

# The Prince George's Post



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## Prince George's County Natives Participate in 369th Experience Band for Fleet Week New York 2019

By PRESS OFFICER  
for The 369th Experience

As the nation honored its veterans from all branches of the Armed Forces during the recent Memorial Day weekend, Austin Edwards, of Suitland, and James Hill of Temple Hills, natives of Prince George's County, played a major role in the New York

City festivities as part of the 369th Experience band.

The 369th Experience is a historic series of national and international programs and musical events depicting the African American and Puerto Rican experience in WWI through the eyes and ears of the 369th U.S. Infantry Regiment. The modern-day musicians of

the 369th Experience are talented college students from around the country. They were recruited to create a reenactment-band consisting of African American and Puerto Rican male students, from HBCUs—Historically Black Colleges and Universities. Their goal is to perform and highlight the original band's music at World War

I centennial celebrations.

In honor of this year's Fleet Week New York, which this year commemorated WWI, the U.S. World War One Centennial Commission sponsored the 369th Experience's performances at Rockefeller Center and at the Brooklyn Memorial Day parade, where the band led the procession.



PHOTOGRAPH CREDIT JASON DECROW/AP

The 369th Experience, a WWI tribute band sponsored by the U.S. WWI Centennial Commission at the Brooklyn Memorial Day Parade with Parade Chairman Raymond P. Aalhue during Fleet Week New York, which this year commemorates WWI.

## Capital Area Food Bank Announces Free Summer Meals For Children in Prince George's County

Funded by USDA, meals will be provided to eligible children free of charge

By HILARY SALMON  
Capital Area Food Bank

WASHINGTON, DC (May, 29, 2019)—Summer is a hard time for children who rely on school meals to receive the balanced nutrition they need to thrive. Continuing its commitment to providing access to good food in every community, the Capital Area Food Bank has announced that it will once again provide free summer meals to children throughout the Washington metro area. The Free Summer Meals Program (FSMP), for which the food bank will be an acting program sponsor, is funded by the US Department of Agriculture.

Over 137,000 residents of Prince George's County struggle to get the food they need; of those, 15% are children. Food insecure children are more likely to experience stomachaches, headaches, colds, ear infections, and fatigue. They are sick more often, recover more slowly, and are more likely to be hospitalized.

During the school year, The Capital Area Food Bank operates afterschool and weekend meals programs called Kids Cafe® and Weekend Bag. Both of these programs fill meal gaps, supplementing school-based fed-

eral free or reduced price breakfasts, lunches, afterschool snacks and dinners. Meal service is extended in the summertime with many sites offering daily breakfasts, lunches, snacks and suppers. Additionally, the CAFB's Weekend Bag program provides bags of pantry staples and fresh produce for children and their families over the weekend when school is out of session.

Acceptance and participation requirements for the Program and all activities are the same for all regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided at the sites and time as shown in the table on page A3.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require al-

ternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992.

Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;

See **FOOD BANK** Page A3

## 2019 Prince George's County Housing Fair

The Prince George's County Department of Housing and Community Development (DHCD) and the Housing Authority of Prince George's County present the 2019 Housing Fair. The event will be held on Saturday, June 8th from 9:00 a.m.—3:00 p.m. at the Prince George's County Sports and Learning Complex, 8001 Sheriff Road, Landover, MD 20785.

Free and open to the public, the 2019 Prince George's County Housing Fair features industry professionals that can speak with attendees about preparing to purchase a home, financing a home, home demonstrations, and more. Free workshops, seminars and panel discussions offer attendees a wide variety of topics that are tailored to help buy a new home, remain in an existing home, buy a larger home or down-size to a smaller home. For additional questions, call 301-883-5094.

The Housing Authority of Prince George's County will be paying the rent or mortgage for one lucky Housing Fair attendee (up to \$2,000). You must register and be present to win.

The names of 3 winners will be drawn to receive up to \$15,000 toward the down payment and closing cost of their first home.

First-time homebuyers (or if you have not owned a home in the last 3 years) can enter and win a chance to receive up to \$15,000 toward the down payment or closing cost of their new home. Home buyers must complete an entry form and drop it in the barrel and be present to win if their name is called. The names of 3 winners will be called and each will receive up to \$15,000. Homebuyers must meet the following eligibility requirements:

- Complete the Purchaser Information Sheet and bring it to the Housing Fair before 11:30 a.m. on Saturday, June 8th
- The homebuyer must be Income Eligible
- The homebuyer must use one of the Participating Mortgage Lenders to finance their home purchase

### Exhibits, Demonstrations & Workshops

Visit with:

- Government agencies
- Home developers
- Housing counselors
- Mortgage lenders
- Non-profit organizations
- Real estate attorneys
- Realtors
- Rental property managers

Learn about:

- Financial literacy
- First-time Homebuyer Programs
- Managing your money and credit
- The Maryland Mortgage Program
- And much more...

—[www.princegeorgescountymd.gov/1000/County-Housing-Fair](http://www.princegeorgescountymd.gov/1000/County-Housing-Fair)

## June 1st Effective Date For New Traffic Laws

State cracking down on out-of-state drivers owing tolls and adding more speed cams along MD 210

Increased penalties become permanent for school bus stop arm camera tickets

By JOHN B. TOWNSEND II

AAA Mid-Atlantic

WASHINGTON, D.C. (May 29, 2019)—Approximately 864 bills and two resolutions were passed by both chambers of the Maryland General Assembly during the 2019 Legislative Session. Saturday, June 1, 2019 [was] the effective date for new laws bringing more speed cameras to Indian Head Highway (Maryland Route 210), empowering the state to sic debt collectors on deadbeat out-of-state motorists who owe Maryland \$102 million in outstanding and unpaid video tolls, and uncollected associated civil penalties; and for a measure making the maximum fine (up to \$500) permanent for violations recorded by a school bus stop arm cameras.

### Toll Collection from Out-of-State Drivers

Out-of-state drivers racked up \$17.5 million in overdue tolls and other fees along the Intercounty Connector (ICC)/MD 200 during a two-year period. Their days on the lam could end soon. In the near future Maryland will dispatch debt collectors in hot pursuit of out-of-state motorists that owe tens of millions of dollars in unpaid video toll transactions. Each year, on average, out-of-state drivers rack up about "\$1.3 million in outstanding tolls and civil penalty debts" on Maryland's toll facilities. As of this year, more than a half million, or 575,000, out-of-state drivers cumulatively owed a total of \$102.2 million in outstanding tolls after traversing Maryland's eight toll facilities without paying the required toll with cash or an E-ZPass®.

"Toll scofflaws beware. During the 2019 General Assembly Session, state legislators granted the Maryland Transportation Authority (MDTA) the authority to summon and 'sic' debt collectors on deadbeat motorists and toll violators residing and registered in other

See **NEW TRAFFIC LAWS** Page A5

### INSIDE

**Maryland 529 to Award Two \$529 Maryland College Investment Plans to Winners of the PGMLS Summer Reading Program Sweepstakes**

The winners, one preschool aged, and one elementary aged participant will be announced on August 19, 2019.

Community, Page A3

**ChildWatch:**  
A Summer to Remember

I hope many families will be able to take a trip like this someday soon with their children, but it is also important for all of us ... to help expose children to our history ... that represent all of the large and small milestones in our country's long and ongoing journey to live up to its promise.

Commentary, Page A4

**WSSC Breaks Ground on Innovative \$262 Million Project Transforming Poop to Power**

The remaining biosolids will be significantly cleaner (Class A), making the disposal process much easier and allowing the final product to be sold and distributed as fertilizer. This new process will save WSSC customers more than \$3 million per year.

Business and Finance, Page A5

**Movie Review:**

*A Dog's Journey*

For a movie about a dog who keeps dying, "A Dog's Journey" (directed by TV veteran Gail Mancuso) is full of sunshine and cuteness, at least from Bailey's point of view.

Out on the Town, Page A6

**Earth Talk**

*Dear EarthTalk:*

*What is so-called Forest Therapy?*

—Larry Schwarzwald,  
Page, AZ

Features, Page A7

# TOWNS *and* NEIGHBORS

## In and Around Morningside-Skyline

by Mary McHale 301-735-3451

### Marilyn Thorne celebrated as ABWA's Woman of the Year

Marilyn W. Thorne, of Auth Village, has been named 2019 Woman of the Year by the Oxon Hill Charter Chapter of the American Business Women's Association (ABWA) and honored at a gala luncheon at the Holiday Inn in College Park on May 18.

More than 70 businesswomen, guests and family members attended, including Marilyn's daughter Rev. Adriene Thorne, Pastor of First Presbyterian Church of Brooklyn Heights, N. Y. She honored the celebrant, her mother, with a speech, entitled, "Phenomenal God, Phenomenal You, Phenomenal Me...."

During the luncheon, several guests presented tributes to Marilyn, including her husband, Elijah Thorne, who narrated a slideshow presentation.

Marilyn and Elijah Thorne launched Grayhound Trash Removal in 1968. She started as office manager, but in time her role grew until in 1994 she became president and CEO of what has grown into a multimillion-dollar business.

Back in 2004 she was first honored by ABWA. In the program she was cited with "What a jewel we have in Marilyn. Her career and personal achievements are many; her many acts of kindness, charity and friendship span a lifetime."

### Neighbors and other good people

A 50th Jubilee celebration will be held for Father Charles McCann on June 9 beginning with Mass at noon at St. John's in Clinton. Father was Pastor for 14 years at St. Philip's and is currently in residence at St. John's. A reception will follow.

Former Morningsider Carol (Kline) DeGraba emailed, "In a recent column, you mentioned Tommy Brown who died in the Vietnam War. His family used to live on Pickett Court before it was annexed into Morningside. His sister, Helene Brown, was a year or two ahead of me in school. People in the neighborhood were very sad to hear he had been killed in the war. He was a nice kid. I believe he was on a helicopter that was trying to rescue injured troops and it was shot down."

In April I ran an obit for one of Morningside's longest residents, Elsie Mothershead. This week I went by to talk to her daughter Mary Knight and she gave me a tour of Elsie's extraordi-

nary house. Next week I'll tell you what makes it so.

### Academia

I traveled to the Eastern Shore last week to see my grandson Samuel Alexander Mudd graduate, cum laude, at Salisbury University with a degree in math and statistics. He's back home in Laurel, and sending out job applications. Sam is the son of John and Sheila Mudd.

Then on to Long Reach High School in Howard County for the graduation of granddaughter Samantha Christina McHale who'll be going to Towson University. She's the daughter of John and Michelle McHale, of Columbia.

Fifth-grader DeJah McNeil, who lives down the street, reports that she won an award in William Beanes Elementary's science fair.

Contact me with news of your graduate or other successful student.

### Changing landscape

- The new Frederick Douglass Memorial Bridge over the Anacostia River is halfway to completion and will probably open in 2021. The new bridge will feature three above-deck arches, two piers that'll appear to float in the river and four pedestrian overlooks. It will replace the current 70-year-old span that I take to and from Washington.
- The Smithsonian has announced their popular T Rex will be back June 8, featured in the new Fossil Hall along with more than 700 specimens, including dinosaurs, plants, animals and insects, some never before displayed.
- The last of the six huge cement bridge-supports, for the two now-demolished Beltway spans over Suitland Road, have also been demolished.
- Dress Barn has announced it's closing all 650 of its stores, including I guess, the one in Clinton.

### Morningside Memories:

#### Thank you, Wayne

Former Morningsider Wayne Neale emailed some of his fondest memories of Morningside. Here are a few of them.

Morningside Elementary School principal, Ms. Soboleski, strolling the halls with her wooden paddle with the holes in it. The good-natured custodians, Mr. & Mrs. Grubb. Mrs. Journey in

the kitchen. (She served sauerkraut with everything!) And finally, our 6th grade teacher, Mrs. Dickens, with her braided hair bun, teaching math.

Catching tadpoles at the creek in front of the school. My friend, Joey, fished up a water moccasin.

A bike ride to White's Grocery store with a nickel for a candy bar or a dime for a comic book.

"Trick or Treat" around the blocks near my house, outfitted in full Halloween regalia.

Yearly events in the school's multipurpose room—the Christmas program, the May Day program, and finally the 6th grade dance program where I learned to waltz.

In fair weather or foul, manning my patrol corner at Poplar and Morgan Roads.

Exploring the caves on lower Allies Road, the woods everywhere and a quick dip in Ammann's pond on the first day of spring.

Wayne's Memories to be continued in next week's column.

### Josie Soper, NASA retiree

Josephine Anne "Josie" Soper, 74, a Washington native who spent 42 years at NASA and served as Executive Assistant for six NASA Administrators, died May 20.

She was the wife of Charles Soper of Upper Marlboro, mother of Sasha Soper, grandmother of Vivien Soper, and sister of Carolyn, Frank and John. Mass of Christian Burial was at Holy Rosary Church, in Washington, with burial at Cedar Hill Cemetery.

### Milestones

Happy birthday to Kathleen Stahl, June 1; Paul Elborne and Jacob Cook, June 2; Darius Nalley-Stoddard, June 3; Fay Norton-Cummings and Malik Reed, June 6; Trisha Reamy, June 7; Ryan Fowler and John Nichols, June 8; Robin Murphy and Rev. Frank Ways, June 9; Laura (Smith) Jenkins, June 10; Fannie Dimes, Meghan (Trexler) Decker and Jennifer Jenkins McClelland, June 11; Keenus Clark and Shirley Proffitt, June 12; Aimee Crawford, Joel McCune and Cameron Nichols, June 13.

Happy anniversary to Tyonda Simms-Taylor and Michael Taylor on their 24th, June 1; Carol (Kline) and Tom DeGraba, their silver anniversary, June 4; Bucky and Debbie Tretler, their 43rd, June 5; and Kathy and Bob Elborne, their 48th on June 12.

## Around the County

### Local Students Receive Degrees From Quinnipiac University

HAMDEN, Conn. (May 30, 2019)—The following students received degrees from Quinnipiac University during ceremonies held in May:

Accokeek, MD, **Fatimah Ahmad**, Master of Science, Organizational Leadership

College Park, MD, **Sabrina Coaxum**, Master of Health Science, Biomedical Sciences

Glenn Dale, MD, **Anthony Thompson**, Master of Business Administration

Upper Marlboro, MD, **Abdulai Bundu**, Bachelor of Arts, Sociology  
—John W. Morgan, Quinnipiac University

### Local Residents Graduate From William & Mary

WILLIAMSBURG, Va. (May 31, 2019)—The following local residents recently graduated from the College of William & Mary:

Fort Washington, MD, **John Fuquene**, Bachelor of Science

Greenbelt, MD, **Sierra Oates**, Bachelor of Science

Founded by royal charter in 1693, William & Mary is the second oldest educational institution in the nation. During the past 300 years, the college has educated three U.S. Presidents—Thomas Jefferson, James Monroe and John Tyler—numerous senators and members of congress and other national and international leaders. William & Mary is currently ranked among the nation's top 10 public universities and has been designated a "Public Ivy."

—Claudette Brooks, William & Mary

### Business Clinic at the Bowie BIC

Jamie Lewis, CliftonLarsonAllen LLP  
Wednesday, June 12, 2019 • 11:00 a.m.–3:00 p.m.

Bowie Business innovation Center (Bowie BIC) offers a FREE monthly Accounting Business Clinic for entrepreneurs and small businesses hosted by Jamie Lewis, Principal with CliftonLarsonAllen LLP. Jamie will be available to meet One-on-One with entrepreneurs and early stage companies who have questions related to business taxes, and accounting issues for their businesses.

- Choice of entity review and analysis—decisions made today can have a profound effect on your future.
- Tax compliance and planning checkup—bring your returns in for a quick review and discussion.
- Accounting review—are you getting the most from your software?

The sessions are opened to all Bowie BIC clients. Entrepreneurs from the Bowie business community are also welcome. Call or email Crystal Clark, Operations Director & Student Liaison (crystal.clark@bowiebic.com) to schedule a specific time with Jamie.

Bowie Business Innovation Center, Located at Bowie State University, Center for Business, Suite 2312, 14000 Jericho Park Road, Bowie, MD 20715, 301.383.1550 • www.bowiebic.com

—The Bowie Business Innovation Center

### Prince George's County Council Adopts \$3.6 Billion FY 20 Budget

UPPER MARLBORO, Md. (May 31, 2019)—The Prince George's County Council adopted a \$3.6 billion balanced County General Fund Budget for Fiscal Year 2020 on Wednesday, May 29. The FY 2020 County Budget becomes effective with the new Fiscal Year which begins July 1, 2019. The total County budget for all funds is \$4.3 billion.

Prince George's County Council Chair Todd M. Turner (D) – District 4, during budget adoption remarks, noted the collaboration between the Executive and Legislative branches to produce a balanced spending plan that reflects the Council's commitment to sound and responsible fiscal management, while addressing the needs of County residents.

"We appreciate the great vision, focus, and diligence of County Executive Angela Alsobrooks and her Executive Budget Team, led by Chief Administrative Officer Major Riddick, in formulating the proposed FY 2020 spending plan submitted to this Council in March—the first of her Administration. As team leader for our County, she gave the Council a great running start, and has continued to work with us throughout this Budget Process to achieve our shared priorities, especially regarding funding for education, youth initiatives, beautification, and improving public roads and safety."

Over 60% of the County's General Fund spending has been appropriated for education. The approved Board of Education Operating Budget of \$2.1 billion fully funds the proposed spending plan submitted to the Council. Additional education funding also includes \$7.8 million to renovate the Largo Student Center at Prince George's Community College, and \$850,000 in added funding to expand Sunday and Friday hours at some County libraries and support bilingual outreach programs.

Council Chair Turner thanked state lawmakers for their strong support during this year's General Assembly session which paved the way for additional education funding.

"We appreciate the strong support of state lawmakers, especially from Prince George's County, during this year's Maryland General Assembly session, particularly with the enactment of the Blueprint for Maryland's Future for \$90 million in additional education funding for the Prince George's County Public Schools. In addition, the General Assembly authorized the Prince George's County Alternative Construction Financing (ACF) program, supporting a unique approach to school construction in Prince George's County. The ACF project presents an historic opportunity for the County, both in Maryland and across the United States, to address aging facilities and ease overcrowding more quickly and hopefully more affordably with the help of a private partner to help finance, build, renovate, and maintain new schools."

Council enhancements to the budget include a continuing investment in infrastructure improvements with an additional \$3 million (for \$30 million total in FY 2020) to the Department of Public Works and Transportation (DPW&T) for road resurfacing and repairs. Additional funding also supports the County Housing Department's implementation of the Comprehensive Housing Strategy initiative, entitled "Housing Opportunities for All." The Council added \$150,000 to the budget for Employ Prince George's for employment services, and \$100,000 to support the work of the five Youth Services Bureaus in the County.

The newly-adopted spending plan also fully funds the County Executive's public safety budget, and the Council agreed to additional funds to conduct more community outreach and emergency preparedness education, hire more Fire Department recruits and provide additional uniforms for Volunteer Firefighters. —Angela J. Rouson, Prince George's County Council Media

## Brandywine-Aquasco

by Audrey Johnson 301-922-5384

### READY 4 THE WORLD LEARNING ACADEMY

Summer 2019 camp is presented by Ready 4 The World Learning Academy from June 17–August 30, 2019 Monday–Friday 6:30 a.m.–6:30 p.m. The cost is \$85 weekly per child. Weekly activities are swimming, bowling, skating, and more, reading, Math enrichments, Arts & Crafts, character building, bullying prevention techniques and conflict resolution strategies. The Academy is open to ages 5–13 years old. Please call for more information 301-390-7625. Th address is 615 Commerce Drive, Upper Marlboro, Maryland 20774 (Rear Entrance).

Ready 4 The World & Upon This Rock presents transportation and tutoring 2019–2020 Monday–Friday until 6:30 p.m. The cost is \$75 weekly. Their program offers daily pickup from school, homework assistance, Reading, Math Tutoring. Registration fee is \$40. If registered by August 1 the cost is \$30. The cost is half off for all children attending full summer camp.

Call 301-390-7625 or 202-844-9341 to register your child today. The e-mail address is readyfortheworld40@gmail.com and the address is 613-615 Commerce Drive, Upper Marlboro, Maryland 20774.

### MD FOOD TRUCK FESTIVAL AT BOWIE BAYSOX

The Festival is open to the public. Hosted by the MD Food Truck Festival and Bowie BaySox Sunday, June 30, 2019 at 11:00 a.m.–6:00 p.m. at the Prince George's Stadium. The address is 4101 Crain Highway, Bowie, Maryland 20716. Tickets at www.ticketreturn.com.

### SUNDAY INSPIRATIONAL JAZZ EXPERIENCE

The event is open to the public and hosted by Lake Arbor Jazz Festival Sunday, July 14, 2019 from 2:00 p.m.–4:30 p.m. at the Bowie Center for the Performing Arts. The address is 15200 Annapolis Road, Bowie, Maryland 20715. Tickets at www.lakearborjazz.com.

### BECOME A FOSTER PARENT

Win Family Services, a faith based foster care agency, is always looking for individuals wanting to make a difference.

They need parents with a BIG heart to provide homes for youth who have big needs. Make a difference in a young person's life and become a Foster Parent. As you know, it takes a village to raise a child and there are thousands of youth in Maryland that need a loving home. These youth need compassion adults like you to nurture and love our young people. Visit [www.winfamilyservices.org](http://www.winfamilyservices.org) or contact us today at 410-578-8004 to learn more about becoming a Foster Parent.

### LIVE STREAMING

Christ United Methodist Church in Aquasco, Maryland is livestreaming their worship service via YouTube at 9:00 a.m. on Sunday mornings. Our channel is ChristUMCAquasco.

### SENIORS 60 AND BETTER

Enjoy a wide range of recreation service for seniors 60 and older. Some of the activities are recreation classes, senior clubs, tours and trips, health and fitness programs, nutrition program, special events, free fitness Room ID card, free community Center ID card for county residents and many more services. Call 301-699-2255, TTY 301-699-2544 or visit [parks.com](http://parks.com) for more information.

### THE LION KING

Starlite Performing Arts presents The Lion King for boys and girls featuring drama, modern, jazz, hip hop, field trips, arts and crafts, video games. Registration fee is \$150 (non-refundable) includes one T-Shirt and one DVD of the show per child. Free pizza Wednesdays. Tuition is \$125.00 per week. Ages 5 and up Monday–Friday 7:00 a.m.–6:00 p.m. Begins Monday June 17, 2019 and ends Friday August 23, 2019.

For more information contact our center at Performance Saturday, August 24, 2019 at Dr. Henry A Wise High School, Upper Marlboro Maryland. The address is 9000 Edgeworth Drive, Capitol Heights, Maryland 20743 301-333-0051 and 9552 Crain Highway, Upper Marlboro, Maryland 20772, 240-318-2260. You can visit [www.starliteboogi.com](http://www.starliteboogi.com) or email: [starlitedanceacademy@comcast.net](mailto:starlitedanceacademy@comcast.net).

# COMMUNITY

## The American Counseling Association's Counseling Corner

### Motivating Your Kids to Do More

Kids can be amazing. They develop new cell phone apps, set athletic records, volunteer with the elderly, and perform lots of good deeds. Unfortunately, much of the time it seems these are someone else's children.

For many parents, the reality is kids sleeping till noon, buried in video games or so busy monitoring social media that they only surface for meals. This is even more obvious now with kids on summer vacation and no longer disappearing to school where we at least assume they are accomplishing something positive.

So how can a parent get the child in their home to be more active, or at least to contribute more to the household? A first step in that direction is simply to decide what your realistic expectations are for your child. If there are constant arguments and shouting about what isn't being done, what actions by your child would limit those arguments and make you all feel better?

The answer lies in specific goals, not just broad generalizations. Your starting point should be to negotiate some activities with your kids that will achieve something worthwhile and specific for your home and your child. You want to replace inactivity with positive accomplishment.

One simple goal might be to have your child take on one or more household chores. Maybe unloading the dishwasher, walking the dog each evening, or doing thirty minutes of yard work each day. Or it might be a positive growth activity, like reading books or getting a certain amount of daily exercise. It helps to have a structure for these activities. Set specific times or deadlines for when required activities are to be accomplished.

Step two is to provide motivation to help them want to complete the assigned chores. A negative motivation might be to cut off electronic gadget access until the assigned activity is completed.

Or a positive reward motivation could be getting an allowance, or an increase in a current allowance. If a desired reward is a major purchase, you can keep a running record of successful accomplishments with a clear goal of what's needed to earn that purchase.

The key is to develop specific activities that move your kids in desired directions and that make them feel good about doing required activities, even the most boring ones. Chores shouldn't be punishments, but rather activities that contribute positively to the family, household, and child him or herself.

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

## Maryland 529 to Award Two \$529 Maryland College Investment Plans to Winners of the PGMLS Summer Reading Program Sweepstakes

By MICHELLE WINNER  
Maryland 529

In honor of national 529 College Savings Day, Maryland 529 (formerly College Savings Plans of Maryland) is pleased to announce its partnership with the Prince George's County Memorial Library System to award a \$529 Maryland Senator Edward J. Kasemeyer College Investment Plans to two winners of the Prince George's County Memorial Library System Summer Reading Program sweepstakes.

To be entered into the random drawing, a child must be enrolled in a Prince Georges

County elementary or pre-school and participate in the Prince George's County Memorial Library System Summer Reading Program. Participants must earn 100 points to be entered into the random drawing for the grand prize. Participants earn 5 points by checking out a book, 10 points by reading for a 30 minute session, and 15 points for attending a library program. The Prince George's County Memorial Library System tracks Program registrants and completers.

The winners, one preschool aged, and one elementary aged participant will be announced on August 19, 2019.

"We are very excited to partner with the

Prince George's County Memorial Library System to help them promote their Summer Reading Program," said Stephen McGowan, Maryland 529 Executive Director. "Instilling a love of reading for children at an early age helps set the foundation for future success, whether they choose to go to college or pursue a trade, and Maryland 529 is proud to help give students in Prince Georges County a jump start to saving for their higher education goals."

For more information, visit <https://www.pgmls.info/summeratyourlibrary>. For complete rules, please visit the Maryland 529 website.

## PGCPS Students Give Snow Plows An Artistic Edge

UPPER MARLBORO, Md. (May 30, 2019)—Plowing snow just isn't the same without an award-winning mural on the blade! After a six-year hiatus, Prince George's County Public Schools (PGCPS) brought back the snow plow mural contest to provide an opportunity for high school students to share their creative talents with the community and build their teamwork skills.

While most of the school district was thinking about warm weather, 15 high school teams were busy planning and painting their plow blades for winter snow removal at schools and offices. When designing their concept and applying paint, students used mathematical equations to determine space and scale and faced the challenges that come with working on an outdoor curved-metal "canvas."

On May 23, a team of PGCPS administrators and staff members juried the contest entries and selected this year's winning designs. Eleanor Roosevelt earned 1st Place, with its colorful and funky design celebrating the many programs at the school; International High School at Largo received 2nd Place for its depiction of an ocean scene with

an international theme; DuVal placed third for its celebration of diversity; and Oxon Hill and Parkdale earned Honorable Mention. Charles H. Flowers, Crossland, Dr. Henry A. Wise, Jr., Frederick Douglass, Largo, Laurel, Northwestern, Potomac, Suitland and Surrattsville also participated in the contest.

All students on the mural teams will receive a certificate from contest partners in

the Visual Arts Office and Supporting Services to commemorate their efforts. Current and past competition photos, news articles and a video about the snow plow contest can be viewed on the PGCPS website at [www.pgcps.org/creative-arts/cards/Snow-Plow-Mural-Contest/](http://www.pgcps.org/creative-arts/cards/Snow-Plow-Mural-Contest/).

—Office of Communications,  
Prince George's County Public Schools



PHOTOGRAPH COURTESY: PGCPS

### Food Bank from A1

(2) fax: (202) 690-7442; or  
(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

The Maryland State Department of Education does not discriminate on the basis of race, color, sex, age, national origin, religion, disability, or sexual orientation in matters affecting employment or in providing access to programs and activities and provides equal access to the Boy Scouts and other designated

youth groups. For inquiries related to Department policy, please contact: Agency Equity Officer, Equity Assurance and Compliance Officer, Office of the Deputy State Superintendent for Finance and Administration, Maryland State Department of Education, 200 W. Baltimore Street, 6th Floor, Baltimore, Maryland 21201-2595, 410-767-0433—voice, 410-767-0431—fax.

The Capital Area Food Bank is the largest organization in the Washington metro area working to solve hunger and its companion problems: chronic undernutrition, heart disease and obesity.

Location & Street Address	Days of Week	Breakfast/Snack Meal Time	Lunch/Supper Meal Time
Agape Early Development Center, 4318 Rhode Island Avenue, Brentwood, 20722	Mon-Fri	8:30-9:30 a.m.	11:30 a.m.-12:15 p.m.
Bladensburg Community Center, 4500 57th Avenue, Bladensburg, 20710	Mon-Fri	-	12:00-12:30 p.m.
Central Gardens, 13 Cindy Lane, Capitol Heights, 20743	Mon-Wed, Fri	9:00-9:30 a.m.	5:30-6:00 p.m.
Danbury B/A Care Center, 5501 Silver Hill Rd, Suitland, 20747	Mon-Fri	8:00-8:15 a.m.	3:00-3:30 p.m.
EXCEL-School Summer Bridge, 7910 Scott Rd, Landover, 20785	Mon-Fri	8:00-8:30a.m.	12:00-12:30 p.m.
Glassmanor Community Center, 1101 Marcy Ave, Oxon Hill, 20745	Saturday	-	7:00-8:00 p.m.
Glenarden Community Center, 8615 McLain Ave, Glenarden, 20706	Friday	-	7:00-8:00 p.m.
Glenarden Woods, 7941 Johnson Ave (lower level), Glenarden, 20706	Mon-Fri	9:30-9:45 a.m.	5:30-6:00 p.m.
Glenreed, 3201 Reed St., Lanham, 20706	Mon-Fri	9:30-9:45 a.m.	5:30-6:00 p.m.
Holly Spring Community Center, 5521 Marlboro Pike, Forestville, 20747	Mon-Fri	-	5:30-6:00 p.m.
JE Howard Community Center, 4400 Shell St., Capitol Heights, 20743	Saturday	-	7:00-7:45 p.m.
Kentland Community Center, 2413 Pinebrook Ave., Landover, 20785	Fri-Sat	-	7:00-8:00 p.m.
Langley Park Community Center, 1500 Merrimac Drive, Hyattsville, 20783	Friday	-	7:00-8:00 p.m.
Marlow Heights Community Center, 2800 St. Clair Drive, Temple Hills, 20748	Fri-Sat	-	7:00-7:45 p.m.
Millwood, 1418 Karen Blvd, Capitol Heights, 20743	Mon-Fri	9:30-9:45 a.m.	5:30-6:00 p.m.
Oakcrest Community Center, 1300 Capital Heights Blvd., Capital Heights, 20743	Friday	-	7:00-8:00 p.m.
Palmer Park Community Center, 7720 Barlowe Rd., Landover, 20785	Fri-Sat	-	7:00-8:00 p.m.
PG Plaza Community Center, 6600 Adelphi Rd, Hyattsville, 20782	Fri-Sat	-	7:00-8:00 p.m.
Pleasant Homes, 6810 Greig St., Seat Pleasant, 20744	Mon-Fri	9:30 -9:45a.m.	5:30 -6:00p.m.
Queenstown, 3103 Queens Chapel Rd., Mt. Rainier, 20712	Mon-Fri	9:30-9:45a.m.	5:30-6:00 p.m.
Seat Pleasant Community Center, 5720 Addison Rd., Capital Heights, 20743	Friday	-	7:00-8:00 p.m.
SEED Summer Bridges, 5819 East Pine Drive, Riverdale, 20737	Mon-Fri	8:00-8:30 a.m.	11:30 a.m.-12 p.m.
St. Stephen's Baptist Church, 5757 Temple Hill Rd., Temple Hills, 20748	Mon-Fri	-	12:00-1:30 p.m.
The Salvation Army PG Corps, 4825 Edmonston Ave, Hyattsville, 20781	Mon-Fri	-	12:00-12:30 p.m.

\*All times approximate and subject to change. For up-to-date information about where to find free Summer Meals, please visit <http://www.fns.usda.gov/summerfoodrocks>

## Portable Generator Safety Reminder Amid Recent Area Storm Warnings

By EMILY WITTY  
Maryland State Fire Marshal

STATEWIDE (May 29, 2019)—In light of the recent severe weather, State Fire Marshal Brian S. Geraci is reminding Marylanders about the life-saving precautions to take when operating portable generators.

Carbon monoxide poisoning, electrocution, and fires can occur during improper portable generator use in response to a power outage. It is important to remember to NEVER use portable generators inside a home, garage or shed. Generators should be used OUTSIDE ONLY.

"Carbon monoxide from portable generators is poisonous and can kill in just minutes," said State Fire Marshal Geraci. "I implore everyone to make sure they have working CO detectors properly installed in their homes."

While in operation, portable generators should be in a well ventilated area away from all doors, windows and vent openings. Regardless of whether your garage is attached or detached to the house, do not use the generator inside of it. Even opening the garage door does not make this a safe option. Remember to allow the generator time to cool down before refueling, and never refuel while in use. Fuel must be stored in a proper, approved container that is outside of all living areas.

- Generators should be used in well ventilated locations outside at least 5 feet (1.5 meters) away from all doors, windows, and vent openings. Measure the 5-foot (1.5 meters) distance from the generator exhaust system to the building.
- Never use a generator in an attached garage, even with the door open.
- Place generators so that exhaust fumes can't enter the home through windows, doors or other openings in the building. The exhaust must be directed away from the building.
- Make sure to install carbon monoxide (CO) alarms in your home. Follow manufacturer's instructions for correct placement and mounting height.
- Turn off generators and let them cool down before refueling. Never refuel a generator while it is hot.
- Store fuel for the generator in a container that is intended for the purpose and is correctly labeled as such. Store the containers outside of living areas.

### Just Remember:

When plugging in appliances, make sure they are plugged directly into the generator or a heavy duty outdoor-rated extension cord. The cords should be checked for cuts, tears and that the plug has all three prongs, especially a grounding pin.

If you must connect the generator to the house wiring to power appliances, have a qualified electrician install a properly rated transfer switch in accordance with the National Electrical Code® (NEC) and all applicable state and local electrical codes.

\*Information contributed by the Consumer Product Safety Commission and the National Fire Protection Association.

# COMMENTARY

## Marion Wright Edelman

President Emerita,  
Children's Defense Fund



### ChildWatch:

## A Summer to Remember

As the school year ends and families look ahead to summer plans, I hope many will be able to consider travel that is not just a vacation, but an education and inspiration. Several years ago I had the opportunity to take my granddaughters with me to Selma, Alabama, where they got to meet Mrs. Amelia Boynton Robinson and other civil rights s/heroines during celebrations commemorating the historic 1965 voting rights marches from Selma to Montgomery. Over age 100, Mrs. Boynton was still feisty and lucid in her wheelchair, and told her listeners in the audience: "Stop telling me you stand on my shoulders—get off my shoulders and start building the next roads to freedom." What a powerful lesson for my granddaughters and all children to hear!

That trip inspired me to return to the South with all four of my grandchildren and their parents to see some of the places that shaped me as a student and young lawyer and ultimately transformed our nation during the Civil Rights Movement. I wish every child and parent had the same chance to visit these sacred spaces so that the Civil Rights Movement would not be just an abstract chapter in their history books. A tour like this can help them see it instead as living, breathing, ongoing history and inspire them to do

their part in the movement for freedom and justice today.

I was especially grateful that my grandchildren were blessed to meet many precious and generous elders who took so much time with them and shared such joy in seeing and sharing with them. We began our tour in Atlanta and were blessed to start with a visit to Hank and Billye Aaron's home, which I had kept as a surprise for the multigenerational group of baseball fanatics in my family. The adult men were as stary eyed as the children and grabbed the baseballs he signed for them with 12-year-old joy! This was also an immediate reminder how people from all walks of life have used their talents to break barriers in their own fields and redefine the definition of who our American heroes are.

We then visited with several dear friends who had been my long haul colleagues in the fight for justice, including Andrew Young, John Lewis, and C.T. Vivian. Andy Young joined us for breakfast. We met John Lewis for lunch at Paschal's Restaurant, bringing back memories of the old Paschal's (with the best fried chicken ever) that was one of our two primary off-campus secret planning places for student sit-ins during my time at Spelman College. I later

showed my grandchildren City Hall where I was arrested during those student sit-ins, and we took a long walk around Spelman, Morehouse College, Clark Atlanta University and the historic Atlanta University Center Consortium. Finally we toured the Dr. Martin Luther King, Jr. homesite and Ebenezer Baptist Church, cornerstones of any civil rights history visit to Atlanta, and showed them the front of Dr. King's very modest SCLC office.

Our next stop was Montgomery where we went first to the Freedom Rides Museum, the former Greyhound bus station where Black and White Freedom Riders were arrested during the 1961 protests helping end racial segregation in public transportation. We then were blessed to attend a dinner with civil rights veterans hosted by wonderful Children's Defense Fund board member Bryan Stevenson at the Equal Justice Initiative's offices, where he explained how their work continues the civil rights legacy. All Americans must visit Montgomery today and experience EJI's powerful Legacy Museum and National Memorial for Peace and Justice. Our second day in Montgomery we visited the Dexter Avenue Baptist Church and parsonage where 26-year-old pastor Dr. Martin Luther King, Jr. first gained national prominence while helping organize the Montgomery Bus Boycott. The children got a chance to stand at his old pulpit and pretend to preach. We then visited the Southern Poverty Law Center and its Maya Lin-designed Civil Rights Memorial displaying the names of many of our civil rights martyrs.

Our family's next stop was Tuskegee University, learning there about the legacies of Booker T. Washington and George Washington Carver before continuing on to Mississippi. The children were able to meet James Meredith, who courageously integrated the University of Mississippi, as he spoke at a local church. We then went to Jackson, Mississippi, where

we visited slain civil rights leader Medgar Evers's home, now a national historic preservation site. We were blessed that his daughter Reena was in town and met us, and to the consternation of the National Park Service guides I requested that she lead our tour. She shared with us what life was like for her and her siblings as children growing up there and the rules of survival they were taught, including instructions when strange cars full of White people prowled the street in front of their house. They were instructed to run to the bathroom and get in the tub. Today Medgar's bloodstains remain on the driveway where her father was assassinated as he stepped out of his car while his family waited for him inside.

Later we visited historic Farish Street, the headquarters for most civil rights groups in Jackson, where my own NAACP Legal Defense Fund law office was located above a local pool hall. The next day we went on to Philadelphia, Mississippi, where my family heard the details described of the horrific murders of the three young civil rights workers James Chaney, Michael Schwerner, and Andrew Goodman. Our last Mississippi stop was in Oxford, where we heard about James Meredith's historic admission to "Ole Miss" and walked around the campus. Finally we traveled to the last stop of our family tour: Memphis, Tennessee, and the National Civil Rights Museum at the Lorraine Motel, the site of Dr. King's assassination.

My grandchildren will never forget these experiences. I hope many families will be able to take a trip like this someday soon with their children, but it is also important for all of us, family and non-family, to help expose children to our history through historic sites in our states and communities and our own backyards that represent all of the large and small milestones in our country's long and ongoing journey to live up to its promise.

## Marc Morial

President and CEO, National Urban League



### To Be Equal:

## Congressional Hearing in Queens Highlights Challenges and Importance of 2020 Census

*"Despite the positive changes we have made throughout history, there is a persistent trend of bad actors playing politics with the survey in order to disenfranchise racial minorities. We see a present-day example of this type of bad faith provision in the 2018 announcement that the Department of Commerce planned to add a citizenship question to the census. There was no valid reason for this proposal other than a concerted effort to suppress the response rate of minorities and new immigrants."*

—Congressman William Lacy Clay

A leadership gap, inadequate funding and staffing and a deliberate campaign to intimidate immigrants and communities of color all make the 2020 Census among the most challenging in American history.

This was my testimony this week before a special field hearing of the US House Committee on Oversight and Reform Subcommittee on Civil Rights and Civil Liberties regarding the upcoming Census.

The hearing, entitled "Getting Counted: The

Importance of the Census to State and Local Communities," was held at Queens Community College at the request of Congress Members Carolyn B. Maloney, co-chair of the House Census Caucus, and Alexandria Ocasio-Cortez.

Days after the hearing, irrefutable evidence emerged to bolster my testimony that the "citizenship question" is a ploy to rob vulnerable communities of their political power. A political strategist who played a key role in adding the citizenship question authored a study concluding the question would allow lawmakers to draft even more extreme gerrymandered maps to shift power away from the targeted vulnerable communities.

The National Urban League has a long history of playing an active role in the decennial census, beginning with Urban League Executive Director, Whitney L. Young, Jr.'s testimony before the House Subcommittee on Census and Statistics in September 1970.

Continuing his legacy, the Urban League has served on past Census advisory committees, and I've had the honor of chairing the Census Bureau's 2010 Census Advisory Committee at the invitation

of President, Barack Obama's then-Secretary of Commerce, Gary Locke.

During this week's hearing, I testified that the racial and political polarization of our society puts at risk the most important element of our representational democracy. Distrust of government is historically high, and the looming Presidential election threatens to politicize the process. Hostility toward immigrants, emanating from the highest offices in the land, has created a climate of fear inhibiting people from responding.

We must combat these threats. An inaccurate census will deprive communities of accurate data for most federally-produced statistics, such as the Consumer Price Expenditure survey, Centers for Disease Control, the National Center for Educational Statistics and a host of others.

An inaccurate census will deprive communities of critical social, demographic and economic research conducted by think tanks, academic institutions and the private sectors.

An inaccurate census will deprive communities of billions of dollars in federal funding.

An inaccurate census will deprive communities of the just enforcement of civil rights laws and constitutional protections like fair housing and voting rights.

And most importantly, an inaccurate census will deprive communities of fair political representation in the U.S. Congress, the Electoral College and state and local legislatures.

Over the past 60 years, Census accuracy has steadily improved, but some groups still experience higher undercounts and omissions from the census than others. These include racial and ethnic minority groups, immigrants, single-parent households, non-English speakers. Other populations that are chronically undercounted are renters, mo-

bile young adults, people displaced by natural disasters and the formerly incarcerated.

In the 2010 census, the Black population had the highest net undercount and omission rate of any major race or ethnic group.

Overall, 9.3 percent of the Black population was completely missed in the census, based on the Census Bureau's post 2010 census Demographic Analysis.

The undercount rate for Black males age 18–49 was very high—7.6%—meaning almost 8% of all African American males in this age group were undercounted. And because Black men experience disproportionately higher rates of incarceration, they are more likely to be counted in the communities where they are imprisoned—typically rural jurisdictions—than in their own communities.

Prison gerrymandering, as this practice is known, along with the fact that Black communities are undercounted and non-Hispanic white communities are more likely to be overcounted, represents a massive transfer of political power and violates the Constitutional principle of one person, one vote.

We urge every community to get involved and to encourage their neighbors, family members, church members, and co workers to participate in the Census; to count everyone in the household, including babies, foster children and extended family members. It is important, safe and easy.

In addition, we urge Congress to continue to hold oversight hearings to shed light on issues the public needs to know about regarding census readiness; especially cyber security, the 2020 Census Integrated Communications Campaign, and field infrastructure.

## Governor Hogan Calls For Investigation Over Handling of Adenovirus Outbreak At University of Maryland

Letter to University System Board of Regents Voices Concerns Over Timeline, Decisions By Officials

By SHAREESE CHURCHILL  
Office of the Governor

ANNAPOLIS, Md. (May 30, 2019)—Governor Larry Hogan today sent a letter to the University System of Maryland Board of Regents calling for an immediate investigation into the handling of the adenovirus outbreak on the University of Maryland, College Park campus that led to the tragic death of Olivia Paregol. The letter comes after a Washington Post article outlines a timeline of events following the first diagnosis, showing that campus leadership waited 18 days to disclose information about the virus to the student body.

"According to published reports, university officials chose not to disclose confirmed and suspected cases of adenovirus to students and families," wrote Governor Hogan. "Just as, if not more disturbing, is the revelation the university held on to this potentially life-saving information for weeks."

Following the tragic death of Jordan McNair and the subsequent investigation conducted by the University System of Maryland

Board of Regents, the governor assured the people of Maryland that his administration would hold the university's leadership accountable for the reforms necessary to ensure student safety is always the top priority at College Park and throughout the system.

"Mr. McNair's death rightfully prompted multiple investigations and brought to light numerous inadequacies in how the university dealt with a medical emergency," the governor said. "Unfortunately, I am deeply concerned that the University learned nothing from that troubling and tragic episode."

Governor Hogan also highlighted the lack of urgency throughout the process, saying while caution is sometimes understandable and called for, common sense should never be overruled by bureaucratic protocol when lives are on the line.

The governor concluded his letter by calling for any findings to be made public: "A thorough investigation into the handling of the adenovirus information—including a review of the university's health center—is necessary. It will provide the context and facts needed to move forward. If any officials are found to have been negligent, it is vital that you take swift action."

## The Prince George's Post

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# BUSINESS AND FINANCE

## Social Security Matters

Ask Rusty:

### Older Father Seeks Benefits for Young Children and Wife

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

Dear Rusty:

I was 62 in February and my 44-year-old wife and I have 3 young daughters ages 5, 7 and 13. My 2019 income via wages will be about \$98,000. My wife does not work outside our home. In round numbers my Social Security full retirement benefit is estimated to be about \$3,000 per month if I wait until 2023. I understand I am eligible to start receiving reduced benefits at age 62 and I could also collect an additional 50% up to 80% of my full retirement benefit for my young daughters until they graduate from high school. My questions are: What determines where in the range of between and 150% and 180% my extra benefit would be? Would my benefit be reduced because of my income (I know my benefits may be taxed but the question is, will my benefits be reduced)? Finally, is my wife also eligible to receive any benefits because we have 3 young children? **Signed: Older Father**

**Dear Older Father:** In your situation the Family Maximum would apply and there is a rather complex formula which Social Security uses to determine that maximum. The computation is based upon your "primary insurance amount" (PIA), which is the amount you are entitled to at your full retirement age (regardless of when you claim). Your PIA is broken into 4 parts, and a percentage of each part is taken as an amount which contributes to your family maximum. The four parts (in 2019) and percentages taken are: 150% of the first \$1184 of your PIA; 272% of your PIA amount between \$1185 and \$1708; 134% of your PIA amount between \$1709 and \$2228; and 175% of your PIA amount over \$2228. Your family maximum will be the sum of those computations. What's left after your PIA is deducted is equally apportioned among your other eligible beneficiaries. For example, if your estimated 2023 PIA is \$3000, using the above formula your family maximum would be about \$5245. After subtracting your PIA amount, there would be about \$2245 to be apportioned evenly among your 4 eligible dependents (\$561 each). But no dependent benefits can be paid until you start collecting your benefits.

Once your benefits start, your wife will be eligible to collect "child in care" spousal benefits, but the amount will be limited by the Family Maximum as described above. You already know that your children can no longer receive benefits when they graduate high school (or turn 19). When a child is no longer receiving benefits, the amount they were receiving is added proportionately to your remaining dependents. When your youngest daughter reaches 16 years of age, your wife can no longer receive child-in-care spousal benefits, but she will be eligible for regular spousal benefits when she turns 62.

Yes, your Social Security benefit will be reduced by your earnings if you claim SS benefits before your full retirement age and your current earnings are over the annual earnings limit. If you claim in 2019, you will not be entitled to benefits for any month you earn more than \$1470. After this first year, you'll be subject to the annual earnings limit (which changes yearly but for 2019 is \$17,640) and exceeding that limit will mean that SS will withhold \$1 for every \$2 you are over the limit. In the year you reach your full retirement age (which is 66 ½), the earnings limit goes up by about 2.5 times (\$46,920 for 2019) and the penalty is less (\$1 for every \$3 over the limit), and once you reach your full retirement age there is no longer an earnings limit. But if you exceed the annual limit, SS will withhold future benefits until they have recovered what is due. But here's a big red flag: anyone collecting benefits on your record will also be "contingently liable" for any overpayment made to you, so their benefits will be withheld as well until Social Security recovers any overpayment as a result of you exceeding the earnings limit.

The 2 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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## WSSC Breaks Ground on Innovative \$262 Million Project Transforming Poop to Power

*Piscataway Bioenergy Project Will Save Customers More Than \$3 Million Per Year and Highlights WSSC's Growing Green Energy Portfolio*  
U.S. Senator Cardin and Maryland Environment Secretary Grumbles Applaud WSSC for Recovering Vital Resources from Wastewater Treatment

By LYN RIGGINS  
WSSC

LAUREL, Md. (May 29, 2019)—WSSC General Manager and CEO Carla Reid today joined U.S. Senator Ben Cardin, Maryland Environment Secretary Ben Grumbles, WSSC Commissioners and other officials to break ground on WSSC's \$262 million Piscataway Bioenergy Project located at the Piscataway Water Resource Recovery Facility in Accokeek, Prince George's County. The innovative facility will turn poop to power by transforming sewage into renewable energy. It is WSSC's most technically advanced project ever constructed in its 101-year history.

"Once fully online, the new WSSC Piscataway Bioenergy Project will demonstrate how strategic investments in our critical water treatment infrastructure can reduce both greenhouse gas emissions and costs to customers," said U.S. Senator Ben Cardin, a senior member of the Senate Environment and Public Works Committee. "In so doing, the project will illustrate how we can begin to confront climate change with innovation, proving that improving our resiliency can also strengthen our local economies."

### New Traffic Laws from A1

states," said John B. Townsend II, AAA Mid-Atlantic's Manager of Public and Government Affairs. "They had presumed they had escaped the long arm of the law in Maryland. They can run, but now they can't hide from their video toll indebtedness."

"A motor vehicle incurs a video toll when the vehicle passes through an MDTA toll facility but does not pay the toll using cash or an E-ZPass®." In a round-about fashion, the new law (House Bill 105) prohibits the state's Central Collection Unit from collecting unpaid video tolls and associated civil penalties from out-of-state motorists. Like Charon the ferryman seeking "Charon's obol" in Greek mythology, their proxies will.

If Maryland compiled the outstanding tolls acquired by out-of-staters into a stack of 102,000,000 one-dollar-bills, it would soar more than 6.21 miles high, and weigh just over 100 tons. Millions of dollars in unpaid tolls were incurred by non-residents entering the Intercounty Connector (ICC)/MD 200, where all tolls are collected electronically, and while crossing the Bay Bridge (US 50/301), and the Nice/Middleton Bridge (US 301). "Historically, MDTA and CCU have had difficulty collecting video tolls from out-of-state-violators, in part because MDTA lacks the enforcement tools it has for in-state drivers, such as suspension and nonrenewal of vehicle registration," explains the Maryland Department of Legislative Services. "Under the bill, MDTA plans to use an outside debt collection service to collect the out-of-state-debt."

### More Speed Cameras Coming Soon to Indian Head Highway

It is at once one of the most dangerous roadways in the Washington metro area. Prince George's County Executive Angela Alsobrooks calls the roadway "a death trap." Seemingly star-crossed, Indian Head Highway has been plagued and haunted by fatalities, injuries and major vehicle accidents, including a violent rear-end collision in December 30, 2018 that claimed the lives of three young siblings, including 5-year-old twins and their 13-month-old brother. Their parents sustained severe injuries.

On February 18, a 59-year-old motorist from Waldorf was killed when his vehicle was rear-ended while he was stopped at a red light on Indian Head Highway and Berry Road. Approximately 66 traffic deaths, by some estimates, and hundreds of crashes resulting in severe injuries have occurred along the roadway in the 14-year period since 2007, calculates AAA Mid-Atlantic. Residents living along Indian Head Highway and community group, namely the 210 Traffic Safety Committee and the Indian Head Highway Area Action Council, have sounded the clarion call for more speed cameras along the roadway. The current speed camera situated at the intersection of Old Fort Road and Maryland Route 210 began issuing tickets on Wednesday, October 31, 2018.

At the heart of the project is how WSSC handles biosolids—the nutrient-rich organic materials resulting from the wastewater treatment process. Currently, WSSC's five major water resource recovery facilities produce about 8,000 tons of Class B biosolids each month. With the addition of the cutting-edge green technology at Piscataway's new facility, the amount of biosolids left over from the treatment process will be significantly reduced. The cost to haul and dispose of the product also will be greatly reduced and the need to use lime to control odor will be eliminated.

The remaining biosolids will be significantly cleaner (Class A), making the disposal process much easier and allowing the final product to be sold and distributed as fertilizer. This new process will save WSSC customers more than \$3 million per year by reducing WSSC's operating costs.

"Today's groundbreaking of the Piscataway Bioenergy Project stands as a prime example of our commitment to innovation and dedication to serve our customers with excellence for another 100 years," said Reid. "This innovative project will reduce our greenhouse gas emissions by 15 percent, protect the Chesapeake Bay and transform sewage into renewable natural

gas to help run the plant."

"The Piscataway Bioenergy Project is a big step in greening the economy, cleaning the Chesapeake Bay watershed, and combating climate change," said Maryland Environment Secretary Ben Grumbles.

As an added benefit of this project, the process to create Class A biosolids will generate renewable fuel to help run the plant. Methane gas will be produced, which will be captured and upgraded to natural gas quality to provide the Piscataway facility with a clean, green and reliable power source.

"This project is a game-changer, utilizing cutting-edge thermal hydrolysis technology to reduce costs and increase efficiency and sustainability," said Jay Fayette, PC Construction President and CEO. "A job of this size and complexity requires an exceptional team. As the project's design-builder, PC Construction is pleased to have joined forces with Stantec, and Hazen and Sawyer to bring the best design and construction experience to realize the vision for this innovative project."

PC Construction was awarded the design-build contract, which is expected to start in June. The entire project should be complete and operational in early 2024, weather permitting.

As a result of the legislative process, House Bill 187 [went] into effect Saturday, June 1, 2019. It increases the number of speed cameras from one to three in totality along a 13-mile stretch of Maryland Route 210 inside Prince George's County. Advocates and residents had sought "the placement of seven additional speed cameras" along the roadway. State legislators trimmed the total to three. Residents are bracing themselves for the hard part: changing driver behavior on Indian Head Highway.

"In regard to all that has transpired in the legislative victory entailing the speed cameras, we will now focus on the cultural mindset of the driving public. This includes establishing a new paradigm for inculcating the essential thinking skills that foster safe driving behavior," Reverend Dr. Robert L. Screen, the lead facilitator of the 210 Traffic Safety Committee. "We are seeking to change the mindset of drivers along Indian Head Highway and trying to engender a traffic safety culture on the roadway. Our goal is grooming safe drivers who are conscientious, intentional, and purposefully deliberate towards the welfare and well-being of themselves and others in our driving environment."

Indian Head Highway will become the single largest speed camera enforcement zone, spanning 13 miles from Interstate 495 to the Charles County line. The three speed cameras, slated to be deployed within weeks, will rove from spot to spot within that expanse.

"School zone speed cameras along Indian Head Highway, and in a total of 45 jurisdictions and localities across Maryland, operate only Monday through Friday between 6:00 a.m. and 8:00 p.m.," explained Townsend. "Unlike those speed monitoring systems, the speed cameras on the high-speed sections of Maryland Route 210 will operate 24 hours a day, seven days a week."

The countywide speed monitoring system in Prince George's County generated \$54,709,704 in ticket revenue during the period from Fiscal Year 2013 to Fiscal Year 2018, including \$6,894,036 in speed camera fine revenue in FY 2018. More than 75,000 vehicles traverse Indian Head Highway each day. Speed camera tickets will be issued to vehicles exceeding the posted speed limit by 12 miles per hour (MPH) or greater. Speed camera tickets carry a \$40 fine. During 2018, the Prince George's County Police Department "made more than 4,600 traffic stops and issued nearly 10,900 citations" along Indian Head Highway during various saturated enforcement campaigns. Through mid-April of this year, the Prince George's County Police Department has "conducted more than 3,700 traffic stops and issued about 7,800 citations" along the checkered roadway also officially known as Maryland Route 210.

At least 47 fatal crashes occurred on Indian Head Highway (Route 210) from 2007 to 2017, according to crash data from the Maryland State Highway Administration (SHA). "Under the bill, the Maryland State Highway Administration must, in con-

See NEW TRAFFIC LAWS Page A8

## Tidying Up Your Finances

(StatePoint) The cultural phenomenon sparked by professional organizing consultant Marie Kondo has motivated millions worldwide to declutter. While cleaning out your closet and making a financial plan may be two very different things, tidying up your finances can also "spark joy."

A Certified Financial Planner (CFP) can help you commit to a plan that helps you take control of your spending, providing you with confidence today and a more secure tomorrow.

Here are nine ideas to get you started:

1. **Write down your financial goals** and post them somewhere prominent, such as your fridge. These can be small goals, like "I will bring lunch

to work three days a week," or bigger goals, like "I will pay off my student loan."

2. **Calculate your net worth** to get an overall picture of your financial standing. Your net worth is everything you own minus everything you owe.

3. **Update (or create) your budget** showing what money is coming in and what's going out. Make sure it's not in the red, meaning you're spending more than you're earning.

4. **Consider opening a Christmas club-type savings account** to pay for big-ticket personal expenses. Originally pioneered during the Great Depression, Christmas clubs were financial accounts people added cash to throughout the year. They

then used these savings to buy holiday gifts, helping to avoid the holiday spending "hangover." You can create your own by automating savings each month, ideally in an interest-bearing account. If you save \$75 a month, you'll have \$900 over the course of a year (or even more, if you earn interest).

5. **Check your credit report.** With Credit Karma, you can check your credit reports from TransUnion and Equifax for free weekly. Additionally, you can check your report from each of the three main credit bureaus once a year for free with AnnualCreditReport.com.

6. **Set a deadline to pay off credit cards in full.** This will help motivate you to take control of your debt.

7. **Rebalance your 401(k)** about once a year to see if you are out of balance from your original

goals. For example, if your allocation was 60 percent stocks and 40 percent bonds, but stocks had a good year, you might now have a 65 percent stocks and 35 percent bonds allocation, so this will have to be rebalanced.

8. **Increase your savings plans.** This could be your employer plan at work, your own emergency fund, or both. Consider raising your contribution by 1 percent a year.

9. **Meet with a CFP professional.** If you haven't begun planning for retirement or tying your financial goals to your life goals, there's no better time than now to start. You can find a CFP at [letsmakeaplan.org](http://letsmakeaplan.org).

As you put your belongings in order, consider your finances. Simple measures can help you tidy up your finances.

# OUT on the TOWN

## STEM Special Event

### Meet Astronaut Serena Auñón Chancellor!

How do you prepare to go on the International Space Station? Hear from an astronaut who spent 6 months on the ISS as Flight Engineer alongside crew who did important research in many STEM fields. The Expedition 56/57 crew—in which Serena Auñón-Chancellor served as Flight Engineer—launched from the Baikonur Cosmodrome aboard the Soyuz spacecraft. The Expedition 57 crew contributed to hundreds of experiments in biology, biotechnology, physical science and Earth science aboard the International Space Station. From June 6–December 19, 2018, during Expeditions 56 and 57, Serena logged in 197 days in space. It was her first flight. Find out more about Astronaut Serena on NASA's website: <https://www.nasa.gov/astronauts/biographies/serena-m-aunon-chancellor>



PHOTO CREDIT: NASA JOHNSON  
Serena Auñón-Chancellor

**Monday, June 10, 2019, 7–8 p.m.**  
Oxon Hill Branch Library, 6200 Oxon Hill Rd, Oxon Hill, MD 20745  
Ages 5 and up  
301-839-2400

### Trolley Trail Day and Movie in the Square (Rescheduled)

**Saturday, June 8, 2019, Trolley Trail Day:** 12–4 p.m., Movie in the Square: 7:30–10:30 p.m., **Riverdale Park Station**, 6621 Baltimore Avenue, Riverdale Park, MD 20737  
The first-ever Trolley Trail Day will celebrate the 3.5-mile Rhode Island Avenue Trolley Trail that connects bike routes through College Park, Riverdale Park, Hyattsville and to The District, with free activities for both children and adults. The full schedule can be found at <https://collegeparkpartnership.org/trolleytrailday/>.  
Following Trolley Trail Day, The Incredibles 2 will be shown on a 21-foot outdoor movie screen. Bring your favorite snacks, lawn chairs and blankets to come watch under the stars.  
—Riverdale Park Station

### Community Movie Night

**Friday, June 14, 2019** will be the Cheverly Police Department's first ever outdoor Community Movie Night, co-sponsored with Cheverly PCAB's Youth Committee!!!  
Starting at 7:30 p.m., come join your Cheverly police officers, community members, neighbors, and families for a movie under the stars, at **Cheverly Town Park**, as we screen: "Spider-Man: Into the Spider-Verse" and celebrate the community!  
Free snacks will be provided!  
—Cheverly Police Department

### Climb Aboard the Summer Movie Express and Enjoy \$1 Movies

*Portion of proceeds to benefit the Will Rogers Institute*  
KNOXVILLE, Tenn. (May 28, 2019)—Regal's Summer Movie Express is back in theatres featuring \$1 movies all summer long. This kid-friendly festival is the perfect way to beat the heat this summer at over 340 theatres nationwide. Regal will offer two movies on Tuesday and Wednesday mornings at 10 a.m., with a portion of the proceeds benefitting the Will Rogers Institute, which promotes and funds medical research of cardiopulmonary diseases and purchases neonatal ventilator equipment for medical facilities across the country. Since 1991, Regal has hosted special summertime entertainment for families to enjoy and to foster a love of moviegoing in each generation. This year's Summer Movie Express program features a fantastic lineup of 'G' and 'PG' movies including, but not limited to:  
• Paddington 2 (PG)  
• How to Train Your Dragon: The Hidden World (PG)  
• Smallfoot (PG)  
• Despicable Me 3 (PG)  
For local start dates, participating theatres and a complete list of movies, please visit [www.regmovies.com/promotions/summer-movie-express](http://www.regmovies.com/promotions/summer-movie-express).  
—Hannah.Whitson, Regal

## Calendar Spotlight

**"Belair at Bowie" Exhibit Opening and Reception**  
Date and Time: Friday, June 7, 2019, 7–9 p.m.  
Description: Join us for the opening reception of the "Belair at Bowie" exhibit. Whether you are learning this homegrown story for the first time or want to walk down memory lane, this exhibit has something for you. Enjoy scrumptious desserts, a fun atmosphere and view Jeff Krulik's film, "Tales of Belair and Bowie." Be sure to stop by the Oral History Booth to record a video comment or memory about Levitt Bowie while you're there. Experience this exhibit the way it is supposed to be—with your family, friends and the Bowie community!  
Cost: Free  
Ages: Adults  
Location: Kenhill Center, 2614 Kenhill Drive, Bowie, MD 20715  
Contact: 301-809-3089, [sproctor@cityofbowie.org](mailto:sproctor@cityofbowie.org)

**Black Jockeys: America's First Sports Celebrities**  
Date and Time: Saturday, June 8, 2019, 1–2 p.m.  
Description: Join Professor Katherine Mooney from Florida State University as she shares her extensive knowledge of America's first sports celebrities...black jockeys. This lecture traces just how significant they were, both in the history of sports and in the history of the United States, with a special focus on the careers of the men associated with Belair and Maryland racing.  
Cost: Free  
Ages: All ages are welcome  
Location: Belair Stable Museum, 2835 Belair Drive, Bowie, MD 20715  
Contact: 301-809-3089, [sproctor@cityofbowie.org](mailto:sproctor@cityofbowie.org)

— OPEN TO THE PUBLIC —

**Belair Stable Museum**  
PHOTO COURTESY CITY OF BOWIE

**The Belair Stable**, built in 1907 by William Woodward, was part of the 20th century's famous "Belair Stud Stable," one of the country's premier stables from the 1920's through the 1950's. Belair was home to Gallant Fox (1930) and Omaha (1935)—the only father/son horses to capture Thoroughbred racing's famous Triple Crown Series. In 1955, Belair's Nashua, an incomparable champion, was Horse of the Year. Other champions, including Johnstown, Fighting Fox, and Vagrancy also called Belair home. The museum also features Belair's other agricultural uses and contains a restored 1923 Stablemaster's living quarters. Open Tuesday through Sunday 12 noon to 4 p.m. Tours for groups of 10 or more are available by appointment. Admission is free; donations are welcomed.

*Belair Stable Museum: 2835 Belair Dr., Bowie, MD 20715*  
• 301-809-3089, TTY: 301-262-5013  
• [www.cityofbowie.org/289/Belair-Stable-Museum](http://www.cityofbowie.org/289/Belair-Stable-Museum)

### Special Olympics Maryland To Host 49th Annual Summer Games

**June 7–9 at Towson University**  
WHAT: Special Olympics Maryland (SOMD) will host the Game of Golds for the 49th annual Summer Games June 7–9, 2019 at Towson University. Athletes from across the state will take to the field, competing in five Olympic-style events including:  
• **Athletics**—Traditional and unified track, mini-jav, high jump, long jump, pentathlon, softball throw, shot put, standing long jump, tennis ball throw  
• **Bocce**—Singles, doubles, unified doubles  
• **Cheerleading**—Traditional and unified team competition  
• **Softball**—Traditional team competition, unified team competition, individual skills competition  
• **Swimming**—Traditional individual events and team relays, unified team relays  
The Summer Games is the largest state-level competition for Special Olympics Maryland. Throughout the year, SOMD provides sports training and competition opportunities for Maryland's children and adults with intellectual disabilities at no cost to athletes or their families. For more information visit [www.classy.org/event/2019-summer-games/e234314](http://www.classy.org/event/2019-summer-games/e234314).  
WHO: Close to 1,500 Special Olympics Maryland athletes and Unified® Partners, 250 coaches, 900 volunteers and spectators will participate in the Games from across the state.  
WHEN: Tuesday, June 4, 2019, Brave in the Attempt Talks 6–7:30 p.m., West Village Campus Commons  
Speakers with intellectual disabilities will be sharing a moment or moments in their lives when they have moved "forward" through adversity and doubt. Each speaker will have up to 5 minutes to share the challenge and how they have met the challenge. Learn more here.  
Thursday, June 6, 2019, Torch Gala 6–8 p.m., Under Armour House at Fayette  
Celebrate the 8,033 Special Olympics Maryland athletes and help light the way towards acceptance and inclusion for nearly 108,000 athletes still on the sideline. Together, we will celebrate 50 years of the Special Olympics movement, welcome the flame of hope to Baltimore and hear athlete stories that will ignite your spirit and inspire you to join our movement.  
8000 York Road, Towson, Baltimore, MD 21252  
—Kira Northrop, Special Olympics Maryland

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

### A Dog's Journey

A Dog's Journey  
Grade: B-  
Rated PG, mild thematic elements and mild language  
1 hr., 48 min.

Stay with me here. "A Dog's Journey" is a sequel to "A Dog's Purpose" (2017), both based on novels by W. Bruce Cameron. They're similar to "A Dog's Way Home" (from earlier this year) but aren't connected to it in any way except that "A Dog's Way Home" was based on another, separate novel by W. Bruce Cameron, America's foremost author working exclusively in the genre of Stories Narrated by Dogs.

I didn't see "A Dog's Purpose" but am informed that it concerns a dog named Bailey (eagerly voiced by Josh Gad) who keeps getting resurrected as new dogs over the course of a man's life. That man, Ethan, played as an adult by Dennis Quaid, is a grandpa in "A Dog's Journey," living with his wife (Marg Helgenberger), their widowed daughter-in-law Gloria (Betty Gilpin), and her toddler daughter CJ on a farm in Wisconsin. Bailey is currently a huge lovable good boy, some kind of St. Bernard or something. Gloria's a negligent drunk who takes CJ and heads for Chicago. Next time Bailey is close to death, Ethan asks him to come back this time as a dog who can watch over CJ.

A few years later, CJ is 10 years old (played by Abby Ryder Fortson) when she and her

best pal Trent (Ian Chen) adopt puppies from the same litter, one of which is Bailey, now a beagle or something and called Molly. Bailey/Molly remembers his past lives, remembers his job is to take care of CJ, and is thrilled that fate has reunited them (though of course CJ doesn't know it's the same dog she played with as a toddler, because Bailey/Molly doesn't talk, because she is a dog).



ROTTENTOMATOES.COM

Bailey (voiced again by Josh Gad) is living the good life on the Michigan farm of his "boy," Ethan (Dennis Quaid) and Ethan's wife Hannah (Marg Helgenberger). He even has a new playmate: Ethan and Hannah's baby granddaughter, CJ. The problem is that CJ's mom, Gloria (Betty Gilpin), decides to take CJ away. As Bailey's soul prepares to leave this life for a new one, he makes a promise to Ethan to find CJ and protect her at any cost. Thus begins Bailey's adventure through multiple lives filled with love, friendship and devotion as he, CJ (Kathryn Prescott), and CJ's best friend Trent (Henry Lau) experience joy and heartbreak, music and laughter, and few really good belly rubs.

A few years later, CJ (Kathryn Prescott) has moved to New York to pursue her dreams when she meets the latest Bailey, a little terrier or something. (Bailey was a big hound dog in between, but only for a couple scenes.) She has a boyfriend who's OK but who's no Trent (Henry Lau), who has also ended up in New York and still has feelings for CJ. CJ's relationship with her mother remains fraught.

For a movie about a dog who keeps dying, "A Dog's Journey" (directed by TV veteran Gail Mancuso) is full of sunshine and cuteness, at least from Bailey's point of view. The human story is full of melodrama—an abusive boyfriend, a car accident, cancer, etc.—but Bailey only understands life in dog terms: families are "packs," kissing is "licking faces," and so forth.

Fortuitously, that matches the way children see the world, which is how a film with such dark subject matter can be family-appropriate. When Trent helps CJ ditch a bad boyfriend, Bailey says, "Trent got that other guy out of the pack. I'm guessing he finally bit him." Cute, right?

Well, it wears thin, let me tell you. Do not underestimate just how thin it wears, hearing a medium-grade soap opera plot filtered through a dog's mentality. (I must also draw attention to Quaid's comically bad old-age makeup at the end of the film.) This pain is somewhat alleviated, however, by the abundance of adorable dog things that transpire, and by the eternal effectiveness of telling a story where good dogs do things for good people. It works, all right? It's shameless, but it works.

# Calendar of Events

June 6–June 12, 2019

## Bear Square Kids Club Series: Jim the Kidsinger June 6

Date and Time: Thursdays, June 6–August 8, 2019, 4–6 p.m.  
 Description: From interactive arts and crafts making, including DIY Terrarium and Marble Painting classes, to live singing and a magic show, the new Bear Square Kids Club is the perfect way to keep your kids endlessly entertained and learning with a curated set of educational and fun activities. June: Face Painting (June 13), Bracelet Making (June 20), Glitter Tattoos (June 27)  
 Cost: Free  
 Ages: All ages are welcome  
 Location: Riverdale Park Station, 6621 Baltimore Avenue, Riverdale Park, MD 20737  
 Contact: riverdaleparkstation.com, @RiverdaleParkStation on FB

## June Reception at the Montpelier Arts Center

Date and Time: Friday, June 7, 2019, 7–9 p.m. Exhibit runs June 1–June 30, 2019  
 Description: Join M-NCPPC, Department of Parks and Recreation to enjoy and celebrate the artwork of Lori Ulmer-Hanson and Marcia Wolfson Ray during the opening reception. Lori Ulmer-Hanson is an American artist best known for her artwork derived from the human form. Marcia Wolfson Ray is a Baltimore-based sculptor inspired by nature and the relationship humans have with the earth. For additional details, visit: <http://bit.ly/2FDKIDn>.  
 Cost: Free  
 Ages: All ages are welcome  
 Location: Montpelier Arts Center, 9652 Muirkirk Rd, Laurel, MD 20708  
 Contact: 301-377-7800; TTY 301-699-2544

## Low Cost Rabies Vaccine and Microchip Clinic

Date and Time: Saturday, June 8, 2019, 10 a.m.–2 p.m.  
 Description: The City of Bowie will host a low cost rabies vaccine and microchip clinic. Pets must be at least three months old to receive a rabies vaccine. Pets must be on a leash or in a carrier and under control. Prince George's County pet licenses will also be on sale. Services will be provided by Dr. James Peterson.  
 Cost: \$10 each, cash only  
 Location: City Hall rear parking lot, near the pond, 15901 Excalibur Road, Bowie, MD 20716  
 Contact: Bowie Animal Control at 301-809-3002

## Arts Drop-In: Air Planes, Space Craft and UFO's

Date and Time: Saturday, June 8, 2019, 10 a.m.–noon  
 Description: Arts Drop-In with Aaron Springer is a fun time for kids and parents to get creative with a variety of craft materials and an imaginative facilitator.  
 Cost: Free  
 Ages: Ages 3–8 with their parents  
 Location: College Park Community Center, 5051 Pierce Ave., College Park, MD 20740  
 Contact: info@cpae.org, (leave message): 301-927-3013

## Marietta House Museum & Prince George's County Historical Society Spring Lecture Series: African American Women in Music, The Music of Aretha Franklin

Date and Time: Saturday, June 8, 2019, 1 p.m.  
 Description: Dubbed the “Queen of Soul” Aretha Franklin, 1942–2018, was the first female artist to be inducted into the Rock and Roll Hall of Fame in 1987. In 2008, she won her 18th Grammy Award, making her one of the most honored artists in Grammy history. Light refreshments will be served after the program.  
 Cost: \$5/person **Call 301-464-5291 for more information and to reserve your seat!**  
 Ages: All ages are welcome  
 Location: Marietta House Museum, 5626 Bell Station Road, Glenn Dale, MD 20769  
 Contact: 301-464-5291

## Author Visit: Reginnia Williams on DC Jazz

Date and Time: Saturday, June 8, 2019, 1–3 p.m.  
 Description: Hear the author of Washington, DC, Jazz, Dr. Reginnia Williams discuss musicians from the Nation's capital influence on Jazz and a performance by professional bassist Mr. Cheyney Thomas and his band.  
 Cost: Free  
 Ages: Adults  
 Location: Oxon Hill Branch Library, 6200 Oxon Hill Rd, Oxon Hill, MD 20745  
 Contact: 301-839-2400, TTY: 301-808-2061

## Xtreme Teens: Movies Under the Stars

Date and Time: Saturday, June 8, 2019, 7–10 p.m.  
 Description: Bring your lawn chairs and enjoy an evening with a movie on the big screen. We'll even throw in some S'mores for good measure! North Brentwood staff will choose the movie.  
 Cost: FREE! with M-NCPPC youth ID  
 Ages: 10–17  
 Location: North Brentwood Community Center, 4012 Webster Street, North Brentwood, MD 20722  
 Contact: 301-864-0756; TTY 301-699-2544

## Fairwood Summer Performance Series:

### Brian Christopher and Geneva Renée

Date and Time: Sunday, June 9, 2019, 4–6 p.m.  
 Description: Singer and songwriter Brian Christopher is making footprints throughout the area with the release of his debut album “All of Me”, a groovy and lyrical storyboard of love lost and gained. Howard University Alumna Geneva Renée, whose vocal range spans three octaves, produces a sound heavily influenced by classical, jazz, Latin, soul, gospel, pop and theater.  
 Cost: FREE!  
 Ages: All ages are welcome  
 Location: Fairwood Community Park, 12390 Fairwood Parkway, Bowie, MD 20720  
 Contact: 301-446-3232; TTY 301-699-2544

## Sound Meditation

Date and Time: Tuesday, June 11, 2019, 2–3 p.m.  
 Description: Participants are encouraged to dress in comfortable clothing. Come with an open mind, and ready to unwind through sound vibrations. Experience a serene environment where you can explore a deep state of relaxation to bring about balance and peace.  
 Cost: FREE!  
 Ages: 18 and older  
 Location: Publick Playhouse, 5445 Landover Road, Cheverly, MD 20784  
 Contact: 301-277-1710; TTY 301-699-2544

# More Than 300 Volunteers Make Change Happen in Prince George's County as Part of Comcast Cares Day

By SAVANNAH ISNER  
**Comcast**

From April through mid-May, more than 300 local Comcast NBCUniversal employees and their families, friends and community partners worked together to “make change happen” as they volunteered to improve communities in Prince George's County as part of the 18th annual Comcast Cares Day.

Comcast Cares Day is both a celebration of the company's year-round commitment to volunteerism and service and an illustration of the significant impact we have when our employees, their friends and families and our community partners come together to volunteer at more than a thousand projects around the world to make a lasting difference in the communities where we live, work and serve.

- Activities at each of the projects included:
- Speaking with and participating in activities with middle school students at the Junior Achievement Finance Park in Hyattsville.
  - Beautifying the grounds and removing trash along the Anacostia River Watershed in Bladensburg.
  - Painting and beautifying home of low-income veteran in Camp Springs in partnership with Christmas in April.
  - Working with students and judging Science, Technology, Engineering and Mathematics (STEM) competition at Bowie State University.
  - Beautifying the grounds of Seabrook Elementary School in Lanham.
- For more information on Comcast's volunteer and community investment initiatives, visit [www.comcast.com/community](http://www.comcast.com/community).



PHOTOGRAPH CREDIT: COMCAST

**Volunteers help beautify the grounds and remove trash along the Anacostia River Watershed in Bladensburg as part of the 18th annual Comcast Cares Day.**



PHOTOGRAPH CREDIT: COMCAST

**Volunteers painted new concrete edging for the flowerbeds at Seabrook Elementary School as part of the 18th annual Comcast Cares Day.**

# Earth TALK™ Could “Forest Bathing” Help Me Heal Faster, Feel Better?

Dear EarthTalk:  
 What is so-called Forest Therapy?  
 —Larry Schwarzwald, Page, AZ

Forest therapy uses immersion in nature to help soothe frayed nerves and restore a sense of mental well-being — and has even been shown to boost our immune systems and help us recover faster from physical maladies. The modern forest therapy movement is rooted in the Shinrin-yoku “forest bathing” practice developed in Japan in the 1980s that has since become a central part of preventative health care and healing in Japanese medicine.

“There are an infinite number of healing activities that can be incorporated into a walk in a forest or any other natural area,” reports the Association of Nature and Forest Therapy Guides and Programs (ANFT), which trains students to become certified forest therapists. “An activity is likely to be healing when it makes room for listening, for quiet and accepting presence, and for inquiry through all eight of the sensory modes we possess.”

Practitioners insist that forest therapy is rooted in science, citing dozens of research papers documenting the healing powers of something as simple as a stroll in the woods. According to ANFT, forest bathing seems to significantly mitigate the root cause of a multitude of ailments: stress. Given the role of stress in everything from headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis and other health problems, forest therapy could be an important part of staying or getting healthy.

“Levels of the stress hormone cortisol

decreased in test subjects after a walk in the forest, when compared with a control group of subjects who engaged in walks within a laboratory setting,” adds ANFT. “Forest bathing catalyzes increased parasympathetic nervous system activity which prompts rest, conserves energy, and slows down the heart rate while increasing intestinal and gland activity.”

The research bears out the theory: the average concentration of salivary cortisol—a stress hormone—in people who gazed out at forest scenery for 20 minutes was 13.4 percent lower than those in urban settings. Meanwhile, leisurely forest walks were measurably better than urban walks at reducing cortisol levels and sympathetic nerve activity and decreasing blood pressure and heart rate. Meanwhile, other research shows we are better at creative problem-solving after time spent in the wilderness. Additionally, nature immersion has been linked to an increase in immunity boosting “killer T” cells, which the body uses to stave off infections and even possibly to fight the growth of cancer cells.

While anyone can take a hike through the woods and indulge in their own form of forest bathing, going with a guide can make



IMAGE CREDIT: RODDY SCHEER, RODDYSCHIEER.COM

**Research bears out the theory that a walk in the woods—otherwise known as “forest bathing”—can actually be good for your health and your mental outlook.**

the experience that much more meaningful. And you no longer have to go to Japan to find someone experienced in Shinrin-yoku. ANFT has trained more than 600 forest therapy guides working in 40 countries across six continents to date. Check out its map and directory to find one near you, whether you're in North America, Western Europe, Southeast Asia, Australia or South America.

**CONTACTS:** Shinrin-Yoku.org, shinrin-yoku.org; ANFT, natureandforesttherapy.org.

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. To read more, check out <https://emagazine.com>. To donate, visit <https://earthtalk.org>. Send questions to: [question@earthtalk.org](mailto:question@earthtalk.org).

**DRIVING CLEANER**

Reduce air pollution, save money on gas and utilities, and keep your family healthy during these warmer months by following these tips.

- Keep your tires properly inflated to reduce pollution and improve gas mileage.
- Refuel your car after the sun goes down. Avoid topping off and tighten your gas cap to prevent leaks.
- Combine errands into one trip whenever possible.
- Telecommute, carpool or find an alternate way to work at least once a week.

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

# COUNTY CHURCH DIRECTORY

**UNITED METHODIST**

**WESTPHALIA**  
United Methodist Church

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

**Two Worship Services:  
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Sunday School: 9:30**

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

**Rev. Dr. Timothy West,  
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[www.westphaliaum.org](http://www.westphaliaum.org)

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

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

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

**BAPTIST**

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

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

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

**UNITED METHODIST**

**Union**  
United Methodist Church

14418 Old Marlboro Pike,  
Upper Marlboro, MD

**Church (301) 627-5088**

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

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

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Soulful Thursdays  
Bible Study 7:00pm

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Baptist Church**  
We exist to strengthen your  
relationship with God.  
6371 Oxon Hill Road  
Oxon Hill, Maryland 20745  
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Worship Service - 11:00 A.M.  
Wed. Prayer Service & Bible  
Study - 7:00 P.M.  
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E-mail: [FHBC@verizon.net](mailto:FHBC@verizon.net)  
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### New Traffic Laws from A5

junction with the Prince George's County Department of Public Works and Transportation, examine the engineering, infrastructure, and other relevant factors determined to contribute to the overabundance of major vehicle accidents, injuries and fatalities on Indian Head Highway," according to the Maryland Department of Legislative Services.

In addition, the agencies must all "report its findings and recommendations on the most effective solutions to address issues to the Governor and General Assembly by May 31, 2021." What is more, Prince George's County officials have launched a "partnership initiative" to change the driving culture throughout Prince George's County.

### Penalties For Violations Recorded By School Bus Stop-Arm Cameras

On November 27, 2018, a seven-year-old girl was hit and left critically injured by a truck after she reportedly stepped off her school bus in Charles County, Maryland. "Investigators said the bus stopped with its lights flashing and cross arm out when the truck passed and hit the girl," according to news reports. A person at the scene was hospitalized due to a panic attack, reports the Charles County Volunteer Fire/EMS. The incident occurred in Bryantown near Olivers Shop and Leonardtown Roads.

During its 2019 Session, members of the Maryland General Assembly opted to make permanent the higher maximum penalty for violations recorded by school bus stop arm cameras across the state. The maximum penalty is \$500 for failure to stop for a school bus off-loading and on-loading students while the vehicle's red lights are alternately flashing, explains the Maryland Department of Legislative Services.

"In Maryland, school bus stop arm cameras are also deployed on school buses in Montgomery County, Prince George's County, Washington County, and Frederick County. From the 2016–2017 academic year through the 2017–2018 school year, Montgomery County issued 50,993 school bus stop-arm camera tickets," Townsend explained. On the Virginia side of the Potomac River, school bus stop arm cameras are in force in Arlington Public Schools, Falls Church City, and Manassas Park City Schools. In addition to Maryland and Virginia, at least 14 other states have enacted school bus stop-arm camera laws.

During April 2018, "school bus drivers in Maryland counted 3,812 violations of school bus stop arms" in a single school day, according to the Maryland Department of Education. That was "well below the 7,011 recorded when the survey began in 2011," the department observed. To make the higher penalty permanent, legislators voted earlier this year during the 439th Session of General Assembly of Maryland to repeal the sunset clause in the 2017 law, which was passed by the Maryland General Assembly during its session two years ago. The sunset clause was set to expire June 30, 2019. Now the higher fine regime is permanently engraved in the "tablets of the law" in Maryland.

The minimum penalty for school bus stop arm infractions is currently \$250, and it could top out at as much as \$500, at the discretion of the Maryland District Court, as a result of SB 0464. "No points are associated with a citation issued through the automated school bus camera program. The fine for a citation for the same offense issued by a police officer is \$570 and three points are assessed on the driver's license."

Maryland Governor Lawrence Hogan has signed into law several key measures designed to improve public safety, including House Bill 707. Of note, the measure increases maximum penalties to ten years for repeated drunk and drugged driving violators convicted of the offense on three or more prior occasions, as well as on impaired drivers convicted of causing death or a life-threatening injury. The measure, championed by AAA Mid-Atlantic, goes into effect this fall. Hundreds of other new laws were passed during the 90-day Maryland General Assembly Session earlier this year, including a raft of transportation/motor vehicle bills, will also subsequently go into effect, including on Monday, July 1, 2019, Sunday, September 29, 2019, and then on Tuesday, October 1, 2019.

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