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In Wake of Player's Death, Area High Schools Remain Vigilant Against Heatstroke

By ZACH SELBY
Capital News Service

WASHINGTON (September 20, 2018)—University of Maryland football player Jordan McNair's death in June brought plenty of public attention to heatstroke, and it's making local high school athletics officials and coaches strengthen their efforts to keep student athletes safe in the heat.

Maryland and District of Columbia athletic associations and school systems say they continue to stress the importance of

safe practices to prevent heatstroke and dehydration, giving their coaches proper training and equipment to better monitor players' health.

"It's nothing certified athletic trainers and sports medicine professionals are unfamiliar with," Jennifer Rheeling, District of Columbia State Athletic Association Sports Advisory Committee Chairwoman, told Capital News Service. "It's not new to us. (McNair's death) has just brought a bigger focus to it from the outside."

Proper medical care for play-

ers has been under scrutiny since McNair died of heatstroke in June. McNair, a sophomore offensive lineman at the University of Maryland, died 15 days after collapsing at a team workout. Maryland President Wallace Loh said McNair did not receive proper medical care from the team.

An external investigation by Walters, Inc. into the handling of McNair's medical emergency and death is ongoing. Results of the investigations are expected to be released on Friday, September 21.

Since the McNair tragedy, Washington area high school coaches said they have redoubled attention to players' health while in practice and on the field.

"There was already an emphasis on it because kids have been dying all over the country," Eleanor Roosevelt Head Coach Thomas Green told CNS. "But with it being so close to home...we were definitely looking into making sure the kids were safe before and after practice."

According to an annual study by the University of North Carolina's National Center for Catastrophic Sport Injury, 63 football players have died of heatstroke since 1995. Forty-five of those deaths were high school students.

All high school coaches in the District of Columbia State Athletic Association have to undergo specific training with courses certified by the National Federation of State High Schools Association. In addition to those courses, coaches are required to participate in training from organizations like the American Red Cross or the American Heart Association and receive CPR certification.

See HEATSTROKE Page A8



Architectural rendering of the new New Carrollton Branch Library. IMAGE COURTESY OF PGCMLS

New Carrollton Branch Library Grand Reopening September 26

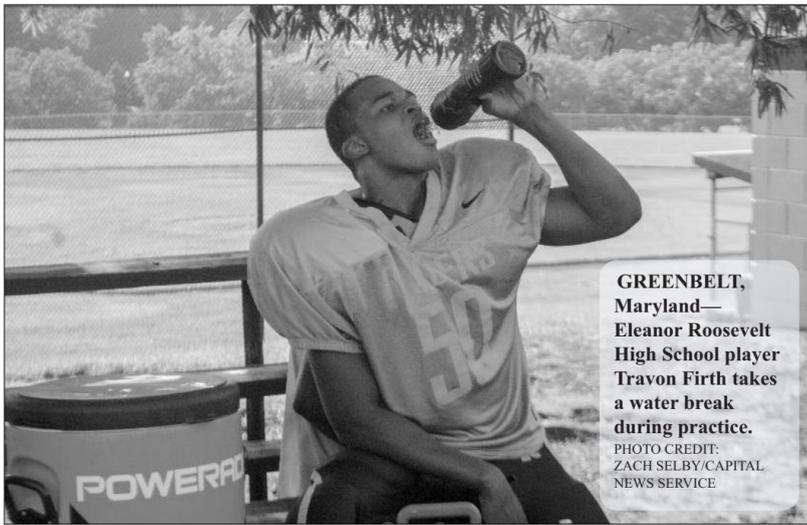
By PRESS OFFICE
PGCMLS

NEW CARROLLTON, MD (Sept. 19, 2018)—The state-of-the-art, newly renovated New Carrollton Branch Library of the Prince George's County Memorial Library System (PGCMLS), located at 7414 Riverdale Road, New Carrollton, MD 20784, re-opens September 26, 2018. The Grand Reopening Celebration will be held on that date at 11 a.m. This event is open to the public. The 58,500-square-foot library features an enlarged entrance with glass walls for more natural light, enhanced technology and additional meeting and study rooms. All public library services are on the main level for customer convenience. Through the Art in Public Places program, the central atrium showcases a colorful resin and aluminum mobile: Convergence of Knowledge by Alan Binstock.

Built in 1971, the existing Brutalist structure of the library embraced the architectural Field Theory movement of Walter Netsch, creating the interior layout using a series of rotated equilateral triangles. The renovation design by GWWO, Inc. / Architects is based on the fundamentals of this classic architectural style, yet responds to the flexible needs of the modern day library. Using elements such as light, color, and geometry, the two dimensional static form of the former library transitions to an elevated three-dimensional dynamic form that is energetic and welcoming.

The Discovery Reef children's area features a 270-gallon salt water aquarium, colorful overhead lighting that simulates the underwater experience, a reef wall seating area complete with life-like exotic fish, a sto-

See LIBRARY Page A2



GREENBELT, Maryland—Eleanor Roosevelt High School player Travon Firth takes a water break during practice. PHOTO CREDIT: ZACH SELBY/CAPITAL NEWS SERVICE

University of Maryland Laurel Regional Hospital Receives Regulatory Approval to Proceed with Plans to Transform Health Care Services for the Laurel/Beltsville Area

By PRESS OFFICER
University of Maryland Capital Region Health

CHEVERLY, MD (September 20, 2018)—Today, University of Maryland Laurel Regional Hospital received regulatory approval from the Maryland Health Care Commission to move forward with plans to transform and enhance the health care services offered in Laurel. The filing, called a Request for Certificate of Need Exemption, was submitted in April and laid out plans to transform the aging hospital into a new state-of-the-art health care destination offering services including but not limited to 24/7 emergency care, short-stay overnight care, outpatient surgery and enhanced outpatient behavioral health programs and services. The current building will house approved services until the construction of the new facility is complete.

The new facility, UM Laurel Medical Center, will represent a new model of care representing significant investment in more services to keep residents healthy in their community and avoid unnecessary inpatient admissions and emergency room visits. This model also allows for expansion of ongoing services including outpatient surgery and intensive outpatient treatment for patients with behavioral health needs, with a goal of reducing the need for hospitalizations.

Plans for the new facility represent recommendations from a multi-phase planning process that began in July 2016 when the University of Maryland Medical System (UMMS), Laurel Mayor Craig Moe and other community leaders launched a Strategic Planning Work Group (SPWG) to address the future of health care in Laurel.

UM Laurel Regional Hospital's current inpatient medical/surgical units and inpatient behavioral health services will soon be relocated to UM Prince George's Hospital Center in Cheverly. Regulators

had already approved the move of the existing chronic care and inpatient rehabilitation units at UM Laurel Regional Hospital to UM Prince George's Hospital Center. The relocation of these units is projected to occur later this year.

Construction of the new UM Laurel Medical Center is expected to begin in winter 2019 and be completed in spring 2021. Significant private sector investment is also anticipated as the surrounding medical campus is developed.

For more information on the project and renderings of the new facility, visit <https://umcapital-region.org/um-capital-laurel>.

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 formal affiliation with the University of Maryland Medical System (UMMS), and is committed to making a positive impact on the health and well-being of patients and families. 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.

The University of Maryland Medical System (UMMS) is a university-based regional health care system focused on serving the health care needs of Maryland, bringing innovation, discovery and research to the care we provide and educating the state's future physician and health care professionals through our partnership with the University of Maryland School of Medicine and the UM Schools of Nursing, Pharmacy, Social Work and Dentistry in Baltimore. For more information, visit www.umms.org.

Six Bulldogs Voted to CIAA Week #3 Honor Roll

By GREGORY C. GOINGS
Bowie State Sports Information

CHARLOTTE, N.C. (Sept 18, 2018)—The Central Intercollegiate Athletic Association (CIAA) along with the conference head football coaches and Sports Information Directors released its Week #3 Honor Roll. With only two games being played due to cancellations/postponements due to Hurricane Florence, the Bulldogs claimed six of the nine accolades. Senior Amir Hall (Bowie, Md.) was selected as Quarterback of the Week for the third straight week while fellow senior Lansana Sesay (Bowie, Md.) was named CIAA Receiver of the Week for the second time. Freshman Malik Bellamy (Upper Marlboro, Md.) was voted Offensive Lineman of the Week, junior Brandon Abrams (Baltimore, Md.) was voted Offensive Back of the Week, junior Taylor Johnson (Washington, D.C.) was tabbed CIAA Defensive Back of the Week and sophomore Kenny Fuentez (Bladensburg, Md.) was selected CIAA Special Teams Player of the Week.

Bellamy had a solid afternoon for Bowie State, helping the Bulldogs amass a season-best 570 yards of total offense in the team's 47-41 road win at McKendree. Hall threw for 352 yards, completing a school record 41 passes that included two passing TD's and literally outran the competition, rushing for a team-high 95 yards and scored two rushing touchdowns. One of his runs was a career-high 65 yards for a score. Sesay led all receivers in receptions (11), tying him for second all-time in school history and totaled a game-high 114 reception yards. Abrams ranked second on the team in rushing on Saturday afternoon, toting the ball 18 times for 91 yards and scoring a pair of touchdowns for the Bulldogs of Bowie State. He also had six receptions for 46 yards (leading both teams with 137 All-Purpose Yards). Johnson tied for team-high tackle honors with six (4 solo and 2 assisted) and added three pass breakups for the Bulldogs. Fuentez averaged 50.0 yards per punt (3 punts) with his longest being 57 yards and two of his punts were inside the 20.

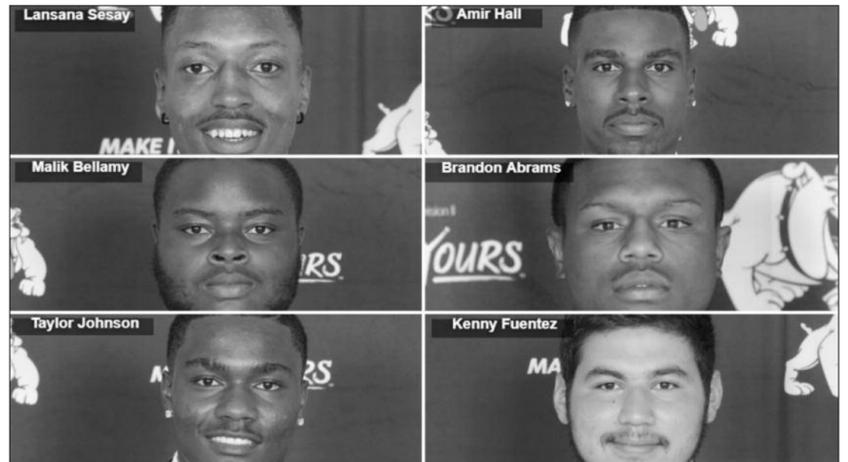


IMAGE COURTESY OF BOWIE STATE SPORTS INFORMATION

Lansana Sesay, Amir Hall, Malik Bellamy, Brandon Abrams, Taylor Johnson, and Kenny Fuentez were named to the CIAA Honor Roll for Week #3.

INSIDE

Back to School: Warning Signs of Substance Use

The Governor's Office of Crime Control and Prevention and the Maryland Opioid Operational Command Center are offering a few tips on what to watch for and how to get help.

Community, Page A3

Senate Passes Cardin Measures to Fight Opioid Epidemic

"Every county in Maryland has a significant opioid problem and it is still growing across the country. There is no simple answer. It is a public health issue—we need to have health services available—but it is much more. We need a multi-disciplined approach if we are going to solve this,"

Commentary, Page A4

New Cars Lose \$3,000 Annually From a Single Expense

"Depreciation costs on sedans increased up to 13 percent over last year. ... The second you drive a new car off the lot it will lose as much as 11 percent of its value through the unstoppable force of depreciation."

Business and Finance, Page A5

Movie Review:

Crazy Rich Asians

Storywise, it's all familiar territory, but the lead performances are charming, and the central characters are intelligent, complex people you enjoy spending time with. The dialogue is witty, if only occasionally laugh-out-loud funny.

Out on the Town, Page A6

Earth Talk

Dear EarthTalk:

Are any environmental groups working specifically to increase access to nature and the outdoors?

—Mary Pelletier, Macon, GA

Features, Page A7

TOWNS and NEIGHBORS

In and Around Morningside-Skyline

with Mary McHale will return October 4, 2018

Brandywine-Aquasco

by Audrey Johnson 301-888-2153

CROWNING GLORY

Grace United Methodist Church proudly presents Crown- ing Glory: 100 Women in Hats Saturday, October 6, 2018 at 3:00 p.m. The church address is 11700 Old Fort Road, Fort Washington, Maryland 20744. Rev. Robert E. Slade, Pastor. Church telephone number is 301-292-8945.

This is a special fundraiser sponsored by members of the Capitol Building Project. All ladies are invited to participate in showing off their beautiful hats. For more information, contact the church.

BULLDOG GOLF CLASSIC

Register now for the Bulldog Golf Classic Tuesday, Oc- tober 9, 2018 at the Country Club at Woodmore, 12320 Pleas- ant Prospect Road, Mitchellville, Maryland. Registration starts at 8:30 a.m. and Shotgun start at 10:00 a.m. Awards Luncheon at 2:30 p.m. Lessons and Clinics offered. Take your game to the next level. Professional instructions pro- vided. Golf Pro Clinic: 10:30 a.m. Tennis Pro Clinic: 10:30 a.m. Admission is \$150 per golfer, \$500 per foursome and \$100 Pro Clinics. For more information visit events@ bowiestate.edu/bulldogclassic.

BLOOD DRIVE

Brandywine Lions Charities Foundation, Inc. upcoming blood drives will be October 4, 2018 and November 29, 2018 from 2:00 p.m.–7:00 p.m. at the Baden Volunteer Fire Department. The address is 16608 Brandywine Road, Brandywine, Maryland.

IT'S HOMECOMING

Bowie State University Homecoming featured weekend events will start Saturday, October 13 with our Homecoming Day (OTC Homecoming Parade 9:00–11:00 a.m. Ruby Tues- day to Bowie Town Center Bowie, Maryland. Admission is free. Pre-Game Reception from 11:00 a.m.–1:00 p.m. Loca- tion TBA. Hosted by BSU National Alumni Association.

Homecoming Game Bowie State University vs. Virginia State University starts at 1:00 p.m. at Bulldog Stadium. General Admission: \$20, General Parking: \$15, Premier Parking: \$20, Oversized Vehicle: \$20, Tailgating: \$100, RV Tailgating: \$150.

Events, times and locations are subject to change. Check our website for the full OTC 2018 schedule of events and to purchase tickets. Visit www.Bowiestate.edu/homecoming.

KAPPA KLASSIC GOLF TOURNAMENT

The Kappa Youth Development Foundation Kappa Klassic

Golf Tournament hosted by the Upper Marlboro/Waldorf (MD) Alumni Chapter will be Saturday October 20, 2018. Registration is 10:00–11:45 a.m. Shotgun start is 12:00 p.m. Format: Four Man Best ball.

Cost: \$125.00 per golfer, \$500.00 per team (includes Golf and Cart, Gift Bag, Lunch and Prizes) (free use of driving range). Early registration is highly encouraged. Registration also available at Eventbrite under Kappa Klassic.

The address is the Washington National Golf Club, 300 St. Andrews Drive, Fort Washington, Maryland 20744. For additional information, contact Gregory Clark, (571) 245-8649 or via email at clark4724@hotmail.com.

2018 GENERAL ELECTION

Early voting Election is October 25, 2018 through No- vember 1, 2018 from 10:00 a.m. to 8:00 p.m. Important deadlines: Voter Registration Deadline: Tuesday, October 16, 2018, 9:00 p.m. Absentee Ballot Application Deadline: Tuesday, October 30, 2018, 8:00 p.m. (mail) or 11:59 p.m. (fax/email). For more information, contact the Prince George's County Board of Elections at 301-341-7300 or visit the website at: <http://elections.mypgc.us>, email: election@co.pg.md.us.

PATUXENT RIVER 4-H CENTER

The Educational Center is open to groups by reservation. Environmental education programs, 4-H activities, farming programs, group camping, facility rentals and overnight cab- ins. Canoe launch on site. The address is 18405 Queen Anne Road, Upper Marlboro, Maryland 20774. Telephone number is 301-218-3079.

FALL FEST FOOD WINE AND MUSIC FESTIVAL

Prince George's Fall Fest Food Wine and Music Festival will be Saturday, October 30 at 11:00 a.m.–6:00 p.m. The location is Bowie Town Center, 15606 Emerald Way, Bowie, Maryland 20716. The event is hosted by Concerts for Causes, Inc. Tickets by Eventbrite. One free complimentary general admission ticket.

Complimentary Wine tastings from the area's best winer- ies, vendors, great food. Exhibitors and Artisans. Many areas of entertainment and music. Benefitting Concerts for Causes raising funds to give musical instructions to students in un- derserved communities. Sponsorships and Vendor opportu- nities available.

Salisbury University Spring 2018 P.G. County Graduates

By OFFICE OF PUBLIC RELATIONS
Salisbury University

SALISBURY, MD (Sept. 20, 2018)—Some 61 Prince George's County stu- dents recently graduated from Salisbury University. They were among the 1,644 students who received 1,392 bachelor's degrees, 238 master's degrees and 14 doctoral degrees during a ceremony at the Wicomico Youth & Civic Center.

Bowie area residents include Ellen Anderson, B.S., exercise science, Thomas E. Bellavance University Honors; George Anderson, B.A., psychology; Rachel Anderson, B.S., exercise science, Thomas E. Bellavance University Honors; Mitchell Avedon, B.A., music; Lindsay Barzanti, B.A.S.W.; Julia Francis, B.S., management; Nicole Gagnon, B.S., mar- keting; Veahna Gardineer, B.A., commu- nication arts; Emily Kaufmann, B.A.S.W., summa cum laude; Malcolm Moody, B.A., political science; Cynthia Ntagbu, M.S.W.; Sierra Smith, M.B.A.; Gina Strachko, M.B.A.; Tawa Suleman, B.S., mathematics, summa cum laude; Maritza Travis, B.S., marketing; and Melissa Vaaltn, B.S., chemistry, magna cum laude.

Brandywine area residents include Jeremie Davis, B.A., communication arts, cum laude; Dasch Hall, B.A.S.W., summa cum laude; Daijanae Wade, M.S.W.; and

Christian Walker, B.S., management.

Capitol Heights area residents in- clude Rahsaan Ellis, M.B.A.; and Tanisha Jefferson, B.A., political science.

District Heights area residents in- clude Diamond Brown, B.A., sociology, magna cum laude; Christopher Green, B.S., information systems, cum laude; Dominique Holland, B.S., geography; Gabrielle Miles, B.A., political science, cum laude; Marquese Proctor, B.A., in- formation systems; and Mikayla Strokes, B.A., communication arts.

Fort Washington area residents in- clude Diamond Bowman, B.S., account- ing; and Steven Williams, B.A., conflict analysis and dispute resolution, B.A., communication arts.

Hyattsville area residents include Deborah Delamater, B.A., English; and Daniel Tekle, B.S., respiratory therapy.

Laurel area residents include Oluwafemi Agbayewa, B.S., biology; Ed- iberio Escobar, B.S., business economics; Alexander Hering, B.A., psychology; Raven Johns, B.S., physics; Matthew Kog- an, B.S., management; Margaret Lawrence, B.A., English, summa cum laude; Diana Lucas, B.S., early childhood education, cum laude; Oluwaseun Omolana, B.S., biology; Jake Rinaldi, B.A., economics; Taylor Sullivan, B.S., interdisciplinary studies; Bria Wallace, B.S., exercise science; Tressa Waller,

B.A., conflict analysis and dispute reso- lution, magna cum laude; and Avery Wil- son, B.S., biology.

Riverdale Park area residents include Serjio Rubio, B.S., biology; and Meleine Yao, B.A., environmental studies.

Upper Marlboro area residents in- clude Britni Hardesty, M.S.W.; Danielle McCreary, M.S.W.; Sean Rowland, B.S., exercise science; Raquel Seagears, B.A., philosophy; and Brent Walters, B.A., history.

Other area residents include Georgina Quaye, B.S., biology, of Adelphi; Janay Lanzo, M.S.W., of Clinton; Audrey Ram- ming, B.A., environmental studies, summa cum laude, B.S., biology, summa cum laude, of College Park; James Kirk, B.S., geography, of Greenbelt; Ada Canelas, M.S.W., of Landover; Demi Pedley, B.A., psychology of New Carrol- lton; Danesha Owens-Harrell, M.S.W., of Suitland; and Rachel Brown, B.S., in- terdisciplinary studies, of Temple Hills.

At Salisbury University, some 8,700 stu- dents in 43 undergraduate, 15 graduate and two doctoral programs pursue liberal arts and professional degrees. *SU is ranked among the nation's best colleges in U.S. News & World Report, The Prince- ton Review and Kiplinger's Personal Finance.*

Library from A1

rytime room that replicates a deep sea habitat and a glowing tube of moving bubbles. Its Ready 2 Read Center encourages interactive early literacy activities, such as blocks, dramatic play and puzzles.

The New Carrollton Branch has 66 computers for public use, as well as a low-vision screen reader/magnifier system. The training lab contains 15 laptops for public instruction. A fax, scanner / digitizer and color printer are located in the publishing center. Other technology enhancements include 3D printing, virtual reality and gaming in the Teen Zone.

Digital signs throughout the branch provide information on upcoming programs and meetings. All seating areas have easy access to power for customers who bring their own devices.

The library's current collection has more than 50,000 items (including books, DVDs, audiobooks and magazines) with a future capacity of 80,000 items. The New Carrollton Branch Library has a conference room, two meeting rooms, seven study rooms (two specifically for children and one for teens), a Whisper (quiet study) Room, a vending café, Friends bookstore, water bottle filling station and a dual-head charging station for electric vehicles in the parking lot.

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Around the County

Cardin, Van Hollen Announce \$486,962 to the College Park Volunteer Fire Department

By PRESS OFFICE
Chris Van Hollen

WASHINGTON (September 18, 2018)—Today U.S. Senators Ben Cardin and Chris Van Hollen (both D-Md.) announced that the College Park Volunteer Fire Department in Prince George's County will receive \$486,962 from the Federal Emer- gency Management Agency (FEMA). The Department was awarded a \$414,400 Staffing for Adequate Fire and Emergency Response (SAFER) grant for volunteer firefighter recruit- ment. College Park VFD will initiate a response stipend program and a col- lege tuition reimbursement program to recruit and retain new volunteers to ensure adequate staffing levels. The Department was also awarded a \$72,562 Assistance to Firefighters Grant to purchase and install two self- loading power assisted stretchers and stair chairs in the Department's am- bulance units.

"Prince George's County is fortun- ate to have first-class firefighters and emergency personnel, all of whom perform difficult, dangerous jobs in service to their communities. These funds serve as a reminder that we owe our first responders every re- source they need, including the re- cruitment tools and equipment nec- essary to go about the dangerous business of saving lives," said **Senator Cardin, a member of the Sen-**

ate Finance Committee. "I want to thank all of Maryland's first respon- ders for working so hard to protect our neighborhoods. I'm proud to stand by them, and I'll keep working to ensure they get the support they need from Washington."

"Every day, the first responders in Prince George's County and across our state put their lives on the line to protect our communities. It's our job to ensure they have the tools they need to safely and effectively do just that," said **Senator Van Hollen, a member of the Budget and Appropriations Committees.** "These funds will help ensure the necessary staffing levels and equip- ment to respond to the call for help, and I will continue working to provide Maryland's first responders with the resources they need to keep our communities safe."

Federal funds are awarded through the Assistance to Firefighters Grant program, which provides grants directly to fire departments, nonaffiliated Emergency Medical Services organizations, and state fire training academies to enhance their ability to protect the health and safety of the public, as well as that of first- responder personnel. Senators Cardin and Van Hollen worked to secure \$350 million for the AFG program for Fiscal Year 2018 and continue to work towards robust funding in Fiscal Year 2019.

Sonabank Increases Caps on Kasasa Checking & Savings Accounts

Higher dollar amounts can now qualify for attractive APY

By PRESS OFFICE
Sonabank

RICHMOND, VA (Sept. 14, 2018) —Effective Aug. 21, 2018, Sona- bank has enhanced its Kasasa Cash* and Kasasa Saver* accounts by in- creasing the caps on the maximum qualifying balance needed to earn high annual dividends. The change means that higher balances now qualify for a more advantageous APY (Annual Percentage Yield).

The cap on a Kasasa Cash check- ing account increased from \$15,000 to \$25,000. Customers can earn 2.25 percent APY on the first \$25,000 in a Kasasa Cash account when monthly cycle requirements are met.

The cap on a Kasasa Saver ac- count was doubled from \$25,000 to \$50,000, enabling customers to earn 1.00 percent APY on the first \$50,000 in that account when monthly cycle requirements are met.

Kasasa accounts are designed to reward customers with benefits such as no monthly maintenance fees and refunds on ATM withdrawal fees, among other benefits, as long as monthly cycle requirements are met. In most cases, the requirements are easily met in the normal course of banking if customers typically use an ATM, receive e-statements and make purchases on a debit card. In- formation about Kasasa accounts and requirements can be found at sonabank.com.

"Raising the caps on the Kasasa Cash and Kasasa Saver accounts

demonstrates that Sonabank is com- mitted to helping our customers earn more on their investments with us," said Joe A. Shearin, CEO of Sona- bank. "Our Kasasa packages include many features and benefits that al- low customers to build their bal- ances effortlessly on the path to achieving their financial goals."

*Note: \$25 minimum deposit is required to open. APY=Annual Per- centage Yield. Kasasa Cash rate tiers are as follows: 2.25% APY applies to balances of \$0-\$25,000 and 0.25% APY applies to balances over \$25,000 if qualifications are met during the monthly qualification cycle. For Kasasa Saver rate tiers are as follows: 1.00% APY applies to balances of \$0-\$50,000 and 0.05% APY applies to balances over \$50,000 if qualifications are met during the monthly qualification cycle. Rates may change after the ac- count is opened. Fees may reduce earnings. A linked Kasasa Saver ac- count is required for automatic sav- ings. ATM transactions do not count as qualifying transactions. Member FDIC. Kasasa, Kasasa Cash, Kasasa Cash Back, Kasasa Tunes are trade- marks of BancVue, Ltd., registered in the U.S.A.

At December 31, 2017, Sonabank had seven full-service retail branches in Maryland, in Rockville, Shady Grove, Bethesda, Upper Marlboro, Brandywine, Owings and Hunting- town. For more information, visit sonabank.com.

Save the Date

FRIDAY OCTOBER 5 9 a.m. - 1:30 p.m.

Kentland Community Center
2413 Pinebrook Avenue
Landover, MD 20785

RSVP at bit.ly/DOE2018summit (case sensitive)

DOE green summit 2018

COMMUNITY

The American Counseling Association's Counseling Corner

Helping Your Teen Deal With Peer Pressure

As parents we like to think we're the most important influence in our children's lives. And that's probably true up to a certain age but then the outside world, in the form of school and friends, intrudes. By the time your child is a teenager it's almost a certainty that the opinions and actions of other teens are playing a large role in decisions about everything from clothing choices to hair styles to academic efforts.

Peer pressure is natural and, in many cases, can be a positive thing. But it can also be a negative, especially for a teen lacking in self-confidence and self-esteem who is anxious to be accepted by others.

As a parent you can't control the pressures your teen is going to be experiencing, but you can play a big role in helping him or her overcome negative peer pressure.

Your starting point is to try and build confidence and self-esteem for your teen. A child who is self-confident and has high self-esteem is much more able to say no to harmful behaviors.

Help build that self-esteem by looking for positive accomplishments and praising work that is being well done. At the same time, try to limit criticism when a teen's efforts fall short.

You want to take a genuine interest in your teen's life. Ask questions about what he or she is doing and feeling. Learn to respect your teen's thinking even when it's counter to your own. Try to be respectful of your teen's decisions in friends, music and appearance. Getting your teen to really talk to you can often be difficult, but showing a real interest in your teen's life can produce results.

This doesn't mean that everything and everyone your teen values gets your approval. You are still the parent and need to sometimes set rules and boundaries. While "forbidding" certain friends seldom works, if you build a respectful relationship with your teen you should be able to express your concerns and work together to set reasonable limits.

Strengthening the family relationships also helps. Insist on homework and chores being done. Set curfews and stick to them. Spend time with your teen, have family dinners together and find quiet times when you really can talk to each other.

Not all peer pressure is negative but as a parent, part of your job is to help your teen learn how to evaluate friendships.

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.

Healthier Generation Announces "America's Healthiest Schools"

A record 461 schools from 26 states honored for promoting healthy eating and physical activity

By PRESS OFFICE
Alliance for a Healthier Generation

NEW YORK, NY, (September 17, 2018)—A record 461 schools, from 26 states and the District of Columbia, were recognized today as "America's Healthiest Schools" by the Alliance for a Healthier Generation, a national organization that empowers kids to develop lifelong, healthy habits.

America's Healthiest Schools earned the distinction by successfully meeting a rigorous set of criteria for serving healthier meals and snacks, getting students moving more, offering high-quality health and physical education, and empowering school leaders to be healthy role models. The schools, 81 percent of which serve high-need populations, also receive Healthier Generation's National Healthy Schools Award at the Bronze, Silver or Gold level, based on the standards they achieve.

All of the award-winning, America's Healthiest Schools:

- Meet or exceed federal nutrition standards for school meals and snacks
- Offer breakfast daily
- Implement district wellness policies and update progress annually
- Provide students with at least 60 minutes of physical education per week and ensure physical activity throughout the school day

"The most important investments we can make are those that support kids' health and education," said Brian Weaver, Chief Program Officer at the Alliance for a Healthier Generation. "We applaud these 461 award-winning schools for finding creative

Prince George's County Schools on the list:
Arrowhead Elementary
Upper Marlboro
Award Level: Bronze
High Bridge Elementary
Bowie
Award Level: Bronze

ways to keep all kids active, eating healthy and engaged in learning while setting them on a path to lifelong health."

America's Healthiest Schools are all participants in Healthier Generation's landmark Healthy Schools Program—one of the nation's largest school-based childhood obesity prevention initiatives—which has worked with more than 42,000 schools serving over 25 million students since 2006.

"America's Healthiest Schools all recognize that when we prioritize children's health, we increase their chances of excelling in school and beyond," said Monica Hobbs Vinluan, Senior Program Officer at the Robert Wood Johnson Foundation, which has supported the Healthy Schools Program since its inception. "Every child—particularly those from low-income families or struggling communities—deserves to attend a school that is committed to both their overall health and academic success. That commitment will help all kids reach their full potential."

The America's Healthiest Schools campaign, an annual celebration of the award-winning schools, is sponsored in part by Novo Nordisk.

To view the complete list of America's Healthiest Schools visit HealthiestSchools.org.

BACK-TO-SCHOOL FEATURES

Back to School: Warning Signs of Substance Use

Maryland Opioid Operational Command Center, Governor's Office on Crime Control and Prevention Want You to Know, Before It's Too Late

By PRESS OFFICE
Governor's Office of Crime Control and Prevention

ANNAPOLIS, MD (September 17, 2018)—No parent wants to think of their teen as having an alcohol or substance use problem, but it can happen. How do you spot the warning signs and what do you do? The Governor's Office of Crime Control and Prevention and the Maryland Opioid Operational Command Center are offering a few tips on what to watch for and how to get help.

"The reality is that teenager moods can change from hour to hour and that's a part of growing up," said GOCCP Executive Director, Glenn Fueston, Jr. "But as parents, we have to be extra vigilant to know the difference between a normal part of development or something else."

"Today, the risk of overdose is especially high, as fentanyl—which is 50 times more deadly than heroin—is being added to many prescriptions and other illicit drugs. Just a small amount can be deadly," said Executive Director of the Opioid Operational Command Center, Clay Stamp. "That's why it's so important that we protect our most vulnerable, our youth and adolescents, from the dangers of drug use."

- Problems at school**
- Frequently forgetting homework.

- Missing classes or skipping school.
- Disinterest in school or school activities.
- A drop in grades.

- Physical signs**
- Lack of energy and motivation.
 - Red eyes and cheeks or difficulty focusing—alcohol use.
 - Red eyes and constricted pupils—marijuana use.
 - A strange burn on your child's mouth or fingers—(possibly heroin) smoking through a metal or glass pipe.
 - Chronic nosebleeds—cocaine use.
 - Alcohol presence: finding it in your child's room or backpack/smelling alcohol on his or her breath.

- Neglected appearance**
- Lack of interest in clothing, grooming, or appearance is not normal. Teenagers are usually very concerned about how they look.

- Changes in behavior**
- Teenagers enjoy privacy, but be aware of excessive attempts to be alone.
 - Exaggerated efforts not to allow family members into their rooms.
 - Not letting you know where they go with friends, or whom they go with.
 - Breaking curfew without a good excuse.
 - Changes in relationships with family.

- Changes in friends**
- No longer is friends with childhood friends.
 - Seems interested in hanging out with older kids.
 - Acts secretive about spending time with new friends.

- Money issues**
- Sudden requests for money without a good reason.
 - Money stolen from your wallet or from safe places at home.
 - Items gone from your home. (May be sold to buy drugs.)

- Specific smells**
- Odor of marijuana, cigarettes, or alcohol on teen's breath, on clothing, in the bedroom, or in the car.

- Drug paraphernalia**
- Finding items in your child's room, backpack, or car related to drug use. (www.getsmartaboutdrugs.gov/content/how-identify-drug-paraphernalia)

Before It's Too Late is Maryland's effort to bring awareness to this epidemic and to mobilize resources for effective prevention, treatment, and recovery. Citizens grappling with a substance use disorder can find help at BeforeItsTooLateMD.org or by calling 211 and pressing 1.

The Governor's Office of Crime Control & Prevention plans, promotes, and funds efforts with government entities, private organizations, and the community to advance public policy, enhance public safety, reduce crime and juvenile delinquency, and serve victims. Visit our website at goccp.maryland.gov

Prince George's County Raising Awareness About Services for Sexually Transmitted Infection Testing and Treatment

In light of nationwide infection spike, Health Department reminds residents about services available at its clinics for teens and adults

By PUBLIC INFORMATION OFFICER
P.G. County Health Department

LARGO, MD (September 18, 2018)—The Centers for Disease Control and Prevention (CDC) released new data showing steep increases in reported sexually transmitted infections (STIs) nationwide. According to the CDC, 2017 set a new nationwide record for reported cases of gonorrhea, syphilis, and chlamydia, and it is the fourth consecutive year of sharp increases in these reported STIs.

The Prince George's County Health Department is reminding residents about the variety of county services available for them to get tested for STIs and receive treatment, if necessary.

- Services**
- Teenagers and young adults (10 to 24 years old) can get confidential, on-site STI testing and treatment at the **Healthy Teens and Young Adults Clinic**, Monday through Friday 8:30 a.m.–5 p.m.

Healthy Teens and Young Adults Clinic
7824 Central Avenue
Landover, MD 20785
Call 301-324-5141 for more information.

In addition, condoms, testing and treatment are available for County students at four School-Based Wellness Centers:

Bladensburg High School
4200 57th Avenue
Bladensburg, MD 20710
240-696-3356

Fairmont Heights High School
6501 Columbia Park Road
Hyattsville, MD 20785
240-573-7255

Northwestern High School
7000 Adelphi Road
Hyattsville, MD 20782
301-985-1872

Oxon Hill High School
6701 Leyte Drive
Oxon Hill, MD 20745
240-724-1442

The hours of operation at each Wellness Center are 8 a.m.–4:30 p.m. daily. After graduation from high school, students can transfer to the Healthy Teens and Young Adults Clinic to continue their care up to 24 years of age.

For more information, please call the numbers provided for each Wellness Center.

Free, confidential, on-site STI testing and treatment are available for adults at the **Reproductive Health Resource Center** Monday, Tuesday, Wednesday, and Friday 8:30 a.m.–3 p.m. and Thursday 11:30 a.m.–6 p.m.

Reproductive Health Resource Center
3003 Hospital Drive, Suite 3048
Cheverly, MD 20785
Appointments can be scheduled by calling 301-583-3150.

***Please note:** Free STI testing applies to residents ages 21 and younger. For those 22 and older, there are costs associated with STI testing. However, HIV testing is free for all.

"Prince George's County has offered these services for years, and we must continue to educate our communities about the ways we can help them be aware of their sexual health status and receive appropriate care," said Prince George's County Health Officer Pamela B. Creekmur. "We remain committed to raising public awareness about the importance of sexual health so we can reduce the infection rates we are seeing across our region and our nation."

Department of Corrections Donates School Supplies and Uniforms to Hundreds of Students

By PUBLIC INFORMATION OFFICER
P.G. County Department of Corrections

UPPER MARLBORO, MD (September 18, 2018)—The Prince George's County Department of Corrections donated more than 40 boxes of school supplies and more than 20 sets of uniforms to Glenridge Elementary School on September 17, 2018, as part of the 22nd annual Pencil Box Project. Every classroom received at least one box of school supplies. The front office also received school supplies to distribute as they see fit.

"We want to give you every tool that you will need to succeed this year. Although these supplies are going to your teachers, they're going to end up on your desks. We want to let you know that we value the work that's done here by your principal and teachers and the work that's done by you: the students," Department of Corrections Director, Mary Lou McDonough told an auditorium full of students.

Every year, the Department of Corrections donates supplies to a local school in an effort to ensure students are prepared

for success. Glenridge Elementary School was selected because it is one of the schools identified in the Transforming Neighborhood Initiative, which is an effort by the county to focus on uplifting neighborhoods that face significant economic, health, public safety, and educational challenges.

The Department of Corrections raised more than \$2,500 internally and also received monetary donations from the Prince George's County State's Attorney's Office, the Prince George's County Correctional Officers Association and a school supply donation from the

Prince George's County Fire Department. Our county partners demonstrated that it takes a village to raise a child.



PHOTOGRAPH COURTESY OF P.G. COUNTY DEPARTMENT OF CORRECTIONS

COMMENTARY

Benjamin L. Cardin

United States Senator for Maryland



Senate Passes Cardin Measures to Fight Opioid Epidemic

"This is a comprehensive bill. It's bipartisan. It increases the federal government's response to this horrific epidemic that has left no community immune from its effects."

WASHINGTON (September 17, 2018)—U.S. Senator Ben Cardin (D-Md.) lauded Senate passage today of a package of bills to tackle the opioid epidemic facing the country. Included in the package are Cardin provisions that would expand the use of telehealth services for the treatment of opioid use, bundle payments for medication-assisted treatment under Medicare, study the expansion of successful peer support services and study how we can bring together housing-related services with substance-abuse programs to fight the paired problems of substance abuse and homelessness.

"Every county in Maryland has a significant opioid problem and it is still growing across the country. There is no simple answer. It is a public health issue—we need to have health services available—but it is much more. We need a multi-disciplined approach if we are going to solve this," said Senator Cardin.

"The bipartisan bill passed by the Senate 99-1

today includes federal support for many creative solutions that are being used in Maryland and elsewhere. From stabilization centers to peer support services, we are working with communities to get them the resources they need. We are delivering on the request to increase funding through the 21st Century Cures Act. We are providing additional training and resources for first responders. We are changing reimbursement streams so that the cost of recovery methods does not stand in the way of getting a person the help they need. The Senate is asking the CDC to look deeper at the development of non-addictive painkillers and we give law enforcement greater ability to keep deadly fentanyl out of this country.

"This is a comprehensive bill. It's bipartisan. It increases the federal government's response to this horrific epidemic that has left no community immune from its effects."

Video of Senator Cardin speaking from the

floor of the U.S. Senate Monday on this legislation can be viewed here: <https://youtu.be/rE2o5C0g1sE>

Cardin Provisions

Sec. 2102. Expanding the use of telehealth services for the treatment of opioid use disorder and other substance use disorders.

Expanding Telehealth Response to Ensure Addiction Treatment Act (e-TREAT)—Allows the Department of Health and Human Services (HHS) to waive outdated restrictions on telehealth reimbursement in Medicare for diagnosis and/or treatment of an opioid or other substance use disorder.

Sec. 2109 Demonstration testing coverage of certain services furnished by opioid treatment programs.

Comprehensive Opioid Management and Bundled Addiction Treatment (COMBAT) Act—Requires HHS to conduct a five-year demonstration project to test a bundled payment under Part B for medication assisted treatment services furnished by Opioid Treatment Programs.

Sec. 2202. Peer Support enhancement and evaluation review.

Peer Support Enhancement and Evaluation Review Act—Directs the Government Accountability Office (GAO) to study state Medicaid programs that currently cover peer support services, which have shown to improve patient experiences and outcomes when treating substance abuse and prescription drug misuse.

Sec. 2212. Report on innovative State initiatives and strategies to provide housing-related services and supports to individuals struggling with substance use disorders under Medicaid.

Directs HHS to issue a report on innovative state initiatives and housing related services that state Medicaid programs may use to provide supports to Medicaid enrollees with substance use disorders who are experiencing homelessness or are at risk of homelessness.

Additional Maryland Priorities

Sec. 1101. Cures Funding Extension.

Reauthorizes and improves the state opioid targeted response grants from the 21st Century Cures Act.

Sec. 1401. Comprehensive Opioid Recovery Centers.

Authorizes a grant program through the Substance Abuse and Mental Health Services Administration (SAMHSA) for entities to establish or operate comprehensive opioid recovery centers that serve as a resource for the community.

Sec. 2401. Synthetics Trafficking and Overdose Prevention.

Synthetics Trafficking and Overdose Prevention (STOP) Act—Prevents the shipment of synthetic opioids into the United States through the international mail system.

Sec. 3309. Protecting law enforcement officers from accidental exposure.

Protects law enforcement officers from accidental exposure by providing supplemental grants to law enforcement agencies to protect law enforcement from accidental exposure to dangerous narcotics. Grants may be used for purchasing portable equipment to test for fentanyl and other substances, training law enforcement officers and first responders on best practices, and purchasing protective equipment.

BUSINESS AND FINANCE



PHOTO COURTESY OF PGC ECONOMIC DEVELOPMENT CORPORATION

Team EDC and United Developers Council members gather at the site for the new Suitland Town Center.

Investors From Around U.S. Tour Hottest Development Opportunities in Prince George's County

United Developers Council gets an inside look at hottest development opportunities on the horizon!

By PRESS OFFICE

PGC Economic Development Corporation

LARGO, MD (September 21, 2018)—Last Friday, the Prince George's County Economic Corporation's (EDC) business development team took a group of African-American investors on a tour of the County to showcase development opportunities. The United Developers Council (UDC), visiting the area for the Congressional Black Caucus sessions, were treated to a private tour of hundreds of millions of dollars of development projects and investment opportunities. This tour was the result of the UDC reaching out to the EDC when members noted the significant economic growth taking place in Prince George's County. EDC President Jim Coleman was excited to connect the County's top project opportunities with potential investors.

"Today was a great day in Prince George's County," said Coleman. "Our purpose at the EDC is to be the lifeline of Economic Development in the County and today, we were just that. It is our honor to show off the best opportunities for hypergrowth in the County. Our guests from the United Developers Council were pleased to see just how they could become a part of the economic boom taking place here. I look forward to nurturing the relationships that we forged today which will create more jobs and opportunities!"

The tour kicked off with a visit to Greater Mt. Nebo AME Church in Bowie where the group learned about land available for devel-

opment. The group then toured the Westphalia Development in Upper Marlboro which is looking to develop a town center and other amenities in the coming years. In Capitol Heights, Town Administrator Jason Small offered his personal insight into the promise of the area which very closely borders the Nation's Capital. Finally, the tour concluded with a visit to the Suitland Development Project where a brand-new town center is being constructed. Each site provided investment opportunities in the hypergrowth economy that is Prince George's County.

"At the UDC we are responsible to do what's necessary to empower the communities we serve," said Clifford Turner, past president of the National Association of Real Estate Brokers. "Going on today's tour is beyond important because development is the fabric of this country. Because of the developments, like we saw today, we are able to uplift our communities."

The United Developers Council is an affiliate of the National Association of Real Estate Brokers. Its mission is to promote inclusion and representation of minorities in the planning and development of community development projects in urban areas with high density. The group is comprised of development and city planning professionals from around the United States.

To learn more about development projects and the economic boom in Prince George's County, please contact John Mason, EDC Business Development Director at 301-583-4646 or jmason@co.pg.md.us.

Sandy Spring Bank Foundation Partners With Habitat for Humanity Metro Maryland to Build Decent and Affordable Housing in Our Area

Long time partners renew their efforts to make a difference in the communities they serve

By CORPORATE RELATIONS OFFICE
Habitat for Humanity Metro Maryland

SILVER SPRING, MD (September 18, 2018)—Habitat for Humanity Metro Maryland (HFHMM) continued its long term partnership with Sandy Spring Bank this year as part of the launch of the Sandy Spring Bank Foundation. HFHMM was one of three non-profits chosen to receive a sizable donation to commemorate Sandy Spring Bank's 150th Anniversary.

Through HFHMM's corporate sponsorship program, Sandy Spring Bank Foundation's \$50,000 donation helped Habitat for Humanity Metro Maryland purchase its most recent vacant, distressed property for extensive rehabilitation and renovation in Prince George's County, Maryland. After purchasing these properties, HFHMM typically spends over \$100,000 renovating the properties with hundreds of volunteers before selling them to the future homeowners.

"Sandy Spring Bank has been a critical partner with Habitat for Humanity Metro Maryland over the years, helping us to provide affordable housing opportunities in Montgomery and Prince George's Counties," said John Paukstis, President and CEO of HFHMM. He

continued that "we are delighted to partner with such a strong partner who is committed to improving the lives of the local community in which it does business.

This property is scheduled to be completed by Thanksgiving and sold to the partner family in time for them to celebrate the holidays in their new home. A family was recently selected by HFHMM's Board of Directors and will start work on their sweat equity hours which consist of homeowner education classes and working on the house alongside volunteers.

Habitat for Humanity Metro Maryland, Inc. (HFHMM) is an affiliate of Habitat for Humanity International that serves Montgomery and Prince George's Counties in Maryland. Since 1982, HFHMM has partnered with the community and low-income families living in substandard conditions to provide decent and affordable housing solutions. HFHMM supports the notion that good, stable housing matters for neighborhoods. Better quality of living leads to stronger citizens and families. Habitat for Humanity is about changing lives, one home at a time. Visit the website at www.HabitatMM.org.

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BUSINESS AND FINANCE

New Cars Lose \$3,000 Annually From a Single Expense

Drivers Should Keep Resale Value Top Of Mind When Buying A New Vehicle

By PRESS OFFICER
AAA Mid-Atlantic

WASHINGTON, D. C. (Thursday, September 13, 2018)—By far, the largest expense associated with purchasing a new car is something many drivers fail to consider—depreciation, according to the AAA's 2018 Your Driving Costs study. In fact, it accounts for almost 40 percent of the cost of owning a new vehicle—more than \$3,000 per year—and is influenced by a number of factors, including shifting consumer preferences. AAA urges car buyers to think about both market trends and length of ownership when shopping for their next vehicle.

"New vehicles offer the latest designs, cutting-edge technologies and warranties that offer peace of mind," said John Nielsen, AAA's managing director of Automotive Engineering and Repair. "But, car owners that like to change vehicles frequently should be thinking about the resale value—not just the purchase price—when choosing their next ride."

Vehicle ownership is increasing across the Washington metro area, as it is across America. So too is the number of new vehicles registered across the region, which now tops "4.1 million vehicles, up from 3.89 million in 2014," according to the latest vehicle census from the Transportation Planning Board (TPB).

"Depreciation costs on sedans increased up to 13 percent over last year. It is inexorable," said John B. Townsend II, AAA Mid-Atlantic's Manager of Public and Government Affairs. "It is not an urban legend. The second you drive a new car off the lot it will lose as much as 11 percent of its value through the unstoppable force of depreciation. Depending upon the vehicle, it can lose up to 30 percent of its value in the first year. 'On average, a new car will lose 60 percent of its total value over its first five years,' research shows."

AAA's annual analysis found demand for sedans has slipped as American appetite shifts to small SUVs and pickup trucks. In contrast, the TPB analysis reveals that "light-duty trucks, including Sport Utility Vehicles (SUVs), on our region's roads have increased in number and in share." Electric and hybrid vehicles, however, also have seen a gain in popularity with 20 percent of Americans saying they will likely go electric for their next vehicle purchase, up from 15 percent the previous year."

This year, electric and hybrid vehicles also saw a dip in depreciation value and offer many cost benefits such as reduced finance charges

and lower repair and maintenance bills, making "going green" a more affordable choice than in years past. Across the metro area, "while there are more hybrid vehicles out on the roads, there has been a relative decline in hybrid vehicle purchases in recent years," the TPB explains.

Buyers often only give priority to purchase price and monthly payment when choosing a new vehicle, sometimes selecting one based on the best deal available. The length of car ownership, however, is of equal importance. Consumers who plan to keep a vehicle for only a few years should be cautious of deep discounts and incentives offered by automakers and dealers. These are often designed to sell less popular models and directly influence depreciation. Low down payments and extended finance terms can also have a similar effect. Stretching a car loan over five, six or even seven years may be an effective way to lower payments, but owners may quickly find themselves owing more than a vehicle is worth.

Leasing is similarly affected since payments are based in part on the projected residual value of the car at the end of the lease, serving as a good indicator of which models experience higher or lower depreciation. Since resale value is not a factor at the end of a lease period, buyers who prefer less popular models or only want a vehicle for a short time, may consider leasing a more viable option. "The secret to minimizing depreciation costs?" continued Nielsen. "Keep your car for a long time and keep it well-maintained or even consider buying a quality, pre-owned vehicle."

AAA's Your Driving Costs found the average cost to own and operate a new vehicle in 2018 is \$8,849 per year. The figure is calculated based on the cost of fuel, maintenance, repairs, insurance, license/registration/taxes, depreciation and loan interest. The study examined 45 2018 model-year vehicles across the nine categories at right.

Motor vehicle registrations in the national capital area grew from 3.89 million vehicles in 2014 to about 4.1 million by 2016, a net gain of 210,000 vehicles, in the District and 10 surrounding jurisdictions in Maryland and Virginia, notes the TPB. While the latest

technology, style and options make them attractive to car buyers, a new car may not be the most economical choice for some buyers. Vehicle owners looking for alternatives to new car ownership or ways to minimize their operating costs should consider the following:

- **Buy (gently) used**—By driving a pre-owned vehicle in good condition, ownership costs are significantly lower. A safe, reliable vehicle can be found at an attractive price point.
- **Fuel responsibly**—Avoid wasting money on premium grade gasoline unless your vehicle specifically requires it and, if you're one of the 20 percent of Americans considering an electric car, these vehicles offer lower fuel and maintenance costs.
- **Show your car some love**—It sounds counterintuitive, but spending money on routine maintenance can actually save you money in the end. To keep engines running cleaner and longer, consider switching to synthetic oil and upgrading to a higher quality fuel TOP TIER™ gasoline.
- **Slow down**—When gas prices are high, small changes in the way you drive can make a big difference.

AAA's Your Driving Costs study employs a proprietary methodology to analyze the costs of owning and operating a new vehicle in the United States, using data from a variety of sources, including Vincentric LLC. Additional information and detailed driving costs, including insurance costs, finances charges, registration/license fees, taxes and finance charges can be found at NewsRoom.AAA.com or AAA.com/Your-DrivingCosts.

Vehicle Type	Annual Cost*
Small Sedan	\$6,777
Hybrid	\$7,485
Small SUV	\$7,869
Electric Vehicle	\$8,384
Medium Sedan	\$8,866
Minivan	\$9,677
Medium SUV	\$9,697
Large Sedan	\$9,804
Pickup Truck	\$10,215
Average	\$8,849

*Based on 15,000 miles driven annually

AAA provides automotive, travel, and insurance services to 58 million members nationwide and nearly 79,000 members in the District of Columbia. AAA advocates for the safety and mobility of its members and has been committed to outstanding road service for more than 100 years. AAA is a non-stock, non-profit corporation working on behalf of motorists, who can now map a route, find local gas prices, discover discounts, book a hotel, and track their roadside assistance service with the AAA Mobile app for iPhone, iPad and Android. For more information, visit www.AAA.com.

Social Security Matters

Ask Rusty:

Declining Medicare Part B

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

Dear Rusty: Perhaps you could do an article about deferring Medicare Part B. I never found a way to formally "defer" part B, so apparently, we just ignore it if we have other qualified health insurance. I turned 65 in January but am still fully employed with qualified medical insurance. I became aware of the potential penalties for not enrolling in Medicare correctly, but despite my best efforts it still came out wrong for me. In my research I found I could defer Part B but that it would be good to get the deferral on record (somehow) when we enroll in part A. I created an account online and signed up. I had to bring some paperwork to the SS office and while there I brought up the Part B deferral. I was told that I was "all set" but a few weeks later I got a bill for Part B, so I had to take time off and go straighten it out at the SS office. I never did find anything online about "how to formally defer Medicare B." **Signed: Working Still**

Dear Working: It's a fact that many more people are continuing to work past age 65 and have no need to enroll in Medicare Part B because they continue to have group healthcare coverage through their employer. So long as that employer coverage is "creditable," you can decline Part B until your employer coverage ends, and thus avoid the Part B premium (2018 base premium is \$134/month). Although Medicare and Social Security are two separate agencies, they are inextricably linked since the Social Security Administration handles Medicare enrollment and administers premium payments. Though Medicare Part A (hospital coverage) is usually free and should be taken at age 65, Medicare Part B (doctors & outpatient services) is optional because there is a premium associated with it. For this reason, it may be declined and so long as one has "creditable" healthcare coverage there will be no penalty for enrolling in Part B later ("creditable" coverage is an employer group health plan for at least 20 employees). Not having creditable Part B coverage after age 65 will result in a lifetime late enrollment penalty when it is eventually taken. So how does one decline Part B?

If you are already receiving early Social Security benefits, you will be automatically enrolled in Medicare A & B when you turn 65. If you do not want Part B because you still have creditable group coverage from your employer, when you get your Medicare enrollment package for Parts A & B it will include a page to which your new Medicare card will be attached. To indicate that you wish to decline Part B, the back of that page has a spot to specify that you wish to decline Part B. That intent should be so marked, and the page returned to Social Security in the postage-paid envelope provided. If someone is not yet collecting Social Security benefits when they enroll in Medicare at age 65, the option to decline Part B is given as part of the application process, both online and in-office (Part A should be taken because it is free, and also because it's required to collect Social Security after age 65). Declining Part B during the application process or by returning your preference via US mail should normally resolve the matter. However, as with any agency as big as the Social Security Administration or Medicare, timeliness of processing could be an issue and mistakes can be made, and that is what appears to have happened in your case. But either of the methods described above should normally work fine when you wish to decline Medicare Part B coverage.

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

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Practical Money Matters:

7 Financial Tips for Starting Your Own Business

By HUGH NORTON

If you've got a business idea and you couple that with an entrepreneurial itch, you may find yourself tossing and turning at night trying to figure out a plan for moving it forward — dreaming of the day you'll become your own boss.

I've hung my shingle in the past and know from experience that there are ups and downs to starting and owning a business. The initial years can be especially tricky, but the long-term payoff can also be financially and personally rewarding.

If you're up for the challenge and excited by the prospect of becoming a business owner, there are a few steps you can take to help make sure you'll start your new venture on sound financial footing.

1. Create a business plan. Using a written business plan as a guide for your first few years as a business owner can be very helpful. The process of researching and writing your business plan can also teach you more about the industry and may help you better understand the viability of your idea.

A good place to start could be with either the U.S. Small Business Administration (SBA) or the SCORE Association (a non-profit supported by the SBA), who have free resources and training that you can use to help you create a business plan.

Once it's complete, you can use the business plan to attract partners, investors and employees who share your vision for the future of the business.

2. Research your potential start-up costs. You might already be adding up necessary expenses in your head: a website, office or retail space, payroll if you need to hire employees, etc. However, there are also lesser-known expenses that may surprise first-time business owners.

For example, you could have to pay fees and permitting costs to your city, county or state. And depending on the business, you may need to get licensed and purchase insurance, all of which have costs that can add up.

Knowing your actual start-up costs, which should be factored into your business plan, can be important as you look for funding. And whether you're tapping into personal savings, asking friends or family for invest-

ments, crowdfunding or applying for a loan, you should stop to consider the potential pros and cons of each approach.

3. Separate your personal and business finances. Even if you're starting as a sole proprietorship and decide not to form a business entity, it's generally a good idea to separate your business and personal expenses.

One way you might consider doing so is by opening a new bank account that you only use for business-related transactions and putting all your business-related purchases on a debit or credit card linked to that account that you don't use for anything else.

Keeping your accounts separate can save you time when you file your tax return or need to review your expenses. If you incorporate your business, separating your personal and financial accounts can also be an essential step in limiting your personal liability.

4. Consult with experienced professionals. Setting your time aside for research and learning can be important, but paying for professional expertise now can help you protect your business later and lead to long-term savings.

• **Attorneys** can provide guidance as to how to structure your business and make sure the legal paperwork matches the vision in your head. They may also be able to tell you about relevant local laws that could impact your business.

• **Accountants** can help you determine which business type (e.g. an LLC versus an S corporation) makes the most financial sense for your business and offers the most tax savings.

• **Insurance agents or brokers** can tell you about the different types of insurance you can use to limit your liability.

5. Track your income and expenses. Knowing where your money comes from and goes can be important when you're trying to decide where to reinvest within your business and where you may be able to cut costs.

You could start with a simple spreadsheet if you don't have a lot of clients or overhead. As you grow,

you'll likely want to use more complex software to manage your finances.

There are a variety of inexpensive cloud-based accounting, invoicing and payroll systems for sale that you can use to help with the administrative tasks. Many let you give limited access to a bookkeeper or accountant if you want to outsource some of the work.

6. Start building your business's credit. New business owners may not realize that there's a difference between personal credit and business credit. Your business can have its own credit reports and scores, and you may be able to use your business' credit to secure financing or get more favorable terms from vendors.

You can start building business credit by working with vendors that report your payments to the business credit bureaus (you can ask them or look online for lists). In some cases, using a business credit card could also build your business's credit.

7. Create a business emergency fund. An emergency fund can help you get through a personal or family crisis without worrying about your finances. Consider building a separate emergency fund for your business, which may offer similar benefits in case you hit a slow season or unexpected setback.

Bottom line:

When you strike out on your own, money isn't always the most important thing — hopefully you've found something you also love to do—but you want to make sure the numbers add up. Putting in the time to make sure your finances are in order, and creating a plan for how you'll grow your business, can be essential to becoming a successful entrepreneur.

Hugh Norton directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.

This article is intended to provide general information and should not be considered health, legal, tax or financial advice. It's always a good idea to consult a tax or financial advisor for specific information on how certain laws apply to your situation and about your individual financial situation.

OUT on the TOWN

Maryland Humanities Announces 2018 One Maryland One Book Author Tour

Author *Tim Junkin* will visit the Bowie library to speak about his book, *Bloodsworth: The True Story of the First Death Row Inmate Exonerated by DNA*

By COMMUNICATIONS OFFICE
Maryland Humanities

BALTIMORE, MD (August 7, 2018)—One Maryland One Book author Tim Junkin will visit seven counties and Baltimore City to speak about his book, *Bloodsworth: The True Story of the First Death Row Inmate Exonerated by DNA*. Maryland Humanities kicks off the tour at the Baltimore Book Festival. Following the first stop, Junkin will travel to Washington, Frederick, Harford, Prince George's, St. Mary's, Wicomico, and Dorchester counties. Junkin will sign copies of his book at all tour events, which are free. Seating is available on a first-come, first-served basis.

Kurt Bloodsworth, the subject of this year's One Maryland One Book selection and a Dorchester County native, will join Junkin at the Baltimore City and Dorchester County tour stops.

The book was chosen by a committee of librarians, educators, authors, and bibliophiles in February from more than 209 titles suggested last fall by readers across the state under the theme, "Justice."

"One Maryland One Book brings together a wide range of residents from every corner of the state," says Phoebe Stein, Executive Director at Maryland Humanities. "Selecting a compelling book that centers on a Maryland native, written by a local author, adds an exciting layer to the program. I'm looking forward to hearing the important discussions this book will generate."

Tim Junkin says: "I was honored to learn that *Bloodsworth* was chosen as the 2018 One Maryland One Book selection, a program I applaud for encour-

aging reading and dialogue throughout our state. The marvel of Kirk Bloodsworth is that he not only survived, but what he became. His ordeal is still, to me, a frightening reminder of hard truths leavened with astonishing miracles." Bloodsworth will join Junkin for events in Baltimore City and Dorchester County.

Preceding the Baltimore Book Festival appearance, Maryland Humanities will host a reception on September 29 featuring a meet-and-greet with Junkin, as well as food and drink. Tickets to the event, which will take place at Baltimore Center Stage from 5:00–7:30 p.m., cost \$60. The reception is One Maryland One Book's only event with a fee for attendees.

About the Book

Charged with the rape and murder of a nine-year-old girl in 1984, Kirk Bloodsworth was tried, convicted, and sentenced to die in Maryland's gas chamber. Maintaining his innocence, he read everything on criminal law available in the prison library and persuaded a new lawyer to petition for the then-innovative DNA testing. After nine years in one of the harshest prisons in America, Kirk Bloodsworth became the first death row inmate exonerated by DNA evidence. He was pardoned by the governor of Maryland and has gone on to become a tireless spokesman against capital punishment. Bloodsworth's story speaks for hundreds of others who were wrongly convicted and have since been released, and for the thousands still in prison waiting for DNA testing.

About the Author

Tim Junkin is an attorney with thirty

years of experience as a trial lawyer and advocate of civil rights, an award-winning writer, and a teacher. He spent much of his boyhood in Talbot County, graduating from Easton High School. Today he lives on the Wye River on Maryland's Eastern Shore. Junkin is the author of *The Waterman*, *Good Counsel*, and *Bloodsworth*. He also founded Mid-shore Riverkeeper Conservancy—which became ShoreRivers, a Maryland river protection nonprofit—and has received several environmental awards. He graduated from the University of Maryland in 1973 and completed his law studies at Georgetown University Law Center in 1977. He has taught at American University, Georgetown University Law Center, Harvard University Law School, and the Bethesda Writer's Center.

2018 One Maryland One Book Author Tour

Baltimore Book Festival—Tim Junkin & Kirk Bloodsworth in conversation
Sunday, September 30, 1:00 p.m.
Literary Salon, Baltimore Inner Harbor

Boonsboro High School
Monday, October 1, 11:00 a.m.
10 Campus Avenue, Boonsboro

Frederick Community College—
Jack B. Kussmaul Theater
Monday, October 1, 7:00 p.m.
7932 Opossumtown Pike, Frederick

Abingdon Library
Tuesday, October 2, 7:00 p.m.
2510 Tollgate Road, Abingdon

Leonardtown High School
Wednesday, October 3, 7:00 p.m.

23995 Point Lookout Road
Leonardtown

Salisbury University—
Guerrieri Academic Commons Assembly Hall
Thursday, October 4
11:00 a.m.
1101 Camden Avenue
Salisbury

Cambridge-South Dorchester High School—
Tim Junkin & Kirk Bloodsworth in conversation
Thursday, October 4,
7:00 p.m.
2475 Cambridge Beltway, Cambridge

About One Maryland One Book

When we read a great book, we can't wait to share the experience and talk about it with others. That's one of the joys of reading.

In that spirit, through its Maryland Center for the Book, Maryland Humanities created One Maryland One Book (OMOB) to bring together diverse people in communities across the state through the shared experience of reading the same book. We invite readers to participate in book-centered discussions and related programs at public libraries, high schools, colleges, museums, bookstores, and community and senior centers around the state.

One Maryland One Book is presented in partnership with Enoch Pratt Free Library and is sponsored by The Institute of Museum and Library Serv-

One Maryland One Book Author Tour: Tim Junkin October 3, 2018, starting at 11 a.m. Bowie Branch Library

One Maryland One Book author Tim Junkin will speak about his book, *Bloodsworth: The True Story of the First Death Row Inmate Exonerated by DNA*. The event is free and open to the public on a first-come, first-serve basis. Junkin will sign copies of his book, which was chosen as the One Maryland One Book selection for 2018.

Cost: FREE
Ages: Adults
Location: PGCMLS, Bowie Branch Library
15210 Annapolis Rd., Bowie, MD 20715
Contact: 301-262-7000



PHOTO COURTESY OF MARYLAND HUMANITIES

ices via the Maryland State Library as well as PNC Foundation and BGE, with additional support from Baltimore City Foundation and M&T Bank.

Maryland Humanities is a statewide non-profit organization that creates and supports educational experiences in the humanities that inspire all Marylanders to embrace lifelong learning, exchange ideas openly, and enrich their communities. For more information, visit www.mdhumanities.org. Maryland Humanities is generously supported by the National Endowment for the Humanities, the State of Maryland, private foundations, corporations, small businesses, and individual donors. Connect with Maryland Humanities on Facebook, Twitter, YouTube, and Instagram.

ERIC D. SNIDER'S IN THE DARK

... Movie Review ...

Crazy Rich Asians

Crazy Rich Asians
Grade: B
Rated PG-13, some profanity including an F-word, mild vulgarity
2 hrs.

There are two things about *Crazy Rich Asians* that separate it from most romantic comedies. One is that it's good. Based on Kevin Kwan's best-selling novel and directed by John M. Chu (*Step Up 2: The Streets*, *Now You See Me 2*), it uses one of the standard formulas, but the plot isn't based on dumb lies or morose misunderstandings quite as much as most rom-coms' plots are, and the characters generally aren't self-absorbed simpletons. This counts for a lot.

The other noteworthy thing is that except for a few minor characters, everybody in the movie is Asian. Mixed in with the usual tropes of disapproving mothers, kooky relatives, jealous ex-girlfriends, catty gay sidekicks, montages of trying on dresses, frantic trips to the airport, public reconciliations, etc., are elements of Asian culture (Chinese, specifically) that give the familiar proceedings a mildly exotic twist if you're a Westerner—to say nothing of how it must resonate for Asian audiences, who have seldom seen themselves or their culture in the framework of a Hollywood rom-com.

The story in this particular Hollywood rom-com is the one where a smart, independent

Jeong and Koh Chieng Mun) and helps Rachel navigate the locals.

An assortment of other relatives and friends are introduced and trotted out for minor shenanigans, then abandoned when the story no longer has anything for them to do. Somewhat more attention is paid to Nick's cousin, Astrid (Gemma Chan), and her husband Michael (Pierre Png), who are having problems, but you still get the feeling there was a lot more to this subplot in the book (which is part of a trilogy, by the way, and the film ends with hints about where it goes next).

Director Chu dives headlong into the sumptuous settings, basking in the characters' lavish homes and clothes (and food!), having fun with all of it. The movie is basically one high-class soiree after another, and while some of these 1-per-centers are tacky (Peik Lin says

somebody's taste for gold was inspired by Trump's bathroom), they aren't stereotypical selfish rich jerks. The opulence feels celebratory and well earned, not like a *Great Gatsby* delusion.

Storywise, it's all familiar territory, but the lead performances are charming, and the central characters are intelligent, complex people you enjoy spending time with. The dialogue is witty, if only occasionally laugh-out-loud funny. Cultural touchstones like mahjong and the hand-making of dumplings are introduced without much explanation because it's assumed the target audience already understands them. The rest of us may not know exactly what's happening in the climactic mahjong scene, for example, but we get the gist—and hey, mahjong instead of chess for the game-as-metaphor, what a refreshing twist. It's the small things, you know?



ROTTENTOMATOES.COM

Crazy Rich Asians follows native New Yorker Rachel Chu (Wu) as she accompanies her longtime boyfriend, Nick Young (Golding), to his best friend's wedding in Singapore. Excited about visiting Asia for the first time but nervous about meeting Nick's family, Rachel is unprepared to learn that Nick has neglected to mention a few key details about his life. It turns out that he is not only the scion of one of the country's wealthiest families but also one of its most sought-after bachelors. Being on Nick's arm puts a target on Rachel's back, with jealous socialites and, worse, Nick's own disapproving mother (Yeoh) taking aim. And it soon becomes clear that while money can't buy love, it can definitely complicate things.

Calendar Spotlight

Multicultural Festival and Health Fair 2018 September 29, 2018 • 1 p.m.–6 p.m.

Mount Rainier Nature and Recreation Center
4701 31st Place, Mount Rainier, MD 20712

Enjoy the sounds of music from many different parts of the world while trying international cuisine and viewing crafts for sale. Health screenings and information available, too. Free giveaways! Fun for the whole family.

Cost: FREE
Ages: All ages welcome
Contact: 301-927-2163; TTY 301-445-4512

OPEN TO THE PUBLIC



Mount Rainier Nature and Recreation Center

PHOTO COURTESY MNCPPC

Prince George's County's only urban nature center, the **Mount Rainier Nature and Recreation Center** features hands-on exhibits, live animals, educational displays, a game room, an outdoor amphitheater, campfire pit, and a playground. A variety of natural history interpretive programs for community and school groups are available. Programs related to nature study, urban wildlife, urban beautification, and animal care are offered at the center. Mount Rainier Nature/Recreation Center's programs mix fun with education, making nature exciting to experience. The center has a fully-equipped recreation room available to rent for meetings and special occasions. The center is open Tuesday through Saturday 8:30 a.m.–5 p.m.

Mount Rainier Nature/Recreation Center: 4701 31st Pl.,
Mount Rainier, MD 20712 • 301-927-2163

Become a voice for a child in foster care!

There are over 500 youth in foster care in P.G. County and Court Appointed Special Advocate (CASA) is looking for compassionate and motivated individuals to advocate for these youth. CASA volunteers create relationships with youth in foster care to ensure that the court and child welfare systems remain focused on their specific needs. Apply today for our Fall Training (October 18, 2018–November 12, 2018). The deadline to apply is October 1st! Applicants must be 21 or older and willing to complete a background check. Visit our website at www.pgcasa.org or email volunteer@pgcasa.org.

Calendar of Events

September 27–October 3, 2018

Marietta's Fall Flea Market

Date and Time: September 29, 2018, 9 a.m.–2 p.m.
Description: Getting ready for the holidays and need to make some space? Out with the old in with the new? Find the perfect place for your items by having a table here at our flea market. Reserve space for a table or two. Please call 301-464-5291 to reserve your space. Plenty of parking for those who are looking to buy. The Glenn Dale Farmer's Market will be here with us, so you can enjoy food and produce, while you shop or sell.
Cost: \$10 for 10x10 space and \$5 for an additional space; FREE to shop!
Location: Marietta House Museum
5626 Bell Station Rd., Glenn Dale, MD 20769
Contact: 301-464-5291

Power of She Empowerment Summit

Date and Time: September 29, 2018, 9 a.m.–4 p.m.
Description: This summit will empower, engage and encourage teen girls while giving parents tools to embrace and understand their daughters as they embark on their adolescent journey. Among the summit events will be Parent and Teen discussions, as well as a working lunch with innovative STEAM activities. Register for this workshop through PARKS DIRECT via www.pgparcs.com.
Cost: Resident: \$10; Non-resident: \$15; Parent workshops included. Mother/Daughter combo fee: \$15
Ages: Girls, ages 12–15
Location: Oakcrest Community Center, 1300 Capitol Heights Blvd, Capitol Heights, MD 20743
Contact: 301-249-7200; TTY 301-699-2544

Ivy League Charities' Annual Healthy Life 5K Walk-Run

Date and Time: September 29, 2018, 8 a.m. Registration; 9 a.m.–Noon, Race Time
Description: Join The Ivy Community Charities of Prince George's County, Inc. in collaboration with Alpha Kappa Alpha Sorority, Inc. Iota Gamma Omega Chapter as we promote total health at our 5K Walk/Run for a Healthy Life—Healthy Mind. A portion of the proceeds will benefit the Alzheimer's Association, American Heart Association and NAMI Prince George's County. Tickets include the 5K Walk/Run, cardio warm-up, pre and post refreshments, music, fun, health education and parking. Sign up to participate at <https://www.eventbrite.com/e/23rd-annual-5k-walkrun-healthy-life-healthy-mind-tickets-46370677946>.
Cost: Adults (ages 17 and up) \$40; Youth (16 and under) \$15
Ages: All ages welcome
Location: Watkins Regional Park
301 Watkins Park Dr., Upper Marlboro, MD 20774
Contact: 5kwalkrun@icpcgc.org

Education Matters Summit and Scholarship Fair

Date and Time: September 29, 2018, 8 a.m.–2 p.m.
Description: The Prince George's County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. will sponsor its 3rd Annual FREE "Education Matters Summit" for more than 700 middle and high students and their parents featuring representatives from UNCF (United Negro College Fund), U.S. Department of Education, and University Alumni Associations; a Scholarship Fair and alternative education information (technical, trade); a virtual tour of college campuses; and workshops and resources for students and parents covering financial aid, "Real Talk" for the college-bound student, meet and greet with alumni, giveaways and more! **Open to the public, but you must register in advance at <https://pgcaceducationsummit2018.eventbrite.com>**
Cost: FREE
Ages: Middle and High School students and their parents
Location: Charles H. Flowers High School
10001 Ardwick-Ardmore Rd., Springdale, MD 20774
Contact: Visit <http://pgcacedst.org/calendar/education-matters-summit-2> for more information.

MCVRC Annual Ceremony of Remembrance 2018

Date and Time: Saturday, September 29, 2018, 2 p.m.–6 p.m. (Check-In is from 2 p.m.–2:30 p.m.)
Description: The Garden is a peaceful haven for reflection and commemoration, and is a memorial to those whose lives were taken by criminal violence.
Cost: FREE
Ages: All ages welcome
Location: Ceremony: P.G. County Justice Center on Judges Drive (facing Route 4) in Upper Marlboro. *Multimedia Presentation/Fellowship*: Richard A. Hughes Family Life Center, St. Mary of the Assumption School, 4610 Largo Rd, Upper Marlboro, MD 20772
Contact: 301-952-0063

2018 Walk to End Alzheimer's—Prince George's County

Date and Time: Saturday, September 29, Registration at 8 a.m.; Ceremony at 9 a.m.; Walk at 9:30 a.m.
Description: The world's largest event to raise awareness and funds for Alzheimer's care, support and research. Route length is 2 miles.
Cost: There is no registration fee for Walk. However, we ask every walker to make a personal donation and commit to raising funds in the fight against Alzheimer's.
Ages: All ages welcome
Location: National Harbor Carousel, 137 National Plaza, Oxon Hill, MD 20745
Contact: LaKeysha Boyd-Moore, 240.518.8496, <https://act.alz.org>

"Purple Light Nights@" Lighting Ceremony

Date and Time: Monday, October 1, 2018, 6:30 p.m., Lighting Ceremony begins at 7:00 p.m.
Description: Join the P.G. County Sheriff's Office for the 5th Anniversary celebrating Purple Night Lights@! This community event brings citizens together with professional service-provider partners who do the important work of serving victims and raising awareness about domestic violence. Pick up a FREE Purple Light Bulb.
Cost: FREE
Ages: All ages welcome
Location: County Administration Building, 14741 Governor Oden Bowie Drive, Upper Marlboro, MD 20772
Contact: 301-780-8600

Earth TALK™ Lending a Hand to Access Public Land

Dear EarthTalk:

Are any environmental groups working specifically to increase access to nature and the outdoors?

—Mary Pelletier, Macon, GA

No one doubts that time spent outdoors in nature is time well-spent, especially in this age of smartphones, tablets and laptops vying for our attention. Research consistently shows links between higher levels of health and well-being when people have access to parks, gardens, greenways and other natural areas.

According to the Children & Nature Network, time spent in nature gives kids a wide range of benefits including reduced near-sightedness, increased Vitamin D levels, reduced risk of obesity, improved relationship skills, and reduced levels of stress, anger and aggression.

And it's not just kids who benefit. "Access to nature has been related to lower levels of mortality and illness, higher levels of outdoor physical activity, restoration from stress, a greater sense of well-being, and greater social capital," reports the non-profit American Public Health Association (APHA). The group is working to convince public health practitioners and health professionals to step up efforts to get more Americans, young and old, off their screens and outside to experience the physical and emotional benefits of breathing fresh air and enjoying the sights and sounds of the natural world.

Meanwhile, the Sierra Club launched its Nearby Nature campaign in 2017 to help build "a more equitable, just and inclusive

movement by increasing access to the outdoors." The program engages youth and communities to explore, enjoy and protect parks, waterways and natural spaces in and around urban areas.

"Communities that have been historically underrepresented in the environmental movement are often the same communities that experience limited access to nature and face the greatest economic, social and personal insecurity today," reports the Sierra Club. "Nearly two-thirds of the U.S. population does not have close-to-home access to nature, with the greatest disparities found in low-income neighborhoods and communities of color."

Another way to get more of us outside is by making it easier to score a last-minute campsite. Alyssa Ravasio, founder of the start-up Hipcamp that links landowners looking for revenue streams with campers, teamed up with activists and outdoor gear makers in 2015 to launch the non-profit Access Land. The group lobbies for opening up real-time campground availability information so more of us can camp on our public lands without reserving six months in advance or winging it and risking that no sites are available after driving for hours into relatively remote areas. Upwards of 50 organizations (Sierra Club, the American Alpine Institute, Outdoor Afro) and companies (REI, Mountainsmith, Huckleberry) have signed on in support

of Access Land's push for "open data" on campground openings.

"Open Data is important," reports Access Land. "It's the reason we can access weather data on our phones, see bus timetables in Google Maps and search flights from all airlines in one place." The group wants America's public parks to be equally as accessible—and earlier this year celebrated when the federal government and the state of California committed to requiring open standards on their contracts with campground reservation vendors moving forward. On the heels of this success, Access Land is now stepping up efforts to convince statewide land management agencies in the nation's other 49 states to follow suit and make their campground availability freely accessible to the public as well.

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EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of **E - The Environmental Magazine** (www.emagazine.com). **Send questions to:** question@earthtalk.org.



IMAGE CREDIT: RODDY SCHEER

Access Land and other groups want the government to make campground availability data freely available to increase access to public lands.

Girl Scouts Nation's Capital Kicks Off Another Year

Girl experts and girl approved since 1912, Girl Scouts Nation's Capital is where girls come first.

By PRESS OFFICER

Girl Scouts Nation's Capital

WASHINGTON (September 10, 2018)—With over 2.6 million members and 112 councils across the nation, Girl Scouts is the largest leadership development organization for girls in the United States. Girl Scouts Nation's Capital headquartered in Washington, DC, is the largest council in the country, with over 87,000 girl and adult members in the Greater Washington Region. Girl Scout troops are constantly forming, this year we have added 540 new troops.

In a world full of challenges, Girl Scouts is the best way to prepare girls for success. The Girl Scout Leadership Experience, helps girls discover themselves and their abilities through skill-building activities and opportunities to try new things, connect with others to create change, and take action to make their communities and the world a better place. As a girl-led, girl-only program, Girl Scouts puts girls first and encourages them to be courageous, strong, go-getters, while discovering who they are free from societal pressures and gender stereotypes.

According to Girl Scouts Nation's Capital CEO, Lidia Soto-Harmon, "our mission is to help parents raise awesome girls."

She offers the following tips to help girls have a great school year:

Inspire self-acceptance. As girls start to face more and more external pressures, between elementary and high school, their self-esteem drops 3.5 times more than boys. Talk to your girl about women you admire, and ask her about the people who inspire her.

Teach her to embrace failure. Girls tend to hold themselves to impossible standards of perfection. Often, girls would rather stay silent than risk a wrong answer. Teaching girls that failure is a part of life helps them take on challenges without fear. Ask your daughter what was the hardest part of your day, and how did you manage the situation.

Encourage teamwork. When girls work cooperatively with their peers, they start to identify their unique strengths and skills. Teamwork teaches girls to value others' ideas, and gives shy girls opportunities to step up and take the lead.

Get her outdoors. Research shows that girls who regularly spend time outdoors are better problem solvers and more eager to take on challenges. That's because time spent in the outdoors gives girls unique op-

portunities to try new things, take risks and get outside their comfort zone. When time permits, go for a walk outdoors with your daughter, even if it's just around the block.

Connect her with mentors. Programs like Girl Scouts connect girls with a supportive network of inspiring adult role models and peers. Check with your school to learn if there is a Girl Scout troop, or form one. Find out what your daughter enjoys and find an extra-curricular activity for her to explore.

Girl Scout troops are forming throughout the region. To find a troop for your daughter visit our website, www.gsnc.org/join. For more information on Girl Scouts visit our web site at www.gsnc.org.

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Girl Scouts provides girls in grades K-12 with opportunities to learn new skills, explore STEM, discover the outdoors, become entrepreneurs, while making new friends and having fun! Girl Scouts Nation's Capital serves the Greater Washington Region, with 87,312 members—60,193 girls and 27,119 adult volunteers and lifetime members. We believe in the power of every G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)™ to change the world. Girl Scouts offers every girl a chance to practice a lifetime of leadership, adventure, and success. To volunteer, reconnect, donate, or join, visit www.gsnc.org.

Maryland Celebrates 10th Anniversary of Smoke-Free Bars, Restaurants, and Workplaces

By OFFICE OF COMMUNICATIONS
Maryland Department of Health

BALTIMORE, MD (August 30, 2018) — The Maryland Department of Health, along with several statewide partners, celebrated the 10th anniversary of the Clean Indoor Air Act, also known as Clean Air Maryland, today.

Clean Air Maryland officially went into effect on February 1, 2008 and the Department has been commemorating the anniversary throughout 2018. The law prohibits smoking in virtually all indoor public places, including bars and restaurants, protecting Maryland workers, families, and residents from involuntary exposure to the harmful toxins found in secondhand smoke.

A decade of smoke-free air means all Maryland youth ages 10 years old and younger have never been exposed to a smoke-filled restaurant or indoor public place. All elementary school children today comprise Maryland's first smoke-free generation.

"Establishing smoke-free bars, restaurants, and workplaces protects not only Maryland workers, but also children, pregnant women, and all restaurant and bar patrons," said Maryland Department of Health Secretary Robert R. Neall. "Today

we celebrate Maryland's children—age 10 and under—who make up the first smoke-free generation, while remaining committed to further reducing, preventing, and protecting residents from the harmful effects of tobacco use."

Throughout the year, the Department and its partners have celebrated this milestone achievement and the benefits with a campaign called Breathing Easier, Breathing Cleaner. Volunteers [were] at the Maryland State Fair through Monday, Sept. 3 raising awareness and discussing the impact of smoke-free indoor places, prevention of new electronic tobacco product use, and the availability of free resources to help Marylanders quit tobacco use, such as the free Maryland Tobacco Quitline, 1-800-QUIT-NOW.

"Improving the health of Maryland residents was at the heart of our efforts to pass our state's Clean Indoor Air Act in 2008," said Jocelyn Collins, Maryland's government relations director for the American Cancer Society Cancer Action Network (ACSAN). "This law has protected millions of residents and visitors from the proven dangers of secondhand smoke over the last decade. And, it has helped set a healthy example for the young people in our state. Consider that Maryland kids, under the age of 10, have never been

exposed to smoking in indoor public places."

"The American Lung Association is proud to see Maryland as a leader in clean air and we are excited to be part of the celebration of the Clean Indoor Air Act's 10th year," said Laura Hale, manager, Advocacy and Public Policy, American Lung Association. "We need to keep leading the way in protecting our youth from the dangers of smoking, so that we can save more lives from a lifetime of addiction."

In the coming weeks, free materials, such as window clings, table tents, coasters, and pens, will be available to restaurants across the state to celebrate the 10th anniversary and promote the Breathing Easier, Breathing Cleaner campaign in their establishments. Materials will be available to order online at www.smokingstopshere.com.

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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: <http://www.twitter.com/MDHealthDept> and <http://www.facebook.com/MarylandDHMH>.

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www.westphaliaum.org**

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

UNITED METHODIST

Union

United Methodist Church

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Upper Marlboro, MD

Church (301) 627-5088

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Sunday Worship: 10:00 a.m.

Rev. Kendrick D. Weaver, Pastor

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Heatstroke from A1

Schools in Maryland must implement preseason-practice heat acclimatization guidelines for student athletes.

For example, Montgomery County Public School Systems requires extra training in addition to the NFHS courses and shows student athletes health and safety presentations delivered by athletic trainers or head coaches.

"Safe competition is a fundamental part of the MCPS athletic program," MCPS Director of System-Wide Athletics Jeffrey Sullivan said in a statement. "Education and prevention are paramount points of our health and safety protocol."

A tub filled with ice water sits close to Eleanor Roosevelt's practice field just in the event the training staff feels a player is showing signs of heatstroke. In addition to the tubs and whirlpools the school already owned, Prince George's County provided the school with an additional tub to accommodate more players.

Before McNair's death, Green said players would try to fight through heat distress symptoms. That isn't the case now.

"If they aren't feeling good...they tell the trainer," Green said. "If they didn't eat anything before practice, they let us know so we can feed them, whereas in the past they probably wouldn't say anything."

Almost every school has an athletic trainer on staff to assist with injuries and oversee practices. It is often the coach who has the final say on the field, but the trainers are the ones who decide if it is too hot to practice.

"(The trainers) tell us where the heat is and what we have to do," St. Albans School Head Coach Gary Schnell told CNS. "If we can or can't practice, if we can only wear helmets and shoulder pads, they let us know that. Fortunately, it's a decision I don't have to make."

Trainers have wet-bulb globe thermometers to measure the heat stress in sunlight. The thermometer readings take several factors into account, such as temperature, wind speed, humidity and the angle of the sun. This is different from the heat index, which just measures heat and humidity in shaded areas.

The thermometer readings are based on a color scale ranging from green to black. Each color dictates how long a team is allowed to practice, how much equipment can be worn during practice and the amount of breaks between workouts.

As the reading increases, the duration of practices and equipment worn decreases while the amount and duration of breaks increases. For example, a code green reading is considered normal conditions; a code black, which is a reading of 92 degrees or higher, means the athletic trainer can cancel practice.

These thermometers are also used by the NCAA, according to the athletic association's sports medicine handbook. The NCAA also follows guidelines from the American College of Sports Medicine, which dictate practice parameters depending on the thermometer reading.

Rheeling said McNair's death was an example of why player safety is so important.

"This is a clear reminder of why we do what we do, why we're so thorough and don't make exceptions," she said.

A University of Georgia study based on these thermometer readings places Maryland and the District in the hottest of three regions in the country. The region includes the entire Southeast and parts of the Southwest. Being in those naturally hotter conditions has prompted coaches and trainers to move practices into the late afternoons and even push back start times for games in some cases.

"It helps people be more cognizant of when they're starting their games in the early season," Rheeling said of the readings. "We are still highly likely to have hot and humid conditions...through the third week of September."

Green and his staff continue to evaluate how the team can improve practice to highlight player safety. When it comes to protecting his players, Green said he is willing to do whatever it takes.

"I would never want a kid to get sick or die on my watch," Green said. "We've done all kinds of things. We've cut practice, pushed the schedule back. I think we're doing all we can on our end."

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Hospital Hosts Annual Pink Ribbon Rally Event to Kickoff Breast Cancer Awareness Month

By PRESS OFFICE
Doctors Community Hospital

LANHAM, MD (September 17, 2018)—On October 5, 2018, Doctors Community Hospital will hold its annual Pink Ribbon Rally. This event helps to educate community members and employees about breast health including the importance of annual mammogram screenings and clinical breast examinations.

"We are excited to host this year's Pink Ribbon Rally event. We had a great turnout last year with more than 55 mammogram screenings and 45 clinical breast exams. This year, we are looking to serve even more women in our community," Said Terrie Trimmer, director of the Center for Comprehensive Breast Care at Doctors Community Hospital.

According to the American Cancer Society, an estimated 252,710 women were diagnosed with invasive breast cancer in 2017. With approximately 40,610 women dying from this disease, it is ranked as the second leading cause of cancer deaths. In Prince George's County, the Maryland Department of Health and Mental Hygiene reported Prince George's County has one of the highest mortality rates in comparison to other jurisdictions.

On Friday, October 5, 2018, Doctors Community Hospital will host its Pink Ribbon Rally from 8:00 a.m. to 3:00 p.m. at 8118

Good Luck Road, Lanham, MD 20706. This year's rally incorporates both breast health awareness and motivation for women to take charge of their overall health. In addition to annual screening mammograms and clinical breast exams, this event will have music, games, wellness lectures, Zumba classes and more. Also, the hospital's Wellness on Wheels mobile health clinic will be available to provide free diabetes and cholesterol screenings.

This year's partners are Wegmans and the Prince George's County Alumnae Chapter of Delta Sigma Theta Sorority, Inc.—both who are dedicated to advancing breast health awareness.

Screening Recommendations

Women should get regular screening mammograms to help detect breast cancer early—when it is most treatable. Women should be screened for breast cancer at:

- Ages 40 and older—have mammograms and clinical breast exams yearly
- Ages 20s and 30s—have clinical breast exams as part of regular health assessments at least every three years
- Ages 20 and older—perform breast self-exams and notify doctors of any changes immediately

To schedule an annual mammogram screening or request a free breast health brochure, call the Center for Comprehensive Breast Care at 301-552-8524.