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Officials Join First Baptist Church of Glenarden to Dedicate New Community Family Life Center and Solar Field

LEED-Certified Center and Solar Field A First for Faith-Based Properties



By PRESS OFFICER
First Baptist Church of Glenarden

UPPER MARLBORO, MD—Maryland Lieutenant Governor Boyd Rutherford, Maryland State Senator Doug J.J. Peters and Prince George's County Executive Rushern Baker were among the elected officials who joined more than 1,000 community leaders, partners, residents and members for the dedication of First Baptist Church of Glenarden's newly constructed Family Life Center on Saturday, June 23, 2018.

The 63,000-square-foot, \$24 million building will fill a void for recreation and fitness space in the community. "This is what God has ordained you to do, to build a facility like this that the community has been asking for," said County Executive Baker during Saturday's ceremony.

The center—which consists of three full-size basketball courts, two activity/practice rooms, a 1/8-mile walking track circuit, a fitness room, a multi-purpose room and a vending and concession area—will be the site of basketball league tournaments, after-school

camp, basketball and volleyball camps, and fitness classes. The building will also host wellness activities, discussions and demonstrations; its unique "gymnasium" design features concentrated seating for more than 3,100 people, a platform for performances and presentations, and a million-dollar audio-visual system.

"Our new Family Life Center is the latest endeavor in our church's community outreach efforts," said Pastor John K. Jenkins Sr., Senior Pastor of First Baptist Church of Glenarden. "We are excited to provide a facility for use by the community."

The church designed the facility with not only the community in mind, but also the environment. The eco-friendly Family Life Center features indoor and outdoor LED lighting, a roof made of a heat-deflecting polymer material to reduce the use of air conditioning, and ground-level plant beds (bio-retention structures) designed as a water quantity and quality control system.

The ribbon-cutting also included the church's new solar field, which will generate 50 percent of the energy used by the adjacent 205,000-square-foot Worship Center. The solar field,

PHOTOGRAPH COURTESY OF FIRST BAPTIST CHURCH OF GLENARDEN

The FBCG Family Life Center (left) is a 63,000-square-foot multi-use community complex that is available to both church members and the Prince George's County community at large. Several open houses are planned before the grand opening on August 1, 2018.

developed by Sun Trail and IGS Solar, is the nation's first of this magnitude on a faith-based property.

"We are stewards of the earth," said IGS Solar President and CEO Scott White at the dedication ceremony. "Thank you for setting the example and understanding the importance of sustainable energy."

The Family Life Center is located at 600-J Watkins Park Drive in Upper Marlboro and will officially open to all on August 1. It offers affordable membership rates, with free admission for children/youth ages 17 and younger and seniors ages 60 and older. The public can learn more online at www.fbcgfamilylifecenter.com, or at one of several upcoming open houses: July 14 (9:00 AM–12:00 noon); July 19 (6:00 PM–10:00 PM); and July 21 (9:00 AM–12:00 noon).



PHOTOGRAPHS COURTESY OF FIRST BAPTIST CHURCH OF GLENARDEN

Above: Pastor John and Trina Jenkins (center) were joined by a number of elected officials including Angela D. Alsobrooks, Prince George's County States Attorney, County Executive Rushern Baker, and Maryland Lieutenant Governor Boyd Rutherford.

At left: First Lady Trina Jenkins officially opens the new facility, aided by Elder Thomas Sims, Jr. and Pastor John Jenkins, Sr.

DHCD and Redevelopment Authority Launch New Home Buyer Assistance Program

By PRESS OFFICER
PG County Government

LARGO, MD—The Prince George's County Department of Housing and Community Development (DHCD) and the Redevelopment Authority of Prince George's County launched a new homebuyer assistance program on July 2, 2018 called the Prince George's County Purchase Assistance Program or PGCPAP. PGCPAP provides first-time homebuyers with a loan for up to \$15,000 to use for down payment and closing costs toward the purchase of their new home. The loan is a 0% interest deferred payment loan that the purchaser must pay back in full when the home is sold, transferred or ceases to be the primary residence of the buyer(s), regardless of the length of residency. The program is managed by the Redevelopment Authority of Prince George's County.

"We are very happy to be able to offer a second purchase assistance program for first-time homebuyers or for those potential homebuyers who have not owned a home in the last three years," says Eric C. Brown, Director of the Prince George's County DHCD. "Most times, the hardest thing to do when thinking about buying a new home is coming up with the down payment and closing costs. This new program helps to bridge the gap and assist home buyers with the up-front costs needed to buy a home."

If a buyer is a police officer, sheriff, deputy sheriff, classroom teacher, nurse, firefighter or emergency medical technician (EMT), they could be eligible for an additional \$5,000 based on their need and income. This would bring the total loan amount up to \$20,000. Eligible properties include: resales, foreclosures, short sales and new construction. The purchase price limit is \$462,000 for both resale and new construction.

Among other qualifications, potential home buyers must work with a certified participating lender, have an executed sales contract and attend an "in-classroom" 8 hour counseling course by a HUD certified Housing Counseling Agency. For additional information, please visit the Prince George's County Purchase Assistance Program website: <https://www.princegeorgescountymd.gov/2965/Purchase-Assistance-Program>

There is still \$500,000 available for the existing home buyer assistance program, Pathway to Purchase. For details and qualifications for the Pathway to Purchase Program, visit: <https://www.princegeorgescountymd.gov/2598/Pathway-to-Purchase>. Interested persons can also call 301-883-5456 for additional information on both programs.

Hogan Administration Announces Nearly \$20 Million in Grants to Local Management Boards

Grants to Provide Economic Opportunities for Maryland's Struggling Children, Youth, And Families

By PRESS OFFICER
Office of the Governor

ANNAPOLIS, MD (July 5, 2018)—The Hogan administration announced \$19.6 million in statewide grant awards to Maryland's Local Management Boards. Located in all 23 counties and Baltimore City, the Local Management Boards (LMBs) bring together resources at the local level to strengthen services to children, youth, and families. These non-competitive grants will fund more than 120 child- and family-focused community-based programs in Fiscal Year 2019.

"Our administration is committed to ensuring Maryland's families in need are better equipped to achieve economic stability and have access to greater op-

portunities," said Governor Larry Hogan. "These grants enable our network of Local Management Boards to assist thousands of families by providing life-changing resources including anti-hunger initiatives, job readiness programs, and parenting workshops."

Through an extensive planning process that involved input from hundreds of community members in every jurisdiction, the LMBs identified strategies that will address critical needs for children, youth, and families in their jurisdictions and are aligned with Governor Hogan's goal of an economically secure Maryland. These awards continue Maryland's commitment to improving outcomes and positions Maryland as a leader in developing solutions to issues that have far-reaching impacts for children and families in communities across the State.

"The Governor's Office for Children recognizes and appreciates the unique role of the Local Management Boards in understanding the specific concerns of their communities and developing corresponding programs for children, youth, and families," said Jaclin Warner Wiggins, acting executive director of

See GRANTS Page A3

As Americans Reflect on Independence Upper Marlboro Native Serves Aboard the USS Constitution

By ALVIN PLEXICO
Navy Office of Community Outreach

BOSTON, MA—A 2014 Frederick Douglass High School graduate and Upper Marlboro, Maryland, native celebrated America's 242nd year of independence as part of a hand-picked Navy crew serving on the world's oldest commissioned warship afloat, the *USS Constitution*.

Seaman Anansa Wargo serves aboard the 220-year-old Boston-based ship named by President George Washington to honor the Constitution of the United States of America. Famously known as "Old Ironsides," the *Constitution* is a wooden-hulled three-masted heavy frigate that originally launched in 1797.

"The Navy is a great opportunity to better myself while serving others," said Wargo. "My brother is in the Navy, my sister was in the Air Force, my aunt was in the Navy, my father was in the Air Force, and my uncle served in the Marine Corps."



PHOTOGRAPH COURTESY OF THE NAVY OFFICE OF COMMUNITY OUTREACH

Seaman Anansa Wargo

Her family tradition of military service, coupled with a move as a teenager, helped her prepare for a career in the Navy.

"I moved to Maryland from Pennsylvania when I was 13, which was somewhat of a culture shock," said Wargo. "This prepared me for the mil-

itary because it gave me the confidence to be myself."

Wargo is honored to have been selected to serve on the ship that is rich in history and successfully held off the British Navy in the War of 1812.

"It's an honor serving aboard this ship because I know that this is where the Navy started, and it's humbling to be a part of this ship honoring our naval heritage," said Wargo.

A key element of the Navy's mission is tied to the fact that America is a maritime nation, according to Navy officials, and that the nation's prosperity is tied to the ability to operate freely on the world's oceans. More than 70 percent of the Earth's surface is covered by water; 80 percent of the world's population lives close to a coast; and 90 percent of all global trade by volume travels by sea. Just as U.S. Navy ships and submarines do today, *Constitution* actively defended sea lanes against global threats from 1797 to 1855. *Constitution's* victories at sea during the War of 1812 inspired a nation and helped mark the emergence of the United States as a world-class maritime power.

See CONSTITUTION Page A3

INSIDE

Free July Health Resources Provided By Doctors Community Health System

Throughout the year, Doctors Community Health System offers numerous screenings and support groups. Here are some of the upcoming events in July.

Towns and Neighbors, Page A2

Job, Jobs, Jobs!

Effective July 1, 2018, the Workforce Services Division will move from under the Economic Development Corporation and incorporate as Employ Prince George's, a nonprofit training thousands and connecting tens of thousands of job seekers to employers in the region.

Community, Page A3

Honor the Fallen by Doing Our Jobs

... like everyone else involved in community newspapers, [they] served any number of functions to help produce a newspaper to better inform members of their own community. They did not take this job lightly. They did not ask for accolades. They did their job. They are you and me. They were.

Commentary, Page A4

Happy National Ice Cream Month!

Though there's never been a bad time to enjoy the sweet and creamy concoction, a proclamation made by President Ronald Reagan gives us an official excuse to treat ourselves this month. There are lots of ways to celebrate—including an ice cream social at Darnall's Chance House Museum!

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

Is ridesharing via companies like Uber and Lyft good or bad for the environment overall?

—Jeff Timotheos, Akron, OH

Features, Page A7

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Morningside-Skyline Columnist Mourns Staff Murdered in Capital Gazette Shooting

I'm a newspaper person. I "published" my first newspaper columns on tablet paper when I was in 7th grade and I edited both my high school and college papers. I wrote a neighborhood column for the *Mill Valley* paper when we lived in California. And I've been reporting on Morningside, Skyline and beyond for Prince George's weeklies since 1976.

I spend at least an hour every day with the *Washington Post*. I love newspapers. I love the dedicated people who make them possible.

I'm heartbroken over the Thursday, June 28 shooting at the *Capital Gazette*, a daily newspaper that's a descendant of the seventh newspaper to be created in colonial America, in 1727. This atrocity must be the worst the paper has suffered in its nearly 300-year run.

I didn't know them personally, but I grieve for Rob Hiaasen, assistant editor; Gerald Fischman, editorial page editor; John McNamara, sports editor; Wendi Winter, community beat; and Rebecca Smith, sales assistant. I'm sad for the staff they left behind, who somehow—because they are newspaper people—published a paper on Friday.

People

Marcus Smith, 27, of Piscataway Landing Drive in Clinton, died June 30 when his motorcycle was involved in a collision in the 10300 block of Piscataway Landing Road. This is the 5th or 6th motorcycle fatality, in South County, that I've had in my column in recent months. What's needed? More education? More alert drivers?

The Knights of Columbus, in Forestville, honor a Knight each month for their service. Nolton Davis was named Knight of the Month for May; Jim Tarleton for June. Families of the Month were Robert and Cathye Weiler for May, Nolton Davis Family for June.

The Morningside Independence Day Parade was perhaps the best in recent years, and, as always, lots of fun. I enjoyed meeting up with Jim Behr again; he comes from Oxon

Hill to see the Parade. I'll tell you more about the parade next week.

Coming Up at the Surratt House

The Civil War Through an Artist's Eyes, Saturday, July 21, 4:00 PM at the Surratt House Museum in Clinton. Free. Info: 301-868-1121.

John Wilkes Booth Escape Route Tours resume in the fall. They leave from the Surratt House on Saturdays, Sept. 8, 15 and 22 at 7:00 AM and return at 7:00 PM. They follow the trail of President Lincoln's assassin from Ford's Theatre in Washington to his death near Port Royal, VA. The \$85 payment is required in advance. Info: 301-868-1121.

Coming Up or Continuing

Universoul Circus, "One circus, one tent, indivisible, with unity and fun for all!" continues at National Harbor through July 23.

The next Morningside Town Meeting will be Tuesday, July 17, 7:00 PM.

Night Out Against Crime gatherings (with food, music & fun) will be held at both Morningside and Skyline on Tuesday, August 7.

Changing Landscape

The Vietnam Pilot and Crew-member Memorial was dedicated at Arlington Cemetery on April 18. It's in Section 35 along Memorial Drive, not far from the Tomb of the Unknowns. It honors the nearly 5,000 helicopter pilots and crew members who were killed during the Vietnam War.

Kiddie Cavity Care & Orthodontics is having its Grand Opening at 3743 Branch Ave., Suite A in Hillcrest Heights. Dr. Ephraim L. Altmon is a specialist in pediatric dentistry and a life member of the American Orthodontic Society.

The parking lot for the little Skyline shopping center, corner of Suitland and Randolph Roads, has been repaved and lined. Looks good.

Morningside Memories: 1958

The Women's Civic Group of Morningside hosted a Spring Fashion Show. Sylvia Devey was commentator. Musical entertainment was by Lynn Nichols, Nan Lollis, Cathy Smith, Mrs. Hooper, Judy Conlon, John Thornton, Sandra

Schaub and the quartet of Leonard Gardner, William Gilmartin, Dallas Bragunier and William Schaub, accompanied by Barry Richardson and Elmer Hicks on guitar.

Fashions provided by the Bo Peep Shop were modeled by Lou Ann Donaldson, Jackie Langford, Faith Tickell, Gail Spaid, Kathleen Jennings and Kathy Gaddis. Fashions from the Darling Dress Shop in Coral Hills were modeled by Barbara Bauer, Katherine McLaughlin, Virginia Rosch, Dolores Short and Sue Loveless.

48 Years at the Patent Office

Sarah Frances Goodall, 74, of Skyline, who retired in 2014 after 48 years with the Patent and Trademark Office, died May 24.

She was born in Brightwood, VA to Plas and Mary Weaver Goodall and graduated from George Washington Carver High School in Culpeper. She earned degrees from Strayer and George Mason University and was a nurse's aide before she went to work as a mechanical engineer with the Patent and Trademark Office.

In the 1980s she moved to my corner, and later moved further down Skyline Drive. She opened her door and heart to everyone she knew. And she loved to play bingo.

She was predeceased by parents, three brothers and a sister. Survivors include children Krista, Brian and Robert; three sisters and two brothers; nine grandchildren and six adopted grandchildren; and 10 great-grandchildren. Services were at Pope's with Elder Curtis Whitehead officiating. Repast followed at the VFW in Morningside.

Milestones

Happy birthday to Kenard Simms, July 13; Laverne Peggy Simms, Krista Lanehart and Laura (Thompson) Hoffmann, July 14; Dessirae Johnson and Helen Journey, July 15; Norma Wright and Gary Lewis, Jr., July 16; my granddaughter Claire Mudd, Michael Busky, Mike Fowler Jr. and former Morningside Chief Stephen Armhold, July 17; Allyssa Frederick, former Morningside Councilman Russell Butler, Mike Fowler Sr. and Eddie Hall, July 19.

Brandywine-Aquasco

by Audrey Johnson 301-888-2153

BSUNAA, INC. PRINCE GEORGE'S COUNTY CHAPTER

Bowie State University National Alumni Association, Inc. Prince George's Chapter held their Annual Benefit Dinner Dance June 24, 2018. BSUAA Citation Awards and special recognition were presented to Alumni Alveta S. Jones and Alumni Ruby Gross for their dedicated service.

Alveta S. Jones

Alveta S. Jones was born in Nanticoke, Maryland Wicomico and was the fifth of six children. Once she finished High School, Alveta attended Bowie State Teacher's College. She graduated in 1946 and started her teaching career on the Eastern Shore of Maryland.

After marriage, her husband Fred Thomas, served in the U.S. Army which took them overseas, where she taught in Istanbul, Turkey. Upon her return to Maryland, she took a teaching position with the Prince George's County Public School System. She became a Resource teacher in the County. In this position she helped recruit and mentor new teachers.

Once retired, Alveta joined the Prince George's Public School Retirement Association and continues to be an active member. Because of her knowledge and expertise, she has been President twice, Chairperson of the Scholarship Committee for 8 years and in-

ducted in the Maryland Senior Citizens Hall of Fame while serving.

Alveta is a member of the Ardmore Citizens Association, former Vice President and President of the United Methodist Women's Association and the Lay Leader for the Washington/Baltimore Conference of the United Methodist Church. She is the proud mother of two daughters, four grandchildren and four great-grandchildren. "We are so proud to say that Alveta continues to support our BSU Prince George's Chapter and attends our Annual Dinner Dance yearly."

Ruby Pinkney Gross

Ruby Pinkney Gross started at Bowie State Teachers College in 1945. In early 1948 she married the love of her life, Peter A. Gross, Sr. and had five children. She returned to Bowie State University after all her children were in school. Determined to make her dream of becoming a teacher a reality, she graduated in 1961 with a Bachelor of Science in Elementary Education.

During her professional career she taught at Malcolm Elementary School in Charles County; Orme Elementary, Clinton Grove Elementary, and Surrattsville Elementary School in Prince George's County. She retired after 30+ years of service. Two of her children attended BSU and her granddaughter graduated from BSU in 2016.

Ruby is an active member of

the BSU Prince George's County Maryland Chapter. Each year, Ruby usually has the most tables, patrons and family members at our Annual Scholarship Dinner Dance. Monthly when our chapter meets her granddaughter makes sure she is at the meeting.

She is a long time member (over 65 years) of St. Phillip's Episcopal Baden Parish in Brandywine, Maryland. On numerous occasions she served on the Vestry. She was elected Senior Warden, Secretary and worked on various committees at the church. She is still an active member of the Choir and Altar Guild. She has been a member of the Order of the Eastern Star (Columbine #46) for over 40 years. She has served as the Worthy Matron for a total of four years.

After retirement, Ruby volunteers twice a week at the neighborhood Pantry, Feed My Sheep Program at her church. She is the CEO of the Peter A. Gross, Sr. Scholarship Memorial Fund, Inc. She loves to travel and has been to Africa, Panama, Hawaii, Jerusalem, Guam and on numerous cruises. She loves her spare time solving crossword puzzles and Word Search. Ruby resides in Brandywine, Maryland and is extremely proud of her children and grandchildren. "We, the members of the BSU Prince George's County Chapter, are proud to have Ruby as one of our most dedicated members."

Around the County

Free July Health Resources Provided By Doctors Community Health System

By PRESS OFFICER
Doctors Community Hospital

LANHAM, MD—Throughout the year, Doctors Community Health System offers numerous screenings and support groups. Some of the upcoming events include:

Free Bariatric Surgery and Weight Loss Lecture

July 13, August 24, September 28, October 26, November 30, 8:30 AM–9:30 AM
Doctors Community Hospital
8116 Good Luck Rd.
Professional Office Bldg., Suite 210
Lanham, MD
240-965-4405 | DCHweightloss.org
Registration required.

Free Breast and Cervical Cancer Screenings

Doctors Community Hospital
8116 Good Luck Road
Professional Office Building, Suite 110
Lanham, MD 20706
301-552-8524 | DCHweb.org/breast
Available by appointment.

Free Colorectal Cancer Screening Program

Doctors Community Hospital
8100 Good Luck Road
North Building, 4th Floor
Lanham, MD 20706
301-552-7705 | DCHweb.org/prevention
Available by appointment.

Free Better Breathers Club

Thursdays: August 2, October 4 and December 6 at 1:00 PM–2:00 PM
Doctors Community Hospital
8118 Good Luck Road
Critical Care Conference Room
Lanham, MD 20706
301-552-8576 | DCHrehab.org

Free Breast Cancer Support Group

Third Tuesday of Each Month, 7:00 PM–9:00 PM
Doctors Community Hospital
8100 Good Luck Road
North Building, 4th Floor, Room 415
Lanham, MD 20706
240-542-3034 | DCHweb.org/breast

Free Diabetes Support Group

Third Monday of Each Month, 6:00 PM–7:30 PM
Doctors Community Hospital
8100 Good Luck Road
North Building, 5th Floor, DSE Room
Lanham, MD 20706
301-552-8661 | DCHdiabetes.org

Free Drop-In Grief Support Group

Second Monday of Each Month, 11:00 AM–12:30 PM
Doctors Community Hospital
8118 Good Luck Road
Critical Care Conference Room, 2nd Floor
Lanham, MD 20706
301-808-5671

Free Lymphedema and Chronic Swelling Support Group

July 26, October 25 and December 19, 2:00 PM–4:00 PM
Doctors Community Hospital
8100 Good Luck Road
North Building, 5th Floor, DSE Room
Lanham, MD 20706
301-552-8144 | DCHrehab.org

Free Post-Bariatric Surgery Support Group

Second Friday of Each Month, 8:30 AM–9:30 AM
Doctors Community Hospital
8100 Good Luck Road
North Building, 5th Floor
Lanham, MD 20706
240-965-4405 | DCHweightloss.org

Free Stroke Support Group

Second Wednesday of Each Month, 1:00 PM–3:00 PM
Bowie Senior Center
14900 Health Center Drive
Bowie, MD 20716
301-552-8114 | DCHrehab.org

Free WomenHeart Support Group

Tuesdays: September 25 and November 27, 11:30 AM–1:00 PM
Doctors Community Hospital
8100 Good Luck Road
North Building, 5th Floor, DSE Room
Lanham, MD 20706
301-552-8058 | DCHrehab.org

Free Screenings on Mobile Health Clinic

Visit the Wellness on Wheels (WOW) mobile health clinic to receive free screenings (diabetes, cholesterol and blood pressure) as well as medication reviews and education. For updated care locations, call 301-324-4968 or visit DCHweb.org/WOW. (Most times are 10:00 AM–4:00 PM):

July 12: Laurel-Beltsville Senior Activity Center, 7120 Centee Road Laurel, MD (9:00 AM–1:00 PM)

July 13: Windsor Crossing Senior Center, 5000 Lydianna Lane, Suitland, MD (10:00 AM–2:00 PM)

July 14: The New Horizon Christian Faith Church Health Fair, 7752 Landover Road Landover, MD (9:00 AM–3:00 PM)

July 17: John E. Howard Senior Activity Center, 4400 Shell Street, Capitol Heights, MD (9:00 AM–1:00 PM)

July 18: Powder Mill Village Apartments, 3625 Powder Mill Road, Beltsville, MD

July 19: Laurel Town Center, 13320 Laurel Bowie Road, Laurel, MD

July 21: Mission of Love Charities, Inc. Health Fair, 6180 Old Central Avenue, Capitol Heights, MD (9:00 AM–1:00 PM)

July 23: St. Margaret's Catholic Church, 410 Addison Road South, Capitol Heights, MD (10:00 AM–2:00 PM)

July 24: City of Glenarden Nutrition Center James R. Cousins, Jr. Municipal Center, 8600 Glenarden Parkway Glenarden, MD

July 25: Beltway Plaza Mall, 6000 Greenbelt Road, Greenbelt, MD

July 26: Prince George's Community Federal Credit Union, 6985 Muirkirk Meadows Drive, Beltsville, MD

July 30: Spanish Village Apartments, 1922 County Road, District Heights, MD

July 31: Megamart Supermarket, 5801 Riverdale Road, Riverdale, MD

For more information, visit DCHweb.org or call 301-DCH-4YOU (301-324-4968).

Doctors Community Health System is a network of medical and surgical services provided throughout Prince George's County and in Anne Arundel County. At the heart of this network is its flagship – Doctors Community Hospital in Lanham, Maryland. To complement the hospital's high-quality and comprehensive services, the system has more than a dozen centers of care in Bowie, Camp Springs, Crofton, District Heights, Hyattsville, Lanham, Largo, Laurel, Riverdale and Temple Hills. Also, the hospital has been rated as a high-performing facility for heart failure by U.S. News & World Report in 2017-2018 and designated as a primary stroke center by the Maryland Institute for Emergency Medical Services Systems. The system has experienced physicians, nurses and other health-care professionals who specialize in: Ambulatory Surgery, Breast Health, Diabetes Care, Diabetes Education, Digestive Disease Care, Emergency Services, Imaging Services, Infusion Care, Orthopedic Services, Primary Care and Family Medicine, Radiation Oncology, Rehabilitation Program, Sleep Care, Surgical Services, Transitional Care, and Wound Care.

The Prince George's Post

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COMMUNITY

The American Counseling Association's Counseling Corner

Is Your Summer Vacation Really a Vacation?

A vacation is a chance to get away from the normal routine of work and demands of daily life. When done right, a vacation should be a period of relaxation, enjoyment and recharging yourself. Research has shown that a vacation with those close to us is a shared experience that makes us happy, and continues to do so when we relive the experience afterwards.

But done badly, summer holidays can produce enough stress that some people need to return to daily life to rest up from that "vacation."

A relaxing summer holiday simply requires some planning and careful choices. A good vacation isn't about how long it lasts or where you go, but rather about what you do with your time, and the choices made to help you relax.

Most important is not trying to do too much. Experts suggest staying in fewer places for longer periods of time makes it easier to relax. Similarly, don't try to pack in too many activities. Scheduling is fine, but you don't need to fill every minute. Plan some free time when relaxing is your only goal.

For a family trip, reduce conflict and complaining by planning activities that will satisfy at least some of the needs of all family members. Talk with your kids about the trade-offs. Some things being planned will be to keep them happy, but help

them understand that other activities are to keep mom and dad happy, too.

You can also reduce vacation stress by being realistic about work obligations. Constantly worrying about what's happening back in the office is not a way to relax. If you can't totally escape work issues, plan some specific work time. Set up an afternoon when the family can disappear to have fun and you can check in with the office and clear up any problems. When that's done, get back to your vacation and relaxing.

Your goal is to make vacation time restful and fun. Don't stress out by worrying that everything you've planned has to happen and has to be wonderful. Accept that your schedule is flexible, and if you discover something new and interesting, take the time to enjoy it. What you don't want is a schedule packed with activities that will leave everyone feeling tired, cranky and overwhelmed.

Keep your vacation simple, under-scheduled and flexible, and you have a better chance of coming back truly refreshed and reinvigorated.

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

Constitution from A1

Now a featured destination on Boston's Freedom Trail, *Constitution* and crew offer community outreach and education about the ship's history and the importance of maintaining a strong Navy to hundreds of thousands of visitors each year.

Seventy-seven sailors make up the crew aboard *Constitution*. These sailors routinely interact with the public talking about their jobs, their previous duty stations, Navy rules and regulations and life aboard a Navy vessel.

"I'm extremely proud of my sailors stationed onboard *USS Constitution*," said Nathaniel R. Shick, 75th Commanding Officer of *USS Constitution*. "We have the opportunity to engage with over half a million people each year here at the Charlestown Navy Yard. Each sailor is hand selected for this command, undergoing a rigorous college level

curriculum studying American Naval History in the Age of Sail and building confidence through daily public communication. I could never praise these men and women enough for volunteering their services and pledging their support to our nation."

USS Constitution, America's Ship of State, actively defended sea lanes against global threats from 1797–1855. The World's Oldest Commissioned Warship Afloat, *Constitution* embodies 220 years of maritime heritage and unwavering service to her country. Now a featured destination on Boston's Freedom Trail, *Constitution* and her crew of active duty U.S. Navy sailors offer community outreach and education about the ship's history and the importance of naval sea power to more than 500,000 visitors each year.

"Serving in the Navy started out as me wanting to live up to the family traditions, but it's turned into me wanting to be the change that I want to see in the world," added Wargo.

Grants from A1

the Governor's Office for Children. "These crucial groups are at the front lines to identify the most pressing needs of our children and their families. We are grateful to be able to fund the many promising programs for the coming year."

The FY19 programs and strategies proposed by LMBs focus on interventions for some of Maryland's most vulnerable populations to include families and children impacted by caregiver incarceration, disconnected or "oppor-

tunity" youth between the ages of 16 and 24 who are neither working nor attending school, children and youth who are food-insecure, and youth who are experiencing homelessness. These interventions represent new pathways to opportunities and a push for systemic change that will further Governor Hogan's vision of ensuring an economically secure Maryland for all.

For the full list of grants and programs, visit <http://goc.maryland.gov/wp-content/uploads/sites/8/2018/06/FY19-LMB-Awards-Press-Release-with-Totals-062818.pdf>.

Chesapeake Bay Health Earning High Marks

Message From the Secretary of Maryland Department of Natural Resources: July 2018

By PRESS OFFICER
MD Dept. of Natural Resources

"This positive trend is evidence that Chesapeake Bay restoration efforts are having an impact on improving conditions in the Chesapeake Bay."

—2017 Chesapeake Bay Report Card

The change is real.

The health of Chesapeake Bay is improving, according to the 2017 *Chesapeake Bay Report Card* issued by our partners at University of Maryland Center for Environmental Science, which used data from the Maryland Department of Natural Resources and our counterparts in Virginia.

The report card is just one of many indicators of bay progress as we continue marching toward 2025. While the overall grade of "C" has remained steady since 2012, this marks the first year that experts have seen what they call a "statistically significant" positive trend for the entire bay.

The grade is based on several indicators of overall bay health. Long-term

trends in nitrogen and phosphorus concentrations are declining. Underwater bay grasses or submerged aquatic vegetation have shown record increases for three consecutive years, and is now 57 percent toward its baywide goal, well ahead of schedule.

And this year's report shows a 95 percent grade for fish populations, five points higher than last year. This index includes blue crab, striped bass and anchovy, which are ecologically, economically and socially important bay species. Sustained efforts and sustainable management are protecting and supporting healthy fisheries.

The benchmarks that help define our success are crucial to know where we've been, and where we are going, but it's not time to rest on our laurels. We must continue investing in sound science and measurable management and monitoring to build on this success—and hold each watershed jurisdiction to account.

Chesapeake Bay restoration is a team effort, and it is because of our engaged communities and watershed partners we are seeing a cleaner and healthier bay. The health of the bay begins in our communities and neighborhoods, and our local streams and tributaries throughout the watershed.

Many of us have acted, advocated, invested and sacrificed in this effort, and we are seeing results. We have made lots of progress to date, but we still have a way to go. The latest report card proves we are on the right track.

Championship PG Valor Pro Men's Team Introduces Prince George's County to the World!

Three Players From the First Prince George's County Pro Basketball Team Are Drafted to ABA Gold

By PRESS OFFICER
PG Valor

(June 27, 2018)—The highly anticipated wait is over as Prince George's County's first and only professional men's basketball team, PG Valor, celebrated three of their own Mike Miller, Keith Shivers and D'Angelo Vaughn being drafted into the ABA Gold.

On Saturday, June 23, 2018, the draft was hosted online where supporters could actively watch as it occurred in real time. Mike Miller, who was the 25th overall draft pick and the first draft pick in the fourth round, selected by the Chicago Wind. D'Angelo Vaughn, 47th overall draft pick, went seventh in the sixth round to the Dallas Fort Worth Power. Last, and certainly not least, Keith Shivers, 51st overall draft pick, became the third pick in the seventh round and will go on to play with the Los Angeles Power.

Though this was only their sophomore season, the PG Valor ended 2018 as Division Champions, with Mike Miller giving a particularly competitive performance in the 2018 ABA All-Star Game.

"I remember sitting and waiting in heavy anticipation of the draft and wondering if our players from our team which just ended only our sophomore season would get the chance they deserve," stated LaDonna M. Smith, Owner of the PG Valor men's and PG Courage women's professional basketball teams. "As the results of each came in we all congratulated each other and celebrated."

The players were selected over tough competitors from past seasons, some of whom played for teams PG Valor lost to throughout the season. Given their start with PG Valor, it will be interesting to see how Miller, Vaughn and Shivers, play against each other in upcoming seasons.

"Honestly, I wanted all three

to make it but I would have been just as happy if one made it," said Smith continued. "If anyone from Prince George's County makes it—especially from PG Valor or PG Courage—we all made it."

Tryouts for season three of PG Valor will be held on August 25, 2018 from 3:00 PM—5:00 PM at 5601 Old Branch Avenue, Camp Springs, MD. Tryouts for their sister team, PG Courage, will take place in March 2019. For more information or to register visit www.pgvalor.com. Contact the team at 240-918-7500 or by email pgvalorbasketball@gmail.com.

The PG Valor competes in the American Basketball Association (ABA) from November through March (through April for playoffs and championship games) against other teams in the ABA, as well as Charity Games against other professional and local teams. They ended 2018, their second season, as the Division Champions. Five PG Valor players have received contracts to play overseas and one player participated in the 2018 ABA All-Star Game.

About ABA Gold: ABA Gold (ABAG) is an exciting new league designed to showcase the top tier

professional players in the ABA as well as well-known celebrity players from the entertainment and athletic world. According to Harold Whaley, ABAG CEO, "the inaugural season will be launched in August 2018 and will feature the ABA's exciting "First to 50" format (the first team to score 50 points wins), a format that has been proven to show huge interest and active engagement among millennials." The new league will feature eight teams: the San Diego -Floaters, Los Angeles Superstars, Chicago Wind, New York Empire, Baltimore Sparks, Orlando Splash, Atlanta Hotballers, and Dallas/Fort Worth Power. ABAG is managed by ABA Gold LLC and The Gold Group LLC. For more information visit www.abaliveaction.com

About ABA: ABA was originally formed in 1967 and lasted 10 seasons prior to merging four of its teams into the NBA. Today, the ABA has nearly 1,000 players competing at the professional level, over 200 coaches and over 200 officials. It is made up of former NBA, NCAA Division 1 and 2, McDonald's All-American, and international players. It is a platform for sending many players to international teams.

Marylanders Reminded to Take Mosquito Precautions at Home and While Traveling This Summer

Zika Virus Still Prevalent in Popular Travel Destinations

By PRESS OFFICER
MD Department of Health

BALTIMORE, MD—With mosquito season and summer travel plans underway, the Maryland Department of Health encourages Marylanders, especially pregnant women or women who are trying to become pregnant, to protect themselves from mosquito-borne diseases, predominantly the Zika virus.

Zika virus is chiefly spread through mosquito bites, though it can also be spread via sexual contact. The Centers for

Disease Control and Prevention (CDC) recommends pregnant women not travel to areas with risk of Zika, many of which are vacation hotspots during the summer and fall months. No vaccine exists to prevent Zika or its related birth defects. Most individuals infected with Zika virus do not have symptoms or experience only mild symptoms such as fever, rash, headache, joint pain, red eyes, and muscle pain which lasts from several days to a week.

"While we want everyone to have fun on their vacations this summer, we want them to be aware of the risk of Zika when traveling to Zika-affected areas," said Maryland Department of Health Public Health Services Deputy Secretary Howard Haft, MD. "Pregnant women and those trying to conceive should talk to their health care provider about any risks before they travel."

Pregnant women should refrain from traveling to areas with risk of Zika. Women who are pregnant or trying to become pregnant and have either traveled to or are considering traveling to an area with risk of Zika should contact their health care provider.

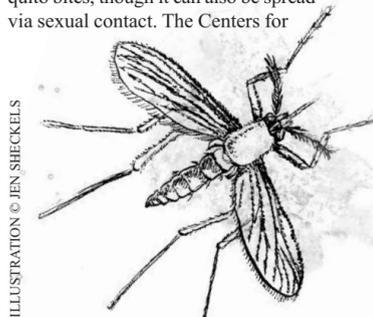


ILLUSTRATION © JEN SHECKELS

Jobs, Jobs, Jobs!

Prince George's County Workforce Services Division Becomes Employ Prince George's

By PRESS OFFICER
Prince George's County Council

As approved in the FY 2019 County Budget, effective July 1, 2018, the Workforce Services Division will move from under the Economic Development Corporation and incorporate as Employ Prince George's, a nonprofit training thousands and connecting tens of thousands of job seekers to employers in the region. Under the leadership of President/CEO Walter Simmons, Employ Prince George's will offer workforce development programs to include youth services, job seeker serves, youth career connections, and business services.

The new organization will be headquartered at its existing location, 1801 McCormick Drive, Suite 400, in Largo, Maryland. You can currently connect with Employ Prince George's on LinkedIn, Twitter, and Facebook, to see new opportunities like this one:

Free Opportunity for Prince George's County Residents! Goodwill of Greater Washington is offering FREE Energy Construction training under the Sustainable Energy Workforce Development Program (SEWDP). Register today at energy.dcgoodwill.org. Registration closes on July 18th. Classes Start July 25th. For more information, call 202-719-1288.

For more information about Employ Prince George's call 301-618-8400 or visit the new website, www.employpg.com, which launched July 1, 2018.



COMMENTARY

Honor the Fallen By Doing Our Job

By BRIAN KAREM for the
MDDC Press Association

During the American Revolution community newspapers in the embryonic country bound citizens together with provocative editorials and news of the day as citizens rose up to break free of the tyranny of a King. Many newspapers published the Declaration of Independence and helped to popularize the founding principles of our nascent country.

The Tories saw the news as divisive and slanted.

The Patriots proclaimed freedom of speech against despotic rule.

During the Civil War community newspapers in a divisive country kept track of the dead, the battles and helped inform citizens with editorials and news often seen as opinionated and slanted.

During the Vietnam War community newspapers told of boys going to war and men coming home broken or in coffins. The nation fought over the value of the news. Some considered it anti-establishment. Some saw it as grassroots reporting.

Throughout our history community newspapers have been the backbone of journalism and a cornerstone to our republic even as some have assailed the reporting.

Sewer rates. PTA meetings. High School and community sports. Pictures of our kids playing those sports. County Fairs. State Legislatures. County Councils. Infrastructure. Taxes. All of those stories and more adorn the

pages of your typical community newspaper as do the public notices letting you know when and where there is a government meeting to attend.

What proud parent, upon seeing their progeny on the page of a newspaper hasn't cut that picture out and hung that photo with a magnet on a refrigerator or put it away in a photo album?

This work is brought to you by civic-minded individuals who toil away for longer and for far less money than their television-reporting cousins.

As first television and then the Internet have inundated the consumer news market, the community newspaper has chugged along—adapting to the computer age while doing the job with fewer people and less money as advertisers have steadily abandoned these newspapers for online click-bait.

Though squeezed hard by market forces, the backbone still survives.

Thursday [June 28, 2018] five people in Annapolis, working for the *Capital Gazette*, one of Maryland's oldest and most venerated community newspapers, unwisely gave the last full measure of their life trying to do their jobs.

Rebecca Smith worked to bring advertising and money into the paper. Wendi Winters, Robert Hiaasen, John McNamara and Gerald Fischman were senior members of the staff who wrote, edited, and mentored young talent and like everyone else involved in community newspapers, served any number of functions to help produce a

newspaper to better inform members of their own community. They did not take this job lightly. They did not ask for accolades. They did their job. They are you and me. They were.

A disgruntled and apparently mentally troubled reader targeted the editors to die for perceived slights.

Each day community newspapers deal with those who don't like coverage, or are upset with aspects often minor about the details of a story that has been reported.

All of this is part of the editorial process. Editors have to decide whether or not to issue corrections and sometimes they explain the editorial process to those who will listen. They are responsible to their conscience, their readers and the owners to keep things as accurate as possible and present the most accurate version of the story available by deadline. It is a universal mantra in community journalism.

Though questions always rise as to the veracity of the news reported in our community newspapers, the extreme arguments of bias raised at the national level have for the most part not touched this world.

This is because most of the reporters and editors not only work in the community but live in the community. They raise their children there. They shop, go to school, church and dine out in the same community they cover for their newspapers.

The high school coach knows them. The local council members have all seen the reporters toiling away long into the night at the same meetings in which the council members are trapped. Those reporters have eaten the same questionable finger foods

See **NEWSPAPERS** Page A8

Child Watch by Marion Wright Edelman



Do You Care? How Much? What Will You Do Now?

(June 29, 2018)—“I REALLY DON'T CARE, DO U?” were the puzzling and provocative words on the coat First Lady Melania Trump chose to wear when she visited the Texas border for the first time to be briefed about children cruelly separated from parents and shipped around the nation by abusive Trump Administration zero tolerance anti-immigration policies and practices. Were the six words showcased on her clothing simply thoughtless or callous or a challenge to those who care deeply about child wellbeing and are desperate to stop the inhumane practice of taking children from parents, some less than a year old, and shunting them to unknown destinations with strangers to be handed over to more strangers for care? I can only imagine the terror and despair felt by over 2,000 severed children and parents. It is sickening that thousands of children have been snatched from parents in a strange land and placed with strange caregivers, who may not speak their language, in detention facilities—even cages—with no timeline for how and when they will be reunited with their parents who may not know where they are. What cruel and unusual punishment for a country that purports to be civilized! This is national terrorism that shames us all!

As the Trump Administration continues cruel policies which sever crucial child-parent bonds and ignores due process protections under American law, as more children and families continue to be confined in detention and other facilities, I hope our voices will reach a thundering roar to penetrate the moral deafness of this Administration. The anti-immigrant sentiment whipped up by the intemperate rhetoric of our President is similar to another historic period of toxic hatred, bigotry and intolerance during slavery which dehumanized millions and severed family bonds. We must meet today's snatching of children from parents with roaring nonviolent resistance.

In his famous 1852 Fourth of July address, the brilliant former slave and abolitionist Frederick Douglass said, “What, to the American slave, is your 4th of July? I answer: a day that reveals to him, more than all other days in the year, the gross injustice and cruelty to which he is the constant victim. To him, your celebration is a sham; your boasted liberty, an unholy license; your national greatness, swelling vanity; your sounds of rejoicing are empty and heartless; your denunciations of tyrants, brass fronted impudence; your shouts of liberty and equality, hollow mockery; your prayers and hymns, your sermons and thanksgivings, with all your religious parade, and solemnity, are, to him, mere bombast, fraud, deception, impiety, and hypocrisy—a thin veil to cover up crimes which would disgrace a nation of savages....”

Your boasted liberty, an unholy license; your national greatness, swelling vanity ... On this Fourth of July, how [did] an immigrant child snatched from parents by strangers understand our national holiday? Amidst loud fireworks and colorful parades and eloquent speeches about freedom [did] she recognize the lofty promises in our Declaration of Independence or the truth in Frederick Douglass's words? When children study today's history a generation from now I hope they will learn about a groundswell of peo-

ple of conscience in America who were on the right side of history and fought back attempted cruel internment of innocent children who had the bad luck to be born in tyrannical countries only to flee to a new tyranny of American family breakup. All those who take seriously the commandments to love one another and treat others as we want to be treated must continue to speak out relentlessly to welcome those fleeing tyranny and ensure they do not face political tyranny in our nation. We must make clear that “Yes, we really do care” and do whatever is necessary to stop the shameful national child abuse that tarnishes our nation.

God did not make two classes of children and values each child as God's own sacred gift regardless of race, ethnicity and religion. I share this prayer to the God of All Children and hope our current Administration will recover its sense of moral decency and respect for the sacredness of every child.

A Prayer to the God of All Children

O God of the children of El Salvador, Guatemala, Honduras and Mexico, of Myanmar, Syria, Nigeria, Sudan, South Africa and South Carolina, Of Afghanistan, Pakistan, India, Israel, Iran, Iraq, Libya and Yemen Of Rohingya and Palestinian children and refugee children without a safe country or space to welcome them,
Help us to love and respect and protect and welcome them all.

O God of Black and Brown and White and Albino children and those all mixed together Of children who are rich and poor and in between Of children who speak English and Russian and Hmong, Chinese, Korean, Spanish and Arabic and languages and dialects our ears cannot discern,
Help us to love and respect and protect and welcome them all.

O God of the child prodigy and child prostitute, of the child of rapture and the child of rape, Of run or thrown away and sexually trafficked children who struggle every day without parent or place or friend or future, and of LGBT+ children struggling to be who they are,
Help us to love and respect and protect and welcome them all.

O God of children who can walk and talk and hear and see and sing and dance and jump and play and of children who wish they could but can't Of children who are loved and unloved, wanted and unwanted,
Help us to love and respect and protect and welcome them all.

O God of incarcerated, beggar, beaten, abused, orphaned, neglected, homeless, AIDS, drug, violence, and hunger-ravaged children and children torn from parents and caged in

See **DO YOU CARE?** Page A8

Marc Morial, President and CEO National Urban League



Inhumane Immigration Policy is an Inapt Solution to an Imaginary Crisis

“The facts set forth before the Court portray reactive governance—responses to address a chaotic circumstance of the Government's own making. They belie measured and ordered governance, which is central to the concept of due process enshrined in our Constitution. This is particularly so in the treatment of migrants, many of whom are asylum seekers and small children.”

—U.S. District Judge
Dana M. Sabrow,
June 26, 2018

(June 27, 2018)—The images of weeping children housed in chain-link cages has horrified the nation. The Trump Administration's “zero tolerance” policy of imprisoning asylum seekers and wrenching families apart has proved so toxic that it has been forced to abandon it—at least officially—and has been ordered to reunite those already separated.

Meanwhile, the House of Representatives failed to pass a broad immigration bill that would have addressed family separations at the border and the status of Dreamers—another “chaotic circumstance of the Government's own making” resulting from cancellation of the Deferred Action on Childhood Arrivals (DACA) program.

It's hard to imagine what kind of crisis would justify the trauma being inflicted on refugee families and Dreamers. But the fact is, there is no crisis.

Illegal crossings of the southern border have steadily declined over the last decade, last year reaching its lowest level in nearly 50 years. Writing in *The Atlantic*, City University of New York Professor Peter Beinart points out that, despite a slight uptick this year, drastically falling birth rates in Mexico mean there simply is a far smaller pool of potential migrants. A higher percentage of those crossing the southern border now are fleeing violence-plagued Guatemala, Honduras, and El Salvador.

It is these refugees who make up the overwhelming majority of children who have been separated from their parents.

What effect do these illegal border crossings have on American society, that such drastic measures should be taken in response? Claims of an immigrant-fueled crime wave are blatantly false. According to a study by the National Academy of Sciences, “Immigrants are in fact much less likely to commit crime than natives, and the presence of large numbers of immigrants seems to lower crime rates.” The study added that “This disparity also holds for young men most likely to be

undocumented immigrants: Mexican, Salvadoran, and Guatemalan men.”

The study concluded, “Today, the belief that immigrants are more likely to commit crimes is perpetuated by ‘issue entrepreneurs’ who promote the immigrant-crime connection in order to drive restrictionist immigration policy.”

What of the economic effects of immigration? The U.S. Department of Health and Human Services last year found that refugees brought in \$63 billion more in government revenues over the past decade than they cost. The Trump Administration rejected the findings.

With falling rates of illegal border crossings, relatively low crime rates among immigrant communities and a net positive economic benefit from refugees, what could possibly be fueling the Administration's brutal crackdown on immigrants?

One clue may lie in the fact that negative views about immigrants was a significant factor in determining how people voted in the Presidential election. The so-called immigration crisis is a classic case of inventing a disease in order to sell the cure. But instead of losing a few dollars to gain a bottle of useless snake oil, we are losing our soul as a nation and gaining the destructive force of fear.

The Prince George's Post



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Do you have news or
events to share? We'd
love to hear from you!

Email the editor at
pgpost@gmail.com

The Prince George's Post

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OUT on the TOWN

Calendar Spotlight:



Happy National Ice Cream MONTH

PHOTOGRAPHY BY P.G. POST STAFF

By THE EDITOR

The hot and humid summer days of July are the perfect time to cool off with a bit of America's favorite frozen treat—ice cream! Though there's never been a bad time to enjoy the sweet and creamy concoction, a proclamation made by President Ronald Reagan on July 9, 1984 gives us an official excuse to treat ourselves this month:

"Ice cream is a nutritious and wholesome food, enjoyed by over ninety percent of the people in the United States. It enjoys a reputation as the perfect dessert and snack food. ...

"The ice cream industry generates [billions] in annual sales and provides jobs for thousands of citizens. Indeed, nearly ten percent of all the milk produced by the United States dairy farmers is used to produce ice cream, thereby contributing substantially to the economic well-being of the Nation's dairy industry."

President Reagan finished by proclaiming the month of July as National Ice Cream Month, with the third Sunday of the month to be designated as "National Ice Cream Day."

Here are a few ideas on how to celebrate:

Scoop It Up! Enjoy a scoop from your favorite ice cream shop or pick up a carton of your favorite flavor from your local supermarket. Purchase fun toppings, from fruit to candy, and set up a sundae bar for the whole family to create their own personal masterpiece of sugary goodness.

Travel Maryland's Ice Cream Trail: Planning a road trip? Maryland's Best (<http://marylandsbest.net/>) suggests taking a trip down the 2018 Maryland Ice Cream Trail to visit one (or more) of the local dairy farms offering fresh, delicious on-farm ice cream now through September. Check out the Ice Cream Trail Passport brochure at (<http://marylandsbest.net/wp-content/uploads/2018-MDs-Best-Ice-Cream-Passport.pdf>) for the participating locations.

Come Out and Be Social: Join the staff at Darnall's Chance House Museum for their Annual Ice Cream Social:

Ice Cream Social at Darnall's Chance House Museum

Date and Time: July 14, 2018, 6:00 PM–8:00 PM

Description: Come out and make yourself a sundae to honor ice cream's colonial roots. Enjoy ice cream, music, participate in lawn games, and more. **No reservations required, but, hurry!—this delicious ice cream won't last long!** Co-sponsored by the Town of Upper Marlboro Historical Committee.

Cost: FREE!

Location: Darnall's Chance House Museum
14800 Governor Oden Bowie Drive
Upper Marlboro, MD 20772

Contact: 301-952-8010; TTY 301-699-2544

OPEN TO THE PUBLIC



PHOTOGRAPH COURTESY OF M-NCPPC

Darnall's Chance House Museum

Dedicated to the interpretation and study of the history and culture of 18th century Prince George's County, **Darnall's Chance House Museum** focuses on the experience of the colonial women who lived in the region. The museum offers innovative and interactive programs, special exhibits, and events throughout the year. The museum is open year-round with guided tours by appointment Tuesday–Thursday, 10:00 AM–4:00 PM, and walk-in tours Friday and Saturday, 12 noon–3:15 PM. Admission: Adults \$5, Seniors \$4, and Children \$2. FREE admission available to active duty military personnel and their families through the Blue Star Museum Tours program.

Darnall's Chance House Museum: 14800 Governor Oden Bowie Dr.,
Upper Marlboro, MD 20772 • 301-952-8010
<https://www.mncppc.org/3055/Darnalls-Chance-House-Museum>

1 Ronald Reagan: "Proclamation 5219—National Ice Cream Month and National Ice Cream Day, 1984," July 9, 1984. Online by Gerhard Peters and John T. Woolley, *The American Presidency Project*. <http://www.presidency.ucsb.edu/ws/?pid=40141>.

ERIC D. SNIDER'S IN THE DARK

..... Movie Review

Incredibles 2

Incredibles 2

Grade: B-

Rated PG, action violence, some third-commandment-breaking profanity
1 hr., 58 min (plus a short)

When *The Incredibles* came out, in November 2004, it was Pixar's sixth movie and only about the ninth superhero movie in the modern era (which archeologists agree started with *X-Men* in 2000). Focused more on adventure than comedy, with bar-raising computer animation and starring humans rather than toys, bugs, monsters, or fish, it was a departure for Pixar. And being wholly original, not based on preexisting characters, it was a departure for superhero movies.

Fourteen years later, *Incredibles 2* is Pixar's 20th feature and, depending on how you define the term, somewhere between the 60th and 80th superhero movie of the 2000s. The sequel, again written and directed by Brad Bird (these are the only Pixar movies where a single auteur is credited), once again sets a new standard for state-of-the-art animation, but nothing else about it feels new. Even the mid-century aesthetic, refreshingly retro in 2004, is overly familiar after seven seasons of *Mad Men*.

For the characters, no time has passed: *Incredibles 2* starts with Bob (Craig T. Nelson), Helen (Holly Hunter), Dash (Huck Milner), and Violet Parr (Sarah Vowell) vanquishing the mole-like villain ("the Underminer") who appeared at the end of *The Incredibles*, then returning to obscurity. Superheroing is still illegal, and all the pub-

lic saw of the Underminer incident was the destruction it caused.

The Parrs are approached by tycoon siblings Winston (Bob Odenkirk) and Evelyn Deavor (Catherine Keener), superhero advocates who want to change the law, which means first changing public perception. They hire Helen (aka Elastigirl) to do some crime-fighting in the metropolis of New Urbem, outfitted with a camera so that TV news can show everyone the good she's doing. Mr. Incredible, hurt that he wasn't their first choice (he tends to do a lot more property damage than his wife does), supports Helen and stays home with Dash, Violet, and baby Jack-Jack, whose powers are starting to emerge.

There's a new villain, of course, and assistance from Frozone (Samuel L. Jackson)

and costume-designer Edna (Brad Bird), and a new batch of junior X-Men—er, supers—who are emboldened by the change in public opinion. On the home front, Bob is overwhelmed by Jack-Jack (whose fight with a raccoon is a highlight), and Violet is crushed to learn that her crush has forgotten her, his memory wiped by government agent Rick Dicker (Jonathan Banks) because of what he witnessed at the Underminer incident. The Violet subplot feels obligatory, a loose end from the first film that had to be tied up. But that's better than poor Dash, who's not given anything to do here and might as well have been sent off to summer camp.

Like a lot of superhero movies, this one gets its act together for an exciting finale, and it's peppered with flashy moments throughout. Helen's happiness at having the spotlight to herself for once is a pleasure to see. It simply isn't as tight or focused as its predecessor was, and apart from a brief discussion of whether it's OK to break the law when the law is unjust, there aren't any bigger ideas to explore. You have to be more incredible than this to compete in today's marketplace, but "pretty OK" will have to do for now.



ROTTENTOMATOES.COM

Everyone's favorite family of superheroes is back in *Incredibles 2*—but this time Helen is in the spotlight, leaving Bob at home with Violet and Dash to navigate the day-to-day heroics of "normal" life. When a new villain hatches a brilliant and dangerous plot, the family and Frozone must find a way to work together again—which is easier said than done, even when they're all Incredible.

SUMMER LIVING



5 Fun, Educational Summer Activities for Kids

(Family Features)—Summer may be a break from formal education, but keeping kids excited about learning can be an easy way to keep them active and engaged instead of zoned out on screen time.

The National Summer Learning Association estimates that kids can lose up to two months of learning during the summer but involving kids in educational summer activities can prevent them from forgetting skills they learned during the school year.

Encourage your kids to keep learning outside of school with these fun and educational summer activities.

Visit a Science Museum

Spend a rainy day enjoying a science museum, which offers hands-on experiences to make learning fun. Kids can build on what they've already learned and apply new discoveries when they return to school in the fall. Many museums offer special prices for families, which makes it an opportunity for the whole family to bond. Once you get home, talk about favorite exhibits or lessons and ask kids to express those memories on paper in the form of a journal entry or colorful drawing.

Head to the Zoo or Aquarium

At a conservation-oriented destination like an Association of Zoos and Aquariums (AZA)-accredited zoo or aquarium, kids can learn about the importance of environmentally friendly practices, animal care and welfare and more. Families can also explore the unique challenges facing endangered species and discover how members are Saving Animals From Extinction (SAFE). After learning about animals that need help, kids can visit zebrapen.com/aza for fun games that reinforce what they learned. Kids can also draw their favorite animals, real or imaginary, and take a photo to enter Zebra Pen's AZA SAFE contest. Prizes include zoo or aquarium tickets and items from the Zensations product line.

Go on a Nature Hike

Hikes provide abundant nature lessons, giving kids a chance to get some exercise while exploring and appreciating their surroundings. Visit a national or local park to get some fresh air and learn about preserving nature. Along with a picnic lunch, bring along information about local wildlife and plants, and have kids search for each item on the list as a scavenger hunt. Back at home, test their memories by having them create a collage of all the things they found.

See a Show at a Children's Theater

Experiencing live theater is a positive way to introduce kids to new cultural experiences. Because they're typically short in run time, most shows can hold the attention of kids of all ages while conveying important life lessons. Pick a show with lots of interaction that can allow kids to stay focused and maybe even participate in the show. Acting out their favorite scenes, illustrating favorite characters or writing a new scene or different ending are all ways to keep the learning going after the curtains close.

Join a Library Program

Special summer programs at libraries can give kids a chance to enhance their reading skills. Many local libraries offer contests that challenge kids to read a certain number of books during the summer and include a series of incentives for reaching certain milestones. The reading component is often supplemented with crafts and activities to make reading fun. Extend the challenge even further by choosing a favorite book and asking kids to write or draw a sequel that takes those characters on another exciting adventure.

Capture Life's Moments

In addition to getting out and exploring new things, encourage daily writing, coloring and expression by asking kids to creatively capture their summer experiences. Teaching kids to write and draw about things they find fun is a great way to reinforce what they've learned and foster a love for writing.

Letting kids get creative begins with the right supplies. For example, Zebra Cadoodles and Starters come in different designs to get creativity flowing.

Make summer adventures more memorable by encouraging kids to capture them through these ideas:

1. Write about experiences in a journal or diary.
2. Mom and Dad can join in on the fun by writing or creating their own bullet journals using tools like Zebra Sarasa Fineliners, Mildliners and more. Bullet journals can be perfect for planning summer activities.
3. Take photos to share with friends and family both online and in-person.
4. Draw pictures of the favorite parts of the day. An option like Zebra Zensations Colored Pencils are perfect for writing, coloring, sketching and expressing creativity for every craft and project. They're refillable and triangular-shaped, so they won't fall off the table.
5. Share experiences on social media.
6. Collect drawings, writing entries and photos to create a summer keepsake or scrapbook.

Find more ideas for capturing summer experiences at zebrapen.com.

Calendar of Events

July 12–July 18, 2018

Concerts in the Park:

Soul Crackers (Motown, Southern Soul, '70s Funk)
 Date and Time: July 12, 7:00 PM–8:30 PM
 Description: Summer Arts in the Parks—Grab a blanket or lawn chairs, pack a picnic dinner, and come out to enjoy a variety of arts performances this summer throughout the county.
 Cost: FREE
 Ages: All ages welcome
 Location: Watkins Regional Park (On the Green)
 301 Watkins Park Dr., Upper Marlboro, MD 20774
 (Rain Location: Largo/Perrywood Community Ctr)
 Contact: 301-218-6700

PGCPLS: DC Casineros: Afro-Cuban Rhythms @Your Library

Date and Time: July 13, 2:00 PM–3:00 PM
 Description: Feel the savor and energy of Cuba as this world-renowned dance company teaches popular Cuban dances. Children will learn basic steps of various dances.
 Cost: FREE
 Ages: Elementary (5–12 yrs)
 Location: Oxon Hill Branch Library
 6200 Oxon Hill Rd., Oxon Hill, MD 20745
 Contact: 301-839-2400, TTY: 301-808-2061

Underspace! The Science of Soil

Date and Time: July 14, 2018, 10:00 AM–4:00 PM
 Description: Ever wonder what it would be like to be able to shrink yourself to the size of a mole and travel beneath the soil to explore a magical world beneath your feet? Enter "Underspace! The Science of Soil," for an immersive, glow-in-the-dark exploration of the intricate web of life that resides in beneath your feet. (Weather dependent)
 Cost: FREE
 Ages: All ages welcome
 Location: Accokeek Foundation, Piscataway Park
 3400 Bryan Point Rd., Accokeek, MD 20607
 Contact: 301-283-2113, info@accokeek.org

Children's Play: Siempre Amigos/Buddies Not Bullies

Date and Time: July 14, 2018, 10:30 AM
 Description: With the use of comedy and facts, this bilingual play exposes students the harsh realities of this ever-so present issue. It enforces the "cons" of bullying and reinforces all the "pros" of being buddies. There will be snacks for the kids and coffee for the adults! FREE performance thanks to Teatro de la Luna and the Mayor's Office of Latino Affairs.
 Cost: FREE
 Ages: All ages welcome
 Location: Salvadoran Consulate
 926 Philadelphia Ave., Silver Spring, MD 20910
 Contact: 202-882-6227, www.teatrodela luna.org

9th Annual Lake Arbor Jazz Festival

Date and Time: July 14, 2018, 1:00 PM–8:00 PM
 Description: Enjoy a family friendly environment featuring some of the region's most accomplished and emerging jazz artists. gates open at noon for this popular event. For more detail and ticket prices, please visit LakeArborJazz.com. Both general admission and VIP tickets are available.
 Cost: Regular admission (lawn): \$35;
 VIP (covered) reserved seating \$65;
 ADVANCE TICKET SALES END THURSDAY, JULY 12TH AT 11:00 PM. Tickets sold on-site: \$45
 Location: Lake Arbor Community Center
 10100 Lake Arbor Way, Mitchellville, MD 20721
 Contact: 301-333-6561; LakeArborJazz.com

Express Yourself! 12th Annual Hip Hop Poetry Choir

Date and time: July 14, 2018, 3:00 PM–4:00 PM
 Description: This is a free performance featuring the poetry created by the participants of the 12th Annual, Expressions: Talk Up, Not Down, 2018 poetry camp. Thirty-five county youth spent a week working with master poets learning to use poetry as a positive tool of expression. The poems created by the youth provide a unique look into the modern teen who is dealing with many issues associated with growing up in the 21st Century.
 Cost: FREE
 Ages: Open to all ages
 Location: Bowie Center for the Performing Arts
 15200 Annapolis Rd., Bowie, MD 20715
 Contact: 301-446-3466; TTY 301-699-2544

Fitness in the Park: Family Zumba®

Date and Time: July 16, 2018, 6:30 PM–7:30 PM
 Description: Dance your way into fitness with a Family Zumba class! Family Zumba brings together all members of your family for fun and easy-to-follow dance moves to upbeat music! Classes may be canceled due to inclement weather or wet grounds. Call 301-927-0822 for weather-related cancellations.
 Cost: FREE
 Ages: All ages are welcome
 Location: Sasser Field (Located on the track)
 14201 School Ln., Upper Marlboro, MD 20772
 Contact: 301-446-6800; TTY 301-699-2544

Sunset Music Series: Junkyard Band

Date and Time: July 17, 2018, 6:30 PM–8:30 PM
 Description: Summer Arts in the Parks—Grab a blanket or lawn chairs, pack a picnic dinner, and come out to enjoy a variety of arts performances this summer throughout the county.
 Cost: FREE
 Ages: All ages are welcome
 Location: Tucker Road Athletic Complex
 1770 Tucker Rd., Fort Washington, MD 20744
 (Rain location: Southern Regional Technology and Recreation Complex, 7007 Bock Rd., Fort Washington, MD 20744)
 Contact: 301-203-6000

Find more events at www.pg parks.com/Calendar.aspx

Earth TALK™

Saving the Planet By Ridesharing With Uber and Lyft

Dear EarthTalk,
 Is ridesharing via companies like Uber and Lyft good or bad for the environment overall?

—Jeff Timotheos,
 Akron, OH

Between fuel, maintenance and insurance, owning a vehicle is expensive—even more so in cities like New York, where residents pay an annual average of \$430 for parking alone. It may be no surprise why the affordable, convenient enterprise of ridesharing, whereby you use a smartphone app to arrange a ride in a privately-owned vehicle, has gained massive popularity in recent years and is expected to see even further growth (22.9 percent) in 2019. But is this shift from car ownership to ridesharing good for the environment overall?

Professor Daniela Rus of MIT's Computer Science and Artificial Intelligence Laboratory, who focuses on ways to reduce traffic congestion and otherwise improve mobility in major cities, thinks so. "Ride-sharing services have enormous potential for positive societal impact with respect to congestion, pollution and energy consumption."

Perhaps the biggest environmental benefit to ridesharing is carpooling. Uber's "POOL" option puts riders in the same car, with each individual rider paying less. Last year, Uber drivers served 35 million riders in POOL trips. If these riders had instead driven by themselves, cities might have seen an additional 314 million vehicle miles and 82,000

metric tons of carbon dioxide emissions. Lyft has also set a goal to make shared rides account for 50 percent of all trips on the Lyft platform by the end of 2020.

Besides carpooling incentives, Uber is also expanding their app to provide customers with alternative forms of transport like electric bikes and buses. Their partnership with Jump Bikes, currently available in San Francisco, Sacramento and Santa Cruz, California and Washington, D.C., can shift millions of trips from cars to bikes. "We re-



PHOTOGRAPHY BY WWW.QUOTEACATALOG.COM, FLICKRCC

Sharing rides with Uber and Lyft is a boon for the environmental if you factor in reduced congestion, pollution and energy consumption.

alized that we shared Uber's vision of multi-modal mobility and had the same goal of decreasing car ownership," says Jump Bikes Founder and CEO Ryan Rzepecki. Uber is also working with transit agencies to help fill empty seats on buses and trains—which can be two to three times cleaner than a solo car drive—by allowing riders to book and

use transit tickets in their app.

Additionally, in April 2018, Lyft announced their commitment to immediately offset the carbon emissions from all Lyft rides globally. Their first-year, multi-million-dollar investment will make Lyft one of the top voluntary purchasers of carbon offsets in the world. Lyft plans to help achieve carbon neutrality through the direct funding of emission mitigation efforts in the U.S., including emissions reductions in the automotive manufacturing process, renewable energy programs, forestry projects, and the capture of emissions from landfills. Lyft Co-Founders John Zimmer and Logan Green emphasize that this action is not the full solution, but a real step forward. "The more shared rides and clean vehicles on

the platform, the fewer carbon offsets we will need to purchase," they report.

Enhancing the environmental benefits of ridesharing is an emerging effort across the entire industry. This past February, leading transport and ridesharing companies that account for a staggering 77 million passenger trips per day signed on to Shared Mobility Principles for Livable Cities, a coalition committed to prioritizing people over vehicles and reducing emissions in an increasingly congested and polluted urban environment. "Working together, we can have a real impact on congestion, making our cities easier to get around and more enjoyable to live in," said Joseph Okpaku, Vice President of Public Policy at Lyft.

CONTACTS: Uber, uber.com; Lyft, lyft.com.

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Summer Heat Safety Tips for Your Pets

Consider These Tips to Help Keep Your Pet Safe and Cool in Hot Weather

By PRESS OFFICER
 P.G. County Dept. of the Environment

LARGO, MD—Excessive high temperatures can be dangerous not only to humans but to your furry companions as well. With temperatures likely reaching 90 degrees or above in the coming days, the Prince George's County Department of the Environment Animal Services Division wants to remind everyone to take the appropriate steps for pet safety. Residents found in violation of the Prince George's County Animal Code Ordinance can be fined up to \$1,000 and face removal of their pet.

A few hot weather tips to consider:

- It is against the law in Maryland to leave a pet in an unattended vehicle, even if the air conditioning is running. Overheating can kill an animal; NEVER leave your pet alone in a vehicle, even with the windows open.

- Make sure to provide access to fresh water to outside pets and avoid using metal food and water bowls because both can become very hot when temps rise.
- Make sure your pet has access to a shaded area of your yard and is not kept on the pavement.
- When the temperature is very high, be careful of your pet's paw pads lingering on hot asphalt as it can quickly burn them.
- Consider giving your pet a summer haircut to a one-inch length to help prevent overheating. Also, brush your cat more than usual to prevent problems caused by high heat.
- Walk your dog in the early morning or evening. If you're planning outdoor activities with your pet, remember to carry extra water and a container for your pet to drink from.
- Take special precautions with old or overweight animals or those with heart or lung diseases. Snub-nosed dogs (Bulldogs,

Pekingese, Boston Terriers, Lhasa Apsos, Pugs, Shih Tzus, etc.) have compromised respiratory systems and must be kept in air conditioning as much as possible.

- If you notice signs of overheating in your pets; excessive panting, difficulty breathing, increased heart and respiratory rate, get help from your veterinarian immediately.
 - If you prefer to leave your pets outside, always have shelter available to protect it from extreme temperatures and inclement weather. Consider providing a wading pool filled with water for your companion to cool off.
 - Don't forget about your livestock companions. Make sure you provide them with plenty of water. Livestock owners are reminded that each livestock animal, including horses and donkeys, can consume 10 to 20 gallons of water per day.
- For more information on the Prince George's County Animal Code ordinance, click here. For more information on keeping your pet healthy and safe in any weather condition, contact the Prince George's County Animal Shelter at (301) 780-7200.

Zika from A3

- Treat clothing and gear with permethrin or purchase permethrin-treated items. Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
- If treating items yourself, follow the product instructions carefully.
- Do NOT use permethrin products directly on skin. They are intended to treat clothing.

More than 5,500 symptomatic cases of Zika virus oc-

curred in the U.S. and more than 37,000 symptomatic cases occurred in the U.S. Territories, according to the CDC. Maryland has reported 247 confirmed and probable cases of Zika virus as of May 30, 2018, and all of them were attributed to travel. As part of that surveillance, the U.S. Zika Pregnancy Registry (USZPR) collected information on more than 2,400 pregnancies with laboratory evidence of possible Zika virus infection, including 128 pregnancies from Maryland residents.

Recent findings from this data show that Zika virus can be passed from a pregnant

women to her fetus and that infection during pregnancy can cause microcephaly—a birth defect characterized by smaller heads and underdeveloped brains in newborns—and several fetal brain defects. Currently, however, the full range of health effects in infants from Zika virus infection is unknown, making continued surveillance important. This is of particular concern for newborns without notable defects at birth who may exhibit Zika associated developmental delays later in early childhood.

To learn more, please visit zika.maryland.gov. For more

CDC information on avoiding Zika infection during travel, visit <http://goo.gl/lgHuWC>. For CDC information on the Zika virus in Spanish, visit <http://goo.gl/9oYFgj>.

The Maryland Department of Health is the State agency that protects Maryland's public health. We work together to promote and improve the health and safety of all Marylanders through disease prevention, access to care, quality management, and community engagement. Stay connected: www.twitter.com/MarylandDHMH and www.facebook.com/MarylandDHMH.

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Do You Care? from A4

strange lands,
Of emotionally and physically and mentally fragile children, and children who rebel and ridicule, torment and taunt,
Help us to love and respect and protect and welcome them all.

O God of children of destiny and of despair, ravaged by the wars and ideologies and political agendas of adults,
Of children fleeing crime and drug cartels and gang violence, and life threatening poverty
Of disfigured, diseased, and dying children
Of children without hope and of children with hope to spare and to share,
Help us to love and respect and protect and welcome them all.

Marian Wright Edelman is President of the Children's Defense Fund whose Leave No Child Behind® mission is to ensure every child a Healthy Start, a Head Start, a Fair Start, a Safe Start and a Moral Start in life and successful passage to adulthood with the help of caring families and communities. For more information go to www.childrensdefense.org.

Newspapers from A4

at local political events as everyone else and washed it down with the same flat soda.

There used to be fewer cries of "Fake Media" or calling reporters the enemy of the people because at the local level it is all too observable that the reporters are people the same as everyone else. That has changed.

There is but one person responsible for taking the lives of our colleagues and friends at the *Capital Gazette*—the man who pulled the trigger. But the vitriol leveled at reporters everywhere cannot be ignored. It is inherently more dangerous to be a reporter at every level today. We will not shy away from our job.

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Brian Karem is the vice-president of the Maryland | Delaware | DC Press Association (MDDC) and the executive editor of The Sentinels.

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