

The Prince George's Post



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Veteran Service Organization Brings Operation Legacy: a National Week of Service to College Park

By PRESS OFFICER
Travis Manion Foundation

COLLEGE PARK, MD—The Travis Manion Foundation (TMF) will host over 30 Operation Legacy projects across the country the week of November 10th–19th including a project in Baltimore, scheduled for Friday November 10th. Operation Legacy is the fastest growing movement to unite communities across the nation to create positive change, while honoring the legacies of the heroes who have gone before us. Operation Legacy projects aim to engage veterans, families of the fallen, and civilians alike, by activating them to lead and serve others in their communities. Americans across the country are invited to volunteer with TMF for Operation Legacy, as a way to honor the past and build the future, while exemplifying the strength of America's national character. By uniting the community for a common cause through service, volunteers live the "If Not Me, Then Who ..." mantra of TMF and spearhead a movement of character, leadership, and selfless service.

"Veterans and families of the fallen define what it means to live a life of selfless service" says Amy Looney, the wife of LT (SEAL) Brendan Looney and Vice President of TMF. "In my mind, there is no one better to instill character in the next generation, by serving along-

side inspired civilians in their local communities to exemplify the strength of America's national character."

The College Park Operation Legacy project was organized by Lauren Anderson, who serves as local volunteer project leader. The local service project will involve volunteers meeting at University of Maryland College Park for a day of service involving a neighborhood clean-up. Those interested in volunteering for this upcoming project can register or learn more information by visiting the website at www.oplegacy.org/collegepark

About Travis Manion Foundation

The Travis Manion Foundation (TMF) is a qualified 501(c)(3) that is dedicated to empowering our nation's veterans and families of fallen heroes to develop character in future generations. In 2007, 1st Lt Travis Manion (USMC) was killed in Iraq while saving his wounded teammates. Today, Travis' legacy lives on in the words he spoke before leaving for his final deployment, "If Not Me, Then Who ..." Guided by this mantra, veterans continue their service, develop strong relationships with their communities, and thrive in their post-military lives. As a result, communities prosper

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Challenges Remain for Elon Musk's East Coast Hyperloop in Maryland

By C.J. MITCHELL
Capital News service

ANNAPOLIS, MD—Elon Musk's East Coast "hyperloop" project still faces technological and regulatory hurdles as Gov. Larry Hogan announced Maryland's support for construction of the project last week.

Maryland may have jumped the gun a bit, as a day after the announcement, Musk tweeted a clarification: "Not ready to do a proper announcement yet, but maybe in a month or so. Maryland has been awesome to work with and just wanted to say thanks."

This deal, though full of ambition from Hogan and Musk, billionaire inventor, entrepreneur and founder of SpaceX and Tesla Inc., thus far is lacking specifics.

Maryland Transportation Secretary Pete Rahn said last week The Boring Co. will start with two 35-mile tubes between Baltimore and Washington. Even if this proposal comes to fruition, the company will have 10.3 miles approved, and approximately 215 miles of approval left to complete Musk's vision of an underground New York City-Philadelphia-Baltimore-D.C. hyperloop.

In Maryland, Musk will still have to gain approval to tunnel more than twice the amount of miles under the remainder of Route 295—the

A hyperloop along 295 corridor?



CAPITAL NEWS SERVICE IMAGE BY C.J. MITCHELL

Baltimore-Washington Parkway—which is owned by the federal government.

"Approval needed from: Federal DOT; 6 states; 17 counties; numerous cities; hundreds of elected officials. Definitely happening rapidly," tweeted Yonah Freemark, a transportation expert and doctoral student at Massachusetts Institute of Technology, expressing skepticism at Musk's proposal earlier this year.

Musk's "hyperloop" idea was first released in a joint

Tesla and SpaceX Hyperloop Alpha white paper in August 2013, detailing a reduced-pressure tube system capable of propelling small pods of people at an average speed of 600 mph and a top speed of 760 mph using vacuum pumps and "air bearings" to overcome air resistance.

Touted as an open-source project, Musk has taken a backseat approach to the development of the concept, instead encouraging other companies to take the proposal

and make it a commercial reality, with SpaceX building a test track in California and hosting a competition for students and engineers to develop prototype sleds.

Two companies are the most active in making the hyperloop a reality: Virgin Hyperloop One, backed by Richard Branson's Virgin Group Ltd., and Hyperloop Transportation Technologies, a crowdsourced company.

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Program on Domestic Violence Theme of 6th Annual Partnership Luncheon

By PRESS OFFICER
PG County Sheriff's Office

UPPER MARLBORO, MD—Sheriff Melvin C. High and the Office of the Sheriff's Domestic Violence Intervention Division (DVID) hosted over 165 guests at Newton White Mansion at the 6th Domestic Violence Partnership Luncheon. Of the luncheon, Sheriff High said, "We started the luncheon six years ago to bring together all of the partners who do this work together, to look back over the last year's work and to consider how we can make progress going forward."

The keynote speaker, Dr. Patricia Bent-Goodley, Professor of Social Work and Chair of the Prince George's County Lethality Review Team (PGCFRT), in "From where we started ..." spoke retrospectively about the work that's been done to combat domestic violence in the county. Dr. Bent-Goodley urged guests to be encouraged, saying "Prince George's County has come a long way, we've made great progress, and we are on the right track."



PHOTO COURTESY PG COUNTY SHERIFF'S OFFICE

Guests, Sponsors and Officers pose at the 6th Annual Partnership Luncheon on October 30, 2017.

Having worked extensively with other jurisdictions on domestic violence, Dr. Bent-Goodley noted the importance of best-practice developments in Prince George's County, such as the Family Justice Center and Sheriff's Deputies' response protocol in domestic violence calls-for-service. She also highlighted the need to incorporate lessons learned from the work of the FRT into awareness programming and service modules, and including the male perspective on domestic violence.

In his closing remarks, Sheriff High invited guests to join him in reaching the goal of making Prince George's County the jurisdiction in the state with the lowest number of domestic violence incidents and domestic violence homicides.

Kaiser Permanente, the presenting sponsor of the luncheon, was represented by Ms. Mindy Rubin, who spoke about domestic violence in the con-

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PG County Residents Urged to Sign Up For Health Coverage During Open Enrollment

By PRESS OFFICER
PG County Government

LANDOVER, MD—Open enrollment for 2018 health insurance under the Affordable Care Act began November 1 and ends December 15, 2017. Prince George's County Executive Rushern L. Baker III today urged residents who are un-insured or are underinsured to take advantage of the upcoming health enrollment period and enroll into a health plan.

"This is an extraordinary time. Over the last several

months, we have seen numerous attempts to repeal and replace the Affordable Care Act. The recent Executive Order threatens the stability of the marketplace and may cause residents with affordable health coverage to lose their tax credits and eligibility for cost sharing reductions. While the Affordable Care Act is still the law of the land, with each attempt to attack the Affordable Care Act, we have come to see how vital it is to have access to health care, now! Without coverage, there is no clear pathway to prevention, wellness and

improving health outcomes. I urge all Prince Georgians who are not covered, please get coverage now. This is the time," said County Executive Baker.

Since the start of the Affordable Care Act in 2013, Prince George's County has reduced the uninsured rate from approximately 15% to slightly below 9%. It is estimated that as many as 78,000 residents remain uninsured. While many of the uninsured are not eligible to enroll in

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First Brick-and-Mortar Medicinal Cannabis Dispensary Comes to PG County

By PRESS OFFICER
The Jay Firm

CAPITOL HEIGHTS, MD—Hope Wiseman, the youngest African-American woman dispensary owner in the nation, is proud to announce along with her business partners, Dr. Octavia Simkins-Wiseman and Dr. Larry Bryant, the opening of Mary and Main in Prince

George's County, Maryland during the Winter of 2018. The dispensary will be the one of the first in the county.

At 25, Wiseman has not only become the youngest black woman dispensary owner in America, but she has cultivated a passion to spread the word about the important place in history that millennials like herself have in the American cannabis industry.

"It's extremely crucial that we as millennials take serious the role that cannabis has in potentially bettering America's economy," says Wiseman. "We will be the ones maintaining and improving the world we live in and using my platform to raise awareness among my peers and

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INSIDE

CDC Initiative Reports Decline in Death Rates From Diseases That Disparately Plague African Americans

The racial disparities are vast between Blacks and Whites when comparing the prevalence of these diseases and the death rates. Closing the gap has been difficult.

Community, Page A3

Children and the Opioid Crisis

For the last two decades people across our nation have helplessly watched this rapidly escalating epidemic destroy families and entire communities. Most of us know some person or family in our community suffering from the impact of substance abuse disorder.

Commentary, Page A4

Take Advantage of Important State and Local Tax Credit Programs

To help homeowners deal with large assessment increases on their principal residence, state law has established the Homestead Property Tax Credit. The Homestead Credit limits the increase in taxable assessments each year to a fixed percentage.

Business, Page A5

Movie Review: Crown Heights

In the spring of 1980, a teenager is gunned down in the streets of Flatbush, Brooklyn. The police pressure a child witness to identify a suspect. As a result, Colin Warner, an 18-year-old kid from nearby Crown Heights, is wrongfully convicted of murder and sentenced to life in prison.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

Whatever became of the rediscovered Ivory-Billed Woodpecker that we thought we had lost to extinction? What other animals that we thought went extinct have "come back" from the dead?

—Betsey Edgewater,
Austin, TX

Features, Page A7

Towns and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301 735 3451

Groundbreaking: all USCIS employees will be under the same roof

On Oct. 30, at 1 p.m., Prince George's County celebrated the groundbreaking of New Consolidated U. S. Citizenship and Immigration Services Headquarters (USCIS) at the Branch Avenue Metro. The groundbreaking marks the beginning of a two-year construction project that will bring 3,700 federal jobs to the County.

For the first time in U.S. Citizenship and Immigration Services history, all the employees will all be under one roof. "If everybody's under the same roof," USCIS Director Cissna said, "we'll be able to talk to each other, collaborate; there will be a synergy that doesn't exist now because we're spread out across town."

Supporters who showed up on Monday to cheer the groundbreaking had to step around mud puddles and lean into 20 mph winds. They included County Executive Rushern L. Baker, III, County Council Chair Derrick L. Davis, and District 8 County Council Member Obie Patterson, Acting Secretary of Homeland Security Elaine Duke, USCIS Director L. Francis Cissna and officials from the General Services Administration (GSA).

People

Father John Mattingly, 71, a retired priest of the Archdiocese of Washington died Oct. 19. Among the parishes he served were St. Bernardine in Suitland, Holy Family in Hillcrest Heights and Most Holy Rosary in upper Marlboro. He was chaplain to the Boy Scouts of Southern Maryland and to several Knights of Columbus councils.

Isiah "Gene" Pugh, 73, died of his injuries on Oct. 31. He was one of six hospitalized after

a driver lost control and crashed into the side of Babes Boys Tavern at the Top of the Hill on Marlboro Pike, Oct. 24.

Donna Young, of Camp Springs, sent word when they finally heard from all their relatives in Puerto Rico after days of not knowing how they survived the hurricane. "All are fine, thank God," she wrote, "I haven't heard about their homes yet but there is a lot of flooding and no electricity or water."

Billy Hammett, formerly of Camp Springs and now of Indian Head, is in search of a replacement for his 15-year-old Yorkshire Terrier mix that died Oct. 5. If you have a male Yorkie or Yorkie mix, no more than six pounds, to offer Billy, call him at 301-906-3695. He misses Mr. T.

Toasting marshmallows, judging gingerbread houses

• Family Campfire at Clearwater Nature Center, Cosca Park, Saturday, Nov. 25, 1:00 to 2:30 p.m. Come enjoy an afternoon nature program while roasting marshmallows. Roasting sticks and marshmallows will be provided. You may bring your own hotdogs and drinks if you like. Ages 2 and up. Fee \$4. Info: 301-297-4575.

• 18th Annual Gingerbread House Show Begins Nov. 24-26 and continues weekends through Dec. 10, 12 noon to 5 p.m. Vote for your favorite gingerbread house. Admission \$1. Darnall's Chance House Museum, 14800 Governor Oden Bowie Drive, Upper Marlboro. Info: 301-952-8010.

Community meetings

Skyline Citizens Association meets Wed., Nov. 15, 7 p.m. at the Morningside Firehouse. Info: President Holmes, 301-751-0116.

Morningside holds its monthly Town Meeting Tues-

day, Nov. 21, 7 p.m. at the Town Hall.

Changing landscape

After 17 years of drama and family squabbles, groundbreaking was held Nov. 2 for the Dwight D. Eisenhower Memorial. It will be on a four-acre site on Independence Avenue between 4th and 6th streets NW. An opening date is set for 2020.

Supporters of Peace Cross have requested a hearing by the full U.S. Court of Appeals, and speculation is that the issue of removing the monument may eventually end up in the Supreme Court. Gov. Larry Hogan is among the monument's defenders. And so am I.

Never-ending construction continues at the corner of Allentown and Suitland roads. The new sidewalk has several major gaps, making it a dangerous trip for a motel overnighter who wants to cross the street for a Big Mac. The intersection continues to sprout barrels and cones. And now there are two huge cranes on the Beltway above the Suitland Road overpass and this week a bulldozer was creating a new path beneath the overpass. Drive carefully!

May they rest in peace

Stephen Gary McDonald, Sr., 65, of Crownsville, shop manager at Oxon Hill Exxon for 24 years, died Oct. 22. Gary, as most knew him, grew up in Oxon Hill and graduated from Oxon Hill High, class of 1970. He was an incredibly talented auto mechanic and a fan of drag racing, NASCAR, the Redskins and Nationals. Survivors include his sons, Stephen Jr., Kirk, Dylan and Austin; grandchildren, Drew and Bennett; and sisters,

See **MORNINGSIDE** Page A8

Neighborhoods

University of Maryland Prince George's Hospital Center's Cardiac Surgery Program Achieves Highest Level Quality Rating for Third Consecutive Period

CHEVERLY, MD—The Cardiac Surgery Program at University of Maryland Prince George's Hospital Center (UM PGHC) has, for the third consecutive reporting period, earned national recognition from the Society of Thoracic Surgeons (STS) for the quality of its Coronary Artery Bypass Grafting (CABG) procedure. CABG, often referred to as "cabbage," is the most common type of open heart surgery, improving blood flow to the heart by bypassing clogged arteries.

UM PGHC's Cardiac Surgery Program received a "3-star" rating from STS which is the highest available rating and achieved by only 10 percent of the 964 hospitals ranked nationwide during the most recent reporting period. In addition to earning high quality ratings, the program has also achieved consistently high patient satisfaction scores and a lower than average hospital stay of five days instead of six.

Since re-launching a cardiac surgery program in 2014 under a partnership with the University of Maryland Medical System, and the University of Maryland School of Medicine, UM PGHC has performed nearly 300 procedures for local patients who had previously needed to travel outside the county for heart surgery. CABG is one of the many procedures and treatments provided by UM PGHC's Cardiac Surgery Program.

"We are proud that our team has once again been recognized for our efforts in providing high-quality cardiac surgery with excellent outcomes for patients who come to us seeking lifesaving care," said Jamie Brown, MD, a cardiothoracic surgeon who serves as director of cardiac surgery at UM PGHC and associate professor of surgery at the University of Maryland School of Medicine. "Patients are benefitting from successful procedures with shorter amounts of time spent in the hospital, leading to recovery from heart disease and an improved quality of life."

The STS has developed a comprehensive rating system to drive quality and safety improvements based on a national database which accounts for factors including mortality, morbidity, and medications. A "3 star" rating score indicates that University of Maryland Prince George's Hospital Center's performance is statistically significantly better than the national STS average for the CABG procedure.

"It has truly taken a team to build this program to where we are today, providing high-quality cardiac services for residents of Prince George's County, Southern Maryland and the region," said Stephen T. Bartlett, MD, the Peter Angelos Distinguished Professor and Chair, Department of Surgery, University of Maryland School of Medicine, and Chief Medical Officer, University of Maryland Medical System. "We are excited about the continued expansion of quality clinical serv-

ices and academic medical excellence to serve even more Prince Georgians."

Coronary artery bypass grafting is a procedure performed to treat coronary artery disease, which is the narrowing and blockage of coronary arteries. Symptoms of coronary artery disease may include chest pain, jaw or arm pain, shortness of breath and nausea. CABG uses healthy blood vessels from elsewhere in the body, like the inside of the chest wall, or veins from the leg to bypass the blockages in your arteries and create new blood flow beyond the blocked arteries. The surgery can lower the risk of a heart attack and improve the function of the heart.

About University of Maryland Capital Region Health

Providing primary and specialty health care services to Prince George's County and the neighboring area, University of Maryland Capital Region Health was established in September 2017 upon the formal affiliation of the University of Maryland Medical System (UMMS) and the former Dimensions Healthcare System. University of Maryland Capital Region Health operates the University of Maryland Prince George's Hospital Center in Cheverly, University of Maryland Laurel Regional Hospital, University of Maryland Bowie Health Campus, and the University of Maryland Family Health & Wellness Center in Suitland. University of Maryland School of Medicine (SOM) faculty direct several University of Maryland Capital Region Health clinical programs, including anesthesiology, critical care, emergency medicine, neonatology, orthopaedics and vascular surgery, and the State's second-busiest Trauma Center. University of Maryland School of Medicine faculty also lead the highly-regarded cardiac surgery program at UM Prince George's Hospital Center. A new state-of-the-art regional medical center is expected to open in Largo in 2021. For more information, visit <http://www.umcapitalregion.org/>

About the Society of Thoracic Surgeons

The Society of Thoracic Surgeons (STS) is a not-for-profit organization that represents more than 7,400 surgeons, researchers, and allied health care professionals worldwide who are dedicated to ensuring the best possible outcomes for surgeries of the heart, lung, and esophagus, as well as other surgical procedures within the chest. The Society's mission is to enhance the ability of cardiothoracic surgeons to provide the highest quality patient care through education, research, and advocacy. www.sts.org

Hospice of the Chesapeake seeks volunteers with 4-wheel drive vehicles

PASADENA, MD—Volunteers with four-wheel drive vehicles are needed to assist Hospice of the Chesapeake patients and staff in Anne Arundel and Prince George's Counties during inclement weather conditions. For additional information or to volunteer, please contact our Volunteer

Department at 443-837-1508 or toll free at 800-745-6132.

Caring for life throughout the journey with illness and loss is the mission of Hospice of the Chesapeake. For more information, please visit www.hospicechesapeake.org.

Maryland Environmental Service Receives Solid Waste Association of North America Safety Excellence Award

CAPITOL HEIGHTS, MD—Last month Maryland Environmental Service (MES) was honored with a 2017 Safety Award for Biggest Safety Improvement in the Sustainable Materials Management Division from the Solid Waste Association of North America (SWANA). MES received the award recognizing excellence in solid waste safety for its operation of the Prince George's County Materials Recycling Facility in Capitol Heights, MD.

"Employee safety is the top priority for us at MES," said Roy McGrath, MES Director and CEO. "Our partners rely on us to ensure facilities meet all safety compliance regulations. Congratulations to our team members at the Prince George's County Materials Recycling Facility on this well-deserved recognition."

After beginning operations at the county-owned facility in November 2015, MES spent a month repairing the existing equipment and conducting building and equipment improvements to bring the facility into safety compliance and operational viability. Currently, the plant processes more than 275 tons of single stream recycling per day, up from approximately 170 tons during the first few months of MES operations.

In addition to 17 MES team members, 25 recycling sorters from a local Minority Business Enterprise vendor, CMT Services, Inc. work at the facility. This contract returns more than \$1.5 million dollars in salaries per year to the local community.

An awards ceremony will take place during the International Solid Waste Association World Congress & WASTECON® 2017 conference on September 27, 2017 in Baltimore, MD.

For more information about Maryland Environmental Service, visit www.menv.com.
About Maryland Environmental Service

The Maryland Environmental Service (MES) is an independent, self-supporting State agency that protects and enhances Maryland's environment through innovative solutions to complex environmental challenges. MES serves as a unique, not-for-profit public corporation that combines public sector commitment to responsible environmental protection with private sector flexibility and responsiveness. Created in 1970 by the State, MES has over 800 employees and 900 projects throughout the region. More than two-thirds of revenues from the \$165M agency flow directly to the private sector. MES receives no direct State appropriations, and has no regulatory authority. To learn more, visit www.menv.com

Brandywine-Aquasco

by Audrey Johnson 301 888 2153

NOVEMBER IS NATIONAL DIABETES MONTH

Diabetes mellitus (DM) is a disease that affects how our body uses blood (glucose). If you need a physician, please visit MedStarSouthernMaryland.org/FindADoc. Diabetes Awareness Day is Tuesday, November 7, 2017 from 6:30 PM to 8:00 PM. This is a free community event. You must register to receive a seat in advance. Register on line at MedStarSouthernMaryland.org or call 855-211-8405. The address is Surratt's-Clinton Branch Library, 9400 Piscataway Road, Clinton, Maryland.

Come and join us on Diabetes Awareness Day and meet Dr. Lauren R. Williams diabetes care expert. You will receive a certificate for a free diabetes screening.

NEW HOPE FELLOWSHIP PARISH

New Hope Fellowship Parish/Nottingham Myers and Christ United Methodist Church celebrated their Annual Men's Day on Sunday, October 22, 2017. James Forbes was honored as Man of the Year from the Christ Campus in Aquasco, Maryland. Kelvin Jackson was the honoree from Nottingham Myers Campus in Upper Marlboro, Maryland. Reverend Constance C. Smith, Pastor.

ASPIRE TO INSPIRE

PRD2BME Foundation presents their 1st Annual Fundraiser

Scholarship Gala with dinner, silent auction, dancing, cocktails and live entertainment "Aspire to Inspire" Saturday December 30, 2017 from 9:00 PM-1:00 AM at Camelot by Martin's. The address is 13905 Central Avenue, Upper Marlboro, Maryland 20774. Proceeds to benefit The April Carter Endowed Scholarship Fund Bowie State University.

Tickets cost \$100. Sponsorship Packages are available. Tickets available for purchase online at www.prd2bme.com or call 301-249-1622 to book your customized sensory experience.

OPEN HOUSES & INFORMATION SESSIONS

Learn about academic programs, support services, research opportunities, and student life at Bowie State University by attending their Open House and Information Sessions programs Wednesday, November 29, 2017. You will also receive valuable information on the admissions process, financial aid and scholarship opportunities. You will have the opportunity to receive tours of the campus, as well as opportunities to meet with faculty advisors, staff, and students. If you have any questions or concerns, please call

301-860-3415 or toll free 1-877-77BOWIE.

THERAPEUTIC RECREATION PROGRAMS

There are programs that are highly structured utilizing trained staff, adapted equipment and activities accompanied by a high staff/participant ratio. Programs include teen and adult social clubs, adaptive aquatics programs, sports/outdoor programs, leisure skills development program. Visit pgparks.com for more information.

Make an appointment to check out our NEW Therapeutic Sensory room at South Bowie Community Center located at 1717 Pittsfield Lane, Bowie, Maryland 20716. At the Center participants have the opportunity to explore and discover stations involving tactile, auditory and visual experiences in a safe and nurturing environment. Visit pgparks.com or call 301-249-1622 to book your customized sensory experience.

BOWIE STATE UNIVERSITY

Congratulations to all of the recipients who received awards at Bowie State University National Alumni Association Scholarship Gala held Friday, October 27, 2017 at Martin's Crosswinds. Congratulations our Bulldogs Football Team for a great win at our Homecoming Game vs. Lincoln University Saturday, October 28th. We are proud of our team.

COMMUNITY

The American Counseling Association's Counseling Corner

Could Your Teen Be Suffering From Depression?

For many families, having a teenager in the home can sometimes be a frustrating experience. Virtually every teen will have his or her moody moments. Sometimes teens will be withdrawn, almost impossible to talk to, or even openly hostile. It can be frustrating to parents, but sometimes that teenage behavior might indicate a real problem.

Of course, it isn't hard to understand why the typical teenage years can be difficult and sometimes out of control. There's the ongoing pressures of school, the always present conflicts of adolescent social life, the physical changes brought on by puberty and the conflicts associated with the normal developmental process of wanting to be more independent and adult.

Most teenagers handle such pressures with only occasional bouts of anxiety and moodiness, but there may be times when teens find themselves overwhelmed by all that's happening to them. The result can be a few days of your teen being more moody, irritable and withdrawn, or in some cases may turn into a more serious issue known as clinical depression.

It can be a condition that's difficult to recognize in a teenager. Teens tend to mask what they're feeling, especially from their parents. Instead of seeming sad, they may seem constantly bored, irritable and uncommunicative. They may engage in risky behaviors or withdraw from activities they once enjoyed.

While it takes a professional counselor or other mental health professional to diagnose clinical depression, there are signs that parents can look for. They can include prolonged sadness, being overly anxious, trouble concentrating, eating and sleeping problems, decreased energy, or excessive feelings of guilt or worthlessness. When several of these symptoms are present for more than a few days, it's time for a parent to take action.

Start by encouraging your teen to share feelings and thoughts. You want to listen without judging while also acknowledging the reality of what your teen is feeling. Parents must always take any references, threats or attempts by their teens at self-hurt or killing themselves seriously. Teen suicides are the third leading cause of death for young people.

If what you hear sounds serious, and if you've seen signs of depression for some time, seek professional help. It might be your teen's school counselor or an outside professional counselor specializing in adolescent and family issues. The right help can get your teen back to fully enjoying his or her adolescence.

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

Cannabis from A1

community is exactly what I plan to do."

Wiseman, along with her business partners Dr. Octavia Simkins-Wiseman and Dr. Larry Bryant will open a medicinal cannabis dispensary in their home county with goals of becoming a pillar of philanthropy, social activism, and cannabis education for the predominantly black county in southern Maryland.

"With our main goal focused on community engagement the Maryland and Main team strives to educate not only its patients, but also health professionals attempting to debunk the negative connotations

associated with cannabis," says Dr. Bryant, who has served Prince George's county for over 25 years.

For information about Maryland and Main, visit www.marylandmain.com. Media can also interact with the brand by connecting and engaging with Maryland and Main via Facebook, Instagram, and Twitter.

Hope Wiseman is also available for individual interviews to talk about her role as a young entrepreneur, an African American woman in the cannabis industry, and Maryland and Main. To schedule an interview with Wiseman and to request any assets, please contact Courtney Reed via TheJayFirm@gmail.com.

Luncheon from A1

text of community safety, and social and emotional well-being. Ms. Rubin shared information on some of Kaiser's Community Health Initiatives around nutrition, with schools, and with government and community organizations.

Sheriff High was joined by Nicholas Majett, Chief Administrative Officer and Betty Hager Francis, Deputy Chief Administrative Officer for Health and Human Services, and Education, who spoke

about the county's commitment and progress in the fight against domestic violence. Betty Hewlett, Chair, Maryland National Capital Park & Planning Commission also spoke about the importance of ending family and domestic violence. Police Chief Hank Stawinski and Fire/EMS Chief Barksdale also attended.

Well-known radio and marketing personality Justine Love MC'd the luncheon as she did six years ago when the luncheon was first held at a venue outside of Sheriff Headquarters.

Legacy from A1

and the character of our nation's heroes live on in the next generation.

Local Point of Contact

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National Point of Contact

Derrick Morgan—Travis Manion Foundation, Director of Marketing (215) 622-2225 Or email us at Derrick@travismanion.org

CDC Initiative Reports Decline in Death Rates From Diseases That Disparately Plague African Americans

By JANE KENNEDY
TriceEdneyWire.com

WASHINGTON, D.C.—Diseases resulting from tobacco use, obesity, and diabetes; plus heart disease and stroke. These are some of the leading causes of death among African-Americans, according to the U. S. Centers for Disease Control and Prevention (CDC).

The racial disparities are vast between Blacks and Whites when comparing the prevalence of these diseases and the death rates. Closing the gap has been difficult. But, over the past three years, the CDC has funded and facilitated the activities of five community-based organizations aimed to reduce death from these conditions.

The initiative, titled "Partnering4Health", has not only shown success in preventing death, but provided new insight into community activities that significantly impact health outcomes, according to the Executive Summary of a recently released "white paper" on the results of the initiative.

"From 2014 to 2017, CDC provided five national organizations a total of \$30 million to work with local communities and build their capacity for implementing sustainable changes that support healthy communities and lifestyles," the report describes. "The overall goal of CDC's funding was to implement, evaluate, and disseminate evidence- and practice-based community health activities that promote health equity."

In a nutshell, the CDC's Division of Community Health selected three national organizations to work with their existing regional or local affiliates, chapters, or members. The three organizations were the American Heart Association (AHA), American Planning Association (APA), and the National WIC Association (NWA). Those three organizations "provided 97 funding awards to 94 communities and their cohorts." The additional two national organizations funded were the Directors of Health Promotion and Education (DHPE) and the Society for Public Health Education (SOPHE), both of which provided training, communication support, and technical assistance to the project.

"The funding supported the communities' work toward [policy, systems and environmental] changes that would increase access to smoke-free environments, healthier foods and beverages, physical activity opportunities, as well as overall chronic disease prevention, risk reduction, and management initiatives," the Executive Summary states.

The three-year-initiative yielded the following successes, the report states:

- A 5 percent reduction in the rate of death and disability due to tobacco use
- A 3 percent reduction in the prevalence of obesity
- And a 3 percent reduction in the rates of death and disability due to diabetes, heart disease, and stroke.

The community-based strategies largely involved creative ways to communicate and increase awareness about tobacco use, poor nutrition, physical inactivity, and lack of access to chronic disease prevention, risk reduction, or management. Through the use of their newslet-

ters, websites, email blasts, conferences, forums, and existing publications, they reached their members, chapters/affiliates, partners, stakeholders, decision makers and other audiences. They also distributed CDC media messages and public service announcements to key audiences.

The mission of reversing negative behaviors largely through health education and awareness was daunting because of the prevalence of the unhealthy behavior.

"Health risk behaviors cause much of the chronic diseases prevalent in our society today. Tobacco use, the lack of physical activity, and poor nutrition are three behaviors that can lead to cancer, cardiovascular disease, diabetes and obesity, says Doreleena Sammons Hackett, executive director of DHPE. "These unhealthy behaviors can be corrected, once started. But more importantly they are preventable. Obesity is one of the most serious health concerns as it can lead to high blood pressure, diabetes, arthritis and certain cancers."

According to the CDC, more than one-third of adults (36%), or about 84 million people, were obese. That includes about one

in six youths (17%) aged 2 to 19 years.

Health experts have also acknowledged that the lack of walkable space and safe streets/neighborhoods also contribute to these conditions as well as the lack of affordable fresh fruits and vegetables. The availability of tobacco and alcohol in resource-poor communities where fast food chains are the cheapest and quickest option for meals compound the issue.

The report recommends that making a few changes in society and in personal lives can make a difference.

"The 94 funded communities made remarkable strides in improving access to healthier opportunities where people live, work, and play," the report states. It also outlined the following detailed results:

- More than 16 million people in communities throughout the United States now have more access to nutritious foods, physical activity, smoke-free environments, and/or clinical preventive services.

- Residents of 74 communities now have more access to healthy food and beverage options sold at corner stores, vending machines, mobile food trucks, farm-

ers markets, or by planting new community gardens.

- More farmers markets and other sources of fresh produce in those communities now accept food stamps and WIC vouchers, making healthy food more available and affordable to those with low incomes.

- Residents of 36 communities have more opportunities for physical activity through the creation of bike- and walker-friendly spaces, strengthening of school physical education, addition of worksite wellness sites, and/or new shared use agreements that allowed the public access to unused facilities such as after-hours school gymnasiums or tracks.

- People in six communities have more smoke-free parks, housing, or other environments.

- Mothers of young children in 29 communities can take advantage of breastfeeding-friendly environments and better links to health care professionals and community resources that promote healthy lifestyles.

The initiative aimed to impact chronic diseases in areas where they are most debilitating, where

See CDC Page A7

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COMMENTARY

Benjamin L. Cardin United States Senator for Maryland



Cardin, Van Hollen Urge Trump Administration to Extend Temporary Protected Status for Honduras and El Salvador

WASHINGTON, D.C.—Today, U.S. Senator Ben Cardin, Ranking Member of the Senate Foreign Relations Committee, with Senator Chris Van Hollen (both D-Md.) led 20 colleagues in sending a letter to Secretary of State Rex Tillerson and Department of Homeland Security Acting Secretary Elaine Duke urging the Trump Administration to extend Temporary Protected Status (TPS) for nationals from Honduras and El Salvador living in the United States, who are contributing to the U.S. economy, paying taxes, and supporting their families. Temporary Protected Status allows individuals from countries with unsafe conditions, such as an ongoing armed conflict or a recent natural disaster, to stay in the United States and work legally. The designations are set to expire in January and March, respectively.

“Currently, approximately 200,000 Salvadorans and approximately 61,000 Hondurans live and work lawfully in the United States as recipients of TPS. These individuals are registered with DHS with biometric data on file. TPS beneficiaries are making valuable contributions to the U.S. economy ... Salvadoran and Honduran beneficiaries, who are legally-sanctioned workers, provide important support to the U.S. construction industry, and these hard-working individuals will be essential contributors to the rebuilding efforts after Hurricanes Harvey and Irma,” the Senators wrote in their letter.

Expanding on the letter, Senator Cardin added, “In Maryland, there are more than 21,000 TPS re-

ipients. These individuals make valuable contributions to Maryland businesses and our economy. Additionally, at a time when the U.S. is working with Central American governments to address critical challenges to citizen security, the rule of law, and human rights, renewing these TPS designations is not just humane; it is in the U.S. national security interest.”

“For almost 20 years, our country has welcomed and protected immigrants fleeing violence and turmoil in Honduras and El Salvador. These men and women have lived here legally for years—they have jobs and businesses and their children attend our schools. My office and I have worked with many of these families, and I have seen firsthand their impact on our communities and our economy,” said Senator Van Hollen. “If we do not act to extend this program, we will devastate families in Maryland and across our country.”

Both Senators Cardin and Van Hollen have met with Marylanders directly affected by TPS. In their letter, the Senators highlighted the unique conditions in Honduras and El Salvador which provide a clear basis for TPS extension, including limited resources, high levels of violence, and widespread poverty. They stressed that sending tens of thousands of individuals back to these countries would have further destabilizing consequences.

See HONDURAS Page A6

Marc Morial, President and CEO National Urban League



The Digital Revolution Will be Powered by Black Millennials

“The internet is not a luxury, it is a necessity.”
—President Barack Obama, Remarks at the Launch of the ConnectHome Initiative, July 15, 2015

The presence and influence of Black millennials on our shared digital frontier can neither be denied nor dismissed. From viral memes that catch celebrities at their best—and worst, to trending hashtags like #BlackLivesMatter and #OscarsSoWhite with the power to spark social awareness and compel offline action, Black millennials are digital pioneers. They have eagerly and creatively adopted the medium, using its emerging technologies as a megaphone for justice, raising awareness and effecting change.

Statistically, Black families continue to remain less likely than white families to have dedicated internet access at home and are more likely to access the internet from their mobile phones. According to the latest Nielsen reporting on the online presence and participation of Black millennials, “Young, Connected and Black: African American Millennials Are Driving Social Change and Leading Digital Advancement,” 91 percent of African Americans report owning a smartphone—this comes only second to Asian Americans who report 94 percent smartphone ownership—and 91 percent of African Americans also report that they access the internet through mobile devices.

Tech-savvy African Americans, particularly the more than 11 million identified as Black millennials are influential, leading users of mobile technology and platforms, and voracious consumers and creators of digital content. They are also uniquely positioned to usher the movement for social justice into the digital age and have done so one hashtag, meme and social campaign at a time. From Ferguson to the Oscars, we have witnessed the power of e-amplified activism and its ability to exert its influence and pressure to effect change beyond the World Wide Web. It is clear that civil rights, activism, and large-scale national conversations will exist more and more at the curve of technology. In comparison to pre-

vious generations, Black millennials earn more, spend more and are experiencing increased educational advancements. We must ensure that this progress and the narrowing of our nation’s digital divide continues unabated.

The National Urban League understands that our world is increasingly global and networked. We believe that being left out of the digital revolution, whether you are an activist fighting for equality or attempting to access employment opportunities, is a detriment to our communities and, ultimately, our nation. Committed to economic empowerment, we have consistently called for the expansion of high-speed broadband to urban and rural America, including as recently as in our Main Street Marshall Plan. At this year’s annual conference we convened a Hackathon, challenging participants to create apps that address racial and social justice. We also featured Tech Connect, a space to explore the complex intersections between tech, race and social change.

We have not only committed to talking about the digital economy, and the digital space as a tool in the fight for social justice, but we actively prepare people for it. As Black millennials forge ahead on the digital frontier, we acknowledge and celebrate their collective strength and power—and recognize the decidedly analog roots of their movement.

Despite attempts to restrict communication among enslaved Africans, these men and women used their ingenuity and creativity to communicate in the beat of a drum, the clap of roughened hands and the moans of spirituals. With these early tools they were able to communicate sorrow, joy and revolution. Today, the tools are different and more powerful, but the impulse to use what we have to raise awareness, evoke discussion and trigger action remains the same. To access the new digital economy and to take advantage of the power of technology to impact our lives, we must continue to ensure access and promote STEM education. We applaud those leaders and young professionals in our communities who are rising to the occasion and using digital advances to bring online pressure to bear on our offline realities.



The Benson-Hammond House

Open to the Public

WIKIMEDIA COMMONS PHOTO BY: PUBDOG

THE BENSON-HAMMOND HOUSE

The Anne Arundel County Historical Society continues to operate the house as the only remaining example of what was once a thriving business in Northern Anne Arundel County — truck farming. The rooms of the house display antique furniture and textiles of the Victorian era. The third floor of the house is a museum displaying implements of farm life in the late 19th century and rotating exhibits on the second floor give visitors an opportunity to see portions of the Society’s large collection of quilts, clothing, cooking utensils and other artifacts. The third floor also houses the Society’s large collection of antique dolls. There is a museum shop on the first floor. Open to the public from March through December on Saturdays from 11 a.m. to 3 p.m. Free for members of the Historical Society; non-members are asked to donate \$3.00 per adult.

Child Watch by Marion Wright Edelman



Children and the Opioid Crisis

President Trump’s announcement yesterday reminded us all that the opioid crisis is a public health emergency, but in fact it is also a national emergency and we must do so much more. Daily we read articles and see searing reports about the opioid crisis. We’ve learned about the role of some doctors and drug companies in exacerbating it. We heard recently about how Congress was complicit in making it harder for the Drug Enforcement Administration to stop drug companies that were shipping suspicious amounts of opioids. We read about parents whose young adult sons and daughters end up in prison and who are desperate for treatment for loved ones. We keep learning more about the variety of opioids including heroin and extremely potent synthetic opioids like fentanyl coming from China. We read about the toll the continuing crisis and all the deaths are taking on first responders, police, treatment staff, nurses and doctors, families and grandparents being asked to step in to help. But we don’t read enough about its toll on children.

For the last two decades people across our nation have helplessly watched this rapidly escalating epidemic destroy families and entire communities. Most of us know some person or family in our community suffering from the impact of substance abuse disorder. Over 2.5 million Americans were addicted to opioid pain relievers or heroin in 2015. The Centers for Disease Control and Prevention (CDC) reports opioid-related deaths have more than quadrupled since 1999. Prescription and illicit opioids combined have killed more than 300,000 Americans since 2000. Ninety-one Americans die every day from an opioid overdose. This catastrophe of opioid addiction and deaths has fueled a heartbreaking increase of children in crisis.

From the earliest days of pregnancy children whose parents abuse opioids are at high risk. In addition to prenatal drug exposure, parents distracted by drugs and without help may be unable to provide children nec-

essary care to grow and thrive. Children and teens are also susceptible to accidental opioid exposure and misuse. Whether children are born suffering from drug exposure, their parents’ addiction struggle leads to toxic stress or involvement with the child welfare system, or they use or are accidentally exposed to drugs themselves, opioid addiction has a devastating impact. There is much renewed interest in the Adverse Childhood Experiences Study (ACEs) which tracks the impact of stressful and traumatic experiences on children’s later and adult development. Parental substance abuse is one of these ACEs as are emotional and physical abuse and separation from family which put children at risk of lifelong consequences.

- **Among women who struggle with opioid abuse, 86 percent of pregnancies are unintended, compared with 56 percent of all pregnancies.** This means children are more likely to receive insufficient or delayed prenatal care and are at risk of low birthweight and poor mental and physical health.
- **Between 14 and 22 percent of women nationwide fill an opioid medication prescription during pregnancy.**

This puts thousands of infants at risk of neonatal abstinence syndrome (NAS), problems stemming from drug withdrawal symptoms which occur in about half of infants with prenatal opioid exposure. In 2012 the maternal opioid use rate in hospitalized births in rural counties was nearly 70 percent higher than that in urban counties.

- **By 2012, an infant was born with NAS on average every 25 minutes in the United States.** Across 28 states, the NAS rate increased by almost 300 percent between 1999 and 2013. NAS-affected infants are at greater risk of premature birth, low birthweight, sleep and growth problems, tremors, and seizures.
- **NAS costs \$93,400 per infant in hospital charges on average and the average hospital stay for an infant with NAS is 23 days.** Medicaid covered about 80 percent of the estimated \$1.5 billion tab for NAS-related hospital charges in 2012.
- **Opioid poisonings in toddlers and preschoolers 1 to 4 years old increased 205 per-**

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The Prince George’s Post

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BUSINESS

Social Security Matters

Ask Rusty—How Do I Calculate Delayed Retirement Credits

Dear Rusty: I have delayed taking my Social Security retirement benefits for about 3 years past my full retirement age. I now want to start collecting benefits and am confused about the benefit calculation if I start midyear. Yesterday, I went to the Social Security office and applied and was told I would receive \$1,000 month (to make up a number) starting in November and again in December, and then in January the amount would increase to \$1070. Looking at the award letter online today, it is only showing the \$1,000 starting in November. A long call to Social Security did not result in the person saying the amount would increase in January so I suspended my claim. Looking further online it appears the \$1,000 amount was the benefit as of January 2017, 10 months ago. Searching the Social Security website seems to say the benefits increase on a monthly basis, not annually - but the \$1,000 is an annual calculation from 10 months ago. There is no verbiage talking about what happens if a person delays collecting and then sometime before he turns 70 starts to collect.

So the question is: If I do start receiving the January 2017 amount of \$1,000 in November, will Social Security do an adjustment for future payments in January of 2018 for the 10 months from January to October? Or am I stuck with the reduced \$1,000 forever?

Signed: Uncertain

Dear Uncertain: You haven't given me your birthdate, but from what information you've provided I believe it to be January 1948, which means that your full retirement age (FRA) for Social Security purposes is 66. Since you did not apply for Social Security at your FRA, you have been building Delayed Retirement Credits (DRCs) at a rate of 8% per year, which means that as of January 2017, you were entitled to 124% of the benefit you were due at FRA. You are correct that DRC's are earned monthly and the increase rate is 2/3 of 1% per month, so by November of 2017 you would have accrued an additional 6% DRCs for a total of 130% of your Primary Insurance Amount (or "PIA", the amount you were entitled to at your FRA). However, since Social Security only re-computes benefits to apply DRCs in January of each year, you wouldn't actually receive a benefit increase for that extra 6% of DRCs until January 2018. In other words, Social Security does not pay DRCs retroactively.

If you are correct that your benefit amount for January 2017 was \$1000, by doing the math we calculate your Primary Insurance Amount (the amount of your benefit at age 66) to be about \$807 and your benefit amount starting in either January or November of 2017 at about \$1000, or 124% of your PIA. Since as of November you have actually accrued 130% in DRCs, you will get the additional 6% DRCs starting with your January 2018 benefit (paid in February 2018) for a total of \$1,049 (130%). If you instead wait until you are age 70 to start benefits in January 2018, the amount would be 132% of your PIA, or about \$1065 (\$807 x 132% = \$1065). Our figures do not allow for any COLA increases.

So if you did start your benefits in November 2017 your benefit then would be the same as it would have been in January 2017, because DRCs are only applied to benefits in January of each year. Then in January 2018 your benefit amount would be recomputed to add the additional 6% DRCs you accrued from January - October 2017. The exception to this rule is that earned DRCs are immediately applied to your first benefit payment in any month when you apply for benefits at age 70.

The information presented in this article is intended for general information purposes only. The opinions and interpretations expressed are the viewpoints of the AMAC Foundation's Social Security Advisory staff, trained and accredited under the National Social Security Advisors program of the National Social Security Association, LLC (NSSA). NSSA, the AMAC Foundation, and the Foundation's Social Security Advisors are not affiliated with or endorsed by the United States Government, the Social Security Administration, or any other state government. Furthermore, the AMAC Foundation and its staff do not provide legal or accounting services. The Foundation welcomes questions from readers regarding Social Security issues. To submit a request, contact the Foundation at info@amacfoundation.org.

Watch from A4

cent between 1997 and 2012. Opioid poisonings increased 165 percent among all youths under 19 with younger children and older adolescents most at risk.

• **The teen death rate from drug overdoses that had been declining since 2007 reversed in 2015 when nationwide 772 teens 15-19 years old died.** Rates were highest for opioid drugs, specifically heroin.

The opioid crisis marks the third wave of widespread drug abuse over several decades, following the crack cocaine epidemic and the methamphetamine crisis (which has seen a resurgence in some states with the opioid epidemic). All have severely impacted children and families. But veteran child welfare professionals say the opioid

epidemic has had the worst impact on child welfare systems they have seen.

• **After years of decline, the number of children in foster care has been rising steadily since 2012.** In 2015, 427,901 children were in foster care. Anecdotal evidence and expert opinion link this to the parallel rise in parental opioid addiction and overdose.

• **In 2014 over 40 percent of children in relative foster homes were there because of parental substance use.** Relatives (often grandparents) also care for children outside formal foster care to avoid placement in "the system," as they refer to it. Sharon McDaniel, President and CEO of A Second Chance, Inc. in Pennsylvania, told the Senate Special Committee on Aging earlier this year about the

Take Advantage of Important State And Local Tax Credit Programs

By PRESS OFFICER
The Office of Mel Franklin

UPPER MARLBORO, MD—Please read the following important and beneficial tax information as provided by the office of Mel Franklin.

Homestead Property Tax Credit

To help homeowners deal with large assessment increases on their principal residence, state law has established the Homestead Property Tax Credit. The Homestead Credit limits the increase in taxable assessments each year to a fixed percentage. Every county and municipality in Maryland is required to limit taxable assessment increases to 10% or less each year. Prince George's County has a 2% cap which further limits increases. Check the status of your Homestead eligibility by looking up your property on the Real Property database: <http://sdatt.dat.maryland.gov/RealProperty/Pages/default.aspx>

You can also contact the local office of the State Assessments Office at 301-952-2500 or visit: <http://www.princegeorgescountymd.gov/pages/assessments.aspx> Assessments Office, Courthouse, 14735 Main Street Upper Marlboro, MD 20772-3050

Homeowners' Property Tax Credit Program

For homeowners with a combined gross household income of \$60,000 or less, this program allows credits against the homeowners' property tax bill, but the taxes must exceed a fixed percentage of a person's gross income. It sets a limit on the amount of property taxes a homeowner must pay, based on income. Income is defined as the gross income before any deductions are taken. Nontaxable retirement benefits such as Social Security and Railroad Retirement must be reported as income. You must apply every year no later than September on a standard application supplied by the Department of Assessments and Taxation. Example: If your combined household income is \$16,000, your tax limit is \$420. You would be entitled to receive a credit for any taxes above the \$420. You would be entitled to receive a credit for any taxes above the \$420. If your actual property tax bill is \$990, you would receive a tax credit in the amount of \$570, the difference between the actual tax bill and the tax limit.

Apply here: <http://dat.maryland.gov/realproperty/Pages/Homeowners'-Property-Tax-Credit-Program.aspx>

Use the Assessment Appeals Process

Everyone's property is reassessed every three years, but sometimes your assessment does not really reflect your actual market value based on home sales in your area. The assessment appeal process allows property owners the opportunity to dispute the value determined by the State Department of Assessments and Taxation (SDAT). Property values rise and fall to reflect the market. Customers should file an appeal when the estimated value of their property does not accurately reflect what they believe to be its current market value.

To Appeal Your Assessment, Go Here: <http://www.dat.maryland.gov/realproperty/Pages/Assessment-Appeal-Process.aspx>

MD Property Owners' Bill of Rights: <http://dat.maryland.gov/realproperty/Pages/Bill-of-Rights.aspx>

Maryland Renters' Tax Credit Program

The State of Maryland Renters' Tax Credit Program provides Property Tax credits for renters who are age 60 and older or 100% disabled, and also meet certain income requirements. Under HB-340, passed by the Prince George's County Delegation and the Maryland General Assembly in the 2016 Legislative Session, renters can receive maximum tax relief up to \$1,000. This legislation also expands the statewide Renters Tax Credit program and increases the pool of eligible applicants. To get a credit for 2015, you must file by September 1st. Contact the Maryland Department of Assessments and Taxation at 1-800-944-7403 or visit: <http://dat.maryland.gov/realproperty/Pages/Renters'-Tax-Credits.aspx>

24-Month Residential Leases for Seniors

Prince George's County seniors living in specified age-restricted housing can now enter into a 24-month lease agreement without incurring fees or rent increases for the term of the lease. Landlords are required to provide written notice about the 24-month period when entering into a new lease or a renewal lease. For more information, contact Code Enforcement Officer Ann Keys at the County's Department of Permitting, Inspections and Enforcement (DPIE), 301-883-6058 or ALKeys@co.pg.md.us.

Prince George's County Renters' Property Tax Relief Supplement

The Prince George's County Council, aware that residents who qualify for the State's Renters' Tax Credit Program are already stretched financially, also passed CB-95-2015. Prince George's County will automatically provide a Renters' Property Tax Relief Supplement to each resident who qualifies for the State Renters' Tax Credit. The County Supplement is 50% of the State payment, and will be dispersed in late spring of each year. No additional application is required. If you have additional questions, please contact the Office of Finance, Treasury Division, at 301-952-4030. Example: If you qualify for a State of Maryland Renters' Tax Credit of \$400, you will automatically receive a tax credit of \$200 from Prince George's County for a total of \$600.

Transfer Tax Exemptions for Classroom Teachers and Police and Deputy Sheriffs

The County and State provide total or partial exemptions from the transfer tax assessed at the sale/purchase of homes in the county for teachers, public officers, and deputy sheriffs.

Transfer tax exemption for teachers can be found here: <https://www.princegeorgescountymd.gov/DocumentCenter/Home/View/1850>

Transfer tax exemption for police officers or deputy sheriffs here: <https://www.princegeorgescountymd.gov/DocumentCenter/Home/View/1845>

Additional Individual Tax Credits:

Disabled Veterans Tax Exemption

CB-8-2005 Disabled Veterans (retroactive) (PDF) - Tax credit for veterans qualified for disability exemption. Tax credit is equal to full amount of County taxes and applies to taxes previously paid for any year the veteran was qualified for the exemption. Application and proof of claim must be filed with the Director of Finance. Application here: <https://www.princegeorgescountymd.gov/DocumentCenter/Home/View/10233>

Surviving Spouse of a Fallen Officer Tax Credit

CB-63-2003 Surviving Spouse of a Fallen Law Enforcement/Rescue Worker (PDF) - Annual application and initial proof of claim must be

filed with the Director of Finance by April 1 prior to the tax year for which the credit is being requested. The fallen officer must have owned the dwelling at the time of his/her death and the surviving spouse must currently occupy the dwelling. Application here: <https://www.princegeorgescountymd.gov/DocumentCenter/Home/View/10229>

MD Student Loan Debt Relief Tax Credit

Have you incurred at least \$20,000 in undergraduate student loan debt and have at least \$5,000 in outstanding undergraduate student loan debt remaining? You may be eligible for a tax credit of up to \$5,000 on your 2017 personal income tax. In order to apply, you must complete and submit an application to the Maryland Higher Education Commission by September 15th each year; be a resident of Maryland for the tax year; incurred at least \$20,000 in total undergraduate student loan debt; and have at least \$5,000 in outstanding student loan debt during the tax year for which you are applying. Apply here, at this website: <http://mhec.maryland.gov/preparing/Pages/StudentLoan-DebtReliefTaxCredit.aspx>

Agricultural Land Tax Credit

CB-66-2008 Agricultural Land (PDF) Property must participate in Maryland or County agricultural land preservation program. Tax credit is equal to the full amount of County taxes. Annual application and proof of claim must be filed with the Director of Finance. Application here: <https://www.princegeorgescountymd.gov/DocumentCenter/Home/View/10243>

Alternative Energy Tax Credit

CB-11-2008 Alternative Energy/Conservation (PDF)—Tax credit for residential structures that utilize solar energy or geothermal energy devices. Application and proof of claim must be filed with the Director of Finance. Application here: <https://www.princegeorgescountymd.gov/DocumentCenter/Home/View/10244>. Related Item - Federal Income Tax Credits for Energy Efficiency: https://www.energy.gov/about/federal_tax_credits

To Join the Jobs First Movement visit the website at www.jobsfirstmovement.net

• **Nearly a third of children entering foster care in 2015 were due at least in part to parental drug abuse—an increase of nearly 50 percent since 2005.** Some states report parental substance abuse as a factor in over 60 percent of child placement cases. Neglect, the finding in 75 percent of child abuse and neglect cases and the leading reason for foster care entry, is often a result of substance abuse. Because parental substance abuse is a voluntary collection item in our national data system and inconsistently recorded, child welfare professionals believe the true percentage of children removed from homes for substance abuse is higher than reported.

• **Children in households where parents struggle with substance abuse are more**

likely to experience long-term effects of neglect or abuse than other children. This early trauma exposure makes them more likely to suffer later mental health disorders including substance abuse and post-traumatic stress disorder. Some physicians report an increase in child and teen suicides they link to the opioid crisis.

Children can't fix this crisis and desperately need adults to act to stem this epidemic. As the youngest victims wait they need physical, social, and emotional resources and supports to help them cope and move forward. The Washington Post asked the right question—"What kind of a childhood is that?"—in its title to a moving story about three siblings in West Virginia, two in their teens and a ten-year-old, who lost

both parents to heroin overdoses. More must be done now.

Steps were taken in the Protecting Our Infants Act of 2015 and the Comprehensive Addiction and Recovery Act of 2016, but significantly greater investments are needed. Medicaid is a lifeline for treatment opportunities for addiction and must be maintained. It is hypocritical to declare the opioid crisis a public health emergency while trying relentlessly to slash the major lifeline for that emergency's victims. All continuing attempts to end Medicaid as we know it must be fought back. The Final Report of the Commission on Combating Drug Abuse and the Opioid Crisis is scheduled to be submitted to the

OUT ON THE TOWN

ERIC D. SNIDER'S
IN THE DARK

Movie Review

Crown Heights

Crown Heights

Grade: B

Rated R, abundant profanity,
a bit of sexuality and
partial nudity
1 hr., 34 min

We've seen a lot of films like *Crown Heights* lately—true stories about black people getting screwed over by police and the justice system. The surge is a testament to the increased awareness of these issues, and a reflection of the sad fact that the supply of real incidents on which to base such movies is seemingly inexhaustible. This particular film, written and directed by Matt Ruskin (*The Hip Hop Project*), is a swift, solid entry with passionate performances by Lakeith Stanfield and Nnamdi Asomugha. It would stand out more if it didn't have so much company, but that's part of the problem, isn't it? How do you get people to care about acts of injustice when there are SO MANY OF THEM?

Stanfield plays Colin Warner, a Trinidadian 18-year-old who was arrested for murder in the titular Brooklyn neighborhood in April 1980. As the film presents things, Colin isn't a completely upstanding citizen (we see him breaking into cars), but he had nothing to do with this or any other murder. It's a case of mistaken identity, pure and simple. The only question is whether the witness mis-identified him accidentally or on purpose.

That's the only question for Colin and us, anyway. For the bullying police detective (Zach Grenier) and D.A. (Josh Pais) working the case, the only question is how fast they can convict somebody. Thanks to his minority status, unfamiliarity with the U.S. legal system, and lack of



ROTTENTOMATOES

In the spring of 1980, a teenager is gunned down in the streets of Flatbush, Brooklyn. The police pressure a child witness to identify a suspect. As a result, Colin Warner, an 18-year-old kid from nearby Crown Heights, is wrongfully convicted of murder and sentenced to life in prison. Colin's childhood friend Carl 'KC' King devotes his life to fighting for Colin's freedom. He works on appeals, takes loans for lawyer fees and becomes a legal courier to learn the court system. This incredible true story is adapted from the acclaimed *This American Life* segment by writer/director Matt Ruskin, with Lakeith Stanfield playing Colin Warner and Nnamdi Asomugha as Carl King.

money to hire good attorneys, Colin is railroaded in a most outrageous manner, convicted of murder at the movie's 25-minute mark despite there being no motive or physical evidence connecting him to the crime.

Time passes quickly. I won't say how much in case you don't know the details of the case (which was the subject of a *This American Life* episode), but Ruskin underscores his points by featuring, in the background, footage of presidents Reagan, Bush, and Clinton giving "crime and punishment" speeches about policies that we now know led to mass incarcer-

ation of non-violent offenders and had a devastating impact on black men in particular. On the outside, Colin's best friend, Carl "KC" King (Asomugha), devotes himself to proving Colin's innocence, going so far as to take a job as a process server so he'll come in contact with lawyers and hopefully find one to help him.

Stanfield's mournful puppy-dog eyes and slight build (he's 6 feet tall but rail-thin) draw out our sympathy for his plight, the nightmarish details of which the film doesn't dwell upon. (A stint in solitary confinement passes in seconds.) Asomugha,

a former NFL player, is soulful and loyal as KC, though the character falls into the usual biopic trope of being so obsessed that his wife must appear for one scene to complain that she feels neglected.

The film builds to a satisfying resolution in which the truth about what happened that fateful day in 1980 is revealed, better late than never. Ruskin's direction is fluid and competent, his quietly outraged screenplay serviceable. A diet of nothing but films like this would be exhausting and demoralizing, but the occasional emotionally rousing docudrama is good for the soul.

Honduras from A4

"At a time when the U.S. is making our own investments to support security, stability and prosperity in Central America through foreign assistance and diplomatic engagement, a decision to not renew the TPS designation for these two countries would undercut the very strategic objectives we seek to achieve in Central America," the Senators wrote.

Senators joining Cardin and Van Hollen include Tim Kaine (D-Va.), Elizabeth Warren (D-Mass.), Edward J. Markey (D-Mass.), Al Franken (D-Minn.), Robert Menendez (D-N.J.), Catherine Cortez Masto (D-Nev.), Kirsten Gillibrand (D-N.Y.), Diane Feinstein (D-Calif.), Richard Blumenthal (D-Conn.), Sherrod Brown (D-Ohio), Michael F. Bennet (D-Colo.), Kamala D. Harris (D-Calif.), Cory A. Booker (D-N.J.), Christopher A. Coons (D-Conn.), Patrick Leahy (D-Vt.), Patty Murray (D-Wash.), Bernard Sanders (I-Vt.), Mark R. Warner (D-Va.), Charles E. Schumer (D-N.Y.) and Richard J. Durbin (D-Ill.).

The full text of the letter follows:

The Honorable Rex Tillerson Secretary of State U.S. Department of State 2201 C St. NW Washington, D.C. 20520	The Honorable Elaine C. Duke Acting Secretary of Homeland Security U.S. Department of Homeland Security 3801 Nebraska Avenue, NW Washington, D.C. 20528
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Dear Secretary Tillerson and Acting Secretary Duke:

We write to urge you to extend Temporary Protected Status (TPS) designations for Honduras and El Salvador, which are due to expire in January and March of next year, respectively.

Currently, approximately 200,000 Salvadorans and approximately 61,000 Hondurans live and work lawfully in the United States as recipients of TPS. These individuals are registered with DHS with biometric data on file. TPS beneficiaries are making valuable contributions to the U.S. economy, with labor force participation rates of 81 percent for Salvadorans age 16 and older and 85 percent for Hondurans age 16 and older. Beneficiaries contribute over \$648 million dollars annually to Social Security and Medicare. Additionally, Salvadoran and Honduran beneficiaries, who are legally-sanctioned workers, provide important support to the U.S. construction industry, and these hard-working individuals will be essential contributors to the rebuilding efforts after Hurricanes Harvey and Irma.

In considering the extension of TPS designations for El Salvador and Honduras, we encourage you to consider the unique conditions in each country which provide a clear basis for TPS extension in accordance with the law. In El Salvador and Honduras, acute crises initially posed by natural disasters have had

lasting effects, which have been exacerbated by subsequent environmental, economic, and security challenges. Efforts continue to rebuild infrastructure and provide dependable services to these populations, but these efforts are hampered by limited resources and high levels of violence and insecurity. Both countries suffer from some of the highest rates of homicides and sexual violence in the world. In 2016, the people of El Salvador were victims of over 5,200 homicides, an alarming rate of more than 80 per 100,000 people and the highest globally. In the case of Honduras, the high prevalence of violent crimes is further complicated by weak rule of law and the fact that some 95 percent of criminal offenses end in impunity.

These troubling security statistics are compounded by the fact that 66 percent of the Honduran population and 31 percent of the Salvadoran population live below the poverty line, according to the most recent World Bank data. Moreover, in 2016, the United Nations Food and Agriculture Organization reported that due to a historic drought in the region, some 1.5 million people in Honduras and El Salvador are in need of humanitarian assistance. Clearly, neither country has the capacity and resources at this time to safely absorb the return of the tens of thousands of their nationals who are currently in the United States under TPS.

Finally, it is important to consider the full range of consequences if the TPS designation for El Salvador and Honduras is not extended. In the United States, we would lose tens of thousands of productive members of our labor force who contribute to our economic growth, pay their share of taxes, and make valuable contributions to key sectors of the U.S. economy. Countless families in El Salvador and Honduras would lose the economic lifeline they depend on through remittances from relatives working legally in the United States. The return of more than 250,000 individuals to Honduras and El Salvador would also have destabilizing consequences, straining recovery efforts and exacerbating existing challenges to achieving sustained economic growth and development.

Since 2014, the U.S. Government has greatly expanded its engagement with the Northern Triangle of Central America, in which El Salvador and Honduras are located, in order to address the underlying factors driving irregular immigration in the region. At a time when the U.S. is making our own investments to support security, stability and prosperity in Central America through foreign assistance and diplomatic engagement, a decision to not renew the TPS designation for these two countries would undercut the very strategic objectives we seek to achieve in Central America.

Thank you for your consideration of this important issue, and we look forward to your response.

A Little Online Control

Six Great Tips To Help You Manage Kids' Screen Time

(NAPSI)—If any of the nearly 51 million schoolchildren in America today is someone you care about, you may find this information on kids and the internet quite intriguing.

To help your young students make the most of the online world while staying safe, heed these hints:

1. Share Space: Have a shared family computer in a common space. This lets you supervise your kids' online time without hovering.

2. Limit Time: The length of an online session should match your child's natural attention span. School-age kids' brains can focus for about 30 minutes at a time, so they won't really get much from sessions longer than that. A good idea is to set a schedule of computer time with dinner acting as a halftime.

3. Increase Freedom: Gradually give your children freedom to decide how to use the internet as they grow into teenagers. They will probably push for more freedom, a natural part of preparing for adulthood. Trust your teens to make good decisions and appropriately manage time online.

4. Turn To Technology: Everyone has preferred shows or spaces online and can watch anywhere via tablets and laptops. Instead of each family member staking out his or her own corner of the house, encourage everyone to gather in one room. This encourages you to share online activities and encourages conversation. When possible, seek out shows or online sites that appeal to all family members so at least some online activities become shared experiences and a focus of learning with and from each other.

5. Be In Control: Use the computer system's parental controls to manage kids' access online and prevent accidental exposure to content for which your children aren't ready. For example, the nation's largest internet provider, Comcast, has new technology called Xfinity xFi that makes this easy.

6. Let Tools Help Teens: Teenagers need to prioritize and manage their time, making sure that a healthy amount of sleep, an "unplugged" family meal, and academic and family obligations come first. A tool such as Xfinity xFi can help by letting you set and manage scheduled Wi-Fi hours. You can also use it to monitor how often and when your teens are connected and, if they do spend too much time online, you can temporarily pause their Wi-Fi use.

Available to millions of Xfinity internet users at no extra charge, the system provides a simple digital dashboard you can use to set up a Wi-Fi network, find a password, see which devices are connected, troubleshoot issues and set parental controls. It can all be controlled via a mobile app, website and on the TV with a voice remote.

It also offers:

- The ability to monitor activity so you can see who's using your network and when they're using it.
- A way to see all connected devices and nickname them for easy reference.
- Personal profiles and a way to assign devices to individuals.
- Text alerts whenever new devices join your home network.
- The ability to instantly pause Wi-Fi access on your home network, by device or by user, for 30 minutes, an hour, two hours or until you unplug it.
- A troubleshoot mechanism so you can see when devices are not working properly and get advice on how to fix them.
- Cloud management so you can see and control your network from anywhere.
- A first line of defense against phishing and malware known as Safe & Secure.

Learn More

For further facts or to sign up, go to the website at www.xfinity.com/myxfi or download the xFi app.



PHOTO COURTESY NAPSI
An easy-to-use app lets parents control where and when their kids can use the Internet.

The Prince George's Post
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Calendar of Events

November 9 — November 15, 2017

Glowing Bouncing Ball Madness!

Date and time: Thursday, November 9, 2017, 3:00 pm
Description: What happens when you mix paint, glue, and corn starch? Come find out while making your very own glow-in-the-dark bouncy ball!

Part of STEAM Fest 2017—Science
Cost: FREE
Ages: 5–12
Location: North Forestville Community Center
2311 Ritchie Road, Forestville, MD
Contact: 301-350-8660; TTY 301-699-2544

Code Quest

Date and time: Thursday, November 9, 2017, 6:30 pm
Description: If you want something to listen to you, learn how to code robots and have fun with it.

Part of STEAM Fest 2017—Technology
Cost: FREE
Ages: 11–16
Location: Glenarden Community Center
8615 McLain Avenue, Glenarden, MD
Contact: 301-772-3151; TTY 301-699-2544

G.E.A.R.: Soaps & Scents

Date and time: Friday, November 10, 2017, 6:00 pm–9:00 pm
Description: Do you like the fragrance of jasmine after the rain? How about the sweet aroma of vanilla & brown sugar? Here's your chance to experiment making or recreating your own scent during our soap and perfume-making workshop. Snacks will be provided.

Cost: FREE with appropriate ID
Ages: 10–17
Location: Columbia Park Community Center
1901 Kent Village Drive, Landover, MD
Contact: 301-341-3749; TTY 301-699-2544

Marshmallow Catapult Quest

Date and time: Friday, November 10, 2017, 7:00 pm–10:00 pm
Description: Come learn about engineering and have fun in the process! You will build a small catapult and compete to launch your marshmallow ammunition the farthest and most accurately. Your tools will consist of simple building supplies but you will assemble them to make a fantastic device!

Part of STEAM Fest—Engineering
Cost: FREE
Ages: 10–17
Location: Prince George's Plaza Community Center
6600 Adelphi Road, Hyattsville, MD
Contact: 301-864-1611; TTY 301-699-2544

Xtreme Teens: Glow-in-the-Dark Party

Date and time: Friday, November 10, 2017, 7:00 pm–10:00 pm
Description: Join us at this unique GLOW-in-the-Dark Party! Teens will wear black and the gym will be lit with black lights, as well as glow-in-the-dark lights. Don't get left in the dark and miss out on this good time!

Cost: FREE with appropriate ID
Ages: 12–17
Location: Glenarden Community Center
8615 McLain Avenue, Glenarden, MD
Contact: 301-772-3151; TTY 301-699-2544

Edible Structures for Snack Time!

Date and time: Saturday, November 11, 2017, 11:00 am–1:00 pm
Description: What's more fun than eating your snack? Playing with your snack too! When you are stuck indoors, snack time is a pretty big deal. Why not make it last longer and throw in some educational play at the same time. We will be using common snack foods such as apples, cheese, crackers and marshmallows (for fun). Join us for this super easy-to-setup activity as we will finally be doing what kids love to do—eat and play! All materials are supplied.

Part of STEAM Fest—Engineering
Cost: FREE
Ages: 6–15
Location: Berwyn Heights Community Center
6200 Pontiac Street, Berwyn Heights, MD
Contact: 301-345-2808; TTY 301-699-2544

The Root of Fruits

Date and time: Saturday, November 11, 2017, 7:00 pm
Description: Come and learn how plants are hydrated and roots are formed. Then paint a pot that you can take home to plant your own plants. Part of STEAM Fest 2017—Science

Cost: FREE
Ages: 8–12
Location: Bladensburg Community Center
4500 57th Avenue, Bladensburg, MD
Contact: 301-277-2124; TTY 301-699-2544

Healthy Holiday Cooking: Desserts

Date and time: Monday, November 13, 2017, 6:00 pm–7:00 pm
Description: The Department of Recreation invites you to stay healthy and fit during the holidays with our healthy holiday cooking demonstrations! Enjoy samples, take home new recipes, and learn to prepare delicious meals that are good for you and your loved ones this holiday!

Cost: FREE
Ages: All ages are welcome
Location: College Park Community Center
5051 Pierce Avenue, College Park, MD
Contact: 301-441-2647; TTY 301-699-2544

Water Mania

Date and time: Wednesday, November 15, 2017, 6:30 pm
Description: Put on your goggles and explore various lab stations, including water experiments & challenges, touching a cloud, water diffusion, walking water, engineering a hydropower machine, fun with digital technology water games and more cool stuff!

Part of STEAM Fest 2017—Science
Cost: FREE
Ages: All ages are welcome
Location: Bladensburg Waterfront Park
4601 Annapolis Road, Bladensburg, MD
Contact: 301-779-0371 ; TTY 301-699-2544

EARTH TALK ... ???

Dear EarthTalk:

Whatever became of the re-discovered Ivory-Billed Woodpecker that we thought we had lost to extinction? What other animals that we thought went extinct have "come back" from the dead?

—Betsey Edgewater,
Austin, TX

Whether or not the Ivory-Billed Woodpecker is extinct in the Southeastern U.S. is still a matter of debate. The last conclusive evidence of the bird's existence in the U.S. dates back to 1944; most biologists presume the species didn't hang on around here much longer than that. And the last confirmed sighting of the species anywhere was in Cuba in 1986.

But then in April 2004, amateur birder David Luneau captured video of what he claimed to be an Ivory-Billed Woodpecker making its rounds in the Arkansas' Cache River National Wildlife Refuge, soon thereafter sparking international interest in the story of the bird that came back from the dead.

But doubters point out that the bird Luneau saw may have been a common Pileated Woodpecker, giving the similar size and coloring of the two different birds. Luneau's shaky, distant video is far from conclusive proof, and

since then no one else has managed a confirmed sighting of the bird at Cache River or anywhere else in the woodpecker's traditional range. A 2016 trip to Cuba by researchers from Cornell's Lab of Ornithology looking for evidence of living Ivory-Billed Woodpeckers there likewise turned up nothing. While birders continue to hope the majestic woodpecker turns up again, no one is holding their breath.

But one source of optimism for the Ivory-Billed's return continues to be other examples of wildlife coming back from the dead. Some of the most famous "Iarazus taxa" species—the name refers to the biblical Gospel of John, in which Jesus raises his follower Lazarus from the dead—include the Coelacanth, a prehistoric fish thought to have gone extinct with the dinosaurs 65 million years ago but started showing up in fishermen's hauls in the late 1930s; the Lord Howe Island Stick Insect, thought to be driven to extinction on the remote Australian island by invasive rats in the 1930s only to reappear in the 1960s; and the Terror Skink of New Caledonia, presumed extinct by the 1990s but then rediscovered in 2003.

Likewise, New Zealand's Takahē, a large flightless bird, was thought to be driven to extinction as a result of predation by introduced rats, cats and pigs at the end of the 20th century.



CREDIT: BILLTACULAR, FLICKRCC

The only Ivory-Billed Woodpeckers we can be sure of seeing these days are scientific specimen samples, although birders are keeping hope alive that the so-called Lord God Bird will re-appear "on the wing" somewhere in the swamps of the Southeastern U.S.

But in 1948 a small population of living Takahē was discovered near an isolated lake in a remote mountainous region. These days a population of more than 200 of the birds is holding steady in New Zealand's Fiordland National Park.

Other Iarazus taxa examples include Cuba's Solenodon, the Bermuda Petrel, Laos' Rock Rat, the Canary Islands' La Palma Giant Lizard, Japan's Black Kokonee, Columbia's Painted Frog, the Bavarian Pine Vole of Europe's Alps and Indonesia's Banggai Crow. Of course, the term Iarazus taxa isn't reserved just for fauna: The Mt. Diablo Buckwheat, an inconspicuous

little pink flower last seen in the 1930s on the slopes of the San Francisco Bay Area's highest peak, reappeared in 2005 much to the delight of botanists.

CONTACTS: Cache River National Wildlife Refuge, www.fws.gov/cacheriver/; The Cornell Lab of Ornithology, www.birds.cornell.edu.

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Send questions to: earthtalk@emagazine.com.

CDC from A3

they are diagnosed later, and where the diseases are "associated with worse outcomes in racial/ethnic minorities and low-income individuals, which affects the health of communities overall."

Overall, the initiative was deemed to have been a major success:

"True to its name, the Partnering4Health project showed that a model of supporting healthier communities by working with and through national organizations is a viable way to leverage resources and build capacity at both the local and national levels," the white paper concludes. "After this promising start, it has great future potential for reaching even more communities."

The results of the initiative not only has a national impact, but the benefits can be felt worldwide.

"The cost of chronic diseases in the US and the world far outweigh the cost of prevention,"

says Hackett, DHPE executive director. "Promoting physical activity in our most vulnerable populations, the very young and the very old, can lead to longer healthier lives."

Involving the community in healthy endeavors promotes unity while improving health. Community gardens, for example, can be started in schools, senior centers, vacant lots, donated land, window boxes, etc. by almost anyone. This can occur in urban and rural areas around the world."

Hackett concludes, "Because the United States is emulated in the rest of the world, changing our habits and behaviors towards good health can make positive changes in the rest of the World."

Now that the three-year initiative has ended, the challenge will now be to sustain the results and continue to spread the education. The information is still available for use.

Enrollment from A1

the State's insurance marketplace, due to their immigration status, there are an estimated 30,000 or more residents who likely are eligible for a plan that fits their budget and meets their needs.

Prince George's County Health Connect, a program of the Prince George's County Department of Social Services, is funded by Maryland Health Connection, the State of Maryland's health insurance marketplace. One of eight connector programs in Maryland, Prince George's County Health Connect is helping residents, Get

Covered, Get Seen and Get Healthy! This effort goes beyond enrollment in health coverage to educate everyone on the importance of establishing a relationship with a primary care provider and using their coverage appropriately.

According to Gloria Brown Burnett, Director of the Prince George's County Department of Social Services, "the lack of adequate health coverage is one of the key social determinants of health. The opportunity to remove this barrier significantly enhances residents' ability to improve their health status. The Department of Social Services rec-

ognizes how important it is to help strengthen our families; and to do that, barriers must be removed," said Brown Burnett.

Managed by the Department of Social Services, Prince George's County Health Connect provides trained, certified, bilingual navigators, who offer free, one-on-one consumer assistance with health insurance enrollment. Currently, nine out of 10 Marylanders, qualify for subsidies and discounts.

Prince George's County Health Connect experts are located at all Department of Social Services sites; at two storefront locations, including the Hampton

Mall in Capitol Heights, LaUnion Mall in Langley Park; and at two community-based organizations, CASA and Sowing Empowerment & Economic Development, Inc. (SEED), in Prince George's County. The program also works with Maryland Children's Health Program (MCHP), based in the Health Department.

For information on the locations, hours of operation at enrollment sites, or to schedule a free appointment to see a navigator, call the Prince George's County Health Connect Call Center at (301) 927-4500; or visit the website at, www.pghealthconnect.org.

Hyperloop from A1

This brings us to the question: Who will be building the hyperloop itself?

In the governor's announcement, the state has given Musk's The Boring Co.—initially formed to provide a cheaper solution to digging tunnels in an attempt to allay the businessman's frustration with Los Angeles traffic—permission to dig under the Maryland-owned, 10.3 mile-long section of Maryland Route 295, but has not specified which technology is proposed to be built under the roadway.

Hyperloop One and Hyperloop Transportation Technolo-

gies' proposed concepts are vastly different from each other, with Hyperloop One using Musk's originally proposed "air skis" and Hyperloop Transportation Technologies using a passive magnetic levitation, or maglev, technology.

However, both companies' specifications depart from Musk's original white paper, looking more like high-speed, underground rail and less like a 760 mph above-ground bobbed from the future.

Namely, the originally proposed hyperloop's top speed of 760 mph and average speed of 600 mph may be more of a pipe dream. Hyperloop Transportation Technologies has not pro-

duced a working proof-of-concept, while Hyperloop One's recent proof-of-concept topped out at 192 mph.

In a July Tweet, Musk proposed an East Coast hyperloop resulting in a 29-minute, New York City-to-D.C. commute, as compared to the current five-hour drive or three-hour train ride.

Additionally, it is still not clear what environmental review will be needed for the conditional utility permit the Maryland Department of Transportation has given The Boring Co., and how Musk will plan to gain permission to dig under the remaining two-thirds of Maryland Route 295,

currently owned by the National Park Service.

Ultimately, the roadway's future could include construction of additional toll lanes above Route 295, and tunneling a hyperloop beneath it.

According to Hogan's September announcement of a \$9 billion plan to widen Maryland's highways, he has already started the process of acquiring Maryland Route 295 from the U.S. Department of the Interior. But the federal agency was non-committal: "No decisions related to issues involving the Baltimore-Washington Parkway were made during that meeting," according to a brief statement.