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IMAGE COURTESY PRINCE GEORGE'S ARTS COUNCIL

Prince George's County Public Schools Student Art Exhibits

Artwork created by Prince Georges' County Public Schools' students will be on display in two locations this March and April. All are encouraged to visit the exhibitions and witness the wealth of talent and creativity in Prince George's County! Dates and Locations: North County, March 22–April 2, 2019, Opening Reception: March 28, 6:30–8 p.m., The Clarice Smith Performing Arts Center, University of Maryland, 8270 Alumni Dr, College Park, MD 20742; South County, April 1–April 11, 2019, Opening Reception: April 4, 6:30–8 p.m., Harmony Hall Arts Center, 10701 Livingston Rd, Fort Washington, MD 20744.

—R. Joshua Reynolds, PGAHC

Interim CEO Goldson Relaunches Adopt-A-School Initiative at State of The Education System Luncheon

Dr. Monica Goldson urges business community to adopt every school by fall

By OFFICE OF COMMUNICATIONS
Prince George's County Public Schools

UPPER MARLBORO, Md. (March 6, 2019)—Today, Dr. Monica Goldson, Interim Chief Executive Officer, unveiled the Adopt-A-School engagement initiative while speaking at the 2019 State of the Education System luncheon hosted by the Greater Prince George's Business Roundtable. The Adopt-A-School program calls on business to provide in-kind or financial resources to enhance local schools and provide ladders to success for students.

Under Dr. Goldson's leadership, PGCPSS wants to strengthen its relationship with the local business community to improve student and community outcomes. Approximately 90 schools do not have current partnerships with business, nonprofit or faith-based organizations.

"There are over 130,000 students in our school system and every one of them can benefit from your expertise and generosity," said Dr. Goldson. "This is why we encourage you to adopt multiple schools to maximize the impact. My challenge to the business community is to make sure that every school—from elementary to high school—is adopted by the start of next school year."

The Adopt-a-School program is designed to align school needs with desired community outcomes and strengthen the bond with the local business community.

The initiative requests three specific commitments:

College and Career Exposure: Showcasing college or career pathways through field trips, career days or mentorship sessions.

Financial Support: Contribute at least \$5,000 through a direct contribution or in-kind services based on areas of expertise.

Volunteer Service: Participate in at least one service activity at an adopted school.

MDOT SHA to Hold Six Public Workshops on Alternatives for the I-495 & I-270 Managed Lanes Study

By COMMUNICATIONS OFFICER
MDOT SHA

BALTIMORE (March 7, 2019)—The Maryland Department of Transportation State Highway Administration (MDOT SHA) will hold its next round of public workshops in April for the I-495 & I-270 Managed Lanes Study, which considers improvements along two of the state's most congested highways: I-495 (Capital Beltway) and I-270 (Dwight D. Eisenhower Memorial Highway).

Multiple studies over the last decade have shown that the National Capital Region is one of the most congested in the nation, and Marylanders face the second highest commuting times in the country. On average, travelers navigate between 7 and 10 hours of daily traffic congestion on I-270 and I-495.

To address this congestion, the Federal Highway Administration (FHWA) and the Maryland Department of Transporta-

tion State Highway Administration (MDOT SHA) are completing the I-495 & I-270 Managed Lanes Study. This study aims to provide a solution that addresses congestion, improves trip reliability, and enhances existing and planned mobility and connectivity for other modes of travel, including transit. The study begins on I-495 south of the George Washington Memorial Parkway in Virginia, includes addressing the serious regional bottleneck at the American Legion Bridge and extends to west of MD 5. The study also includes I-270 from I-495 to I-370.

Since presenting the preliminary range of alternatives in July 2018, MDOT SHA completed an initial screening that reduced the preliminary alternatives to seven recommended screened alternatives. Public workshops are being held to present the traffic, environmental, and financial analyses for the recommended screened alternatives, along with the recommendations for the alternatives to be

retained for detailed study in the Draft Environmental Impact Statement.

The upcoming April 2019 public workshops will give the public another opportunity to provide input to MDOT SHA, specifically on the alternatives to be retained for detailed study. In response to public feedback, MDOT SHA has added more public workshop dates and times, including opportunities for the public to meet on Saturdays in both Montgomery and Prince George's counties.

Public workshops will be held at the following locations and times in Montgomery and Prince George's counties:

Thursday, April 11, 2019

6:30–8:30 p.m.

Prince George's Sports and Learning Complex

8001 Sheriff Road

Landover, MD 20785

Saturday, April 13, 2019

10:00 a.m.–12:00 p.m.

Pyle Middle School

6311 Wilson Lane
Bethesda, MD 20817

Tuesday, April 23, 2019

6:30–8:30 p.m.

Eleanor Roosevelt High School

7601 Hanover Parkway

Greenbelt, MD 20770

Wednesday, April 24, 2019

6:30–8:30 p.m.

Eastern Middle School

300 University Blvd., East

Silver Spring, MD 20901

Thursday, April 25, 2019

6:30–8:30 p.m.

Thomas Wootton High School

2100 Wootton Parkway

Rockville, MD 20850

Saturday, April 27, 2019

10:00 a.m.–12:00 p.m.

Suitland Community Center

5600 Regency Lane

Suitland-Silver Hill, MD 20746

The workshop materials will include:

informational displays; handouts; and interactive and hard copy mapping. Staff will be available to answer questions. During the week, two presentations will occur at 6:30 p.m. and 7:30 p.m. On Sat-

urday, two presentations will occur at 10:00 a.m. and 11:00 a.m. Presentations are the same and will provide an overview of where we are today, with time for questions and answers.

Contact Information: The public also is encouraged to comment online at www.495-270-P3.com, via email at 495-270-P3@sha.state.md.us or by hard copy during the workshops. Handwritten comments will be received at the public workshops or verbal comments may be provided to a court reporter. Comments from the meeting can also be mailed to: I-495 and I-270 P3 Office Maryland Department of Transportation State Highway Administration 707 North Calvert St., Mail Stop P-601 Baltimore MD 21202

Request For Assistance: The Maryland Relay Service can assist teletype users at 7-1-1. People requiring assistance to participate, such as an interpreter for hearing/speech difficulties or assistance with the English language, should contact the project toll-free number at 833-858-5960 by April 1, 2019. For more information, please visit www.495-270-P3.com.

Bill Eliminates Subjectivity Surrounding Threats of Mass Violence

By JARED BEINART
Capital News Service

ANNAPOLIS, Md. (March 7, 2019)—Emergency legislation that would streamline penalties for those convicted of threats of mass violence—brought about by an increase in threats of mass shootings made in recent years—has passed the Maryland Senate and is advancing in the state House.

This new legislation, which would simplify the state's ability to prosecute

perpetrators threatening to commit an act of mass violence, was prompted by attacks like the Stoneman Douglas High School shooting in Florida last year and threats such as those made to the University of Maryland, College Park in 2012.

Regardless of whether it is carried out, threatening to commit a crime of violence is only prosecuted under the state's current criminal law if five or more people are in reasonable fear for their safety, and if a threat caused them

to evacuate, move to or remain in a "dwelling, storehouse or public place."

"As prosecutors, we have to identify the five people (and) confirm they were in reasonable fear, which means the police have to do that investigation," Andrew Rappaport, states attorney for Calvert County, said during a Senate bill hearing on Feb. 7. "With social media, which is the vehicle for many of these threats, it is difficult to identify the five specific people."

Senate bill 139, cross-filed with

House bill 420, would eliminate the need to investigate a threats' potential danger but rather prosecute threats that would — if carried out — immediately put five or more people in substantial risk of their safety, said bill sponsor Sen. Susan Lee, D-Montgomery.

The Senate passed its bill last month and sent it to the House for review. The House version of the bill advanced after a vote on the chamber floor on Thursday.

Under current law, those convicted of threatening to commit an act of vio-

lence are guilty of a misdemeanor and subject to 10 years in prison with a fine of up to \$10,000.

This bill would not alter the penalty for the crime, just the circumstances under which someone can be convicted of it.

"Would I like it to be a felony? Yes. (Do) I think it could be passed as a felony? No," said Maryland State's

See **BILL ELIMINATES** Page A8

INSIDE

Hospital Hosts Third Annual 5K Walk/Run to Raise Awareness of Colorectal Cancer in County

On Sunday, March 17, Doctors Community Hospital's Cancer Prevention, Education, Screening and Treatment (CPEST) program will hold its third annual 5K Walk/Run event.

Community, Page A3

We Are Still Turning Our Backs On Puerto Rico's Hungry Children

Unless Congress acts immediately before its recess, 1.4 million people in Puerto Rico, including more than 300,000 children, are at risk of losing some or all of their nutrition assistance in March.

Commentary, Page A4

Governor's Youth Advisory Council Gives Maryland Youth Opportunity For Public Policy Voice

As a coalition of diverse young advocates and leaders from across the state, the Council strives to serve as an effective voice that addresses relevant issues

Business and Finance, Page A5

Green Book Helped Black Travelers Navigate Racist Terrain

"It's important to have everyone in this nation examine the significance of the Green Book," Treadwell said. "If you don't see the history, if you don't see where it was, how can you say it happened?"

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

What is a low-carbon diet and is it good for losing weight or is it only about saving the planet?

—Jane Monroe, Scranton, PA

Features, Page A7

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Frank McCrone, Past Commander of Morningside VFW, dies at 82

Francis David "Frank" McCrone, 82, of Morningside and Clinton, Past Commander of VFW Post 9619, died Feb. 10. He was born in Scranton, Pa., son of Thelma and Francis A. McCrone. After Francis' too-early death, Thelma remarried, to Dewey Fitch.

In high school, Frank's mother signed papers for him to join the Army Reserves and after graduation he joined the Air Force. During his 23 years in the service, he was with Night Watch, which they called the plane in front of the President's plane.

Frank retired from the Air Force in 1976. In retirement he served with the Defense Intelligence Agency Complex at Bolling AFB, and played a lot of golf.

His brother Thomas McCrone predeceased him. Survivors include his children, Karen D. Rooker (former Morningside Mayor and current Clerk/Treasurer), Diane L. McCrone and Aneta D. Lamb; grandchildren, Ellen Ashby, Aimee Crawford, Patrick Hargis, America Jones, Leslee Bledsoe and Sarah Lamb; five great-grandchildren, and his brother James "Jim" McCrone. Services were at Lee Funeral Home with burial at Cheltenham.

Ronald Teufel remembers, "Frank was a great jet engine mechanic while I was an aircraft Crew Chief. We worked together, flew on many missions, pulled alert duty together. We were part of a big team assigned to the 1st Airborne Command and Control Squadron."

Neighbors and other good people

Brandon Burke and Lynn Carpenter, both of Suitland, were recognized at a special reception for their outstanding fundraising efforts in 2018 for the Alzheimer's Association National Capital Area Chapter.

Sister Theresa Frere IHM, of Newburg, is celebrating her golden jubilee of 50 years in religious life. She served as an English teacher for years in Pennsylvania and New Jersey and as a hospital chaplain. She's currently a coordinator of ministry to the sick and homebound at St. Peter's in Waldorf and St. Mary's in Bryantown. (She is my 2nd cousin, once removed.)

Lenten devotions: the Stations of the Cross

Stations of the Cross are at 7 p.m. on Fridays during Lent at St. Philip's Church in Camp Springs. And on Good Friday, children will enact the Living Stations of the Cross. The Stations or The Way of the Cross—also called the Via Dolorosa—allows Christians to participate in Christ's passion by prayerfully re-tracing Jesus's steps to Calvary.

Liberty Girls Book Club is back

Darnall's Chance is once again hosting the Liberty Girls Book Club and invites girls ages 7 to 13 to read about the exciting adventures of two 19th century girls from New Orleans, Marie-Grace and Cecile. At each meeting, members participate in a book discussion with a County librarian, do a period activity or craft, and enjoy light refreshments.

Meetings are Saturdays March 23 and 30, April 6 and 13, 10:30 a.m. to noon. The \$30 membership fee covers the book discussion, activities, refreshments and a 2019 Liberty Girls t-shirt and bookbag. Call for information at 301-952-8010. Darnall's Chance House Museum is at 14800 Governor Oden Bowie Drive in Upper Marlboro.

Changing landscape

The cherry blossoms at the Washington Tidal Basin are forecast to peak bloom about April 3.

Dollar Tree is closing 390 of its Family Dollar stores and renaming 200 others. I don't know how our local stores will be affected, but they are currently in Andrews Manor, Penn Mar, Penn Station, and dozens of other locations in the area.

Two tragedies

Vernelle Robinson, of Upper Marlboro, has been convicted of criminally negligent vehicular manslaughter for taking the life of Isiah Pugh and injuring several others when she crashed her car into the Top of the Hill Restaurant in Upper Marlboro in October 2017. Sentencing will take place within 45 days.

Back in 1951, *The Enquirer Gazette*

ran a headline story: "Driver Dies in Flaming Tanker Crash at Beltsville." The driver was James William Ferguson, age 24, of 503 Allies Road in Morningside. He had parked his tractor-trailer off the highway to repair a faulty fuel pump. Another tractor-trailer crashed into his truck and they both burst into flames.

In the Morningside Directory, circa 1953, a Ruth Ferguson is listed at 503 Allies. She was probably James' mother, sister or wife.

Sibyl Deily, Morningside founding member

Sibyl J. Deily, of Port Charlotte, Fla., formerly of Morningside, Forestville and Prince Frederick, died on her 96th birthday, Feb. 25. She was born in Saucier, Miss. to Grace and Floyd Johnson. She graduated with degrees in math and science from the University of Southern Mississippi.

The Deilys were founding members of the Town of Morningside in 1949 and Sibyl was the first Town Treasurer. They lived on Maple Road, across the street from Bonnie Kamenicky who called me with news of her death.

She was a substitute teacher, involved in Scouts and at Forestville Methodist Church. For years she drove for Meals on Wheels. She loved to garden and spend time at the beach cottage in Virginia.

She was predeceased by her husband Curtis. Survivors include their children, William and Charles Deily and Grace Hanners; six grandchildren and three great-grandchildren. Services were at Lee's in Owings with burial at Cedar Hill.

Milestones

Happy birthday to Jacob Thompson, Jose Gryskewicz and Jonathan Capps, March 15; Constance Bennett and my grandson Riley McHale, March 16; Sharon Ryan, Helene Williams, Judy Bommman and Alysha Perez, March 18; Kristopher Calhoun and Audrey Pridgen, March 19; Gladys Davidson, March 20; Russ Kyser, March 21; Matthew Curcio-Bobbitt and Dejuh Bedewi, March 21.

Happy anniversary to Morraine and Harold Wilson on March 22.

Around the County

Free Screenings on Mobile Health Clinic

Visit the Wellness on Wheels (WOW) mobile health clinic to receive free screenings (diabetes, cholesterol and blood pressure) as well as medication reviews and education. For updated care locations, call 301-324-4968 or visit DCHweb.org/WOW. (Most times are 10 a.m.–4 p.m.)

March 15—Prince George's Community Federal Credit Union, 15201 Hall Road Bowie, MD

March 18—Shoppes at New Carrollton, 7898 Riverdale Road, New Carrollton, MD

March 19—John E. Howard Senior Activity Center, 4400 Shell Street, Capitol Heights, MD (9 a.m.–1 p.m.)

March 20—Powder Mill Village Apartments, 3625 Powder Mill Road, Beltsville, MD

March 21—Harmony Hall, 10701 Livingston Road, Fort Washington, MD (10 a.m.–2 p.m.)

March 25—St. Margaret's Catholic Church, 410 Addison Road, South Capitol Heights, MD (10 a.m.–2 p.m.)

March 26—Megamart Supermarket, 1101 University Blvd E, Takoma Park, MD (10 a.m.–3 p.m.)

March 27—Shops at Iverson, 3737 Branch Avenue, Hillcrest Heights, MD

March 28—City of Glenarden Nutrition Center James R. Cousins, Jr. Municipal Center, 8600 Glenarden Parkway, Glenarden, MD

—Chondria Andrews, Doctors Community Hospital

Local Students Honored



COURTESY PHOTOGRAPH

Breana Ross

Clinton Resident Receives 2018 IES Study Abroad Global Citizen of the Year Award

Breana Ross, from Clinton, MD is a senior at the University of Miami (FL) double majoring in Broadcast Journalism and Political Science with a minor in Africana Studies. She had an opportunity to study abroad in Cape Town, South Africa from January–June 2018. She chose Cape Town because the program had a service learning component. While in Cape Town, Breana worked with SHAWCO Education which is a student-led service organization at the University of Cape Town. She taught reading and math to 2nd and 3rd grade students in a black township as well as a coloured township. She was awarded the 2018 IES Study Abroad Global Citizen of the Year Award as a result of her work with the program. Breana shared the following: "I don't believe it is enough to go somewhere, have enriching and enlightening experiences, and then keep all that you have seen and learned to yourself. I think a large part of global citizenship is sharing eye-opening ideas and experiences that are realized while abroad with a global audience." Breana will be graduating in May and hopes to secure a position as a reporter with a broadcasting network.

—Submitted by Denise Ross

Cory Simmons Named to Dean's List at Anderson University

ANDERSON, S.C. (March 5, 2019)—**Cory Simmons of Bowie** was named to the Dean's List at Anderson University for the fall semester, 2018. In order to be named to the Dean's List, a student must maintain a 3.5 grade point average or higher for the semester.

Anderson University is a selective comprehensive university offering bachelor's, master's and doctoral degrees on campus and online. Anderson is ranked in the top tier of *US News and World Report's* "Best Regional Universities South," and is on the publication's "Most Innovative;" "Best Value" and "Best Online Programs" lists. Anderson also is ranked a "Best College" among institutions of higher learning in the southeast by *The Princeton Review*.

—Andrew J. Beckner, Anderson University

February Poet Laureate Reading Visits District 2

On February 23rd, Prince George's County Poet Laureate Sistah Joy hosted the second Poetry Reading at the Prince George's African-American Museum and Cultural Center in North Brentwood. After welcoming remarks from PGAAMCC Executive Director Monica Montgomery and District 2 Council Member Deni Taveras, audience members were treated to performances by Sistah Joy, Drummer Doc Powell, Bro. Yao, Youth Poetry Ambassador Zainab Ahmed, and singer Christine Jenkins. The second reading and open mic in the year-long series focused on Black Migration. Visit www.pgahc.org/poet-laureate-1 to learn more about upcoming Prince George's County Poet Laureate events!

—R. Joshua Reynolds, Prince George's Arts and Humanities Council



PHOTOGRAPH COURTESY PGAHC

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

THE FIRST MAN

A brief description on the Book, *The First Man*, which is a Christian fiction written by Pastor Rev. Dorothea Stroman.

Carrington Lamont Haywood, III knew that one day he would become a funeral director but becoming the First Man of a church was never in his wildest dreams. However, scripture says, "he who finds a wife finds a good thing". After a rocky relationship with Dorinda, the Bride of Chucky and the death of his parents, Carrington immersed himself in his business as the CEO/Founder of House of Haywood. Thus, he wasn't focusing on meeting his Princess Bride.

Carrington knows the ins and outs of being a funeral director but being the First Man of a church presents many challenges. How he responds to these challenges makes for some very good reading. Will the church members come to love him or dislike his demeanor as their First Man?

The book *The First Man* can be bought via Amazon.com, Cokesbury.com, KINDLE, anointedpresspublishers.com, barnesandnobles.com, and my email address belststroman@gmail.com. ISBN is 978-0-9962695-2-0.

My brief biography is Pastor of Clinton United Methodist Church, Clinton, Maryland. Graduate of Morgan State University and Howard University Divinity School, member of Zeta Phi Beta Sorority, Inc.

CAMP SPRING FLING

Camp Spring Fling is an introductory program for girls who are not currently Girl Scouts. Activities include arts & crafts, STEM, games, songs and more. Dates are April 15–18, 2019 at Forestville High School for girls Grades K–5 from 9:00 a.m.–4:00 p.m. Free transportation provided. See registration link for bus stop locations.

Camp Fees: \$45.00 (Financial Assistance available) Camp fees are non-refundable and include transportation and snacks. Started accepting registrations on line Monday, February 25, 2019 at <https://www.surveymonkey.com/r/cb-camper>. If you do not have internet access, please call 301-861-5862. For questions or more information, contact Jessica Hadsell at jhadsell@gscnc.org or call 301-861-5862.

TEACHER JOB FAIR

Prince George's County Public School System will have a Teacher Job Fair, Saturday, May 4, 2019 from 8:00

a.m.–12:00 p.m. at Dr. Henry A. Wise, Jr. High School, 12650 Brooke Lane, Upper Marlboro, Maryland 20772. Candidates must apply online before coming to a job fair. To apply before coming to the job fair visit: hr.recruitment@pgcps.org.

PRINCE GEORGE'S COUNTY PUBLIC SCHOOLS

The second annual PGCPSS Student Choreography Showcase will be held Friday, April 5, 2019, 7:00 p.m. at Dr. Henry A. Wise, Jr. High School, 12650 Brooke Lane, Upper Marlboro, Maryland 20772. Contact person is Temisha Richardson 301-669-6011, 45258, temisha.richardson@pgcps.org. Tickets cost \$10.00 for adults and \$5.00 for students.

SKIP MAHONEY AND THE CASUALS

Join us for the Skip Mahoney and The Casuals Concert Saturday, April 6, 2019, 8:00 p.m. Skip Mahoney and The Casuals formed in 1965 in Washington, DC. "The original members were Skip Mahoney, George Norris, Roger Chapman, and Billy Jones. In 1973, the group experienced its first taste of recording success with the release of "Your Funny Moods" and "I Need Your Love." The group's dazzling vocals, highlighted by Mahoney's impressive falsetto, propelled "Bless My Soul" into the R&B Top 40 for 15 weeks in 1976. With the release of their smash hit "Where You Go" in 1976. With the release of their smash hit "Wherever You Go", in 1976, the group achieved international notoriety for the first time."

In 2015, they released their long-awaited album "Good Old Days," which included new music and some old, familiar classics. Skip Mahoney and The Casuals continues to perform nationally and internationally, leaving its audiences humming "Wherever You Go I Will Follow."

The concert is for all ages. Tickets cost \$40 per person (general admission) \$35/seniors and students. The location is Harmony Hall Art Center at 10701 Livingston Road Fort Washington, Maryland, 20744. HarmonyHallArts@pg-parks.com. Telephone number is 301-203-6070; TTY 301-699-2544.

COMMUNITY

The American Counseling Association's Counseling Corner

Is Competition Bad For Your Child?

Competition is a fact of life, especially for children. It may include anything from who did best on the spelling test, to organized sports in or out of school. And while competition can bring stress about doing well, or disappointment when efforts come up short, healthy competition is actually a good thing for children.

Child development experts advise that healthy competition helps children develop skills needed in adulthood. They learn to take turns, to work hard for success, perhaps to be a team player, and how to deal with both winning and losing.

It's important for parents to help guide their children in handling competitive experiences. The first question shouldn't be, "Did you win?" but rather, "Did you have a good time?" When parents always emphasize winning and coming out on top they are increasing the pressure that makes competition a negative experience.

Is your son or daughter involved in healthy competition? If so, you'll find the child asking to participate in the activity again and being able to win or lose gracefully. They will be interested in learning new skills and be willing to work to improve. Simply participating will be appealing, regardless of the outcome.

However, when competition is proving unhealthy for a child you will see different attitudes and behaviors. The child will often not want to participate, or may fake an illness to avoid the activity or simply refuse outright to play. The activity may promote anxiety resulting in difficulty sleeping or eating, or cause worry that affects other areas of the child's life.

So how does a parent encourage healthy competition? One starting point is to model good behavior. In sports, don't blame the coach or referees for a losing outcome, but instead praise the child for the effort put forth, regardless of the outcome.

Experts advise that one key to healthy competition is to show your children that the most important competitor is themselves. Did the child learn some new skills? Did he or she do better in their performance this time compared to past times? Praising the children's improvements moves the focus to their efforts, not the competitive outcome, and helps build confidence and self-esteem.

Emphasize the fun in the experience of participating, not in simply winning, and you'll have a child who is getting the most from competitive experiences.

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

Governor Hogan Releases Supplemental Budget

Includes \$2.8 Million for University of Maryland, \$1.5 Million for Maryland's Dairy Farmers, \$250,000 for Ellicott City Public Alert System; \$27 Million In Additional Savings

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, Md. (March 4, 2019)—Governor Larry Hogan today submitted a supplemental budget for Fiscal Year 2020 that saves \$27 million in general funds, provides increased funding for several important state and local initiatives, and makes necessary technical corrections.

The largest savings are realized in Medicaid, as the state is now forecasting nearly \$35 million more in savings across Fiscal Years 2019 and 2020 than when the budget was submitted in January.

The FY 2020 supplemental budget also includes \$1.5 million pledged by Governor Hogan to provide funding to enable Maryland's dairy farmers to participate in the Federal Dairy Margin Coverage Program, allowing them to leverage up to \$17 million in federal funds.

The University of Maryland will see a nearly \$2.8 million increase that will go toward attracting and retaining top talent at the University of Maryland Marlene and Stewart Greenebaum Comprehensive Cancer Center, operating costs at the R. Adams Cowley Shock Trauma Center at the University of Maryland Medical Center, to establish National Registry testing centers at Maryland Fire and Rescue Institute's training regions to increase student access to emergency medical services certification, and to implement programs and initiatives to improve educational outcomes, promote civic engagement, and raise awareness around mental health and wellness among vulnerable populations at the Judge Alexander Williams, Jr. Center for Education, Justice and Ethics.

Also included is \$250,000 in the current fiscal year for a public alert system in Ellicott City, \$243,000 to expand cold-weather shelter services for individuals experiencing homelessness in Charles County, and \$110,500 to support inspection, compliance, and enforcement activities related to the federal Food Safety Modernization Act Produce Safety Rule.

"A Fairway to Help"

Sign up for this year's "A Fairway to Help" Golf Tournament at Lake Presidential Golf Club, 3151 Presidential Golf Drive, Upper Marlboro, MD 20774 on

Thursday, May 9, 2019

For details or to register to play or become a sponsor: www.golfinvite.com/events/Default.aspx?pageName=newhorizons
All proceeds benefit New Horizons Supported Services, Inc. and the work we do to provide services to participants with intellectual and developmental disabilities.

Hospital Hosts Third Annual 5K Walk/Run to Raise Awareness of Colorectal Cancer in County

By CHONDRIA ANDREWS
Doctors Community Hospital

LANHAM, Md. (March 6, 2019)—On Sunday, March 17, Doctors Community Hospital's Cancer Prevention, Education, Screening and Treatment (CPEST) program will hold its third annual 5K Walk/Run event at Schrom Hills Park located at in Greenbelt, MD, beginning at 7:30 a.m. to raise awareness about this type of cancer.

Colorectal cancer is often preventable and curable with early detection. The American Cancer Society estimates that 2,620 diagnosed cases of colorectal cancer with about 880 related deaths in 2019. "These startling numbers are part of the reason why awareness and education is so important," explained Kwana Graham-Sykes, program administrator at Doctors Community Hospital's Cancer Prevention, Education, Screening and Treatment (CPEST) Program. "Equipped with the right information and access to the right tools, people can improve their health. At the same time, they can educate others within their sphere of influence—creating a cycle of improved health and wellness."

Colorectal cancer is a disease that often

occurs in the colon or rectum. Beginning at age 50 or where there is a family history of the disease, both men and women should receive colonoscopy screenings. Also, people should recognize some of the symptoms of colorectal cancer:

- Blood in or on the stool (bowel movement)
- Lump in the abdomen
- Cramps or pain in the abdomen
- Constipation
- Flat or ribbon-shaped stool

In addition to colonoscopies, people may help prevent this disease by:

- Being physically active
- Maintaining a healthy weight
- Transitioning to a healthy eating lifestyle
- Drinking alcohol in moderation
- Not smoking

To improve access to life-saving screenings, Doctors Community Hospital provides "no cost to you" colonoscopies—not just in March, but throughout the year. Community members may qualify for free colonoscopy if they are:

- Prince George's County residents
- Ages 50 to 75

- Younger than age 50 with a family history of colorectal cancer
- Uninsured or underinsured

For more information about Doctors Community Hospital's free colorectal cancer screening program, community walk and educational opportunities, call 301-324-4968 or 301-552-7705. To register for the walk, visit <https://raceroster.com/events/2019/20058/dont-sit-on-colorectal-cancer-5k-walkrun>. The rain date for this event is March 24 at 7:30 a.m.

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

Fort Washington Resident Renee Johnson Named Ultimate Medical Academy True Blue Alum

2017 UMA online graduate continues her education while working two jobs, raising three children, and volunteering overseas

By MARTHA J. MONFRIED
UMA Public Relations

TAMPA, Fla. (March 5, 2019)—Renee Johnson, 37, a resident of Fort Washington, Maryland, today was named a True Blue Alum of Ultimate Medical Academy. This recognition is awarded each quarter by the nonprofit accredited healthcare school to graduates who are serving their communities, excelling in their careers, and accomplishing other noteworthy achievements.

UMA's True Blue Alum for Winter 2019 enjoys setting academic goals for herself, and those goals inspire her to set an example for her family while working two jobs and

raising three children as a single mom. She is a Registered Medical Assistant at MedStar Washington Hospital Center, a trauma hospital in Washington, D.C., and holds the same position at Allergy Partners of Arlington, Virginia.

Johnson graduated from UMA in March 2017 with her associate's degree in Healthcare Management (HCM). But that was just the beginning of her healthcare journey. She jumped back into school in August 2017 and graduated with her bachelor's degree in Healthcare Administration from another institution. The other institution accepted her UMA credits for transfer, which meant that she could complete her bachelor's degree in 15 months.

"That was motivation," Johnson said, which helped her to remain committed to finishing her coursework.

But she didn't stop there. Just three days after getting her bachelor's, she enrolled in the master's degree program for Healthcare Administration at the same institution and is scheduled to graduate in August 2021.

Johnson also serves as a member of the UMA Alumni Association, which is a network of more than 50,000 UMA graduates. The association is dedicated to supporting every UMA graduate and offers services at no cost to alumni to keep them connected and help them advance their careers.

She said that through her education, she has realized that the possibilities are endless.

"I want to thank UMA for my jumpstart!" she said.

Johnson shares her passion for education and achievement with her children. She had set a goal to attain her associate's degree before her eldest daughter graduated high

school, and ended up earning her bachelor's degree ahead of that date as well. Her daughter is scheduled to graduate in May.

She said that her kids are proud of her and they do not know how she finds the time to fit everything in, but they know school is important based off of her drive.

"I just keep my eye on the prize," she said. "I'm going to do this as long as they are excelling in school. I want to be a positive, motivating force for all of my children."

When Johnson finds some time away from her studies, she enjoys singing in the church choir, traveling, and helping others. She combined all of these passions during a mission trip to Linstead, Jamaica. She went for the first time last year to help volunteer at a church there.

Speaking of giving back, Johnson offered some advice for UMA graduates looking to continue their education.

"Stay focused and go at a comfortable pace," she said. "And utilize your resources that are given to you."

Ultimate Medical Academy is a nonprofit healthcare educational institution with a national presence. Headquartered in Tampa, Florida and founded in 1994, the school has more than 50,000 alumni and offers content-rich, interactive online courses to more than 14,000 students as well as hands-on training to hundreds of students. UMA students have access to academic advising, one-on-one or group tutoring, resume and interview coaching, job search assistance, technical support and more. UMA is institutionally accredited by the Accrediting Bureau of Health Education Schools (ABHES). Learn more by visiting <https://www.ultimate-medical.edu/>.



PHOTOGRAPH COURTESY OF
ULTIMATE MEDICAL ACADEMY

Renee Johnson was named a True Blue Alum of Ultimate Medical Academy.

Free St. Patrick's Day Lyft Rides Offered Throughout Prince George's To Prevent Drunk Driving

By TAMMY WAN
WRAP

UPPER MARLBORO, Md. (March 6, 2019)—Preparing to combat that time of year when, according to the National Highway Traffic Safety Administration (NHTSA), over a third (37%) of all U.S. traffic deaths involve drunk drivers*, free St. Patrick's Day Lyft rides will be offered to deter impaired driving throughout Prince George's County, Maryland beginning Sunday, March 17th.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the 2019 St. Patrick's Day SoberRide® program will be in operation beginning at 4:00 pm on Sunday, March 17th (St. Patrick's Day) and continue until 4:00 am on Monday, March 18th, 2019 as a way to keep local roads safe from impaired drivers during this traditionally high-risk holiday.

During this twelve-hour period, area residents age 21 and older celebrating with alcohol may download Lyft to their phones, then enter a SoberRide® code in the app's

"Promo" section to receive their no cost (up to \$15) safe transportation home. WRAP's St. Patrick's Day SoberRide® promo code will be posted at 3:00 pm on Sunday, March 17th on www.SoberRide.com.

Last year, a record 982 persons in the Washington-metropolitan area used WRAP's St. Patrick's Day SoberRide® program rather than possibly driving home impaired. The charity also offers its SoberRide® program on Cinco de Mayo, Independence Day, Halloween and the winter holidays.

"Nearly 40-percent (37%) of all U.S. traffic fatalities during St. Patrick's Day 2017 involved drunk drivers according to the National Highway Traffic Safety Administration," said Kurt Gregory Erickson, WRAP's President. "Between midnight and 6:00 am the day after St. Patrick's Day that year, three-fourths (75%) of all U.S. traffic deaths involved alcohol-impaired drivers."

SoberRide® is offered throughout Lyft's Washington, D.C. coverage area which includes all or parts of: the District of Columbia; the Maryland counties of Montgomery

and Prince George's; and the Northern Virginia counties of Arlington, Fairfax, Loudoun and Prince William.

"Lyft is proud of the role ridesharing has played in reducing impaired driving across the nation. Here in the DC area, partnering with the Washington Regional Alcohol Program allows us to take our commitment to providing safe, convenient, and affordable transportation a step further, particularly during times of the year when people are out celebrating and in need of a ride home," said Steve Taylor, GM, Lyft Washington, D.C.

Since 1991, WRAP's SoberRide® program has provided 75,498 free safe rides home to would-be drunk drivers in the Greater Washington area.

More information about WRAP's SoberRide® initiative can be found at www.SoberRide.com.

*Source: National Highway Traffic Safety Administration, see: <https://www.trafficssafety-marketing.gov/get-materials/drunk-driving/drive-sober-or-get-pulled-over/saint-patricks-day>

COMMENTARY

Marion Wright Edelman

President Emerita,
Children's Defense Fund



ChildWatch:

We Are Still Turning Our Backs On Puerto Rico's Hungry Children

In 2017 Hurricanes Irma and Maria caused widespread devastation across Puerto Rico, leaving children especially vulnerable—but the sad reality is Puerto Rican children were some of the most at risk in America long before the storm. Nearly 6 in 10 children in Puerto Rico live in poverty, a rate almost twice as high as New Mexico and Mississippi, the states with the highest poverty rates. More than one-third of households with children in Puerto Rico receive nutrition assistance benefits and rely on that safety net to help keep hunger at bay. In the wake of Hurricane Maria this lifeline has been more critical than ever. But while nutrition assistance is under attack

across our country with the threat of expanded work requirements there are unique and urgent threats to nutrition in Puerto Rico right now.

Unless Congress acts immediately before its recess, 1.4 million people in Puerto Rico, including more than 300,000 children, are at risk of losing some or all of their nutrition assistance in March. As many as 230,000 participants could lose their eligibility entirely. Puerto Ricans are U.S. citizens. Allowing these Americans to go hungry is a shameful slap in the face as they continue to recover from an overwhelming natural disaster and face a callous White House openly hostile towards helping them.

People in Puerto Rico are already shortchanged when it comes to federal nutrition help because the Nutrition Assistance Block Grant Program (NAP), their version of the Supplemental Nutrition Assistance Program (SNAP, or food stamps), provides lower benefits than SNAP although food costs are 9 percent higher in Puerto Rico than on the mainland. The disaster assistance awarded to Puerto Rico after Hurricanes Irma and Maria allowed Puerto Rico to add additional people to the NAP rolls and increase benefits but now this assistance is about to run out though many who needed it after the hurricanes hit are still struggling. For a family of four, benefits would decline from \$649 to \$410 a month and this could happen over the next few weeks as this month's benefits start to be distributed.

The House of Representatives has already passed a new disaster assistance bill that includes continued nutrition assistance for Puerto Rico and the Senate must act now. Due to targeted opposition from President Trump, funds for Puerto Rico were not included in the omnibus spending bill that recently passed. But there was good news when a new disaster relief package was introduced by Senators David Perdue and Johnny Isakson from Georgia and others which provides funding, including nutrition assistance, for Puerto Rico along with disaster relief for agricultural and other damage from hurricanes, tornadoes and

wildfires in a number of states. The Senate Appropriations Committee is also considering a disaster relief package. It is urgent that the Senate pass disaster relief that includes funding for NAP in Puerto Rico and come to agreement with the House before leaving for the March recess.

As a future agenda, steps must be taken to offer children, families and others in Puerto Rico the same access to SNAP provided to other U.S. states and territories. Immediate disaster nutrition relief is critical and can help identify people who were in need but unserved before the disasters struck. In Puerto Rico it shined a glaring spotlight on the shortcomings of the existing nutrition assistance program. Children and families lose out when Puerto Rico receives only a fixed amount of funding for food assistance annually regardless of need and cannot expand when natural disasters or other economic crises occur as other states and territories do. But for today the immediate need is obvious.

You can help by urging your Senators and Senator Majority Leader Mitch McConnell to allow a disaster relief package including nutrition assistance for Puerto Rico to be voted on and finally approved before the March recess begins at the end of next week. Puerto Rico's children are waiting. We must not turn our back on hungry children in our own country.

Benjamin L. Cardin

United States Senator for Maryland



Cardin Introduces Bill to Provide Pathways to Debt-Free Undergraduate Education For Future Public Servants

"No individual willing to serve their community in a public service career should be held back from their calling due to the high cost of obtaining a college education."

WASHINGTON (March 7, 2019)—U.S. Senator Ben Cardin (D-Md.), a member of the Senate Finance Committee, has introduced legislation that will create new opportunities for students who commit to future public service careers to receive debt-free undergraduate education.

Cardin's bill, S. 686, the Strengthening American Communities Act, expands the ways in which public servants can finance their undergraduate educations. Rather than taking out student loans to pay for their degrees, the act establishes the National Public Service Education Grant to provide students with the majority of the cost of their degrees. Colleges will contribute a portion of the remaining costs for students, and the students, by accepting the grant, will commit themselves to at least three years of public service.

"No individual willing to serve their community in a public service career should be held back from their calling due to the high cost of obtaining a college education," said Senator Cardin. "This legislation is a first step toward enabling people to serve their communities without being hobbled by massive student loan debt, and by providing current public servants with the financial freedom to continue to heed their calling to service.

"The current system of indebting individuals at the start of the careers has led to minority underrepresentation in our public sector workforce. First-generation college students and students from low-income families cannot afford to take on student loan debt and enter into lower-paying public service careers," Senator Cardin added. "As a result, our nation is deprived of the talents and perspectives of those who want to serve their communities but simply cannot afford to do so, resulting in our workforce that is less representative of the people it serves.

"The partnerships created under the act among the federal government, states, community colleges, public, private and non-profit universities, minority-serving institutions, and Historically Black Colleges and Universities ensures students have a pathway to complete their degree without the burden of taking on exorbitant student loan costs," said Senator Cardin. "Those individuals

already engaged in public service would receive more immediate federal student loan forgiveness under the legislation, ensuring that repaying student loan debt does not force individuals to make a choice between service and salary."

University and community leaders have expressed strong support for this new legislation.

"Senator Cardin's enlightened approach to supporting students that pursue careers in public service has made a real difference in fields such as public health, and would be very helpful to many other students who want to make a difference in their communities," said University of Maryland President Wallace D. Loh. "We welcome new efforts to help these students succeed."

"By leveraging federal funds with state and private resources, the Strengthening American Communities Act creates powerful incentives to expand college access, reduce student debt, and strengthen the public service workforce," said Maryland Independent College and University Association President Tina Bjarekull. "Maryland's independent colleges and universities pledge their support and commit to embrace the innovative public service challenge. We commend Senator Cardin for his continued leadership in support of students and the advancement of knowledge."

"To meet the complex challenges facing our country, government needs a skilled professional workforce capable of functioning in a fast-changing, data-and technology-driven environment," said Max Stier, President and CEO of the Partnership for Public Service. "Today, we have an aging workforce, with more than twice as many federal workers over the age of 60 than under 30. Tuition assistance and loan forgiveness programs can provide important incentives for a new generation to answer the call to public service, and to help reinvigorate the federal workforce."

"I am proud to say that the University of Maryland Student Government Association's Executive Board and Cabinet has voted to unanimously endorse Senator Cardin's Strengthening American Communities Act, which will help generate greater interest in public service among young leaders," said UMD Student SGA Student Body President Jonathan Allen. "This bill will make the University of Maryland and colleges around the country more affordable and accessible for students, enabling them to pursue higher education and careers in public service."

Marc Morial

President and CEO, National Urban League



To Be Equal:

Senate Must Pass Background Check Bill, Passed by House, Supported by 92% of Voters

Defenders of the status quo—advocates of the gun industry & the politicians paid to defend it—will tell you that events like these are virtual acts of nature, products of mental illness or bad parenting, beyond our ability to control. This couldn't be further from the truth. Every day we fail to take action, we chose this fate. We tolerate politicians who fail to acknowledge this crisis and vote against our safety. We let our gun violence epidemic continue day after deadly day.

—Former U.S. Rep. Gabby Giffords, responding to the February 2018 mass shooting at Marjorie Stoneman Douglas High School in Parkland, Florida.

A policy supported by 92% of American voters has just come before the United States Senate. It's supported by 89% of Republicans and 95% of Democrats.

But, because it's opposed by 100% of gun industry lobbyists, it will be a fight to pass it.

H.R. 8, The Bipartisan Background Checks Act of 2019, is the most significant gun safety bill approved by the U.S. House of Representatives in more than two decades. The legislation requires background checks on all firearm sales in the country. Currently, only licensed dealers are required to conduct background checks on firearm purchasers.

Timing of the bill was especially significant for freshman U.S. Rep. Lucy McBath of Georgia. This month would have marked the 24th birthday of her son, Jordan Davis. He was 17 when he was fatally shot by a man who opened fire on a car of unarmed teenage boys at a gas station in Jacksonville, Florida, in 2012.

"H.R. 8 will ensure mothers and fathers have one less reason to worry," McBath said during debate on the House floor. "It will give students one less thing to fear when they walk into a school.

Most importantly, it will make our communities and our nation a safer place to live. And every human being in America deserves that."

More than 2,400 Americans have died in gun-related violence so far in 2019, an average of about 37 people per day, according to the Gun Violence Archive. Almost 480 children and teenagers have been killed or injured by guns this year.

Background checks have stopped more than 3 million illegal gun sales since 1994, according to the Department of Justice. But anyone who is not legally permitted to purchase a gun easily can acquire one at gun show, through an online seller or via a person-to-person "private" sale. An investigation by the firearm safety organization Mayors Against Illegal Guns found that people who bought guns from the online seller Armslist.com were nearly four times as likely to have a criminal record that would prevent them from passing a background check.

Approximately one in five guns is sold in an unregulated transaction, and 80% of all firearms acquired for criminal purposes are bought through unlicensed sellers, according to the Center for Gun Policy and Research at Johns Hopkins Bloomberg School of Public Health.

No one argues that universal background checks alone can end the epidemic of gun violence. But it can restrict the illegal gun market. In states where private sales are regulated, there is less flow of guns from legal owners to criminals.

If the Senate fails to pass H.R. 8, it will be placing the financial interests of the gun industry above the interests of everyday Americans, including gun owners, who simply want to keep their families safe. Please call your Senators at 202-224-3121 and tell them to vote to make America safer.

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Upper Marlboro, MD 20772-3151
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Publisher/Senior Editor Legusta Floyd	Editor Lisa Duan
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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Widower Seeking Answers About Social Security

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

Dear Rusty:

I have two questions. My wife passed away in May of 2015, and I never received any of her benefits. Should I have? Also, I am now 62, turning 63 next month. I am still working and probably won't quit until age 75 or older. Should I start taking benefits now? **Signed: Bewildered**

Dear Bewildered: As a widower, you could have started receiving a survivor benefit from your wife at 60 years of age, though it would have been reduced by about 28.5% for claiming early. But you haven't really lost those benefits because you can still claim them, and they won't be reduced as much now because you'd be claiming closer to your widower's full retirement age (FRA) of 66. In your specific case, your "widower FRA" is 4 months earlier than your normal FRA of 66 plus 4 months, because a survivor's FRA is determined by subtracting 2 years from their actual birth date. Since you were born in 1956, Social Security uses 1954 as the date to determine your FRA for survivor benefits.

Since you are now 62 (turning 63 soon), you have a choice to collect either your own benefit or your survivor benefit, and which one you should choose depends upon which one would be highest when it reaches maximum. Your survivor benefit will reach its maximum when you reach your widower FRA; your own benefit will reach its maximum at age 70. You might choose to collect your survivor benefit first and allow your own benefit to grow until you are 70 when it would be about 29% more than it would be at your normal FRA. Or, if your survivor benefit at your widower FRA would be more, you could choose to take your own benefit until your survivor benefit reaches maximum at your widower FRA.

But there is one catch you should consider. Any time Social Security benefits of any kind are taken before one's full retirement age and you continue to work, you will be subject to Social Security's "earnings test." That means if your earnings from working exceed the annual earnings limit (\$17,640 for 2019), Social Security will take back \$1 for every \$2 you are over the limit, and they'll withhold that from future benefits until they recover what you owe. Once you reach your normal full retirement age the earnings limit goes away, and you can earn as much as you like without penalty. For clarity, when you reach your normal full retirement age they will recompute your benefit and give you time credit for any month's benefits withheld, which will increase your benefit slightly allowing you to recover some (or eventually all) of the withheld benefits. But exceeding the annual earnings limit before you reach your normal FRA will cause you to lose current benefits for some number of months.

Provided that your finances, your health and your expected longevity allow it, and provided that your own benefit at age 70 will be more than your survivor benefit, you may want to consider a strategy of postponing your own benefit, and also delaying your claim for the survivor benefit until it reaches maximum at your widower's FRA. Then at your widower's FRA (66) you could claim 100% of your survivor benefit, while allowing your own benefit to grow to maximum at age 70. In this way you would avoid any lost benefits from exceeding the earnings limit, you would collect the maximum survivor benefit between your FRA and age 70, and at that time switch to your own higher benefit for the rest of your life. This, of course, is but one of several scenarios you have available to you being dually-entitled to both survivor benefits and your own Social Security retirement benefit.

The 1.7 million member Association of Mature American Citizens (AMAC) (<https://www.amac.us>) is a vibrant, vital senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at <https://amac.us/join-amac>.

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Governor's Youth Advisory Council Gives Maryland Youth Opportunity For Public Policy Voice

BY HEATHER EPKINS
Governor's Office For Children

ANNAPOLIS, Md. (March 6, 2019)—The Governor's Office for Children today announced that applications are now being accepted for the Maryland Youth Advisory Council for 2019–2020. This program was established through the Maryland General Assembly to ensure that Maryland youth are given the opportunity to provide feedback regarding public policies affecting their future and take a leadership role in creating meaningful change for our state.

"I believe the voice of our youth is an important component in the legislative process," said Deputy Director of the Governor's Office for Children, Jaclin Warner Wiggins. "Engaging our citizens at an early age empowers them to shape their futures and builds a legacy of social and political engagement for future generations."

As a coalition of diverse young advocates and leaders from across the state, the Council strives to serve as an effective voice that addresses relevant issues by influencing legislation, spreading public awareness, and serving as a liaison between youth and policymakers.

"I got involved in the Maryland Youth Advisory Council because I felt like a lot of issues within my school and my com-

munity were being overshadowed," said Daniel Walker, junior at Wilde Lake High School and 2nd Year member of the Council. "I think having a dialogue that includes active participation from youth that have an active awareness of the important issues is crucial to ensure that Maryland has a bright future."

Currently, the Council is composed of 24 members representing Anne Arundel, Baltimore, Calvert, Frederick, Garrett, Harford, Howard, Montgomery, Prince George's, Talbot, and Wicomico counties, and Baltimore City.

Council members must be 14–22 years of age as of September 1, 2019, serve a two-year term (September 1, 2019–August 31, 2021), and meet monthly from September through May with additional opportunities for events, meetings, and legislative testimony throughout the year.

Council members will be selected to ensure a diverse representation of Maryland's youth statewide, and are appointed by the:

- Governor of Maryland
- President of the Maryland Senate
- Speaker of the Maryland House of Delegates
- Governor's Office for Children appoints council members nominated by the:
 - Maryland Association of Student Councils,

- University System of Maryland Student Council,
- Maryland Higher Education Commission Student Advisory Council, and
- Association of Local Management Boards.

Applications for 2019–2020 are available from March 1–July 1, 2019 and are available online at <http://goc.maryland.gov/myacapp/>.

"I decided to join the council because I have seen the positive influence of bringing all stakeholders to the table when it comes to policy and legislation and believe youth should not be an exception—especially when it comes to decisions that directly affect them," said Noureen Badwi, Junior at Towson High School and 1st Year member and Vice-Chair of the Council. "As youth, we have a stronger voice now than we ever have had and I'm incredibly excited to work to increase that voice by serving on the Council."

The Governor's Office for Children works with State agencies and Local Management Boards to promote a stable, safe, and healthy environment for Maryland's children, youth, and families. Learn more by visiting our website at goc.maryland.gov and connect with us on Facebook and Twitter.

Raise the Wage Act Passes Committee Vote in U.S. House

ROC United applauds bill that includes One Fair Wage for tipped workers

By ANTHONY ADVINCULA
Restaurant Opportunities Centers United

NEW YORK, NY (March 7, 2019)—On Wednesday, March 6, 2019, the House Committee on Education and Labor passed without an amendment the federal Raise the Wage Act, which increases the minimum wage to \$15 an hour for all workers—tipped and non-tipped.

That means that when the U.S. House of Representatives votes on the bill in April, the One Fair Wage provision will be fully included. It will be the first time in American history that either house of Congress will have passed a bill increasing the subminimum tipped wage to the full minimum wage with tips on top.

"This is a historic, landmark victory," Saru Jayaraman, co-founder and president of Restaurant Opportunities Centers United (ROC-United), applauded the House Committee for taking a key step toward raising the minimum wage that includes tipped workers. "It creates momentum for states to pass One Fair Wage,

which is needed to ultimately win the issue in Congress. It is a huge first step."

To date, 29 states and the District of Columbia have already set higher wage standards, but still have left the tipped workers behind.

The House Committee on Education and Labor on Wednesday voted 28-20 along party lines in favor of the Raise the Wage Act. It would raise the federal minimum wage from \$7.25 to \$15.00 per hour by 2024 and also phase in increases to \$15 per hour for tipped workers.

"It would be a life-changer for me and my family. I won't have to worry about not getting tips at the end of the day. I won't have to be scared to speak out when someone calls or touches me inappropriately," Marie Billiel, a tipped food service worker in Boston. "And I won't have to worry about the threat of eviction."

In recent months, a number of federal legislators, including NY Senator Nydia Velasquez, MA Representative Joe Kennedy and PA Senator Bob Casey, have been working with ROC United in support of the Raise the Wage Act that

includes One Fair Wage for tipped workers.

The U.S. has had a federal minimum wage since 1938. In 2009, the federal minimum wage went up to \$7.25 per hour. However, the federal minimum wage for tipped workers has been stuck at \$2.13 since 1991.

Founded initially after September 11th, 2001 as a worker relief center for affected restaurant workers and their families, the Restaurant Opportunities Centers United (ROC-United) has grown into a national organization with restaurant worker members in New York, California, Boston, Chicago, Michigan, New Orleans, Pennsylvania, Seattle, and Washington, DC. Across the country, the organization has activated 130,000 restaurant workers, employers, and consumers to improve wages and working conditions in the restaurant industry.

Raising the wage and labor standards in the restaurant industry is a matter of economic, social, gender, and racial justice. ROC United is committed to working with workers, employers, consumers, workers' rights advocates, and legislators to eliminate unjust labor practices dating back to the slavery era, professionalize the industry, and bring dignity to the work and lives of hardworking men and women in some of the lowest paid occupations in the country.

The Donaldson Group, Declaration Capital, & Angelo, Gordon Acquire 288-Unit Apartment Community in Hyattsville

By LESLIE BRAUNSTEIN
for The Donaldson Group, Angelo, Gordon

ROCKVILLE, Md. (March 7, 2019)—In an off-market transaction, The Donaldson Group of Rockville, MD, New York-based Declaration Capital, and New York-based Angelo, Gordon have acquired Plaza Towers Apartments, a 288-unit high rise apartment community located in Hyattsville, Maryland. The partnership acquired the property for approximately \$42.6 million and plans to invest additional capital for property improvements.

Situated on approximately 6.6 acres at 6700 Belcrest Road, Plaza Towers is located within walking distance of both the Prince George's Plaza Metro Station and The Mall

at Prince George's. It is within minutes of two new mixed-use developments: the \$2 billion, 150-acre research-focused Discovery District, and Riverdale Park Station, a 1.4 million square foot town center anchored by Whole Foods. Also nearby is the University of Maryland's flagship College Park campus, the largest university in the Washington metropolitan area and a major employment center.

The partnership will invest much-needed capital to enhance and modernize the community. Capital improvements will include a leasing center, upgraded common areas, exterior building improvements, and new tenant amenities. Efficient property management by Donaldson will reduce operating expenses

and improve customer service. Work is expected to begin by late spring.

"We are pleased to complete another successful acquisition with our partners at Angelo Gordon and Declaration Capital," said Carlton Einsel, Chief Executive Officer, The Donaldson Group. "We made an all-cash offer in conjunction with an accelerated settlement period, thereby meeting the seller's closing timeframe."

"Plaza Towers is a well-built apartment community in a fantastic location," said John Majeski, Senior Vice President, The Donaldson Group. "We believe in this growing Hyattsville market and plan to continue investing in quality rental communities in the Washington, DC area."

City of Bowie Hosting Young Adult Job Fair

By RHONDA SIMON
City of Bowie

BOWIE, Md. (March 4, 2019)—The City of Bowie Gymnasium and Bowie Youth and Family Services have teamed up to organize a community employment fair for young adults, ages 16–24. It takes place on Saturday, March 16, 2019 from 9 a.m. to 1 p.m. at the City Gymnasium. The goal of this job fair is

to connect local employers with young adults seeking employment.

Last year's event had over 250 young adults in attendance and more than 20 local employers participated. Confirmed participants for this year's event include American Pool, AT&T, Autobeil Car Wash, the Bowie Volunteer Fire Department, Bubbles Productions, Chick-fil-A, Chili's Grill and Bar, On the Border, Department of Labor Licensing and

Regulation, DRD Pool Service Inc., Guardian Aquatics, Inc., Maryland Army National Guard, Maryland Express Tag & Title, Prince George's County Department of Corrections, Prince George's County Fire/EMS Department, Prince George's County Police Department Recruiting Unit, Six Flags America, Sky Zone, Spectra Food and Hospitality, Stanley Steemer, TJ Maxx, The Omega Studios' School of

Applied Recording Arts & Sciences, University of Maryland, and Watermark Cruises.

Interested young adult job seekers should pre-register on the website or register upon arrival at the event. Soroptimist International, an organization that promotes the social and economic empowerment of women, will have representatives at the event to assist all young adults with resume building and interview readiness.

Job seekers and employers can visit

www.cityofbowie.org/jobfair for more information or to register. This event is free for employers and job seeking youth.

The City of Bowie Gymnasium is located at 4100 Northview Drive in Bowie.

For more information about the Community Young Adult Employment Fair, contact Prevention Coordinator, Rhonda Simon at 301-809-3033 or rsimon@cityofbowie.org or Gymnasium Manager, Duncan Churches at 301-809-2383 or dchurches@cityofbowie.org.

OUT on the TOWN

Art Center And Aviation Museum Collaborate Around Historic Epic Stamp Mistake to Celebrate History And Inspire Art

March 20 program presented as part of the ongoing Airmail Centennial Celebration

By PRESS OFFICERS

Prince George's County Department of Parks and Recreation and The College Park Aviation Museum

COLLEGE PARK, Md. (March 1, 2019)—For stamp collectors, mistakes are what make a stamp more valuable. For artists, mistakes can also be valuable—leading to new discoveries. Inspired by the infamous “Inverted Jenny” stamp issued 100 years ago to commemorate the beginning of airmail service and the centennial of the U.S. Post Office first airmail flight out of College Park Airport, two community organizations are collaborating to offer an evening of original post card printmaking—by you—the attendee!

The College Park Aviation Museum and Pyramid Atlantic Art Center are offering the experience of printmaking surrounded by historic aircraft, including a Curtiss Jenny—although it will not be inverted—at the Windsock Arms Happy Hour on Wednesday, March 20, 2019 from 5:30–7:30 p.m. Tickets are \$12 in advance (by March 18) and \$15 at the door. Guests

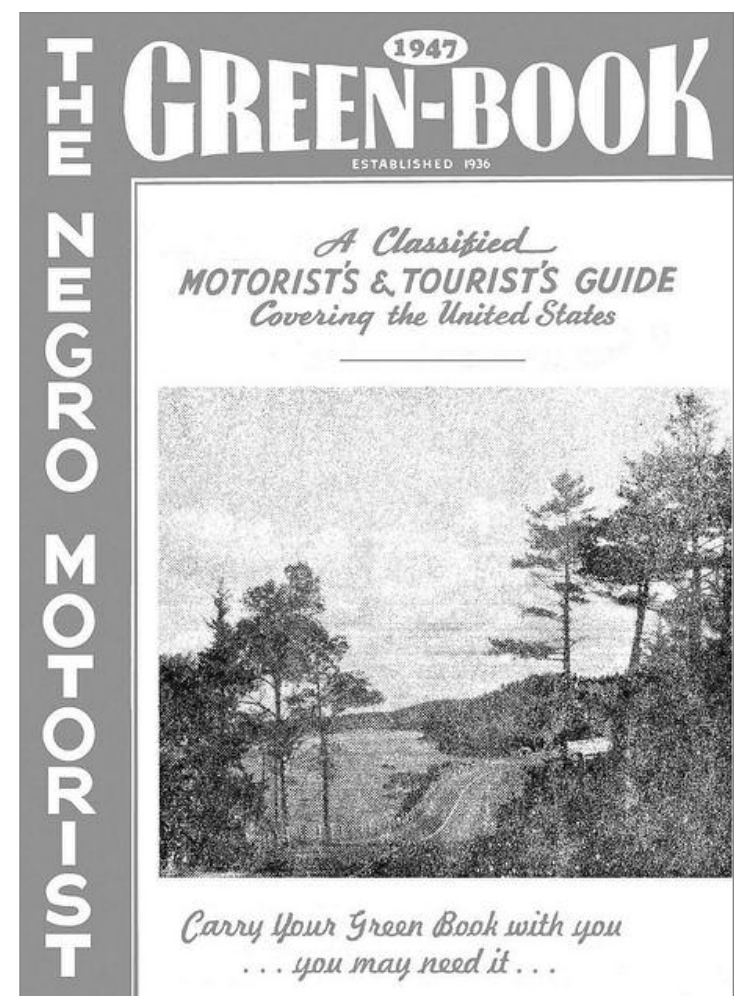
may design and print their own postcard, enjoy the museum's airmail exhibit, Delivering America: Airmail to Email, and mingle with friends while sipping wine, beer or soda as they take in the view of the historic and active College Park Airport. The monthly Happy Hour is held at the College Park Aviation Museum and offers a different theme each month.

Guests are encouraged to visit the related exhibit MISPRINTS on view at the Pyramid Art Center from March 8–April 19, 2019. Learn more at pyramidatlanticartcenter.org. The College Park Aviation Museum, a Smithsonian Affiliate, is open daily from 10 a.m.–5 p.m. and offers a variety of recurring and new programming for all ages. Questions? Call 301-864-6029 or visit www.CollegeParkAviationMuseum.com or find the museum on Facebook.

The College Park Aviation Museum is owned

and operated by The Maryland-National Capital Park and Planning Commission (M-NCPPC) which also owns the College Park Airport, the oldest continuously operating airport in the world. The museum is one of numerous historic sites and museums operated by the M-NCPPC, Prince George's County Department of Parks & Recreation, Natural and Historical Resources Division. Visit <http://history.pgprks.com>

The Department of Parks and Recreation delivers an award-winning park system through progressive, innovative leadership and a commitment to the community and the environment in Prince George's County. For more on the Department of Parks and Recreation, visit www.pgprks.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.



PHOTOGRAPH COURTESY CAPITAL NEWS SERVICE—VIRGINIA COMMONWEALTH UNIVERSITY

Green Book Helped Black Travelers Navigate Racist Terrain

By KAYTLIN NICKENS

Capital News Service—Virginia Commonwealth University

RICHMOND, Va. (March 5, 2019)—The Oscar-winning film “Green Book” has spurred interest in the original “Negro Motorist Guide” that many African-Americans consulted when traveling in the South during the Jim Crow era.

The movie depicts the African-American pianist Don Shirley's concert tour in 1962 in the Deep South and the friendship that developed between Shirley and his cab driver, Tony Lip. The movie ends with Shirley giving Lip a copy of the Negro Motorist Green Book.

The guidebook was first published in 1936 by Victor Hugo Green, a postal carrier in the Harlem section of New York. Green's wife, Alma Duke, was from Richmond, Virginia. Green was inspired to write the book in part by the discrimination he and his wife faced on trips to her racially segregated hometown.

“With Green's wife being from Virginia, he decided to make trips less humiliating and reached out to fellow mailmen all over the country,” Calvin Alexander Ramsey, an author and playwright who has done extensive research on the subject, told The New York Times in 2015.

Green knew the risks African-American travelers faced when entering a “whites only” establishment. So with information gathered from fellow postal workers and other sources, Green put together his guidebook.

“The idea of the Green Book is to give the Negro traveler information that will keep him from running into difficulties, embarrassments and to make his trips more enjoyable,” Green wrote.

For Virginia, the 1938 issue of the Green Book listed more than 50 hotels, tourist homes, restaurants, beauty parlors and other businesses that welcomed African-Americans.

Ten of those establishments were in Richmond. One was the YWCA, built in 1914. The organization has worked to help families in Richmond during a time when racism and segregation prevailed.

The YWCA is still on Fifth Street in Richmond, but many of the local establishments listed in the Green Book are gone.

Only a third of the travel guide's sites still exist, according to the Smithsonian Channel, which has produced a documentary about the book.

In the documentary, Henrie Monteith Treadwell, a civil rights activist, said Green's travel guide reflected a significant and troubling time in U.S. history when many businesses openly discriminated against African-Americans.

“It's important to have everyone in this nation examine the significance of the Green Book,” Treadwell said. “If you don't see the history, if you don't see where it was, how can you say it happened?”

The Smithsonian Channel produced the documentary because of popular interest in the “Green Book” movie and the controversy it has raised. Although the film won an Oscar and Golden Globe for best picture, many critics say it contains factual inaccuracies and unjustly tells the story from a white person's point of view.

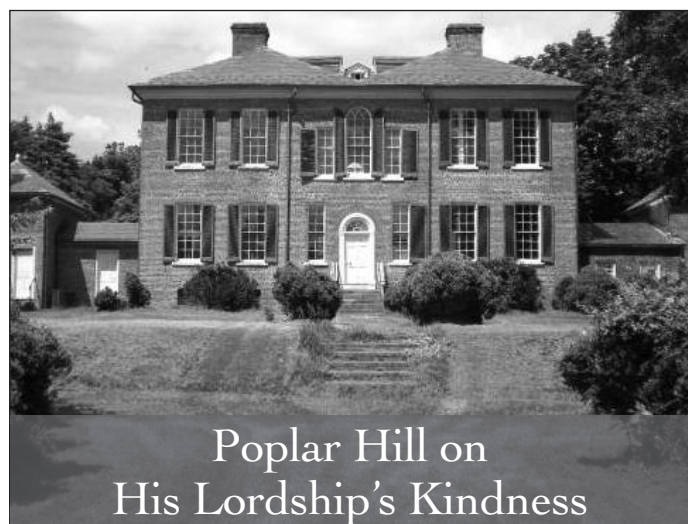
The documentary can provide historical perspective on the actual Green Book, said David Royle, the Smithsonian Channel's chief programming officer. “We are proud to tell the true story behind this remarkable guide and to shine new light on this disturbing yet important period in American history.”

He noted that before Green published his guidebook, it was hard for African-Americans to know where they could travel. African-American travelers faced widespread discrimination—and not just in the South.

“During the first half of the 20th century, throughout Jim Crow and continuing into the era of the civil rights movement, segregation was a legal reality in the American South,” the Smithsonian Channel reported. “When African-Americans journeyed north and west, however, they encountered racism that spanned the entire country.”

The final edition of the Green Book was published in 1966—shortly after the Civil Rights Act of 1964 prohibited racial discrimination in public accommodations. In earlier issues of his publication, Victor Green said he looked forward to the day when the Green Book would no longer be needed.

“There will be a day sometime in the near future when this guide will not have to be published,” Green wrote. “That is when we as a race will have equal opportunities and privileges in the United States. It will be a great day for us to suspend this publication. For then we can go as we please without embarrassment.”



Poplar Hill on His Lordship's Kindness

PHOTO COURTESY WIKIMEDIA

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Poplar Hill on His Lordship's Kindness: 7606 Woodyard Road, Clinton, MD 20735 • 301-856-0358 • <http://www.poplarhillonhik.com>

ERIC D. SNIDER'S IN THE DARK

.... Movie Review

The Upside

The Upside

Grade: D

Rated PG-13, a little profanity and vulgarity, a little mild sensuality.

2 hrs., 6 min

Everything about “The Upside” feels contrived and phony, like the movie version of an inspiring-but-fake anecdote your aunt shared on Facebook. Which is impressive, considering it's a true story.

Of course, it's more directly

a remake of the French film “The Intouchables,” which itself was inspired by a documentary about a wealthy Parisian quadriplegic who hired an unqualified French-Algerian ex-con as his caregiver; the inauthenticity that plagues “The Upside” could have crept in at any point during that game of telephone (and plenty of people thought “The Intouchables” was shallow glurge to begin with).

This version, directed by Neil Burger (“Divergent,”

“Limitless”) from a screenplay by first-timer Jon Hartmere, stars Kevin Hart as Dell Scott, a rude parolee with a bad attitude who doesn't want a job so much as he wants to get signatures from potential employers showing that he tried to get a job, to appease his parole officer. Thinking he's applying for a janitorial position, Dell barges into a Park Avenue penthouse where morose quadriplegic tycoon Phillip Lacasse (Bryan Cranston) and his executive, Yvonne (Nicole Kidman), are interviewing full-time live-in caretakers, complains about being kept waiting, and demands a signature so he can get out of there. Over Yvonne's strenuous, well-founded objections, Phillip offers Dell the caretaker job.

Dell, self-centered and emotionally stunted (note: the movie does not realize this; the movie thinks he's a lovable, shoot-from-the-hip rascal), is not qualified to take care of a quadriplegic man, and he flat-out refuses to do some of the tasks associated with the job. He takes the job because of the salary, but this doesn't explain why Phillip offered it or why Yvonne lets him keep it. The implication is that Phillip, who was hurt in a paragliding accident and lost his wife to cancer, chose the worst applicant because he just wants to die. But that doesn't come across except by implication, and even then doesn't feel plausible.

The rest is just as artificial, peppered with wacky comedy moments like Dell being surprised by the high-tech shower in his bathroom, Dell refusing to change Phillip's catheter or

even say the word “penis,” Dell driving recklessly through Manhattan with Phillip in the passenger seat and telling cops that they were rushing to the hospital. Phillip gradually gets a new lease on life, which is attributed to Dell's influence, though I'm hard-pressed to point to an example of Dell being helpful. Dell comes to share Phillip's love of opera (after talking and laughing through one and threatening to beat up the people who dare shush him) and catches up on child-support payments to his ex-wife but doesn't really change in any other way. He never realizes what an a-hole he is, and by the end he's claiming he was the most qualified applicant on the grounds that he and Phillip have become pals. It's a story about a jerk who learns nothing, disguised as a heartwarming story of opposites-attract friendship.

It might have been better if it had focused on the character who does evolve, the one whose emotions are relatable and who seems more or less like a real person. But despite a game performance by Cranston, Phillip is rendered a supporting player in his own life. Even the things about him that are probably based on fact, like his love of opera, feel like movie clichés. It probably goes without saying that the realities of being paralyzed based on the neck down are not addressed in any meaningful way. This is weak stuff all the way around, a blob of unflavored Jell-O that you're supposed to find delicious just because it went through the motions.

Inspired by a true story, **The Upside** is a heartfelt comedy about a recently paroled ex-convict (Kevin Hart) who strikes up an unusual and unlikely friendship with a paralyzed billionaire (Bryan Cranston). Directed by Neil Burger and written by Jon Hartmere, **The Upside** is based on the hit 2011 French film **The Intouchables**. ROTTENTOMATOES.COM



Calendar of Events

March 14–March 20, 2019

A Digital Journey Through Riversdale

Date and Time: Friday, March 15; Sunday, March 17; Friday, March 22; Sunday, March 24; Sunday, March 31, 2019, 12:15–3:15 p.m.

Description: Enjoy a fresh perspective on the historic house through photographs taken by members of the Goddard Photo Club.

Cost: \$5/Adult (18–59); \$4/Senior (60 & better); \$2/Student (5–17); FREE ages 4 and younger

Ages: All ages welcome

Location: Riversdale House Museum, 4811 Riverdale Road, Riverdale Park, MD 20737

Contact: 301-864-0420; TTY 301-699-2544

Mark Wade Trio

Date and Time: Friday, March 15, 2019, 8 p.m.

Description: Voted one of the top 10 bassists of 2016 by the prestigious Downbeat Magazine Reader's Poll, Mark Wade has been an active bassist in the New York City area for over 20 years. In February 2015, Wade released his debut album, "Event Horizon," to international acclaim. He has played with other notable jazz artists such as James Spaulding, Harry Whitaker, Peter Eldridge, Don Byron, and The Pete McGuinness Jazz Orchestra, and he appeared on "The Today Show" with Stacey Kent. Wade is a member of the Lehigh University jazz faculty and is also a New York Pops Teaching Artist. ADA: Yes

Cost: Tickets: \$25/person; 10% discount for Montpelier members and seniors

Ages: Adults

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

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

Zoo Bloom, featuring Farm Day

Date and Time: Saturday, March 16, 2019, 10 a.m.–4 p.m.

Description: Spring is almost here! It's time to escape hibernation and head to the Maryland Zoo for our first big event of the new Zoo season. We'll be welcoming spring (and hopefully warmer weather) with special activities and treats for you and the animals, as well as learning about the animals that live on farms. **All activities are included with Zoo admission!**

Cost: Members: Free; Adult (12–64): \$19/person; Child (2–11): \$15.00, Senior (65+): \$16.00; children under 2, free

Ages: All ages are welcome

Location: The Maryland Zoo in Baltimore, One Safari Place, Baltimore, MD 21217

Contact: 410-396-7102, www.marylandzoo.org

Dine 'N' Learn Healthy Cooking Demonstration: Avocado and Asparagus for Breakfast!

Date and Time: Saturday, March 16, 2019, 11 a.m.–12 noon

Description: March is National Nutrition Month! Learn how to prepare delicious, healthy meals and snacks in these step-by-step cooking demonstrations. Enjoy a sample of the delicious creations and take home new recipes! No registration required. Classes may be canceled due to inclement weather.

Cost: Free

Ages: All ages welcome

Location: Watkins Tennis Bubble, 301 Watkins Park Drive, Upper Marlboro, MD 20774

Contact: 301-446-6800; TTY 301-699-2544

STEM-tastic: Women in STEM

Date and Time: Saturday, March 16, 2019, 2 p.m.

Description: Special presentation from local women in the field of science. Learn how they became interested in science and built their career. Ask questions and interact with hands on activities.

Cost: Free

Ages: 5–12

Location: Accokeek Branch Library, 15773 Livingston Rd., Accokeek, MD 20607

Contact: 301-292-2880

Chesapeake Chorale: Side by Side with Sondheim

Date and Time: Saturday, March 16, 2019, 7:30 p.m.; Sunday, March 17, 2019, 3:00 p.m.

Description: The Chesapeake Chorale proudly presents "Side by Side with Sondheim," featuring music by Broadway's greatest living songwriter/lyricist. Solos, small ensembles, and chorus selections from "Gypsy," "Sweeney Todd," "Into the Woods."

Cost: At the door: \$20.00, Students: \$5.00, Seniors and Military: \$15.00

Location: Christian Community Presbyterian Church, 3120 Belair Dr., Bowie, MD 20715

Contact: 240-206-8903

White Tailed Deer

Date and Time: Sunday, March 17, 2019, 9:00 a.m.

Description: What is the difference between a horn and an antler? What do the deer eat? Meet at the Ranger Station.

Cost: Free

Ages: 8 and above

Location: Greenbelt Park, 6565 Greenbelt Road, Greenbelt, Maryland 20770

Contact: 301-344-3944, http://www.nps.gov/gree

Seasonal Selections: Soup's On!

Date and Time: Sunday, March 17, 2019, 12:15–3:15 p.m.

Description: Grab some 19th-century inspiration and a new recipe or two as you pop into the open hearth kitchen to watch the Riversdale Kitchen Guild demonstrate 19th-century foodways and recipes. This week, the Guild uses vegetables from the winter garden to make a variety of early American soup recipes.

Cost: FREE!

Ages: All ages welcome

Location: Riversdale House Museum, 4811 Riverdale Road, Riverdale Park, MD 20737

Contact: 301-864-0420; TTY 301-699-2544

Annapolis Film Festival

Date and Time: March 21–March 24, 2019, 12–10 p.m.

Description: The 7th Annual Annapolis Film Festival returns to downtown Annapolis with a full slate of more than 70 films. To see a complete list of all narrative features, documentary features and shorts films, visit <http://annapolisfilmfestival.com/>

Cost: Purchase passes/tickets at:

<http://annapolisfilmfestival.com/tickets/>

Location: Maryland Hall for the Creative Arts, 107 Annapolis Street, Ste. J, Annapolis, MD 21401

Contact: info@annapolisfilmfestival.net, 410-263-3444

March 18 Film Event in Greenbelt On Healthier Plant-Based Diets

By LUCY DUFF
for "Reel & Meal" film and discussion series

On Monday, March 18, the "Reel & Meal" program in Greenbelt features *The Invisible Vegan*. This documentary highlights the potential of plant-based vegan diets for improving the health of the many Americans who suffer from coronary heart disease and diabetes, problems that disproportionately impact the African-American community.

The free screening begins at 7 p.m. at the New Deal Café, Roosevelt Center, 113 Centerway, Greenbelt MD 20770. At 6:30 p.m. an optional vegan buffet for \$14 will be served.

The Invisible Vegan shows how the intertwined histories of slavery, twentieth-century socioeconomic inequalities, and the rise of Big Food have led to increased unhealthy dietary patterns among African-Americans.

Three guest speakers will lead discussion: Najjha, co-owner of The Land of Kush, a vegan soul food bistro in Baltimore, and di-

rector of the Black Veg Society of Maryland; Antonio Simpson, the Vegan Mechanic, a plant-based cook who specializes in veganizing many comfort foods; and Brenda Sanders, director of Afro-Vegan Society, co-founder of Thrive Baltimore Community Resource Center, co-owner of The Greener Kitchen Vegan Deli and organizer of large vegan events like Vegan SoulFest and the Vegan Street Fair.

For more about the event contact Barbara Glick, bsglick@gmail.com or Cam MacQueen, cam@theblockoffbaltimore.com. This month's sponsor is Green Vegan Networking. Other sponsors of the "Reel & Meal" series are Beaverdam Creek Watershed Watch Group, Prince Georges County Peace and Justice Coalition, and Utopia Film Festival.

Earth TALK™

Low-Carbon Diet: The Easy Way To Fight Global Warming

Dear EarthTalk:

What is a low-carbon diet and is it good for losing weight or is it only about saving the planet?

—Jane Monroe, Scranton, PA

Not to be confused with a "low-carb" diet, which involves avoiding carbohydrates (bread, rice, pasta) as a way to lose weight or keep it off, a low-carbon diet—whereby you limit foods that generate a lot of carbon (CO₂) emissions in their production and distribution—is indeed more about reducing your carbon footprint than your waistline. That said, proponents of a low-carbon diet say that eating with reduced greenhouse gas emissions in mind is healthier for us than the typical American diet whereby carbon-intensive meat, dairy and processed foods occupy too large a share of our overall food intake.

A recent study from the University of Michigan Center for Sustainable Systems

backs up these assertions. Researchers correlated data from the National Health and Nutrition Examination Survey—a snapshot of what 16,000 Americans consumed over one 24-hour period—with information on the nutritional value and greenhouse gas impacts of different food items, concluding that the better a diet is for the planet, the better it is for our health. Furthermore, the 20 percent of Americans who eat what researchers consider a "high-carbon" diet (rich in red meat, dairy and exotic and processed foods) are responsible for almost half of the nation's food-related CO₂ emissions. The upshot is that changing the behavior and food choices of this small segment of the population could pay big dividends for public health and for reducing our overall national carbon footprint.

The concept of a low-carbon diet was first popularized in the U.S. by Bon Appétit Management Company, which runs more than 1,000 cafés in 33 states for corporations, universities and venues. Back

in 2007, the company partnered with the non-profit Ecotrust to compile and conduct Life Cycle Assessments (LCAs)—measuring the amount of CO₂ emitted during a given food product's entire life cycle—for thousands of different foods. These LCAs became the basis for the "Food Scores" section of its EatLowCarbon.org

website, which provides information to help people reduce their carbon footprints through food choices.

Besides launching EatLowCarbon.org, Bon Appétit's managers also embarked on a five-year internal campaign to ratchet down the emissions generated by the company's own operations and offerings by 25 percent. The company stopped buying air-freighted seafood, reduced its use of tropical fruit by half, shrank beef purchases by 33 percent and cheese by 10 percent while cutting food waste by one-third. Overall these moves shaved some five million pounds of carbon emissions per month off Bon Appétit's contribution to global warming.

The fact that food and the systems to produce and distribute it are responsible for about a third of all greenhouse gas emissions means that everyone has a lot of potential for fighting global warming through sourcing locally produced and in-season foods to minimize emissions-intensive 'food miles', buying only as much as we can eat to reduce waste, and minimizing consumption of red meat, dairy and processed foods. In the case of climate change, if we don't watch what we eat, it could really come back to haunt us.

CONTACTS: National Health and Nutrition Examination Survey, cdc.gov/nchs/nhanes/; "Greenhouse gas emissions and energy use associated with production of individual self-selected US diets"; <https://iopscience.iop.org/article/10.1088/1748-9326/aab0ac>; Bon Appétit Management Company, bamco.com; Ecotrust, ecotrust.org; Eat Low Carbon, EatLowCarbon.org.

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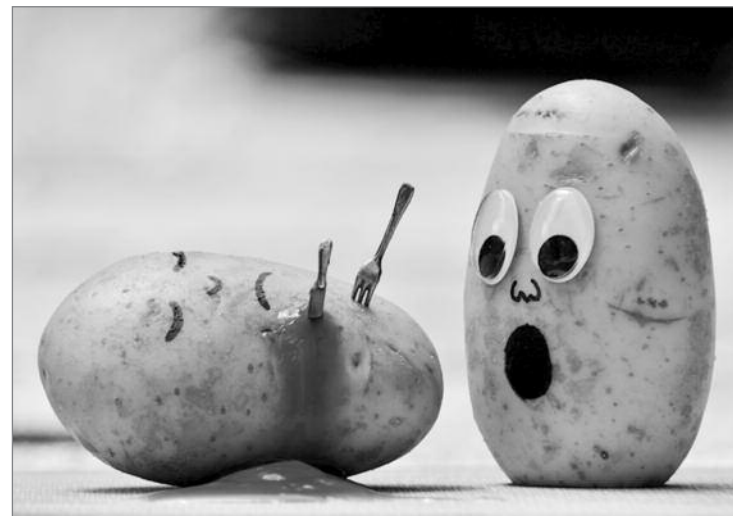


IMAGE CREDIT: PIXABAY

Reducing red meat, dairy, processed and air-freighted foods is an easy way to lower your own carbon footprint and help the world battle global warming.

Critics See Toothpaste Boxes as Threat to Environment

By SANCHALI SINGH
Capital News Service

WASHINGTON (March 8, 2019)—Why do toothpaste companies package their product in boxes when it already comes in a tube?

American consumers last year bought 423.5 million units of leading toothpaste brands like Colgate, Sensodyne and Crest, according to Statista, and all of the products are sold in a paperboard box.

Alan Wurman, an award-winning film and theater composer, said in a YouTube video that toothpaste boxes are useless.

"The box makes it more expensive for the makers and for the buyers," he said in the video, "and the only thing we do with it is to throw it away."

The creation of paperboard contributes to deforestation, increased water consumption and higher greenhouse gas emissions, according to the American Council for an Energy-Efficient Economy. In the United States, pulp and paper production is the sixth-largest contributor to air, water and land contamination.

None of the manufacturers of the toothpastes responded to requests for comment for this story.

Brian Westerlind, the communications manager of the Paperboard Packaging Council, said there is no reason to advocate to get rid of paperboard boxes because the material is gathered from tree farms used specifically for this reason.

According to the Environmental Protection Agency, organic materials including paperboard accounted for 67.2 million tons, or 26 percent, of 258.5 million tons of total waste materials in 2014.

Although the EPA reported that "the

highest recycling and composting rates were achieved in paper and paperboard," these materials still made up 14.3 percent of about 136 millions tons of municipal solid waste.

Andrea Ruiz-Hays, the director of strategic alliances for Recycle Across America, said this problem is connected to recycling contamination, when materials normally accepted for recycling are soiled and should be thrown out but are still put in recycling bins.

These materials can't be recycled and forces recycling centers to throw out bales of recycling, even if contaminated products only make up a third of the container.

Landfills are the largest source of methane, the second most important greenhouse gas that adds to global warming after carbon dioxide, and paper degradation in landfills perpetuates this problem, scientists say.

The U.S. previously had been sending about 40 percent of its recycling to China, which used the scrap material for manufacturing to help fuel its economic boom.

For almost 25 years, Western countries had been sending their recycling to Asian countries but China ended this practice in January 2018 by banning imports of different types of plastic and paper to protect against environmental pollution.

To add to the dilemma, as scientists learn more about human-induced climate change, it is becoming more apparent that recycling isn't the answer to helping the planet.

Instead, people need to work more on reducing waste through their consumption habits, according to Daria Scala, a policy analyst who evaluates potential environmental impacts of conservation policy and legislative actions at the federal Depart-

ment of Agriculture's National Resources Conservation Service.

She said that the more things someone buys, the greater the ecological impact.

"Economic growth as defined by GDP has been shown to disproportionately affect ecological boundaries or ecological impacts," she said. "It's not even a one-to-one relationship, but for every one unit of GDP growth, you get more than one unit of ecological (damage)."

According to Scala, everything in modern life is tied to consumer habits and the solution "doesn't come from switching, it comes from reducing."

The USDA Forest Service, in a preliminary research report from 1999, found that paper and paperboard demand was projected to decline, but "overall consumption is projected to increase with growing population."

Wurman mentioned that Iceland bypassed this problem and sells 90 percent of its toothpaste without a box, which he claims is only used to make the product look better.

Wurman says in the video that this change happened because the people of Iceland consciously made the decision to change how they consume and treat waste, forcing politicians and corporations to sell toothpaste with no boxes.

In connection to the video about getting rid of toothpaste boxes, Ruiz-Hays said that she thinks it's a great idea by making people more conscientious about what they're buying and reducing the amount of packaging being used.

Wurman created a petition two months ago to get rid of toothpaste boxes and it has about 52,000 signatures. His goal is to get 75,000 signatures.

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Bill Eliminates from A1

Attorneys' Coordinator Steve Kroll during a House bill hearing on Feb. 19. "This is one bill I'll say I'll take a misdemeanor happily."

The bill would redefine the elements of a mass violence threat to be more in line with components of an arson threat, according to Lee.

Lee emphasized that while both crimes have a 10-year misdemeanor penalty, only a threat of mass violence requires a subjective proof-of-fear element, which makes it difficult for officials to prosecute.

"If I say I am going to set off a pipe bomb at a school, I could be charged with threat of arson," Rappaport said. "But if I say that I am going to shoot up the school, there is no charge as it currently sits."

According to Rappaport, as the law currently stands, his threat does not immediately identify five or more people at potential risk, so he would not be charged with making a threat of mass violence.

Within the first month following the shooting in Parkland, Florida, last year, U.S. schools experienced an average of 59.4 threats and incidents of violence per school day.

This is a 300 percent increase from the average prior to the shooting, according to a report by The Educator's School Safety Network.

The report notes that threats were delivered via social media 45.6 percent of the time following the Parkland incident.

In 2012, a student at the University of Maryland, College Park made an online threat of mass violence directed toward the school and students, Lee said during the hearing.

Lee acknowledged that this incident brought forth the legislation since only a few students saw the messages online at the time, making it difficult to fully prosecute under current law.

The student pleaded guilty to two out of eight charges, including disturbing a school and telephone misuse, according to Maryland Judiciary case search report.

The bill was introduced and passed in the Senate during the 2018 regular session, however, it was too late in the session for it to go through the House, said House bill sponsor Delegate Charles Sydnor, D-Baltimore County.

The legislation was introduced as an emergency bill this session, which means it would immediately go into effect if it passes through the House and Senate.

U.S. Fish and Wildlife Service's Dr. G. Scott Boomer Receives Ducks Unlimited National Recognition

*Boomer given Wetland Conservation
Achievement Award*

By CHRIS SEBASTIAN
Ducks Unlimited Inc.

DENVER, Colo. (March 8, 2019)—Ducks Unlimited announced the winners of the 2019 Wetland Conservation Achievement Awards during the 84th North American Wildlife and Natural Resources Conference.

This year's recipient in the Research/Technical category is Dr. G. Scott Boomer, wildlife biologist with the Population and Habitat Assessment Branch, Division of Migratory Bird Management for the United States Fish and Wildlife Service. Boomer is based in Laurel, Maryland.

"Every year dedicated conservation professionals are nominated for these awards. Nominees and those select for recognition represent how people with a shared passion can achieve great things for wetlands and waterfowl conservation," said Nick Wiley, Ducks Unlimited chief conservation officer. "Ducks Unlimited is pleased to recognize these efforts that serve as an inspiration for others to follow. Conservation requires teamwork and only by working together can we achieve effective and lasting success."

Boomer's dedication to waterfowl is evident through his role with the Adaptive Harvest Management protocols for all mallard stocks in North America. He is responsible for conducting annual analyses and programming to update continental harvest rates.

This requires meticulous effort and detailed knowledge to achieve optimal harvest policies that determine duck seasons. As the coordinator for the Harvest Management Group, Boomer is responsible for evaluating harvest management strategies for several duck populations. He has published numerous research papers, technical assessments and monitoring reports, and been a part of over 100 scientific presentations.

In addition, Boomer is involved in efforts to improve waterfowl migration habitat in the Rainwater Basin and has served as an observer for the annual Breeding Waterfowl and Habitat Surveys.

Dr. Mark P. Vrtiska waterfowl program manager for the Nebraska Game and Parks Commission, nominated Boomer for the award. "Scott is highly respected leader and professional among the waterfowl management community," Vrtiska said. "Simply put, Scott's conscientious work and efforts has affected every single duck hunter in the United States for the last 10 to 15 years."

Ducks Unlimited's Wetland Conservation Achievement Awards are presented annually in six categories to recognize individuals who have made outstanding contributions to the conservation and restoration of North America's wetlands and waterfowl.

To view a complete list of the 2019 Wetland Conservation Achievement Award winners, visit www.ducks.org/wetlandawards.

Ducks Unlimited Inc. is the world's largest nonprofit organization dedicated to conserving North America's continually disappearing waterfowl habitats. Established in 1937, Ducks Unlimited has conserved more than 14 million acres thanks to contributions from more than a million supporters across the continent. Guided by science and dedicated to program efficiency, DU works toward the vision of wetlands sufficient to fill the skies with waterfowl today, tomorrow and forever. For more information on our work, visit www.ducks.org.



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