plan to prioritize patients who are high-utilizers of health sys-

tems due to frequent hospitalizations and who live in more rural areas where access to care is limited compared to other areas of the state." Some of the strategies include innovative uses of technology, such as establishing a bi-directional patient referral system between health care systems and CDC-recognized public health programs, and adopting telehealth programs to tackle barriers to participation and retention in these programs. The project also involves implementing tailored messaging to reach underserved communities with the goal of increasing awareness of chronic diseases and the benefits of lifestyle change programs.

#### Partners:

- Calvert County Health Department
- Charles County Health Department
- Chesapeake Regional Information System for our Patients
- Community Care Coordination Team
- Existing CDC-recognized Diabetes Prevention Programs
- Health Quality Innovators HealthCare Dynamics International Institute for Public Health Innovation
- Maryland Department of Health Maryland Rural Health Association
- P3 Pharmacist Network (University of Maryland School of Pharmacy, Maryland Pharmacists Association, Maryland General Assembly, Maryland Department of Health) Prince George's County
- Healthcare Alliance, Inc.
- St. Mary's AccessHealth
- St. Mary's County Health Department
- Totally Linked Care, LLC (CalvertHealth Memorial Hospital, University of Maryland Capital Region North, Doctors Community Hospital, Fort Washington Medical Center, MedStar Southern Maryland Hospital Center, MedStar St. Mary's Hospital, Area Agencies on Aging, Maryland State Medical Society and Primary Care Providers, Prince George's County Health Department, Calvert County Health Department)
- University of Maryland, School of Arts and Humanities, Department of Communication University of Maryland, School of Medicine, Department of Epidemiology & Public Health University of Maryland, School of Public Health, Horowitz Center for Health Literacy

## Council Convenes Final Day of Annual Retreat

Final Day Focuses on Health Care, Countywide Map Amendment and Teambuilding

By ANGELA ROUSON

Prince George's County Council

UPPER MARLBORO, MD (January 8, 2019)—The Prince George's County Council convened the final day of its Annual Retreat today, January 8, with discussions on the Council's role as the Board of Health, the University of Maryland Capital Health and the Countywide Map Amendment. The two-day meeting was held in the Terrapin Room, at The Hotel at the University of Maryland, in College Park.

Council Members opened the day's session with a University of Maryland Capital Region Health update provided by Chief Medical Officer Dr. Joseph Wright; President, Dr. Sherry Perkins; and Senior Vice President Tiffany Sullivan. Presentations focused on the University of Maryland Medical system, and University of Maryland Capital Region Health campus development.

Montgomery County Council At-Large Member, Hans Reimer,

joined the retreat during the mid-day session to participate in an At-Large Jurisdiction case-study and dialogue, followed by a question and answer session with former Prince George's County Council Members Camille Exum and Jim Esteep, both of whom also served as Council Chair.

Council Chair Todd M. Turner (D)—District 4, said the retreat offered an important opportunity for Council Members to set the tone for a successful Legislative Year.

"Taking time to come together, explore the work ahead, and share our ideas and priorities was very important for this new 11-member body. 'Service. Community. Progress,' is the theme for this Legislative Year, and served as the focus for our Council Retreat. We will continue to build on this in our continued service to County residents."

The retreat concluded with a Countywide Map Amendment presentation, teambuilding exercises and communications overview.

For retreat presentations, visit <https://pgccouncil.us/468/Council-Retreat>

# OUT on the TOWN

## Dino-Sized Ambitions

2018 Doodle 4 Google Winner Inspired by Maryland-National Capital Parks and Planning Commission's Dinosaur Park

By KIRA CALM LEWIS AND IYANA MOORE  
Prince George's County Department of Parks and Recreation

RIVERDALE, MD (January 8, 2019)—Sarah Gomez-Lane, a 2nd grader from DC Metro area, used inspiration from the M-NCPPC, Department of Parks and Recreation's Dinosaur Park in Laurel, MD to win this year's Doodle 4 Google contest. Released today, the interactive logo depicting dinosaurs to highlight her dream of becoming a paleontologist is spreading through social media.

For this year's contest, Google asked students to respond to the theme "What inspires me..." Sarah Gomez-Lane and her mother, Maria Lane-Gomez, are regular visitors to Dinosaur Park which drives Sarah's passion for dinosaurs and paleontology. The blue dinosaur in the interactive logo is the same type as *Astrodon johnstoni*, Maryland's State Dinosaur and the "star" of Dinosaur Park.



IMAGE COURTESY OF PRINCE GEORGE'S COUNTY DEPARTMENT OF PARKS AND RECREATION

Sarah's Doodle 4 Google.

As part of the award for being the selected Doodle 4 Google design, Sarah got to collaborate with the Doodle team to transform her artwork into an animated, interactive experience. She also received \$30,000 toward a college scholarship, and her elementary school will receive \$50,000 to spend on technology to help students like Sarah continue to pursue what inspires them. Recently, Sarah celebrated her winning Doodle 4 Google achievement and

birthday on July 7th at the Dinosaur Park.

"Sarah ...[was already] interested in dinosaurs when we moved to the area from Colorado," said Maria Lane-Gomez, Sarah's mom. "The cool thing for Sarah about the Dinosaur Park was that she was actually able to dig for fossils... and, she found one!"

Dinosaur Park in Laurel, MD is part of the M-NCPPC, Department of Parks and Recreation. A unique site that preserves a rare deposit of fossils

from the early Cretaceous period, about 115 million years ago. The fossils found at Dinosaur Park help scientists reconstruct our region's ancient history.

"Finding the fossil captured Sarah's imagination shortly before she was inspired to do the Doodle 4 Google."

Paleontology staff at the Dinosaur Park voted for Sarah's artwork online, when her mom informed them that she was competing to be a finalist. Sarah's name has been recorded at the Park among others that have also located fossils.

For more information about Dinosaur Park visit, [www.pgpc.com/DinosaurPark](http://www.pgpc.com/DinosaurPark).

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

### Calendar Spotlight

#### Annual Black History Month Exhibition: Moving Out, Moving In, Moving Up

Date and Time: Monday, January 21, 2019, 10 a.m.–5 p.m.

Public Reception: Sunday, January 27, 2019, 2–4 p.m.

Description: Migration has been a defining characteristic of the Black experience in the United States since the arrival of the first enslaved Africans to the American colonies in the early 1600s. But the early 20th century marked a new and important phase in migration as unprecedented numbers of African Americans moved from the rural South to the urban North in search of a better life. Multiple waves of this "Great Migration" would continue during the course of the 20th century into the 21st century as blacks within the United States, as well as black immigrants, moved to and within this country. This exhibit explores the factors spurring black migration and immigration as well as the resulting changes in society on the national, regional, and local levels. This exhibit is curated by the M-NCPPC Black History Program. ADA accessible.

Cost: Free

Ages: All ages are welcome.

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

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

### OPEN TO THE PUBLIC



Montpelier Arts Center

PHOTOGRAPH BY JEN SHECKELS

Located on the grounds of the historic Montpelier Mansion, the Montpelier Arts Center opened in 1979. It houses three galleries, artist studios, a metal casting facility, gas- and electric-fired kilns, a digital lab, and classrooms. The center offers visual, literary and performing arts experiences for children to adults; beginners to advanced. Their exhibitions include cutting edge work as well as more traditional approaches and feature both emerging and established regional, national and international artists. The Main Gallery is also the site for the performances of the Jazz, Folk/Blues and Classical music series. The galleries and studios are free and open to the public seven days a week, 10 a.m.–5 p.m. except for major holidays.

Montpelier Arts Center : 9652 Muirkirk Rd., Laurel, MD 20708  
301-377-7800, TTY: 301-699-2544

<http://www.pgpc.com/2143/Montpelier-Arts-Center>

### Dinosaur Park Open House

Saturday, January 19, 2019  
12–4 p.m.

This event is held on the 1st and 3rd Saturday of every month!

Meet paleontologists, learn about Maryland prehistory, and search a real fossil quarry for 110 million-year-old fossils.

Cost: FREE!!

Ages: All ages are welcome  
Location: 13100 Mid Atlantic Boulevard, Laurel, MD 20708  
Contact: 301-627-1286; TTY 301-699-2544



PHOTOGRAPH BY P.G. POST STAFF

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

## ... Movie Review ...

## Ralph Breaks the Internet

Ralph Breaks the Internet  
Grade: B-  
PG, mild rude humor or whatever.  
1 hr., 52 min.

The premise of Disney's "Wreck-It Ralph," you'll recall, was, "What if 'Toy Story' but with video game characters?" For the sequel, "Ralph Breaks the Internet," it's, "What if 'Toy Story' but with the internet?" We'll get to see how our favorite online characters act when nobody's watching, beloved characters like "eBay" and "Twitter" and "YouTube." Love those guys!

It's dangerously close conceptually to "The Emoji Movie," and I marvel at how quickly the novelty of seeing physical representations of internet concepts wore off. (Oh, is Twitter a bunch of little birds? How cute for you.) But unlike "The Emoji Movie," "Ralph Breaks the Internet" has heart, soul, and writers, and a positive message for kids that you don't see very often. Director Rich Moore has returned, with "Wreck-It Ralph" co-writer Phil Johnston as co-director, screenplay by Johnston and Pamela Ribon. It's approximately as funny and endearing as the first one (which is to say it's a good time, but nothing special).

Ralph (voice of John C. Reilly) is happy with his new

life, where people appreciate the work he does as the bad guy in the Fix-It Felix arcade game, and where he hangs out after hours with Vanellope (Sarah Silverman), the glitchy star of the Sugar Rush game and technically a princess (but a cool one). Vanellope is bored, though, and wants new adventures. The opportunity arises when the steering wheel on Sugar Rush gets busted and the arcade owner unplugs the game. (All the characters are evacuated safely, don't worry.) To make things right, Ralph and Vanellope travel to The Internet to find a replacement part.

What do they find on the internet? Everything you can imagine\* (\*that would be appropriate in a PG movie)! Internet users are represented by avatars that physically move between websites, which are depicted as buildings. When you click a link, a transparent bubble swoops in to enfold you and whisk you off to your destination. Pop-up ads are guys who run up to you and yell in your face; an ad-blocker is a Secret Service-looking dude who sternly orders ads to get lost. A friendly spambot (Bill Hader) promises you can "Make Big Money Playing Video Games!"; Ralph follows him to his website, which is a dusty, dilapidated shack in the bad part of town. You get the idea.

There are two conflicts. One is that Ralph and Vanellope, having found the \$200 replacement part, must come up with a way to pay for it with actual real-world U.S. dollars. The other is that out in the big, wide world, with so many new horizons, Ralph fears Vanellope will make new friends and replace him. It's a valid fear, because they find themselves in Slaughter Race, an online car-stealing, street-racing game headed by a badass named Shank (Gal Gadot). Vanellope idolizes everything about her, and even gets to sing a "Disney princess" song (with music by Disney veteran Alan Menken) about how she loves this filthy, crime-ridden new game.

The first problem is handled amusingly and soon: Ralph stars in a bunch of viral videos on a site called BuzzTube where "likes" are worth actual money

—which isn't how YouTube operates, which is why it's "BuzzTube," run by a chic, media-savvy woman named Yesss (Taraji P. Henson). The problem of Ralph's insecurity takes over as chief concern then, culminating in a sweet reaffirmation of friendship and the comforting message that two people can still be friends even if one of them moves away.

In the midst of all this is a side mission (heavily featured in the trailers) where Vanellope visits a Disney website and meets all of the Disney princesses, even the ones from movies no one remembers, like "Princess and the Frog" (which is great!). There are jokes about the recurring themes among the princesses (no moms, a fondness for gazing wistfully into water, the ability to make animals do their work for them, etc.), and some really

terrific gags about the ladies' lives outside of their movies. In an extra nice touch, they got all of the princesses' original voice actors (except for the deceased Snow White, Cinderella, and Sleeping Beauty) to pop in for their cameos. For people of a certain age, it's irresistibly fun to imagine Belle, Ariel, and Jasmine, Pocahontas, and Mulan hanging out with the newer kids like Rapunzel, Moana, and the "Frozen" sisters.

Now, there's a little bit of mission creep here. The Disney princesses, like everything else in the world, can be found on the internet, but they're not internet characters. To really execute this concept you'd need to have Ralph and Vanellope run into, say, Homestar Runner, or the "Chocolate Rain" guy, or Axe Cop, or that "Fred" kid with the high-pitched voice, or danc-

ing hamsters, or people doing the Harlem Shake, or a dress whose color nobody can agree on, or Kim Kardashian's butt (which is where the phrase "break the internet" came from)—you know, internet things. But I note that most of the entertainment in the film comes from tangents and details that have little to do with the main story.

Finally, do you remember how the ENTIRE CRISIS in "Wreck-It Ralph" was that Ralph's leaving the game made it unplayable and they had to hurry and bring him back before it got unplugged? Well, he's out of his game for well over 24 hours this time, and there's nary a mention of how his absence affects his Fix-It Felix coworkers. Then again, this plot hole gives me something to complain about on the internet, so maybe it's thematically appropriate after all.



ROTTENTOMATOES.COM

In "Ralph Breaks the Internet," video-game bad guy Ralph (voice of John C. Reilly) and best friend Vanellope von Schweetz (voice of Sarah Silverman) leave the comforts of Litwak's arcade in an attempt to save her game, Sugar Rush. Their quest takes them to the vast, uncharted world of the internet where they rely on the citizens of the internet—the Netizens—to help navigate their way. Lending a virtual hand are Yesss (voice of Taraji P. Henson), the head algorithm and the heart and soul of the trend-making site "BuzzTube," and Shank (voice of Gal Gadot), a tough-as-nails driver from a gritty online auto-racing game called Slaughter Race, a place Vanellope wholeheartedly embraces—so much so that Ralph worries he may lose the only friend he's ever had.

# Calendar of Events

January 17–January 23, 2019

## Approaching the Point: University of Maryland Art Honors Exhibition Opens: January 18–February 2, 2019

Date and Time: Friday, January 18, 2019, Gallery Hours: Tuesday–Friday 10 a.m.–9 p.m., Saturday 10 a.m.–6 p.m., Sunday 12–5p.m. Artist Reception: February 2, 6–8 p.m.  
Description: University of Maryland Art Honors students showcase an exciting, ever-evolving, and growing body of work. These artworks range in materiality from steel and bronze sculptures, to large-scale painting and illustrations, to three-dimensional prints. The artists explore different paths of personal expression and experimentation as they determine what statement their artwork should make to the world. *Approaching the Point* reflects the ongoing journey of these young contemporary artists.  
Cost: FREE!  
Ages: Adults  
Location: Pyramid Atlantic Art Center, 4318 Gallatin Street, Hyattsville, MD 20781  
Contact: 301-608-9101

## The Still Resilient Ball

Date and Time: Friday, January 18, 2019, 6–11 p.m.  
Description: Two years later, our community continues to need fellowship to foster endurance for the cultural and political shift of the times. Celebrate with special musical guests the Proverbs Reggae Band and the Wild Anacositas. Activities will include making a sign for the 2019 Women's March on Sunday, January 20, sponsored by Red Dirt Studios. **Pot luck event!**  
Cost: General Admission \$10 each, joesmovement.org  
Ages: Family friendly  
Location: Joe's Movement Emporium, 3309 Bunker Hill Rd. Mt Rainier, MD 20712  
Contact: 301-699-1819, candy@joesmovement.org

## Children's Arts Drop-In Programs

Date and Time: Saturdays 10–noon (Jan 19, Feb 9, Mar 16, April 13 (Brunch with the Bunny), May 11, June 8, July 13) and Sundays 2–4 p.m. at the (Jan 20, Mar 17, May 19)  
Description: Arts Drop-In is a multi-media arts discovery series.  
Cost: FREE  
Ages: Children ages 3–8 with their parents  
Location: **Saturdays:** College Park Community Library, 9704 Rhode Island Ave, College Park, MD 20740, **Sundays:** Old Parish House, 4711 Knox Rd, College Park, MD 20740  
Contact: info@cpae.org, 301-927-3013 (leave message)

## Muriel Hasbun's Documented:

**The Community Blackboard—Public Reception**  
Date and Time: Saturday, January 19, 2019, 5–8 p.m.  
Description: Artist and educator Muriel Hasbun invites the public to post their family photos and write their own migration story onto the museum walls. Along with a collage-like bilingual sound piece that weaves together Hasbun's own reflections on migration as gathered from oral testimonies and other aural impressions recorded in El Salvador, *Documented* is conceived as a space for dialogue beyond borders, and for the sharing of individual and collective memory through family photos and documents. It is a space where individuals can express their allegiance to multiple languages, cultures and places, and where the past and the present are neither erased nor left undocumented. This exhibition is produced in collaboration with Casa de La Cultura El Salvador.  
Cost: FREE  
Ages: Family friendly  
Location: Brentwood Arts Exchange, 3901 Rhode Island Avenue, Brentwood, MD 20722  
Contact: 301-277-2863, TTY: 301-699-2544

## Xtreme Teens: Karaoke Night

Date and Time: Saturday, January 19, 2019, 7–10 p.m.  
Description: Who has talent? Can you be the top performer of the night? You can choose a song, dance, poetry, and more. Bring it to the stage and may the best teen win.  
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

## GREEK Sunday

Date and Time: Sunday, January 20, 2019, 7:45 and 11 a.m.  
Description: Come out and worship with us as we recognize the Divine 9 fraternities and sororities during our two morning worship experiences. A special offering will be lifted to support the work of the United Negro College Fund (UNCF).  
Cost: Special offering  
Ages: All ages are welcome  
Location: The Greater Mt. Nebo A.M.E. Church, 1001 Old Mitchellville Road, Bowie, MD 20716  
Contact: 301-249-7545

## School's Out History's In: Cursive

Date and Time: Monday, January 21, 2019, 10 a.m.  
Description: Practice your loops, swirls and basic strokes as we learn how to read historical documents from written by Marylanders just like us. Using chalk, ink, quills and paint, participants will be engaged in local history while learning or perfecting this lost art. **The museum is Open & Free on MLK Jr. Day.**  
Cost: FREE! **Registration required.**  
Ages: All ages are welcome  
Location: Maryland Historical Society, 201 West Monument St., Baltimore, Maryland 21201-4674  
Contact: 410-685-3750

## Damon Foreman Duo

Date and Time: Wednesday, January 23, 2019, 2–3 p.m.  
Description: A charismatic performer, Damon Foreman, along with his bass player, brings eclectic artistry to a variety of music genres. He can soothe your soul with his jazz, wake your spirit with his soul, jump-start your heart with his funk, and light your fire with his rock 'n' roll. Foreman has toured around the world playing many styles of music with major artists, including Ashford and Simpson, Gladys Night, Sista Monica, and Mary Wells.  
Cost: \$18/person,  
Ages: All ages are welcome  
Location: Harmony Hall Arts Center, 10701 Livingston Road, Fort Washington, MD 20744  
Contact: 301-203-6070; TTY: 301-699-2544

# MPT Series *Maryland Farm & Harvest* Visits Baltimore, Prince George's, Talbot and Worcester Counties and Baltimore City

Popular TV series takes viewers to Clagett and Edgewood Farms in Prince George's County

By HEATHER FRETZ  
Nevens & Associates

OWINGS MILLS, MD (Jan 8, 2019)—Maryland Public Television's (MPT) popular original series *Maryland Farm & Harvest*, now in its sixth season, features farms and other locations in Baltimore, Prince George's, Talbot and Worcester counties, and Baltimore City during a new episode airing Tuesday, January 15 at 7 p.m.

*Maryland Farm & Harvest* takes viewers on journeys across the state, telling stories about the farms, people, and technology required to sustain and grow Maryland's number one industry: agriculture. During the past year, MPT's production team has filmed episode segments at more than four dozen farms in preparation for the new season. [Prince George's County] segments featured on the upcoming episode are:

- **Prince George's County Conservationist.** This segment looks at the changing landscape of farming in Prince George's County through the eyes of agricultural advocate and Soil Conservation District Manager Steve Darcy. Viewers visit Steve's farm, **Edgewood Farm in Upper Marlboro**, where he implements the latest conservation practices, and **Clagett Farm in Upper Marlboro**, home to a three-day soil health training event Steve organizes. Finally, viewers are taken to a local community garden, where Steve and a soil scientist use a piece of technology called an XRF Analyzer to measure heavy metals in the soil—something particularly useful at farms in developed areas. De-

spite continuing development, there are 60,000 acres of farmland in the county.

- **The Local Buy: Rice (Prince George's County).** Maryland isn't known for growing rice, but if farmer Nazirahk Amen of Purple Mountain Organics has anything to do with it, someday it will be. During a visit to a rice field at the University of DC Firebird Research Farm in Beltsville, Nazirahk explains dryland rice production to The Local Buy segment host Al Spoler. Al then gets a taste of the rice crop there in the form of a delicious vegetarian gumbo. This and related recipes are available to viewers at [mpt.org/farm](http://mpt.org/farm).

Agriculture continues to be Maryland's largest commercial industry, contributing more than \$17 billion in revenue each year. The state currently has some 12,200 farms—84 percent of them family-owned—and nearly 6,000 full-time farmers. These farms account for more than two million acres, which translates into 40 percent of Maryland's land being used for agriculture. Approximately 350,000 Marylanders are employed in some aspect of agriculture.

More than six million viewers have tuned in to *Maryland Farm & Harvest* since its fall 2013 debut. The series has taken MPT viewers to nearly 250 farms, fisheries, and other agriculture-related locations during its first five seasons, covering every Maryland county, as well as Baltimore City and Washington, D.C.

*Maryland Farm & Harvest* airs on Tuesdays at 7 p.m. on MPT-HD and is rebroadcast on Thursdays at 11:30 p.m. and Sundays at 6 a.m. Each show also airs on MPT2 on

Fridays at 7:30 p.m. More information about the series is available at [mpt.org/farm](http://mpt.org/farm), and viewers can join the conversation on social media at the hashtag #MDFarmHarvestFans. You can find *Maryland Farm & Harvest* pages on Facebook, Twitter and Instagram.

The Maryland Department of Agriculture is MPT's co-production partner for *Maryland Farm & Harvest*. Major funding is provided by the Maryland Grain Producers Utilization Board.

Additional funding is provided by Mid-Atlantic Farm Credit; Maryland's Best; the Maryland Agricultural Resource-Based Industry Development Corporation; the Maryland Agricultural Education Foundation; and the Maryland Soybean Board.

Other support comes from the Maryland Association of Soil Conservation Districts; Wegmans Food Markets; the Maryland Nursery, Landscape & Greenhouse Association; the Delmarva Poultry Industry, Inc.; the Rural Maryland Council; the Maryland Seafood Marketing Advisory Commission; the Maryland Farm Bureau, Inc.; Mar-Del Watermelon Association; and the Southern Maryland Agricultural Development Commission.

Launched in 1969 and headquartered in Owings Mills, MD, Maryland Public Television is a nonprofit, state-licensed public television network and member of the Public Broadcasting Service (PBS). MPT's six transmitters cover Maryland plus portions of contiguous states and the District of Columbia. Frequent winner of regional Emmy® awards, MPT creates local, regional, and national television shows. For more information visit [mpt.org](http://mpt.org).

## Earth TALK™

# Bitcoin a Major Greenhouse Gas Polluter?

Dear EarthTalk:

*How is it that bitcoin, a virtual currency that few of us have heard of and no one I know uses, is becoming a major contributor to carbon emissions?*  
—Troy Sussman, Bowie, MD

It's hard to believe that bitcoin, the best known of a group of new "cryptocurrencies" that many believe to be the future of money, could be the final nail in the coffin causing irreversible climate change. But a recent study from University of Hawai'i at Manoa researchers found that "projected bitcoin usage, if it follows the rate of adoption of other broadly adopted technologies, could alone produce enough carbon dioxide (CO<sub>2</sub>) emissions to push warming above 2°C within less than three decades." According to the Intergovernmental Panel on Climate Change (IPCC), we can only hope to avoid the most cataclysmic effects of global warming if we can limit the rise in average global temperature to 2°C.

The reason bitcoin and other cryptocurrencies generate so much CO<sub>2</sub> is that they require massive amounts of electricity, and our grid is still supplied primarily by fossil fuels. Bitcoin transactions are recorded and processed by dispersed individuals known as "miners" who group them together in blocks and add them to larger "chains" which serve as public ledgers of transactions.

"The verification process by miners, who compete to decipher a computationally demanding proof-of-work in exchange for bitcoins, requires large amounts of electricity," reports study co-author Randi Rollins. Rollins estimates that bitcoin transactions accounted for some 69 million metric tons

of CO<sub>2</sub> emission in 2017 alone—and expects bitcoin-related emissions to rise sharply in the near future as the payment technology is adopted by millions around the world. If society adopts bitcoin as quickly as it adopted previous wildly popular "technologies" (e.g. credit cards, dishwashers), increased electricity demands could overwhelm efforts to curtail greenhouse gas emissions.

"We cannot predict the future of Bitcoin, but if implemented at a rate even close to the slowest pace at which other technologies have been incorporated, it will spell very bad news for climate change and the people and species impacted by it," says the study's lead author Camilo Mora.

"With the ever-growing devastation created by hazardous climate conditions, humanity is coming to terms with the fact that climate change is as real and personal as it can be," she adds. "Clearly, any further development of cryptocurrencies should critically aim to reduce electricity demand, if the potentially devastating consequences of 2°C of global warming are to be avoided."

Critics of the report counter that the global electric power sector—not to mention computers and cryptocurrency "rigs"—are getting significantly more energy efficient every year. Also, bitcoin and other cryptocurrencies might not be as widely adopted as researchers assume. But isn't it better we know now about the potential climate risks of bitcoin so we can work to direct the technology's development in as environmentally



PHOTO CREDIT: DAVID MCBEE, PEXELS

**Bitcoin and other cryptocurrencies are dangerous for climate change because they require massive amounts of electricity, and our grid is still supplied primarily by fossil fuels.**

friendly a way as possible? It certainly would be a shame to suffer the effects of runaway climate change after doing so much to lower our carbon footprints just because we neglected to hold cryptocurrencies to the same efficiency standards as the rest of the technologies we rely on.

**CONTACTS:** Bitcoin, [bitcoin.org](http://bitcoin.org); "Bitcoin emissions alone could push global warming above 2°C," Nature Climate Change, <https://www.nature.com/articles/s41558-018-0321-8>.

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

**ERASE YOUR E-WASTE**

As the holiday season ends, we are out with the old gadgets and in with the new. To conserve energy and materials, old or broken electronic equipment should be refurbished, reused or recycled instead of being thrown away (which ends up in the landfill).

- Wipe personal data from your computer or device and donate to a local charity.
- Until February 2, residents can drop-off used holiday string lights at the County's Household Hazardous Waste Acceptance Site (HHW).
- Take back a variety of electronics to big box retailers, grocers or electronic stores all year round or by dropping it off at the County's Electronics Recycling Acceptance Site (ERA).
- Household appliances can be recycled by scheduling a Bulky pick-up through County Click 3-1-1 or by dropping it off at our HHW Acceptance Site.
- The ERA and HHW Acceptance Sites are located at 11611 White House Road in Upper Marlboro. More information at [bit.ly/PGCSanitarylandfill](http://bit.ly/PGCSanitarylandfill)

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

# COUNTY CHURCH DIRECTORY

**UNITED METHODIST**

**WESTPHALIA**  
United Methodist Church

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

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

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

**Rev. Dr. Timothy West, Pastor**

ALL ARE WELCOME

**Web Site:**  
[www.westphaliaum.org](http://www.westphaliaum.org)

**BAPTIST**

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

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

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

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

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

**BAPTIST**

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

5018 Lakeland Road  
College Park, MD 20740  
**301-474-3995**  
[www.fbc-cp.org](http://www.fbc-cp.org)

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

**UNITED METHODIST**

**Union**  
United Methodist Church

14418 Old Marlboro Pike,  
Upper Marlboro, MD

**Church (301) 627-5088**

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

**Rev. Kendrick D. Weaver, Pastor**

**Have a Safe Weekend**

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20785 • 301-490-2625  
Rev. Jonathon Counts, Pastor

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Matthew 28:19-20  
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## Coaching Seminar from A1

2019 Women's March, the launch of Michelle Obama's best-selling book "Becoming" and the most diverse mid-term election results ever, women of color are invited to be a part of a group coaching conversation for reflection, connection, and an honest discussion about ways to face challenges in work spaces, at home and in their communities.

Patrice Ford Lyn, CEO and founder of Catapult Life Coaching and facilitator of the event, says that, like Michelle, all of us have felt stuck or have sacrificed careers and self-care for the benefit of others. Often, women in marginalized communities feel detached from the conversation about national issues because ethnicity and culture are too often left out of the discussion. This event is a venture to address both.

"Whatever you are facing, chances are you aren't the first or only one," Ford Lyn says. "Michelle Obama gave us a wonderful launch pad in 'Becoming.' Her words are a beacon for us to gather around and harness our shared wisdom."

A Certified Professional Coach and a skilled facilitator/trainer with clients in the D.C. metro area, throughout the U.S., and in several other countries, Ford Lyn guided the start of three-national level organizations and spent 10 years as a management consultant helping leaders build their businesses while supporting them through their own personal growth. She started Catapult Coaching in 2010 to help bring a deep appreciation of the ongoing pressures faced by marginalized groups and the ways these truths can manifest in their lives.

The event includes a complimentary individual coaching consultation for all attendees. Tickets are \$25 and must be purchased before the day of the event via Eventbrite (<https://www.eventbrite.com/e/becoming-together-a-group-coaching-conversation-for-women-of-color-tickets-54102132936>). Tickets will not be sold at the door.

Log onto <https://www.catapultlifecoaching.com> for more information.

## State's Attorney from A1

Braveboy's top priorities include strengthening the State's Attorney's Office by retaining, developing and recruiting top talent, while improving office systems and processes. "I have met with each of the over 200 employees and I will be advocating on their behalf for higher pay and training and development," said State's Attorney Braveboy.

A major focus for the Braveboy Administration also includes making Prince George's County an international model for youth justice reform. This will include a much more active and involved diversion effort to turn young people away from criminal involvement.

"I have taken the Juvenile Unit out of the rotation for new attorneys, so that it will be staffed with experienced, dedicated professionals who understand the uniqueness of the juvenile justice system," Braveboy said. "More importantly, it will be staffed by attorneys who understand the opportunities that we have to shape the future of our young people through meaningful diversion, intervention and restorative justice."

Working with law enforcement partners at the federal, state and local level to end the proliferation of illegal guns and drugs in the Prince George's community is another priority for Braveboy. "We will flag every case used in a crime because we must go after the source of guns, in addition to those who use or deal them on our streets," Braveboy said.

In addition, Braveboy has created a stand-alone Public Integrity Unit that will handle police misconduct cases and public corruption. The unit will offer constitutional policing trainings to all law enforcement agencies and will provide public integrity training for government and elected officials. The unit will also prosecute individuals who unlawfully violate the public trust. "I take this very seriously," Braveboy said. "There is no excuse for corruption and my office will have a zero-tolerance policy for these types of cases."

"I take my new job very seriously. It is the job of my office to take every case, complaint and allegation seriously," Braveboy said. "Under my leadership, the discretion and power that this office is bestowed with cannot and will not be used to promote our individual agenda, but will be used in ways that are fair, just and transparent."

## CIAA Board of Directors from A1

president of the only CIAA school in Maryland, I am excited that the City of Baltimore has been selected as the new home for the CIAA Basketball Tournament. Baltimore has a rich history in basketball and sport. City officials, including Mayor Catherine Pugh, presented a strong, comprehensive plan to support CIAA teams and welcome our fans to the city," said Dr. Aminta Breaux, Bowie State University President. "The Conference Board is looking forward to introducing sports enthusiasts throughout the Mid-Atlantic corridor to the CIAA tournament experience."

"With attendees arriving by road, rail and air, the CIAA-Baltimore partnership offers a tremendous opportunity to showcase and benefit the greater Baltimore region as well as the entire State of Maryland. We are especially excited to highlight Baltimore's sports history and venues as well as Maryland's great educational institutions like Bowie State," said Lt. Governor Boyd Rutherford on behalf of the Hogan Administration.

Founded in 1912, the Central Intercollegiate Athletic Association (CIAA) is the first African American athletic conference and one of the most recognized conferences in Division II.

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