

The Prince George's Post



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Young Playwrights' Theater Celebrates New Partnership with Prince George's Community College

A special collaboration expands the college's theater arts curriculum and transforms students into playwrights.

By TESHONNE POWELL
Young Playwrights' Theater

PRINCE GEORGE'S COUNTY, Md. (November 26, 2019)—This fall, Young Playwrights' Theater (YPT) has partnered with Prince George's Community College (PGCC) to provide playwriting workshops to PGCC students. The partnership grew from PGCC's desire for playwriting to be integrated into the college's theatre arts courses and curriculum. With the help and coordination of Artistic Director of Student Programming Gary Fry and Theatre Coordinator Peggy Yates, and with support from the Prince George's Arts and Humanities Council, YPT Program Director Jared Shamberger implemented PGCC's first playwriting workshop series within Yates's Script Analysis course. Throughout the fall, students learned the core principles and strategies of dramatic writing and incorporated what they learned into original, imaginative short plays. Those plays will be presented in a public, staged reading featuring professional actors on December 4 at PGCC's Center for the Performing Arts.

For YPT, this partnership is unique. Historically, YPT has facilitated playwriting workshops for students in 3rd grade through 12th grade. However, as YPT moves into its 25th year, the organization seeks to expand the demographic of young people that it serves. YPT acknowledges that some young people complete secondary education without having access to arts-oriented courses and YPT would like to fill that need. "After 25 years of cultivating playwrights in K-12 environments, primarily in Washington, DC, we are excited and poised to



PHOTOGRAPH COURTESY YOUNG PLAYWRIGHTS' THEATER
PGCC playwriting students Jade, Maya and Lauren discussing their one-act plays.

expand our impact to the college-level and in Prince George's County," said YPT Program Director Jared Shamberger.

This partnership is also a testament to the impact of PGCC's new performing arts center on the college and highlights that PGCC is a beacon and an asset to the community.

The fall program will culminate in the PGCC Young Playwrights' Showcase, a staged reading of the students' original one-act plays on **Wednesday, December 4, 2019, at 7 p.m. at the Center for the Performing Arts at Prince George's Community College.** The reading will feature professional actors with direction from Jared Shamberger.

This event is free, and guests can visit

<https://bit.ly/YPTShowcase> to reserve seats.

Young Playwrights' Theater *inspires young people to realize the power of their own voices. Young Playwrights' Theater believes that creative expression and theater are valuable tools for the education, enrichment and self-actualization of young people. Through our programs and productions, we fulfill their creative vision by hiring professional artists to guide and perform original youth-generated work for their peers and for the public. YPT believes that it is important that youth, especially those whose voices are often minimized, have access to high-quality arts education that centers their experience and is culturally competent and affirming for all young people involved.*

County Council Adopts Fair Housing Act to Ban Source of Income, Immigration Status and Citizenship Status in Housing

County's Fair Housing Act Updated with Additions to Protected Housing Categories

By KAREN D. CAMPBELL
PG County Council Media

UPPER MARLBORO (November 25, 2019)—The Prince George's County Council voted unanimously on Tuesday, November 19, 2019, to adopt Council Bill 38-2019, a Fair Housing Act establishing Prince George's County's policy of ensuring equal opportunity and eliminating discrimination in all housing accommodations.

The Fair Housing Act, proposed by Council Member Danielle Glaros (D) – District 3, and Council Member Deni Taveras (D) – District 2, amends the County's existing law to prohibit discrimination in housing based on proof of immigration or citizenship status; a required screening process that forces a buyer to reveal citizenship status without providing a reasonable alternative option; or source of income.

Council Member Glaros comments, "I appreciate the work and support of the Prince George's Human Relations Commission, the County's civil and human rights education and enforcement agency charged with ensuring equity and inclu-

sion Prince George's County residents. I am also grateful to the Housing Initiative (HIP) Partnership and CASA, for urging passage of this important and timely legislation."

CB-038-2019 also updated language in the County Code related to persons with disabilities. Council Member Glaros thanks Independence Now for its advocacy for this update, and looks forward to updating this language throughout the division, next year.

Through her work as Chair of the Council's Planning, Housing, and Economic Development Committee and as co-chair of the Prince George's County Housing Opportunity for All Workgroup, Council Member Glaros maintains a focus on the County's housing policy. The Housing Opportunities for All Workgroup, established by Council Resolution 16-2019, is charged with assisting the County with setting priorities and implementing the Comprehensive Housing Strategy Report, entitled "Housing Opportunity for All" for Prince George's County. Learn more about the Housing Opportunities for All Workgroup.

Trained to Serve: Maryland's Natural Resources Police K-9 Unit

By CODY A. WILCOX
Capital News Service

ANNAPOLIS, Md. (November 25, 2019)—According to the square Army green patch on the back of his harness, this officer's "Beast Mode" is always "ON." Rider, a 30-pound K-9 assigned to the state's Natural Resources Police, may offer the department more brains than brawn.

For the hound-terrier mix and his trainer, Sgt. Ben Lillard, the insignia demonstrates that his

30-pound frame does not hinder his ability to perform regular patrol duties.

Rider is one of four Maryland Department of Natural Resource Police dogs, which are specially selected and trained to execute tasks like detecting poached wildlife, tracking violators, searching and locating missing individuals and detecting human remains.

Maryland's Department of Natural Resource K-9 program, which began in 1994, seeks dogs

that have a strong drive—the most important trait.

Sgt. Devin Corcoran said that any dog that the Department of Natural Resources Police acquires must combine a high level of determination with a playful demeanor.

A dog that is willing to crawl under a parked car to retrieve a toy is preferred over a dog that does not demonstrate the initiative, said Virginia's Department of Game and Inland Fisheries Conservation Police Officer Jim

Patrillo, handler of a 3-year-old black Labrador retriever named Bailey.

"Everything we do with our dogs is toy-rewarded," Patrillo said. "When we test dogs, puppies, we look for a high energy and a toy drive."

Maryland's Department of Natural Resources operates under similar measures.

"If they have drive and motivation ... and some intelligence, we can train them," Corcoran said.

Along with Rider, the Department of Natural Resources Police cares for and maintains three other dogs, including two yellow Labs, Beacon and Badger, and a Chesapeake Bay retriever, Ruckus.

Prior to 2016, Maryland's Department of Natural Resource's K-9 units received training from locations in Florida, Kentucky and Indiana, according to Corcoran.

Indiana Conservation Officer Jeff Millner has instructed about 72 dogs, including three from Maryland, since 1997.

In 2014, Millner trained Corcoran, who is one of three conservation officers who have attended Millner's training.

Millner, handler of an 11-year-old Labrador retriever,



PHOTOGRAPH COURTESY OF MARYLAND DNR POLICE

Ruckus is a 4-year-old Chesapeake Bay retriever that works out of Prince George's County.

breaks his training regimen down into three different phases, including mantracking, wildlife detection and article search, with each lasting approximately three weeks.

Corcoran, who completed a 2015 Train the Trainer Course with K2 Solutions in Southern Pines, North Carolina, due to a contribution from the Humane Society of the United States, said that he brought a similar approach to Maryland.

Maryland's training usually lasts about nine weeks and varies from 400 to 480 hours, according to Corcoran.

Although the dogs enjoy searching for and locating wildlife, mantracking is the most difficult part of the training, according to Millner.

"Most dogs track naturally, but don't track humans naturally," Millner said.

Dogs typically follow a scent but can often get redirected, compelling the handler to reassess the situation and give the canine a moment to regather the scent, according to Millner.

"Reading the dog is key," Millner said. "(Handlers) learn every sign that the dog gives them."

Maryland's canine training has since transpired in-house—for reasons including proximity and cost, and it allows the department to tailor the training to Maryland's geofactors.

Although the department's four dogs are located on the Eastern Shore and in Montgomery, Prince George's and Baltimore counties, Corcoran said that he does not uniquely



Rider is a 4-year-old hound-terrier mix that is based out of Montgomery County.



Badger is a 6-and-a-half-year-old yellow Labrador retriever that is commissioned in Baltimore County.



Beacon is a 6-and-a-half-year-old yellow Labrador retriever that is stationed on the Eastern Shore.

PHOTOGRAPHS COURTESY OF MARYLAND DNR POLICE

INSIDE

Governor's Office on Service and Volunteerism Now Accepting Nominations for 2020 Black History Month Awards

The deadline to submit a nomination is Friday, January 3, 2020. Eligible organizations must be Maryland-based, African American-founded, and must have been operational for at least two years.

Community, Page A3

To Be Equal: On Thanksgiving, Reflect Upon the Redemptive Power of Love

To paraphrase King, there are three ways to respond to oppression: with violence and hatred, with acquiescence and resignation, or non-violent resistance based on love.

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Nation's First Ever Registered Apprenticeship in Government Business Development Approved By State of Maryland

... the Apprenticeship program, which will prioritize accepting women, minorities, and veterans as candidates from Maryland employers.

Business and Finance, Page A5

Holiday Teas and Artists' Boutique at Montpelier Historic Site

Call to reserve your place for a holiday tea at Montpelier by December 11. Shop for gifts at the Artists' Boutique.

Auditions: Missoula Children's Theatre Robinson Crusoe

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Earth Talk

Dear EarthTalk:

Is it true that lawn chemicals can cause canine cancer, and if so, how can I protect my dog?

—Bill W., Ithaca, NY

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TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale will return next week

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

WOMEN'S DAY

The women of Clinton United Methodist Church celebrated Women's Day ("Women walking with God") Sunday, November 17, 2019. Rev. Dorothea Belt Stroman, Pastor. Our speaker at the 8 a.m. service was Pam Stahl who is minister of Music at Clinton United Methodist Church.

Pam was born and raised in Missouri. She graduated from the University of Missouri with a BS in Music Education and received an MA in 2000 from Towson University. Pam and her husband, John, moved to the DMV area when he took a job with the Federal government.

Throughout her career, Pam has worked as a secretary, store clerk, bank teller, organist, elementary school music teacher, piano teacher, children's choir director, substitute teacher, middle school keyboard teacher, youth choir director and adult choir director. She has also been a stay-at-home mom. Pam and John are the proud parents of two children and grandparents of three grandsons.

Pam and her husband joined Clinton United Methodist Church in 1974. In 2011, Pam became a lay servant and continues to strive to do God's will every day.

Our speaker at the 10:30 a.m. service was Rev. Jamila Jaye Woods who is an anointed preacher and teacher of the Gospel and a Psalmist. She has traveled throughout the United States, South Africa, Haiti, the Caribbean, and Turkey, sharing her ministry, preaching and/or gifts. A native of Chesilhurst, New Jersey, she earned a Bachelor of Arts Degree in Political Science and a Master of Divinity degree from Howard University. Rev. Jamila was ordained an Itinerant Elder in the African Methodist Episcopal (AME) Church and served as the Pastor of the Cornerstone AME Church of LaPlata (MD) for six years. She currently serves as the Pastor of the Jabez Christian Community Church, White Plains, Maryland.

LIFE GIVING SAGE ADVICE

"Life is a mixture of plans not met and other plans that delight. Hold onto the good times that will help you through

the night. When you age your body will change but you are now bolder with words of sage wisdom. Sometimes you trade a young sexy body for a mature sexy body and brain. Go with change and if you are lucky, you will have more sexiness to bounce. Sexy is what you make of it, advertise your good points. Enter a place and light the room with your personality and picture yourself in a warm and vivacious joint, and at some point you accept the change for if you are wise you can never go back, and who would want to go through the problems of youth at this age. Not I, for I look forward to days of excitement and nights of passionate thoughts. Looking forward to a better new year." This poem was written by Joan Evelyn Hayes, a poet who resides in Fort Washington, Maryland. I have known Joan for over forty years. She is a very close friend.

BOWIE STATE UNIVERSITY

More than 150 guests attended the 3rd Annual James E. Proctor Jr. Forum on Education, Leadership and Innovation, where the keynote address was delivered by Dr. Ivory Tolson, bestselling author of NO BS (Bad Stats), president and CEO of Quality Education for Minorities, and professor of counseling psychology at Howard University.

His book is a provocative challenge to the false narratives and negative stereotypes used to deny educational opportunities to African-American students.

The family of the late Honorable James E. Proctor Jr. ('69 & '72), one of BSU's most distinguished alumni, was in attendance to present the James E. Proctor, Jr. Endowed Scholarship to Leighton William, a junior elementary education major at Bowie State University.

BSU Alumna and CEO of Prince George's County Schools, Dr. Monica Goldson ('00), presented the Inaugural Proctor Excellence in Education Award to Ms. Nicole Isley-McClure ('02), principal of High Point High School.

Governor Hogan Announces Judicial Appointments

Fills Vacancies in Washington and Prince George's County Circuit Courts

By SHAREESE CHURCHILL
Maryland Governor's Press Office

ANNAPOLIS, Md. (November 27, 2019)—Governor Larry Hogan today announced he has selected Andrew Fisher Wilkinson as judicial appointee for Washington County Circuit Court and Bryon Seth Bereano as judicial appointee for Prince George's Circuit Court.

"The appointment of qualified individuals to serve across our state's justice system is paramount to upholding our responsibilities to the people of Maryland and the rule of law," said Governor Hogan. "I have confidence that Mr. Wilkinson and Mr. Bereano will continue to be strong advocates for the law and will serve the citizens of Washington County and Prince George's County admirably."

Andrew Wilkinson has a solo practice operating under the name Wilkinson Law.

Prior to opening his own firm, Wilkinson worked as a partner at the firm of Divelbiss & Wilkinson for four years. His practice focuses in the areas of land-use and real estate law, civil litigation, estate planning, and commercial law. He has also provided family law mediation services for the Circuit Court for Washington County since 2009. Prior to joining Divelbiss, he served as an assistant county attorney in the Office of the County Attorney for Washington County where he represented the Board of County Commissioners. After graduating law school, he served as a law clerk for the Circuit Court for Washington County for the Honorable Fred C. Wright III, the Honorable John H. McDowell, the Honorable W. Kennedy Boone, and the Honorable Donald E. Beachley. Wilkinson received his B.A. from the University of North Carolina. He received his J.D. from the Emory University School of Law.

Bryon Bereano was appointed by

Governor Hogan to the District Court for Prince George's County in 2016. Prior to that appointment, Bereano worked for the Prince George's County Office of Law as an associate county attorney, where he focused zoning and property maintenance cases and responses to equal employment opportunity complaints. Bereano was previously a solo practitioner for three years. From 2001–2010, he worked as a litigation associate at the firms of Knight, Manzi, Nussbaum & LaPlaca, P.A. and Lerch, Early & Brewer. He clerked for the Honorable Alexander Williams, Jr. in the United States District Court for Maryland from 2000–2001. He also clerked for the Honorable William B. Spellbring, Jr. in the Circuit Court for Prince George's County from 1999–2000. Bereano received his B.A. from the University of Virginia. He received his J.D. from the University of Baltimore School of Law.

Prince George's County 4-H Presents: Adult Spelling Bee Fundraiser

Open to Ages 21 & Up • Compete Solo or in Pairs

Join us December 11, 2019 at the Maryland 4-H State Office as we raise funds to benefit our Scholarship Fund, Camping program and more!

December 11, 2019 • 6–8 p.m. (Doors open at 5:30 p.m.)
MD 4-H State Office

8020 Greenmead Dr, College Park, MD 20740

Heavy hors d'oeuvres will be served. Registration and additional information: <https://tinyurl.com/yxlywcs7>
If you have any question or concerns please contact Ariel Delgado (adelgad2@umd.edu) or (301) 868-9636.

Hospice of the Chesapeake Gala
Saturday, April 4, 2020 • 5:30 to 11:30 p.m.
The Hotel at the University of Maryland
College Park

This year's theme, "An Evening Under the Tuscan Sky," will take guests to the Italian countryside filled with gardens, groves and vineyards. The gala is the organization's signature black tie event and features an open bar, fine cuisine, a silent and live auction, a band and dancing. The gala draws close to 500 attendees and directly supports the mission and programs of Hospice of the Chesapeake.

The nonprofit is celebrating its 40th year of serving the community and continues to celebrate its status as a leader in hospice and palliative care as well as grief support in Anne Arundel and Prince George's counties. For sponsorship opportunities, contact Meg Lawton at 443-837-1531 or mlawton@hospicechesapeake.org.

Save the Date for the 10th Annual
"A Fairway to Help" Golf Tournament
Friday, May 8, 2020

Registration 7:30 a.m. Shotgun start 8:30 a.m.
Oak Creek Golf Club, 600 Bowieville Manor Lane,
Upper Marlboro, MD 20774

We are also looking for sponsors for this annual event and New Horizons' only fundraiser. Proceeds benefit over 200 individuals with disabilities. Funds raised provide necessary skill development, job training, and employment services to help those we serve lead fulfilling and productive lives.

Jerry's Seafood is once again hosting our turn refreshments. As part of your golf registration, enjoy a delectable spread to include Jerry's famed crab cake sandwich and lots more.

Around the County

Prince George's County and the City of Bowie Present a Community Fair Housing Forum

UPPER MARLBORO (November 27, 2019)—Prince George's County and the City of Bowie are conducting an Analysis of Impediments to Fair Housing Choice. This process is required by the U.S. Department of Housing and Urban Development and includes a market analysis, community input, and policy analysis to identify barriers and impediments that restrict a person's housing choice. The study includes topics such as:

- Racial and ethnic segregation, including segregated, concentrated areas of poverty;
- Gentrification and displacement of residents from their communities;
- Access to communities with high quality schools, good jobs, and public transportation;
- Access barriers for people with disabilities;
- Zoning regulations that limit housing types and price points;
- Fair housing enforcement; and
- Particular housing challenges faced by families with children, voucher holders, and persons with disabilities.

You're Invited!

Prince George's County and the City of Bowie invite you to attend a kick-off community forum to learn about the Analysis of Impediments to Fair Housing Choice process and provide input on housing issues important to you and your community.

Where: Prince George's County Sports and Learning Complex, 8001 Sherriff Road, Landover, MD 20785

When: **Thursday, December 5, 2019, 6–8 p.m.**

*Please note that this Public Meeting will be held in conjunction with the Prince George's County Fiscal Years 2021–2025 Consolidated Plan and Fiscal Year 2021 Annual Action Plan.

Additional Questions?

Prince George's County: Funmi George (301) 883-5536, aogeorge@co.pg.md.us or City of Bowie: Kay Starr 301-809-3009, kstarr@cityofbowie.org

Need Language Interpretation?

To request sign language or Spanish interpretation services, contact the Department of Housing and Community Development at 301-883-5540 or TTY 301-883-5428 at least 3 days in advance.

Can't Make the Meeting?

Written comments may also be sent by e-mail or mail to the Department of Housing and Community Development at 9200 Basil Court, Suite 500, Largo, Maryland 20774. Written Comments should be submitted by Thursday, December 19, 2019.

—Prince George's County MD

Library News

PGCMLS Strategic Plan 2020-2023

The Prince George's County Memorial Library System (PGCMLS) will be adopting: (1) a new mission, (2) a new vision, (3) new values, and (4) a new Strategic Guide for 2020–2023. PGCMLS is committed to our community, to the county initiatives and to designing experiences that allow each individual to achieve their pursuit of happiness. As an essential learning institution, we thrive because of the support of Prince George's County, the County Council, the State of Maryland, and our partners both current and new, our Board of Trustees, our Friends and our Library Foundation who contribute to our striving to be Prince George's Proud!

Library as Go-To Venue for 2020 Census

By law, every 10 years the U.S. Census counts every resident in the United States. The Prince George's County Memorial Library System (PGCMLS) is a key partner in the 2020 Census count. For the first time ever, computers are an important option available for recording census data. Residents will receive an invitation to respond online and some households will receive paper invitations to participate in the 2020 Census, beginning March 12–20, 2020.

At that time, County residents may visit their neighborhood library for computer access and assistance with filling out their census information. The Library will have dedicated computers and a trained staff. All personal information is confidential, including citizenship, income, and other sensitive data by law. You may respond in 12 different languages.

The census count is very important and determines the financial contributions received by the states and their localities. Your participation determines representation and how billions in federal funds are distributed. If our community is undercounted, friends and neighbors miss out on an estimated \$18, 250 per person over a 10-year period. Statewide, that's a total of \$26.6 billion.

—D. Scott-Martin, PGCMLS

The Neighborhood Design Center News

Call for Nominations:

Board of Directors

Are you a champion of the Neighborhood Design Center's mission, programs, and accomplishments? Are you ready to make a tangible difference in the built environment of Baltimore City and Prince George's County? If you answered yes, perhaps you should consider applying to join our Board of Directors.

The Neighborhood Design Center seeks prospective Board members ready to serve a 3-year term for a nonprofit that's been growing equitable neighborhoods through pro bono design for the last 50 years. Applications close January 10, 2020 at 11:59 p.m. Candidates for election to the Board will be presented to the full Board in March 2020, with full orientation and Board training beginning in May 2020. Contact the Prince George's Office at 301-779-6010.

Upcoming Volunteer Opportunities:

Inclusive Educational Spaces & Upton Hack Hub

Are you a designer in the Prince George's area interested in collaborating with students to create inclusive educational spaces? Or an architect in Baltimore interested in designing emergency housing and startup incubator space with the Upton Hack Hub? For Prince George's projects, feel free to reach out to Allie and Sophie at aoneill@ndc-md.org and smorley@ndc-md.org. For Baltimore-based projects, contact Katryna at kcarter@ndc-md.org in Baltimore if you have any questions. We'll be announcing more information about these opportunities in early December!

—The Neighborhood Design Center Newsletter, November 27, 2019

COMMUNITY

The American Counseling Association's Counseling Corner

Don't Let the Holiday Season Get the Best of You

The holiday season leaves many people feeling anxious and nervous as they receive invitations to holiday office parties, family gatherings and other social events that they would rather avoid. It's understandable, for while such events can be a great time to socialize, they also can lead to disaster.

Stories are common of that guy who had one drink too many at that holiday office party and ended up doing permanent damage to his career.

Of course, family holiday gatherings offer the same sort of opportunities to mess things up. A few drinks, then a desire to share family secrets, to rekindle an old disagreement, or to share an opinion better left unshared—all opportunities for trouble.

If worries about upcoming holiday celebrations have you nervous and tense, here are some suggestions on how to make such events less stressful and more enjoyable.

When an event of any type has you anxious that something could go wrong, take steps to limit the opportunities for disaster. Rather than be a no-show, arrive early, visit for a short time, then thank your host and leave. And if it turns out that your anxiety was ill-founded and you're having a good time, then stay and enjoy yourself.

A good rule to avoid problems and embarrassment is to skip the alcohol. Even one or two alcoholic drinks can affect judgment. If a host forces a drink on you, say thanks but don't feel obliged to drink it.

You can also avoid holiday party trouble by simply avoiding potential problem areas. A holiday party is not the place to share negative or critical comments about others. Even things said in confidence have a way of getting repeated to all the wrong people.

It's also important to mind your manners. Avoid excessive drinking, don't overdo it at the buffet table, and be sure to thank your host.

Often problems arise at holiday parties because of problem people. If there's someone who always knows how to push your buttons, focus instead on staying close to those you enjoy and avoid that person. If he or she corners you to argue, simply refuse to respond and instead politely excuse yourself.

You don't have to fear or avoid the holiday party. Focus on being sober, polite and sociable and you may find even a holiday party you're "required" to attend just might be a pleasant experience.

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 Department of Health Releases First Statewide Diabetes Action Plan With Intervention Strategies to Engage Partners

By PRESS OFFICER
The Maryland Department of Health

BALTIMORE, Md. (November 21, 2019)—In conjunction with National Diabetes Month, the Maryland Department of Health (MDH) today released its first Diabetes Action Plan, which includes intervention strategies for health care providers, stakeholders and individuals to help reduce the burden of diabetes in Maryland.

"Our administration remains committed to ensuring that all Marylanders have the resources they need to lead healthy lives," said Governor Larry Hogan. "This innovative plan promotes greater coordination to enhance quality of life for Marylanders living with diabetes and ultimately to decrease the prevalence of this disease in our state."

MDH officials announced the plan during the day-long Diabetes is Primary education conference for 200 physicians and health care professionals organized by the Maryland Chapter of the American Diabetes Association (ADA) at the Hyatt Regency Inner Harbor in Baltimore.

"Nearly 45 percent of the adult population in Maryland has diabetes or prediabetes, and this disease is the sixth leading cause of death in our state," said MDH Secretary Robert R. Neall. "But the good news is diabetes is generally preventable, and for those with the disease, it can be managed. Our vision is to engage partners across Maryland to coordinate efforts and get the numbers trending downward."

Neall said the goal of the action plan is to spur increased collaboration with partners throughout the state, employing detailed strategies and educating the public about the disease. MDH will involve local health departments and providers from both public and private sectors.

Deputy Secretary of Public Health Fran Phillips highlighted aspects of the 65-page plan, developed from mid-June through mid-September by a 40-member work group. The plan includes a resource guide, comprehensive data about risk factors and specific intervention strategies. The draft plan was available for public comment from Oct. 7 to Nov. 7.

"This plan is a roadmap for both preventing and managing diabetes. It includes specifics for state agencies, hospitals, physicians, schools, local governments, community-based organizations and individuals. We won't reverse the tide unless everyone plays a role," she said.

According to the Centers for Disease Control and Prevention (CDC), nearly 30 million Americans have diabetes. In Maryland, 10.5 percent of adults have diabetes (nearly 500,000) and 34 percent have prediabetes (approximately 1.6 million). Maryland is

See **DIABETES ACTION PLAN** Page A5

Governor's Office on Service and Volunteerism Now Accepting Nominations for 2020 Black History Month Leadership & Service Awards

Awards Recognize Exceptional Volunteer Service

By JOANNA CHEN
Governor's Office on Service and Volunteerism

ANNAPOLIS, Md. (November 25, 2019)—The Governor's Office on Service and Volunteerism today announced the opening of the nomination period for the 2nd Annual Black History Month Leadership & Service Awards. Introduced in 2018, this awards ceremony recognizes Maryland-based, African American-founded organizations that provide exceptional volunteer service to improve Maryland communities for all. Recipients will be announced during an awards ceremony in February 2020.

"Each year, the month of February offers an opportunity to recognize and celebrate the countless contributions of African Americans throughout our history, and the lasting impact of that heritage today," said Governor Hogan. "I encourage all Marylanders to take time to reflect on the invaluable influence of African American leaders and citizens on our state and our nation."

Over 100 nominations were received for the 2nd Annual Black History Month Community Leaders Awards, and ten organizations

were selected as recipients of the accolade during an awards ceremony held at the Bancker-Douglass Museum last February.

"Our award recipients represent the meaningful dedication of our African American communities to serve others, leaving a better world for future generations," said Lt. Governor Rutherford. "From mentoring boys and girls and providing opportunities for these youth to thrive, to providing skills training and workforce development for low-income or formerly-incarcerated men and women, these organizations are to be commended for investing their time and resources into our communities."

The deadline to submit a nomination is Friday, January 3, 2020. Eligible organizations must be Maryland-based, African American-founded, and must have been operational for at least two years. Selection for the awards are based on nominations received which describe the highest degree of meaningful volunteer commitment and service, making a transformative impact in the community. Recipients of the awards will be notified and honored in a February 2020 ceremony in Annapolis. For more information and to nominate an organization, visit govs.maryland.gov/blackhistory-month and complete this nomination form.

Local High School and College Students Join Forces With The Breya M. Browner Performing Arts Company to Cheer Up Patients at Children's National Hospital For The Holidays

The Breya M. Browner Performing Arts Company to showcase, "How The Grinch Stole Christmas" at Children's National Hospital in Washington, D.C.

By PRESS OFFICER
The Breya M. Browner Performing Arts Company

PRINCE GEORGES COUNTY, Md. (November 25, 2019)—On Friday, December 13, The Breya M. Browner Performing Arts Company will host their first annual charity performance to promote community service; arts in education and destigmatizing the negative narrative surrounding the performing arts. This interactive event features a showcase of local students, actors, singers, artists and dancers and will be free and open to the visitors and patients of Children's National Hospital in Washington, D.C. The Breya M. Browner Performing Arts Company's performance will highlight local examples of the pertinence in saving arts culture, developing students through arts in education, expressing the importance of youth development and social responsibility. This charitable event will be one of over dozens taking place right here in our community, of the Washington, D.C. metropolitan area as a part of the international "Save The Arts" campaign coordinated by DoSomething.Org, a digital platform powering of-line action. More information available at www.dosomething.org.

"At The Breya M. Browner Arts Foundation, we believe in making dreams come true. The BMB Arts Foundation is the leading nonprofit committed to strengthening the Prince George's County community through arts in education, youth development, social responsibility and the visual and performing arts. Since 2019, we

have donated to a number of great causes and have helped a number of individuals fulfill their dreams with our contributions."

In Prince George's County, The Breya M. Browner Performing Arts Company's participants are on their way to effectively evoke change within our county, country and within the world. They have taken the proper steps to take the non-profit locality by storm. They will begin to improve the lives of millions of our most talented citizens by providing high class recreational education to children and adults in the Prince George's County area, issuing funds to students to continue their education throughout college, creating a center (which will serve as a safe haven and after school care for residents) and expanding our community's efforts to create change in different causes through the visual and performing arts.

"The Breya M. Browner Performing Arts Company's volunteers serve our community with an immense amount of dedication and passion," said Breya Browner. "Without their assistance, we wouldn't be able to provide these wonderful performances for our community. They are everything to me."

The Breya M. Browner Performing Arts Company is all about evoking changes in social injustices through arts in education. Together we can build better citizens through arts integration, youth development and social responsibility for America. For more information, visit www.thebmbartsfoundation.org

Hundreds of Doctor Bears Light Up at Children's National And Across the Region to Bring Hope and Healing

Light up Dr. Bears Deliver Holiday Magic to Hospitalized Kids

By PRESS OFFICER
Children's National Hospital

WASHINGTON (BUSINESS WIRE) (November 20, 2019)—This holiday season, hundreds of children will spend the holidays at Children's National Hospital. The hospital's mascot, Dr. Bear—a symbol of hope and healing that delights kids—is lighting up everywhere to brighten the holidays for patients and their families. Every time someone makes a gift to Children's National, more than 300 light-up four-foot bears shine simultaneously in the hospital, at outpatient centers and at select locations across the Washington, D.C., metropolitan region. Gifts to this campaign support exceptional care for every child and groundbreaking pediatric research that leads to new treatments and cures.

"The Light Up Dr. Bear campaign provides a bit of holiday magic for our children and their families in a truly meaningful way," says DeAnn Marshall, MHA, president of Children's National Hospital Foundation. "You can see the delight on the children's faces every time a bear lights up or when they hug a bear in the hospital. The experience brightens everyone's day."

The Light Up Dr. Bear campaign is Children's National's second annual winter holiday effort to illuminate the community with the spirit of giving. The non-profit institution is Washington, D.C.'s only hospital that specializes in kids. It also advances children's health globally. Philanthropy supports the mission of Children's National to deliver world-class care to every child, regardless of illness, injury or ability to pay.

Campaign giving funds care for the whole child and family, equipment designed just for kids, specialized care teams that nurture children's emotional needs and unique spaces and programs for play, including art, music and pet therapy. It ensures that these special services are available for all patients—for children like Noah—a music-loving 2½-year-old diagnosed with acute myeloid leukemia. This holiday season, Noah rang the victory bell to mark the end of his treatment and celebrate that he is cancer-free.

"Noah is an easy-going kid, but even for him the hospital isn't an easy place to be," says Farissa Elvis Russell, Noah's mom. "We are so thankful for his amazing team at Children's National and for everything they do. Music therapy has been especially comforting for Noah. Even more incredible is how these types of programs are funded through philanthropy, which is why campaigns



PHOTOGRAPH COURTESY CHILDREN'S NATIONAL HOSPITAL

Brighten the holidays for a sick child.

like Light Up Dr. Bear are so important for our children and our community."

The Light Up Dr. Bear campaign runs through Dec. 31 to brighten the stay of children and families who can't be home for the holidays. Bear locations also include CityCenter, The Wharf in DC, Bethesda Row, Pike & Rose in Rockville, Reston Town Center and Pentagon Row in Virginia. For more information about the campaign, visit <https://childrensnational.org/bears#TheVideo>.

Light Up Dr. Bear corporate sponsors include Amazon Web Services (AWS) and Interstate Moving and Storage. AWS generously supports bear installation and maintenance. Interstate provides in-kind logistical support for bear delivery and pickup at more than fifty locations throughout the region.

Give at ChildrensNational.org/Lights to light up Dr. Bear. Use #LightUpDrBear to light up social media and tag Children's National. Give today. Show them you care. Light up Dr. Bear.

COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

On Thanksgiving, Reflect Upon the Redemptive Power of Love

"I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next, as a day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens ... and fervently implore the interposition of the Almighty Hand to heal the wounds of the nation and to restore it as soon as may be consistent with the Divine purposes to the full enjoyment of peace, harmony, tranquility and Union."

—President Abraham Lincoln, 1863

The origin of Thanksgiving as a national holiday is rooted in the need to heal the nation following the Civil War. In recent years, it seems as though our nation has needed healing more than any other time since then.

Everywhere we look, we see advice for negotiating political differences over the Thanksgiving table. How will we get through the day being nice to people who disagree with us?

As a civil rights organization dedicated to righting historical wrongs, we have felt this nation's divisions all too keenly. As we struggle as a nation to find a way to come together on this holiday that Abraham Lincoln dedicated to unity, I recall

a sermon of Martin Luther King, Jr., on "loving your enemies," in which he invoked Lincoln's own approach to loving his enemies.

Lincoln famously appointed Edwin Stanton, a bitter rival, as his Secretary of War. And after Lincoln's assassination, Stanton offered up what King called "a beautiful statement concerning the character and the stature of this man," the often-quoted, "Now he belongs to the ages."

King saw in the story of Lincoln and Stanton a powerful message about the redemptive power of love.

"If Abraham Lincoln had hated Stanton, if Abraham Lincoln had answered everything Stanton said, Abraham Lincoln would have not transformed and redeemed Stanton. Stanton would have gone to his grave hating Lincoln, and Lincoln would have gone to his grave hating Stanton. But through the power of love Abraham Lincoln was able to redeem Stanton."

King always counseled against answering hate with hate. In that same sermon, he told a story of driving at night with his brother. His brother was agitated by passing drivers who failed to dim their lights, and threatened to respond in kind to the next discourteous driver. But as King reminded him, that would simply make the highway more dangerous for everyone.

"Somebody got to have some sense on this highway," King said.

We have to have some sense on this highway we are negotiating right now. We have got to resist the temptation to answer hatred with blinding hatred.

If you dread breaking bread with someone who disagrees with you politically, remember that King forgave a woman who stabbed him, nearly killing him.

Loving our enemies doesn't mean accepting oppression. Loving our enemies is the way we transform them from oppressor. To paraphrase King, there are three ways to respond to oppression: with violence and hatred, with acquiescence and resignation, or non-violent resistance based on love.

We often see King's messages of peace invoked as a caution against the ambitious pursuit of justice, and his radicalism downplayed. To imagine exactly what Dr. King would have said or done in response to the events of recent history is a game played by those who would use his legacy to justify their own responses. But what we can know is that he would never give up hope, and he would never stop believing in the redemptive power of love.

November 26, 2019

Benjamin L. Cardin

United States Senator for Maryland



Cardin: GAO Says Failure to Prepare for Climate Change Impacts Will Cost Taxpayers

Since 2005, federal funding for disaster assistance is at least \$450 billion

WASHINGTON (November 22, 2019)—U.S. Senator Ben Cardin (D-Md.), Ranking Member of the Senate Environment and Public Works Transportation and Infrastructure Subcommittee, announced Friday the results of a new report from the U.S. Government Accountability Office (GAO) outlining how unprepared the federal government is for climate change and extreme weather events. In a study requested by Senator Cardin, GAO lays out what small investments in resilience have been made to date, but laments the vast financial exposure facing the federal government for its lack of strategic planning. According to GAO, the federal government has spent at least \$450 billion for disaster assistance since 2005. The report can be downloaded at www.gao.gov/products/GAO-20-127

"The best available science tells us that climate change is causing irreparable harm and that the increasing instances and severity of extreme weather are adding to social and economic instability. Dealing with climate change has become a national security imperative and the longer we turn a blind eye to the impacts, the more costly it will be for American taxpayers," said Senator Cardin. "Americans have a right to expect that their

tax dollars are spent on the most effective resilience projects and that Congress will do everything within its power to ensure that happens."

On September 8, 2017, Senator Cardin sent a letter asking GAO to identify the benefits of adaptation to manage federal climate change fiscal exposure. The result is the report released today: "Climate Resilience: A Strategic Investment Approach for High-Priority Projects Could Help Target Federal Resources."

In the report, GAO sets out six key steps that provide an opportunity for the federal government to strategically identify and prioritize climate resilience projects for investment, based on GAO's review of its prior work, relevant reports, and stakeholder interviews with officials from the U.S. Global Change Research Program (USGCRP), which produces the National Climate Assessment, as well as the Federal Emergency Management Agency (FEMA) and others with expertise in climate resilience and hazard mitigation.

GAO identified two options for focusing federal funding on high-priority climate resilience projects: coordinating funding through multiple existing programs with varied purposes and creating a new federal funding

sources dedicated to investment in climate resilience and assessed the strengths and limitations of each option.

The report's findings make clear that the federal government does not have a strategic approach for investing in climate resilience projects—that is, an intentional, cross-cutting approach in which the federal government identifies and prioritizes projects for the purpose of enhancing climate resilience. Information on the benefits and costs of climate resilience projects suggests that such projects can convey benefits, such as protecting life and property from climate hazards, according to the Fourth National Climate Assessment and other reports GAO reviewed.

Senator Cardin: "Maryland's miles of low-lying coast make it particularly vulnerable to the effects of climate change. Inland, South Baltimore, Frederick and Ellicott City have seen unprecedented flooding due to human-caused changes to our climate. Our water and transportation infrastructure systems will be challenged with the expected increase in rainfall in the region, causing damage to homes and businesses. I will continue to advocate for climate resilience investments to ensure communities in Maryland and the nation are prepared."

Governor Hogan Commemorates Victims of Drunk Driving Crashes

16th Annual Maryland Remembers Ceremony Honors Victims and Families, Calls Attention to Consequences of Impaired Driving as Holiday Season Begins

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, Md. (November 26, 2019)—Governor Larry Hogan [last week] joined state officials and more than 100 family members and friends of victims of impaired driving crashes for the 16th annual Maryland Remembers ceremony. Maryland Remembers honors the lives and legacies of Marylanders who have been killed in impaired driving crashes. During the ceremony, Governor Hogan presented the Kevin Quinlan Award to retired Maryland State Police Lieutenant and the state's current Drug Recognition Expert (DRE) Coordinator Thomas Woodward for his work and advocacy in preventing impaired driving.

The ceremony included Maryland State Police Superintendent Colonel William Pallozzi, Maryland Department of Transportation Motor Vehicle Administrator (MDOT MVA) Chrissy Nizer, and highway safety advocates from the Maryland Affiliate of Mothers Against Drunk Driving (MADD) and the Washington Regional Alcohol Program (WRAP).

"Too many Maryland families have been shattered and too many lives have been cut short, which is why we will never stop fighting to prevent more needless deaths from drunk or drugged driving," said Governor Hogan. "On behalf of all the citizens of our state, let me say thank you and God bless you for choosing to speak out about the heartbreak you have endured, thank you for your courage and your bravery, and thank you for channeling your unimaginable

grief and pain into such a positive effort to save lives and help keep others from experiencing the same loss."

The annual event—held this year at the Miller Senate Office Building in Annapolis—takes place at the beginning of the holiday season, when impaired driving crashes tend to increase. In 2018, of the more than 19,000 people arrested for driving under the influence of alcohol or drugs, approximately 2,225 arrests occurred from Thanksgiving to New Year's Day.

Maryland is at the forefront of the national effort to stop the increasingly dangerous trend of impaired driving. Earlier this year, following a multi-year effort, Governor Hogan enacted House Bill 707, which increases penalties for those convicted of a DUI or DWI for first-time and subsequent offenders. These penalties include increased fines and jail time for repeat offenders and the doubling of penalties for first and repeat offenders if they transport a minor while impaired by drugs or alcohol. In 2016, the governor enacted Noah's Law, a measure that expanded Maryland's Ignition Interlock Program to mandate that interlock devices be installed in vehicles of convicted drunk drivers even for the first conviction.

"Maryland State Police, along with our law enforcement partners throughout the state, are committed to ensuring the safety of our citizens," said Colonel Pallozzi. "Officers will be out during the

holiday season targeting those who have made the reckless decision to get behind the wheel while impaired."

From 2014 to 2018, nearly 800 people were killed and 16,000 were injured in impaired driving crashes in Maryland. Impairment caused by alcohol and/or drugs is a contributing factor in roughly one-third of highway fatalities and serious injuries each year.

"Impaired driving crashes are no accident, and the resulting injuries and deaths from these crashes are completely preventable," said Administrator Nizer, who also serves as Governor Hogan's Highway Safety Representative. "Always make a plan for a safe and sober ride home."

In August, MDOT MVA debuted the Driver Alcohol Detection System for Safety, which the U.S. Department of Transportation's National Highway Traffic Safety Administration says could help reduce drunk driving fatalities by as much as 60 percent. The system works by measuring the level of alcohol on a driver's naturally exhaled breath. MDOT MVA is piloting the technology on several of its fleet vehicles.

"There is never a good reason to get behind the wheel of a car and drive impaired, which is why we must continue to do everything in our power to save lives and to prevent future tragedies," said Governor Hogan. A Maryland Remembers Memory Stone will be placed on state grounds in Annapolis.

Study Shows That Too Many American Adults Don't Know the Symptoms of a Heart Attack, Says AMAC

WASHINGTON, DC (November 29, 2019)—New research shows that some 13.5 million adults in the U.S. could not identify a single symptom of a heart attack—even that chest pains are an obvious sign of a cardiac event. The study was conducted for a recent scientific gathering sponsored by the American Heart Association [AHA]. It was based on findings of data gathered by the Centers for Disease Control in a massive 2017 National Health Interview Survey among more than 25,000 U.S. adults.

According to the AHA, "About 805,000 Americans have a heart attack each year, and about 15% of them die from it. Because early intervention is so

critical, health officials have spent decades trying to improve public knowledge of heart attack symptoms and the appropriate emergency response."

Dan Weber, president of the Association of Mature American Citizens [AMAC], notes that cardiovascular disease is of particular concern for seniors. "The American College of Cardiology says that more than a million American adults will have a cardiac event this year and that the average age of heart attack victims is 65.6 years for men and 72 percent for women. It's as you get older it is critical to be aware of the symptoms so that you can get help quickly."

However, according to Har-

vard Medical School about 45% heart attacks are what is known as silent heart attacks. "They are described as "silent" because when they occur, their symptoms lack the intensity of a classic heart attack, such as extreme chest pain and pressure; stabbing pain in the arm, neck, or jaw; sudden shortness of breath; sweating, and dizziness."

These silent myocardial infarctions (SMI) are more common in men than in women. And, because the symptoms of SMIs can be so mild, its victims can readily ignore them, attributing them to the aches and pains of old age, for example.

"It's a good reason to get regular checkups, especially as you

get on in years," suggests AMAC's Weber. Meanwhile, the Harvard report on SMIs, recommends that if you experience suspicious discomfort, whatever the reason, you should see your doctor as soon as possible.

According to that report, "suspicious discomfort" includes:

- Discomfort in the center of the chest that lasts several minutes or goes away and comes back. It can feel like an uncomfortable pressure, squeezing, or pain.
- Discomfort in other upper-body areas, such as one or both arms, the back, the neck, the jaw, or the stomach.
- Shortness of breath before or during chest discomfort.
- Breaking out in a cold sweat or feeling nauseated or lightheaded.

The Prince George's Post

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Should I Claim Benefits at Age 67 if I'm working?

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

Dear Rusty:

My wife and I were talking to some other senior citizens who say it would be more beneficial to start drawing social security when I turn 67 next year, rather than wait till 70, even if I work full time. Can I do that? **Signed: Working Senior**

Dear Working Senior: Yes, you can do that, but it may not be your best strategy. Let's explore your options:

If your wife is already collecting Social Security on her work record, you might consider filing a "restricted application for spousal benefits only" and collect a spousal benefit from your wife, while continuing to delay your claim for your own benefit, thus allowing your benefit to continue to grow. You can do this because you were born before 1/2/1954, which is the cutoff date for filing in this manner. In this way you could collect 50% of the benefit your wife is entitled to at her full retirement age (FRA) until such time as you file for your own benefit. If you wait until age 70 to file for your own, your payment will be 24% more than it will be when you are 67. But you cannot use this option unless, or until, your wife is collecting her Social Security benefit from her own work record.

There is no simple answer to when you should claim. It depends upon your current financial needs, your current health and your anticipated longevity (considering your family history). If you anticipate a long healthy life and don't urgently need the money, then waiting until age 70 to claim your benefit will not only give you the highest possible monthly payment but also the most in lifetime benefits (assuming you live to at least the "average" age (84 for a man today). Waiting until 70 will also ensure that your wife gets the highest possible survivor benefit, should you predecease her (at her FRA, your surviving spouse gets 100% of the amount you were receiving at your death).

As for you working, since you've reached your full retirement age you no longer need to worry about Social Security's "earnings test" which takes back benefits from anyone whose earnings exceed a certain limit. But it would be wise to consider that Social Security benefits are subject to Federal Income Tax (and, depending upon where you live, possibly a State income tax), so adding your Social Security income to your earnings from work could be an important tax consideration for you.

Claiming your benefit at age 67 will give you a payment which is 8% more than you would have gotten at age 66. But if the factors discussed above suggest you should wait longer, then you'll earn an additional 8% for each additional year you wait to claim your benefit, up to age 70 when your maximum benefit is reached. What is the downside to waiting? Well, only that your wife, if she will be eligible for a spousal benefit from you, cannot collect that spousal benefit until you start collecting your own benefit. Your wife's spousal benefit would be half of your age 66 benefit if she claims at her full retirement age.

So, as you can see, there is no easy answer to whether you should claim Social Security at age 67, but with the above information you should be able to make an informed decision. And here's one final suggestion: don't take Social Security advice from "armchair experts" and don't be swayed by those who might say "collect now because Social Security is going bankrupt." It's not. It's true that Congress needs to fix some portions of the program soon, and it's also true they've been dragging their collective feet to do so. But, historically, Congress has always stepped up to the task when they had to, and I'm confident they will eventually do so again.

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>.

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

Maryland Small Business Development Center

Ready Set Go! The Nuts & Bolts of Starting a Business

December 10, 2019 • 1:30-4 p.m.
Silver Spring Library 900 Wayne Ave,
Silver Spring, MD 20910
Cost: FREE
Contact Information: 410-706-5463

This FREE workshop is for those who are interested in starting their first business, but want to find out more information on what to expect before they begin their first business.

Our experienced business consultants will share with you everything to anticipate when starting a new business including, information on the legal and licensing requirements, the business plan, the different financing options, preparing a marketing strategy and all the perks and drawbacks that come with the life of an entrepreneur.

Nation's First Ever Registered Apprenticeship In Government Business Development Approved by State of Maryland

OST Global Solutions Approved Sponsor of Apprenticeship; Women, Minorities, and Veterans Targeted

By MARC BRAILOV
OST Global Solutions, Inc.

ROCKVILLE, Md. (November 17, 2019)—As our country mark[ed] National Apprenticeship Week, the nation's first ever registered apprenticeship in government business development has been approved by the state of Maryland. OST Global Solutions, Inc. (OST), based in Rockville, MD, will be the approved sponsor of the Apprenticeship program, which will prioritize accepting women, minorities, and veterans as candidates from Maryland employers.

Engendering a larger pool of highly trained business development professionals to help Maryland government contractors win a greater share of federal contracts more consistently is the impetus behind the new program.

Maryland a Nationwide Leader in Registered Apprenticeships

Maryland has been a nationwide leader in apprenticeship programs, with nearly

11,000 apprentices currently earning and learning in various occupations across the state. This has been in line with the federal policy of making apprenticeship programs a priority—recognizing the need to empower more industries and professions to embrace registered apprenticeship opportunities.

"OST's new registered apprenticeship program in government business development helps ensure that Maryland remains a trailblazer in creating innovative and non-traditional programs that expand professional opportunities for Maryland workers," said Christopher MacLarion, Director of Apprenticeship and Training with the Division of Workforce Development and Adult Learning at the Maryland Department of Labor.

Apprenticeships are an earn-and-learn opportunity where individuals receive salaries and acquire the skills relevant to their chosen career.

Administering of New Apprenticeship Program

OST will administer the Apprenticeship

program in support of Maryland businesses, tens of thousands of which are government contractors.

"We're extremely happy that now we'll be able to help address the void in the profession of government business development," said OST's CEO Olessia Smotrova. "Large businesses often have their own 'universities', but mid-tier and small businesses usually have little more than on-the-job training with a few seminars here and there. This Apprenticeship will offer a systematic way to develop skilled business development professionals to help state businesses gain new contracts with the nation's largest customer—the government."

The new Apprenticeship will cover 160 hours in the fields of business development (pipeline development, opportunity qualification), capture (positioning to win contracts prior to issuance of a formal solicitation for bid), and proposal development. The Apprenticeship will combine education that OST's Bid & Proposal Academy provides with hands-on professional work and mentorship at the employer companies.

Governor Hogan Celebrates Grand Opening of Universities at Shady Grove Biomedical and Engineering Facility

\$175 Million Educational Building in Rockville Will Help Expand STEM Degree Programs

By SHAREESE CHURCHILL
Maryland Governor's Press Office

ANNAPOLIS, Md. (November 7, 2019)—[In November,] Governor Larry Hogan celebrated the grand opening of the Universities at Shady Grove (USG) Biomedical Sciences and Engineering Education Facility. The governor was joined by University System of Maryland Chancellor Robert Caret, USM Board of Regents Chair Linda Gooden, university presidents from around the state, and local elected officials, business and community leaders, faculty, university staff and students.

"I want to congratulate everyone who has been involved in this exciting achievement for the Universities at Shady Grove, for the University System of Maryland, and for our entire state," said Governor Hogan. "For 5 years, the top priority of my administration has been education, and we are proud to have delivered more than \$162 million to support the very important project that we are celebrating here today."

The new Biomedical Science and Engineering Education Facility will provide USG with the opportunity to expand educational offerings and degrees in the STEM



PHOTOGRAPH CREDIT MARYLAND GOVERNOR'S PRESS OFFICE

Celebrating the grand opening of the Universities at Shady Grove (USG) Biomedical Sciences and Engineering Education Facility.

fields, including new programs in life sciences, cybersecurity, and engineering. The building will house 20 teaching laboratories, 2 lecture halls, and 12 active learning classrooms, along with an innovation and entrepreneurship center where students and mentors will partner with local businesses. It will also house a community dental clinic, where faculty-supervised students from the School of Dentistry can provide compre-

hensive dental care to the community.

Established in 2000, USG combines the resources and the tools of nine public Maryland universities to provide high-quality and affordable educational opportunities. This innovative partnership provides 80 upper-level undergraduate, graduate degree, and certificate programs at one central campus location in Montgomery County.

Diabetes Action Plan from A3

consistently one of the 25 states with the highest diabetes prevalence rates.

Diabetes is a chronic disease occurring when a person's blood glucose level is too high due to the body's inability to properly absorb glucose. Prediabetes refers to the condition in which blood sugar levels are higher than normal, but not high enough to be diabetes. Diabetes often leads to other diseases and serious disabilities. About 95 percent of diabetes in the United States is type 2, which is preventable. Being overweight or obese is the most significant contributing factor in developing the disease.

In Maryland, diabetes disproportionately impacts specific populations based on income and education level, race and ethnicity, geographic location and access to healthcare. Other risk factors include poor nutrition, lack of physical activity and tobacco use.

Mark Luckner, Executive Director of the state's Community Health Resources Commission, said the Commission will award grant funding to organizations that serve vulnerable populations and address the social determinants impacting diabetes.

"The Commission fully supports implementation of Maryland's Diabetes Action Plan," Luckner said. "Diabetes impacts far too many individuals and families in our state. We look forward to bringing access to much-needed services and programming in underserved and at-risk communities and addressing the health inequities that are associated with diabetes."

According to the American Diabetes Association, medical expenses for diabetes

and its complications in Maryland exceed \$4.9 billion a year, with another \$2 billion in indirect costs from lost productivity.

"We are excited the Health Department chose our Diabetes is Primary conference to launch the Diabetes Action Plan and look forward to working collaboratively to help bend the curve of diabetes in Maryland in the months and years ahead," said David McShea, Executive Director of ADA's Maryland Chapter.

Reducing diabetes in the state will require a multi-faceted strategy including:

- Expanding nutrition and obesity prevention programs in every community
- Sharing data among health care providers, program providers and state agencies
- Supporting healthy eating in the workplace, in schools and through health systems
- Assessing the food supply chain to address food pricing and access to healthy foods
- Increasing opportunities for physical activity for students and workers
- Encouraging healthcare providers to refer overweight children and adults to evidence-based weight loss programs and lifestyle counseling
- Establishing referral mechanisms to health care specialists for obese children and adults
- Engaging partners to support state-of-the-art diabetes care including the use of telemedicine, case managers and community workers

To review MDH's Diabetes Action Plan, go to health.maryland.gov/diabetes-action-plan.

Maryland Department Of Health Reports Lowest Number of New HIV Cases in More Than 30 Years

BALTIMORE, Md. (November 26, 2019)—In advance of World AIDS Day on Dec. 1, the Maryland Department of Health (MDH) announced the lowest number of new HIV cases reported in Maryland in more than 30 years. For the first time since 1986, Maryland reported less than 1,000 new HIV diagnoses, putting the state on track to support the U.S. Department of Health and Human Services (HHS) goals for Ending the HIV Epidemic: A Plan for America.

"Though Maryland is one of the states hit hard by HIV, we have made substantial progress in reducing new infections over the past 10 years," said MDH Secretary Robert R. Neall. "We still have a lot of work to do, but today's numbers are an encouraging sign that Maryland's prevention and treatment efforts are working to achieve our goals."

According to HHS, Ending the HIV Epidemic: A Plan for America seeks to reduce the number of new HIV infections across the country by 75 percent within five years and by 90 percent by 2030, averting 250,000 new HIV infections. The initiative directs new funds to communities that are most impacted by HIV and leverages landmark biomedical and scientific research advances that have proven effective in HIV treatment and prevention, in addition to improving care for people living with HIV.

OUT on the TOWN



PHOTOGRAPHS COURTESY MONTPELIER HISTORIC SITE

Tea goodies



Holiday Teas and Artists' Boutique at Montpelier Historic Site

See Montpelier all decked out for the holidays, then enjoy a prix fixe menu of fine finger sandwiches, scrumptious cakes and pastries, buttery scones, and your choice of two quality loose leaf teas, all served on china and tiered stands in Montpelier's elegant East Wing, which will be decorated in festive holiday style.

While here, you can also shop at the Artists' Boutique, featuring original ornaments, fiber art creations and other artistic crafts, and the Montpelier Gift Shop, featuring books, music cds, old-fashioned toys, tea and tea accoutrements and Montpelier memorabilia. The Artists' Boutique is free to enter.

Reservations for the tea is required by Wednesday, December 11. Call 301-377-7817 (no e-mail reservations please). \$30 + tax per person, \$26 + tax for members of Friends of Montpelier. Price includes gratuity and self-guided tour of the historic house.

Date and Time: Saturday, December 14, 2019, 11 a.m. and 2 p.m.; Sunday, December 15 at 11 a.m. and 2 p.m.

Ages: Adults

Location: Montpelier Historic Site, 9650 Muirkirk Road, (Muirkirk Road at Route 197), Laurel, MD 20708

Contact: 301-377-7817, TTY: 301-699-2544, www.pgparcs.com

Below: Purple shawl and runner from the Artists' Boutique. Shop for original ornaments, fiber art creations and other crafts, all by local artisans, will be for sale. Perfect for unique holiday gifts.



ERIC D. SNIDER'S IN THE DARK

.... Movie Review

Don't Let Go

Don't Let Go

Grade: C+

Rated R, strong language, some violence and bloody images
1 hr., 43 min.

David Oyelowo, the soulful actor who played Martin Luther King Jr. in "Selma" a few years ago, deserves mainstream success if he wants it, and tossing off a few crowd-pleasing potboilers might seem like the way to get it. But while "Don't Let Go" (called "Re-live" at its Sundance premiere) starts with a perfectly good premise, it soon turns into a formulaic police procedural with the most obvious, easily guessed resolution.

Detective Jack Radcliff (Oyelowo) gets a shocking phone call from his recently-murdered niece Ashley (Reid). Working together across time, they race to solve her murder before it can happen.

ROTTENTOMATOES.COM



prised to get a phone call from his recently murdered niece, Ashley (Storm Reid), calling from three days before she and her parents were killed. Uncle Jack eventually takes advantage of the time warp to try to prevent the murders, but not before spending a combined seven or eight minutes (or so it feels) staring agape at the caller ID. Writer-director Jacob Estes (whose "Mean Creek" and "The Details"

were also Sundance debuts, which goes a long way toward explaining how this one made the cut), quickly loses interest in his sci-fi/fantasy conceit and defaults to disappointingly mundane dirty-cop, this-conspiracy-goes-all-the-way-to-the-top detective tropes that don't do anyone any favors. Oyelowo is magnetic, though, even when stumbling around panicked and dumb-founded.

Spotlight: Auditions!

Auditions: Missoula Children's Theatre Robinson Crusoe
Date and Time: Monday, December 9, 2019, 4:30-6:30 p.m.
Registration required. Wear comfortable clothing. All material for song and movement auditions will be provided. Late arrivals will not be admitted. Missoula Children's Theatre provides two professional tour actor/directors who will audition and cast 50-60 local elementary school students in a full-length, original musical production of "The Amazing Adventures of Robinson Crusoe."
Cost: Free. **Register** through Parks Direct.
Ages: Pre-K through 12 grade
Location: Harmony Hall Arts Center, 10701 Livingston Road, Fort Washington, MD 20744
Contact: 301-203-6070; TTY: 301-699-2254

OPEN TO THE PUBLIC



Harmony Hall Arts Center

PHOTO COURTESY THE M-NCPPC

Harmony Hall Arts Center opened its doors to the public in September of 1989 and quickly evolved into Prince George's County's most popular, premier arts facility. We are your one-stop-shop for all your visual and performing arts needs. The Center offers in-depth programs for the creative passions of aspiring artists of all ages in ceramics, sculpture, dance, drama, painting, voice, belly dance and photography. Enjoy our John Addison Concert Hall for a cozy entertainment experience, or view exceptional works of local, national and international artists in our exhibition spaces. The galleries are open Monday through Friday, 8:30 a.m. to 8 p.m., Saturday 10 a.m. to 4 p.m. and Sunday, 10 a.m. to 2 p.m. (no office hours) as well as during most performances.

Harmony Hall Arts Center: 10701 Livingston Road, Fort Washington, MD 20744 • 301-203-6070 • <http://www.mncppc.org/1979/Harmony-Hall-Arts-Center>

Upcoming Events

IN LARGO:

Surviving the Holidays—Coping with Grief

Date and Time: Thursday, December 12, 2019, 5-6:30 p.m.

Description: A holiday grief support group for those who have lost a loved one. Capital Caring Health grief support services are available to everyone in the local community.

Cost: Free

Ages: All ages are welcome

Location: Capital Caring Health, 1801 McCormick Drive, Suite 180, Largo, MD 20774

Contact: Teyawanda Booker, LCSW-C. **Call to register:** 301-883-0866, capitalcaringhealth@messagepartnerspr.com https://www.capitalcaring.org/wp-content/uploads/CC-Point-of-Hope-December-2019_1.pdf

IN DISTRICT 2:

Hernandad Fiesta

Date and Time: Saturday, December 14, 2019, 11 a.m.-1 p.m.

Location: Langley Park Community Center, 1500 Merrimac Drive, Hyattsville, MD 20783

Dottie McNeil Annual Christmas Celebration and Toy Drive

Date and Time: Saturday, December 14, 2019, 6:30-8:30 p.m.

Location: Rollingcrest Community Center, 120 Sargent Road, Chillum, MD 20782

IN BOWIE:

Saturday Fun With Santa

Date and Time: Saturday, December 14, 2019, 10 a.m.-12 p.m.

Description: Get your photo taken with Santa and enjoy some holiday fun. Moon bounces, face painting, and a live children's band.

Cost: Free with new unwrapped toy per child for the US Marine Corps Toys for Tots Toy Drive. \$3 per child without a toy.

Ages: 10 and under, with parents

Location: City Of Bowie Gymnasium, 4100 Northview Drive, Bowie, MD 20716

Contact: 301-809-2388

Rufus the Red-Nosed Rain Dog: Children's Puppet Show

Date and Time: Saturday, December 14, 2019, 2:30-3:30 p.m.

Description: A lost and lonely dog shows up at Santa's workshop. First, he's rejected because he has a red nose, but eventually we learn that everyone is different and everyone is special.

Cost: Free. No reservations needed.

Ages: Great for family audiences and the younger child

Location: Belair Mansion, 12207 Tulip Grove Drive, Bowie, MD 20715

Contact: 301-809-3089 or museumevents@cityofbowie.org.

IN ACCOKEEK:

Guided Nature Hike: Who's Hibernating?

Date and Time: Sunday, December 15, 2019, 1 and 3 p.m.

Description: Explore the natural wonders of Piscataway Park with a guided trail walk led by an educator. Identify plants and animal life, learn about wild edible plants, or explore the changes in the Potomac River landscape over time. Hikes depart from the visitor center.

Cost: \$5/person or Free for Accokeek Foundation members

Ages: All ages are welcome

Location: Piscataway Park, 3400 Bryan Point Road, Accokeek, MD 20607

Contact: 301-283-2113

Calendar of Events

December 5–December 12, 2019

Dinosaur Park Open House

Date and Time: Saturday, December 7, 2019, 12–4 p.m.
Description: Digging and personal fossil hunting prohibited. Discover an ancient world right in Prince George's County! Paleontologists and educators will display fossils, casts, and models of *Astrodon johnstoni*, Maryland's state dinosaur, along with other 112 million-year-old creatures found at Dinosaur Park. Weather permitting, visitors help search for new fossils and make discoveries that will be preserved with their names for all time!
Cost: Free
Ages: All ages are welcome
Location: Dinosaur Park, 13100 Mid-Atlantic Blvd, Laurel, MD 20708
Contact: 301-627-1286; TTY 301-699-2544

Santa Fly-In

Date and Time: Saturday, December 7, 2019, 12–4 p.m.
Description: Watch Santa fly into historic College Park Airport with some help from local aviators! Make holiday arts and crafts and enjoy holiday activities before having your picture taken with Santa. Santa arrives at approximately 12:30 pm.
Cost: \$5/participant
Ages: All ages are welcome
Location: College Park Aviation Museum, 1985 Corporal Frank Scott Drive, College Park, MD 20740
Contact: 301-864-6029; TTY 301-699-2544

Family Fun Series: Holidays Around the World

Date and Time: Saturday, December 7, 2019, 2–3 p.m.
Description: 'Tis the season for hilarity! When the tour guides for Worldwide Tours get separated at holiday time, a worldwide adventure awaits. As they travel around the world in search of each other, these guides share what they learn about the season from a wide variety of places and cultures. Celebrate holidays from all over the globe—the Lohri Festival, St. Lucia Day, Hanukkah, Kwanzaa, Christmas, and more!
Cost: \$5/person. Get your tickets online, or call 301-277-1710
Ages: All ages are welcome
Location: Publick Playhouse, 5445 Landover Road, Cheverly, MD 20784
Contact: 301-277-1710; TTY 301-699-2544

Holiday Candlelight Tea

Date and Time: Saturday, December 7, 2019, 4 p.m.
Description: Set aside a special time to enjoy the season with our candlelight holiday tea! Tea tiers will include festive desserts, scones with jam, and finger sandwiches. We will serve our Marietta special holiday blend tea. Following the tea, you are welcome to tour the beautifully decorated and candlelit historic home.
Cost: \$25/person. **Reservations are required.**
Ages: 8 and older
Location: Marietta House Museum, 5626 Bell Station Road, Glenn Dale, MD 20769
Contact: 301-464-5291; TTY 301-699-2544

Holiday Make and Take Workshop

Date and Time: Sunday, December 8, 2019, 1–3 p.m.
Description: Tinsel, glitter, and evergreens—Oh my!! Come celebrate the holidays by making your own greeting card and/or a holiday ornament. Team up with your family to make lasting memories or come on your own to create a loving gift for that special someone. Participants will get in the holiday spirit when they attend this holiday workshop! No experience needed.
Cost: Free!
Ages: All ages are welcome
Location: Montpelier Arts Center, 9652 Muirkirk Road, Laurel, MD 20708
Contact: 301-377-7800; TTY 301-699-2544

Holiday Tours 2019

Date and Time: Tuesday, December 9–Saturday, December 28, 11 a.m.–4 p.m. (closed Wednesdays and December 25)
Description: See Montpelier dressed up for the holidays on these self-guided tours. Rooms decorated in traditional style by local garden clubs. You can also shop at the Artists' Boutique through December 27, featuring original ornaments, fiber art creations and other artistic crafts, and the Montpelier Gift Shop, featuring books, music cds, old-fashioned toys, tea and tea accoutrements and Montpelier memorabilia.
Cost: Regular mansion tour prices apply (\$5/adults; \$4/seniors; \$2/children; ages 4 and under free). No reservations required.
Ages: All ages are welcome
Location: Montpelier Historic Site, 9650 Muirkirk Road, (Muirkirk Road at Rt 197), Laurel, Maryland 20708
Contact: 301-377-7817, TTY: 301-699-2544,

Fairy Tale Fun

Date and Time: Tuesday, December 10, 2019, 10–11 a.m.
Description: Make new friends while enjoying stories, snacks and a craft!
Cost: Free. No reservations
Ages: 2–5 years old
Location: Belair Mansion, 12207 Tulip Grove Drive, Bowie, MD 20715
Contact: 301-809-3089 or museumevents@cityofbowie.org.

A Jazzy Holiday with the Eric Byrd Trio

Date and Time: Thursday, December 12, 2019, 12–1 p.m.
Description: The Eric Byrd Trio graces our stage with cool arrangements of holiday classics. Everything from traditional holiday carols to modern-day favorites will be performed in their own unique styles of gospel, blues, and jazz. ADA: Yes
Cost: \$12/person. Purchase through Parks Direct.
Ages: All ages are welcome
Location: Montpelier Arts Center, 9652 Muirkirk Road, Laurel, MD 20708
Contact: 301-377-7800; TTY 301-699-2544

News from The Maryland Zoo

By CLAIRE AUBEL
The Maryland Zoo

The Maryland Zoo Receives Sensory Inclusion Certification

BALTIMORE, Md. (November 8, 2019)—The Maryland Zoo has become the first tourist destination in Maryland to earn sensory inclusion certification through KultureCity.

KultureCity is a nationally recognized nonprofit that provides sensory inclusion training and tools to venues and large-scale events.

"We strive to make The Maryland Zoo welcoming to everyone," said Don Hutchinson, president and CEO of The Maryland Zoo. "This certification better prepares us to assist guests in having the most comfortable and accommodating experience possible at the Zoo."

Sensory sensitivities or challenges with sensory regulation are often experienced by individuals with autism, dementia, PTSD and other similar conditions.

As part of the certification, Zoo staff was trained by leading medical professionals on how to recognize guests with sensory needs and how to handle a sensory overload situation. KultureCity supplied the Zoo with sensory bags, which are equipped with noise cancelling headphones (provided by Puro Sound Labs), fidget tools, and verbal cue cards (produced in conjunction with Boardmaker).

One of the major barriers at the Zoo for guests with sensory challenges is sensitivity to over stimulation and noise. KultureCity signage around the Zoo denotes loud areas where noise-cancelling headphones might be helpful and quiet areas where guests can relax.

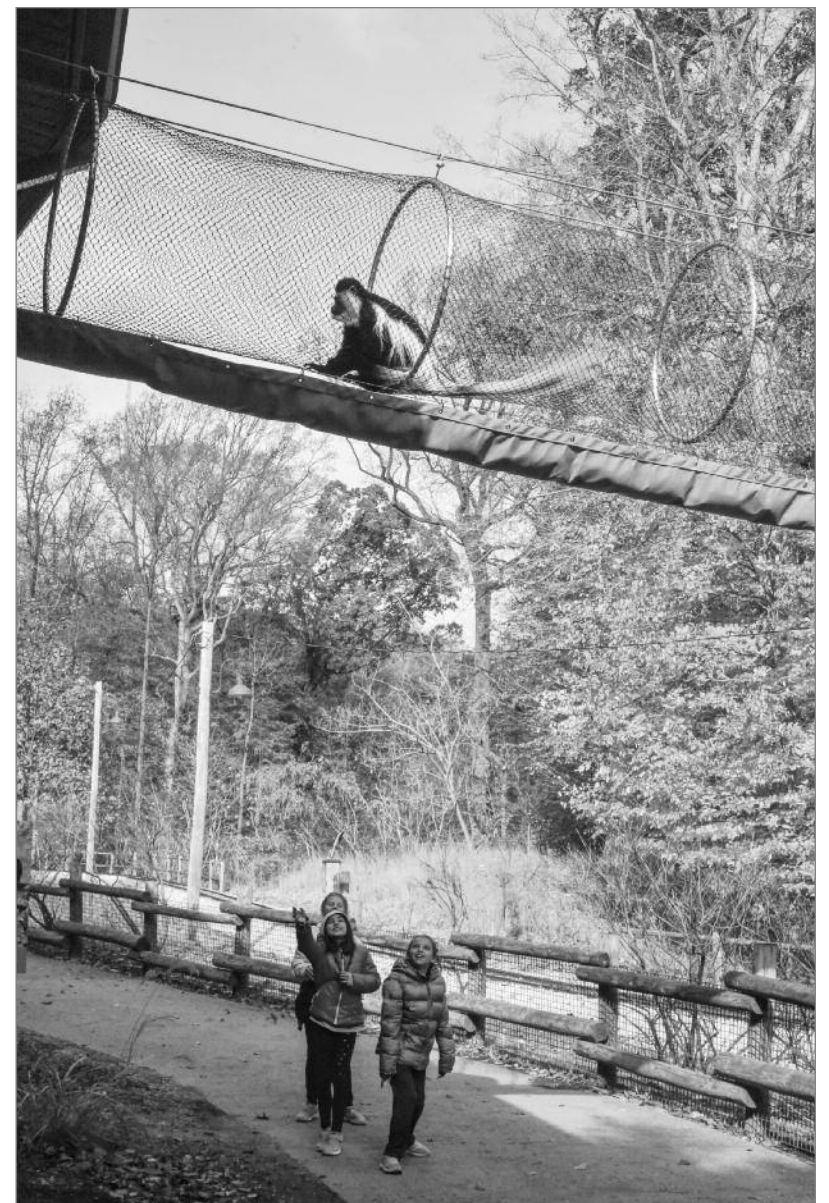
"To know families can visit The Maryland Zoo with their loved ones who have a sensory challenge and who were not able to previously attend, is truly a heartwarming moment. Our communities shape our lives, and to know that The Maryland Zoo is willing to go the extra mile to ensure that everyone, no matter their ability, is included in their community is amazing." Dr. Julian Maha, co-founder of KultureCity.

Prior to visiting the Zoo, guests can download the free KultureCity app to see what sensory features are available and where they can access them. The app also includes a photo preview of what to expect while visiting the Zoo.

For details on the KultureCity program at the Zoo, please visit www.marylandzoo.org and www.facebook.com/marylandzoo.

Founded in 1876, The Maryland Zoo in Baltimore is the third oldest zoo in the United States and is internationally known for its contributions in conservation and research. More than 1,500 animals are represented in the Zoo's varied natural habitat exhibits in areas such as the award-winning Penguin Coast, Polar Bear Watch, the Maryland Wilderness, African Journey and the Children's Zoo. Situated in Druid Hill Park near downtown Baltimore, the Zoo is accredited by the Association of Zoos & Aquariums. For more information, visit www.marylandzoo.org.

KultureCity is a leading non-profit recognized nationwide for using their resources to revolutionize and effect change in the community for those with sensory needs; not just those with Autism. Since the program's inception, KultureCity has created over 350 sensory inclusive venues in 4 countries; this includes special events such as: NFL Pro-Bowl, NFL Super Bowl, MLB All Star Weekend. KultureCity has won many awards for its efforts: NASCAR Betty Jane France Humanitarian Award in 2017, Cleveland Cavaliers' Quiet Space Sensory Room at Quicken Loans Arena was a finalist for the 2018 Stadium Business Award, and the 2018 Clio Sports Silver for social good in partnership with Cleveland Cavaliers/Quicken Loans Arena. Recently, KultureCity was awarded one of the World's Most Innovative Companies for 2019 by FastCompany.



PHOTOGRAPH COURTESY THE MARYLAND ZOO

To the delight of zoogoers, a monkey tests out the Colobus Trail at The Maryland Zoo.

Monkeys Test Out New Trail at The Maryland Zoo

We are nearing completion of the new Colobus Trail, and thanks to mild temperatures today (November 20), the Zoo's colobus monkeys were able to explore the new pathway for the first time.

When complete, Colobus Trail will be the newest addition to the Zoo's African Journey.

What is a Colobus Trail?

- The raised mesh and Plexiglas tunnel is suspended from the ceiling of Chimpanzee Forest.
- Inside, the Colobus Trail connects the colobus and lemur habitats leading to the connecting trail outside of the building.
- The trail is positioned 12 feet off the ground and runs adjacent to the Jones Falls Zephyr train tracks.
- The trail will lead to the three outdoor habitats on Lemur Lane.
- Construction is predicted to be complete by the end of November.
- Once the trail is complete, the colobus and lemurs will have access to it depending on outside weather conditions.

Colobus monkeys (*Colobus guereza*) are found in all types of forests in equatorial Africa. They are easily distinguishable by their black bodies and long white tails, and are highly social animals that spend most of their time sitting in the treetops eating and socializing.

For updates on Colobus Trail construction and all Chimpanzee Forest animals, please visit www.marylandzoo.org and www.facebook.com/marylandzoo.

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

Earth TALK™ Canine Cancer Rates on the Rise: Are Lawn Chemicals to Blame?

Dear EarthTalk:

Is it true that lawn chemicals can cause canine cancer, and if so, how can I protect my dog?

—Bill W., Ithaca, NY

Unfortunately, the answer may very well be yes. A 2012 study published in the peer-reviewed scientific journal, *Environmental Research*, found that exposure to certain lawn care products, such as the nearly ubiquitous herbicide 2,4-Dichlorophenoxyacetic acid (2 4-D for short), increases dogs' chances of developing Canine Malignant Lymphoma (CML) by 70 percent. When ingested repeatedly, 2 4-D acts as an endocrine disruptor, mutating a dog's white blood cell count allowing malignant tumor cells to replicate unchecked. While obviously worrisome for dogs and those of us who love them, the implications for people aren't good either, given the similarities between the onset of CML in canines and non-Hodgkin's lymphoma in humans.



IMAGE CREDIT: BRETT SAYLES, PEXELS

Maybe you shouldn't let your dog run free at the park—or in your neighbor's yard—if carcinogenic chemicals are used on the lawn.

A 2013 study in another peer-reviewed journal, *Science of the Total Environment*, found that "exposure to herbicide-treated lawns has been associated with significantly higher bladder cancer risk in dogs." Certain breeds of dogs (terriers, beagles, sheep dogs) are at greater risk, but needless to say lots of 2 4-D or other synthetic lawn chemicals like glyphosate (the active ingredient in RoundUp) aren't good for dogs of any stripe. "A strong justification for the work was that dogs may serve as sentinels for potentially harmful environmental exposures in humans," report the researchers behind the bladder cancer study.

What can you do to help prevent more dogs (and humans) from getting sick? For starters, avoid using lawn care chemicals around your home. And if you hire or manage someone else to take care of your yard, make sure they are not using 2 4-D, glyphosate or any other potentially hazardous pesticides, herbicides or fertilizers.

Getting rid of your lawn altogether and replacing it with regionally adapted native plants that don't need fertilizers or pesticides to thrive is another way to protect dogs from chemicals while saving yourself the trouble of having to mow the lawn.

If you can't live without a grassy green lawn and can't bear to just let it go wild, opt for all-natural, organic inputs. For instance, organic compost distributed across your lawn with a shovel in a thin layer can do just as well or better at nourishing your grass as chemical fertilizers.

For weed control (beyond good-old hand-pulling), a great all-natural alternative to RoundUp is BurnOut, which uses the power of food-grade vinegar and clove oil instead of glyphosate to eradicate unwanted plants.

As for protecting your dog while out on a walk, steer clear of private lawns, even if you have to leash Fido to keep him out of neighbors' yards. And the days of letting your dog run free in parks where your municipality may use questionable landscaping chemicals are over now that we know the potential consequences. Fortunately, many enlightened cities and towns have taken steps to rid their publicly accessible lands of such hazardous treatments. But you won't know unless you ask, so contact your local parks department to find out exactly what they're spraying. And if you don't like the answer, rally other dog owners to help get it changed, for dogs' sake.

CONTACTS: "Household Chemical Exposures and the Risk of Canine Malignant Lymphoma, a Model for Human Non-Hodgkin's Lymphoma," ncbi.nlm.nih.gov/pmc/articles/PMC3267855/; "Detection of herbicides in the urine of pet dogs following home lawn chemical application," ncbi.nlm.nih.gov/pubmed/23584031; BurnOut Weed and Grass Killer, amzn.to/2XyhKGE.

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

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K-9 Unit from A1

train each dog for its region, and that the dogs can travel state-wide. When the dogs locate an item or person of interest—what Corcoran classifies as the “ultimate goal”—Maryland’s Department of Natural Resources trains them to use a passive action that is easily visible to indicate the find, such as sitting or laying down.

Corcoran trains the dogs to execute a passive action instead of an aggressive one, such as scratching or biting, to ensure that the dog and the evidence or item of interest remain safe.

The canines are then rewarded for their work by the department’s handlers, granting them play time with a toy of their choice.

Millner said that he recommends handlers to utilize a variable reward system, which causes a build up of anticipation and a rush of endorphins.

“Whatever motivates the dog ... is what I want the handler to use,” Millner said. “Nationwide, KONG is the toy of choice—probably the dog’s favorite choice.”

KONG toys are made out of rubber that can withstand lengthy chewing and can be filled with snacks.

The K-9’s training program is based around positive reinforcement and high praise—tactics that are most effective when instructing dogs, according to Millner.

Two of the department’s dogs—Rider and Ruckus—arrived as donations from county animal shelters, while Beacon was donated by a family.

Badger, the Natural Resource cadaver, or human remains, dog was purchased for \$700 from private yellow Labrador breeder Scott Stapleford in Delaware.

The Maryland State Police can pay more—anywhere from \$3,500 to \$9,000 based on the type of dog, where it is procured, the length of warranty, and the amount of training the dog may already have, according to the department. The state police have 42 dogs, including German shepherds, Belgian Malinois, Labrador retrievers, bloodhounds and a springer spaniel.

The state police obtained one German shepherd from a rescue facility, according to the department.

Maryland State Police dogs are trained in both police activities and detection of material, including narcotics and explosives, according to Brenda Carl, public affairs officer for the Maryland State Police.

Their training is also done in house with department trainers and lasts between 12 and 20 weeks depending on the dog and its handler, according to the department.

Millner also cited the execution of obedience as another factor in the longer training of police dogs.

After tearing his right cranial cruciate ligament, which is similar to an anterior cruciate ligament in humans, in June, Rider tore his left cranial cruciate ligament in October—not an uncommon occurrence for dogs, the department said.

But after Rider makes a full recovery—as the department expects—Beast Mode will be back on duty, tracking down illegal activity involving Maryland’s natural resources.

Lowest Number from A5

MDH data released in September reported 997 new HIV diagnoses in Maryland in 2018, the lowest since 947 new HIV diagnoses were reported in 1986. New HIV diagnoses in Maryland reached their highest number in 1991, with 2,612 cases reported.

MDH identified the first HIV case in Maryland in October 1981. Since then, more than 59,000 Marylanders have been infected with HIV, 41,000 of whom received an AIDS diagnosis. To date, there have been more than 23,000 AIDS-related deaths in Maryland.

HIV, the virus that causes AIDS, is an infectious blood-borne pathogen that leads to severe immune system suppression, hospitalization and death when left untreated. When treated, HIV is a manageable chronic disease, and people who achieve HIV suppression can live healthy lives.

HIV spreads through sexual activity, by sharing hypodermic needles (generally during injection drug use) and from mother to baby during pregnancy and breastfeeding. Common symptoms of acute infection include fever, fatigue, swollen lymph glands or tonsils, sore throat, joint and muscle aches, diarrhea and rash. The first symptoms may begin a few days after infection and may last for about 14 days. After the initial symptoms subside, a person may remain asymptomatic for years until they become immunosuppressed and susceptible to many infections.

“The best way to protect yourself and your community is to take an HIV test,” said Deputy Secretary for Public Health Frances B. Phillips. “If you test positive, there are safe and effective treatments that can keep you healthy. If you test negative, there are multiple prevention options to consider, including PrEP, a daily pill to prevent infection.”

HIV testing is recommended at least once for everyone ages 13 to 64, and for pregnant women, patients initiating treatment for tuberculosis and patients seeking treatment for sexually transmitted infections. Repeat testing, at least annually, is recommended for individuals who are at high risk for acquiring HIV including:

- Injection drug users and their sex partners
- Sex partners of HIV-infected people
- Men who have sex with men
- Heterosexual people who themselves or whose sex partners have had more than one sex partner since their most recent HIV test

Free and confidential HIV testing is available through local health departments.

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