

# The Prince George's Post



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## Upper Marlboro Sailor Serves at Navy's Premier Aviation Maintenance Command

By CHIEF MASS COMMUNICATION SPECIALIST BILL STEELE  
Navy Office of Community Outreach

SAN DIEGO—A 2007 Frederick Douglass High School graduate and Upper Marlboro, Maryland, native is serving at the Fleet Readiness Center Southwest, based at Naval Air Station North Island.

Petty Officer 2nd Class Joseph Dyer is a Navy aviation administrationman responsible for tracking aircraft hours, maintenance and other inspections for aircraft, engines and weapons.

"You get to help out other tenant squadrons, making sure their components don't go high time," said Dyer.

Dyer credits success in the Navy to lessons he learned growing up in Upper Marlboro.

"I learned you gotta be strong throughout life, you gotta keep going," he said. "Keep shooting for the stars and anything is possible."

FRCSW traces its heritage to 1919, when the Navy began re-

pairing aircraft at what is now known as Naval Air Station North Island. Since its humble beginnings almost a century ago, the facility has been at the forefront of weapons system sustainment, providing innovative naval aviation maintenance solutions utilizing the latest technologies.

Today, as the Navy's premiere west coast Maintenance, Repair, and Overhaul facility, FRCSW specializes in the maintenance, engineering and logistics support for a wide range of high-performance aircraft, servicing more than 225 airframes and 35,000 components annually.

"I like the job I do at this command," said Dyer. "I get to help and assist, I get to dig deeper and come up with the answer."

FRCSW provides world-class support to Navy and Marine Corps tactical, logistical and rotary wing aircraft and their components, by utilizing state-of-the-

art management systems.

To provide maintenance excellence where it's most needed, FRCSW maintains field sites at Naval Base Ventura County—Point Mugu, Marine Corps Base Camp Pendleton, and MCAS Miramar in California, MCAS Yuma, Arizona, MCAS Kaneohe Bay, Hawaii, NAS Whidbey Island Washington, as well as in Okinawa and Iwakuni, Japan.

Dyer's proudest accomplishment in the Navy so far is a deployment to Japan in 2012.

"I am very proud of that," he said. "It allowed me to meet a whole lot of diverse people and accomplish one goal."

As a member of the U.S. Navy's aviation community,



PHOTO BY CHIEF MASS COMMUNICATION SPECIALIST ALEX DIAZ

Petty Officer 2nd Class Joseph Dyer

Dyer and other FRCSW sailors know they are a part of a legacy that will last beyond their lifetimes providing the Navy the nation needs.

"Military service means having the courage to stand up for what is right, having a commitment to get a job done," said Dyer. "At the end of the day being able to stand up and say I've done the honorable thing is why I serve."

## County Council, National News Correspondent Ebony McMorris Help The Training Source Celebrate Its 25th Anniversary

By PRESS OFFICER  
The Training Source

SEAT PLEASANT (October 5, 2018)—When Mitchellville resident Evelyn Kim Rhim left IBM in October 1993 to start a community-based nonprofit organization, she had no idea what the next 25 years would bring. She only knew she was called to help others, primarily through job training. "It has been far more difficult than I thought it would be, but I am incredibly proud of the impact of our work on individuals, families and communities," says Rhim, founder and executive director of The Training Source, Inc.

A quarter-century later, The Training Source stands among a handful of Prince George's County's 4,000-plus nonprofits that have earned the coveted Standards For Excellence® accreditation, based on operating at the highest level of ethics and accountability in the nonprofit sector. The organization is also GuideStar® Platinum rated, a distinction held by less than one percent of nonprofits nationwide.

"The Training Source represents excellence in the nonprofit sector," says County Executive Rushern L. Baker III. "It is an honor to salute the outstanding contributions that the organization provides to our community. I commend you for the important work you do to improve all levels of economic diversity by giving people the skills they need to obtain employment."

The Prince George's County Council is the Honorary Host Committee, and Reach Media Cor-

respondent Ebony McMorris is the emcee, for the organization's 25th Anniversary Dinner & Auction. The event—"Engineered for Excellence: Building Bridges to the Future"—takes place from 6 p.m. to 9:30 p.m. on Thursday, Nov. 1, at Metro Points Hotel in New Carrollton. PRM Consulting, Pepco, and T. Curtis & Company, are among the sponsors. Auction items include art, personal fitness sessions, dinners, Disney tickets, golf paraphernalia, electronics and hotel stays. Washington-area VIPs from business, government, and the community will be in attendance.

Over the last 25 years, The Training Source has expanded the variety of programs offered, received numerous awards, and been featured in print and broadcast media. Additionally, Rhim has been honored by the NAACP, Maryland Black Mayors and the Prince George's County Chamber of Commerce. "I know our survival has been a faith-walk and the result of fantastic partners who believe in and support our work," she says.

Dinner seats are available for \$75 per person. Contributions—including sponsorships, ads, and silent-auction donations—are tax-deductible and welcome as well! Proceeds will benefit unemployed and underemployed individuals who need our training to secure employment and enable better support of themselves and their families. To purchase tickets, make a donation, or learn more, please visit [www.thetraining-source.org](http://www.thetraining-source.org), or contact Kim Rhim at 301-499-8872 or [kimrhim@thetraining-source.org](mailto:kimrhim@thetraining-source.org).

### ANNIVERSARY DINNER & AUCTION

Save This Date!  
Thursday, November 1, 2018

6:00 - 9:30 PM

METRO POINTS HOTEL

8500 Annapolis Road, New Carrollton, MD 20784



HONORARY HOST COMMITTEE  
The Prince George's County Council

MISTRESS OF CEREMONIES

Ebony McMorris, National News Correspondent, Reach Media

MUSIC DJ Eardrum



Prince George's County Council  
Honorary Host Committee



EBONY MCMORRIS  
Emcee



DJ EARDRUM  
Smooth Jazz

Visit us at [www.thetraining-source.org](http://www.thetraining-source.org) for event details.

## Statue of Pioneer African-American Woman Reporter Points to 'Future of Equality'

By ALBANE GUICHARD  
Capital News Service

WASHINGTON—Last month, the Newseum unveiled a statue of Alice Allison Dunnigan, the first African-American woman to receive press credentials to cover the White House.

A few days later, *Washington Post* media reporter Paul Farhi published an article entitled "The White House press room is overwhelmingly white. Does that matter?"

Almost 70 years separate Alice Allison Dunnigan's battle against racism and sexism

from today. Yet African-American female reporters still represent a small part of the White House press corps.

And the few who manage to make it to their long-awaited destination, the White House's James S. Brady Press Briefing Room, still struggle with discrimination from within, as Brittany Shepherd underlined in her recent story for the *Washingtonian*.

"'Good' journalism in the Trump-era has become synonymous with access. But when you're talking with people who view any hint of race as an on-ramp to identity politics, it's almost impossible for a black reporter to gain their trust," Shepherd wrote about her experience in the White House.

Shepherd goes on describing her skin color as "a barrier and assumption (her) non-minority colleagues aren't required to face."

Dunnigan had to face the same barrier in the 1940s.

One might have thought that in 70 years, that barrier would have been broken down, but Shepherd's article and the ratio of African-American women in the White House press corps (less than a dozen, among hundreds of journalists) indicate that it has not.

At the Sept. 21 debut

of the Dunnigan statue at the Newseum, sculptor Amanda Matthews said that "Alice Dunnigan envisioned a future of equality and she dedicated her life to that vision."

The present is not the future of equality Dunnigan had hoped and fought for.

There has been undeniable progress, but women of color remain a very small percentage of American newsrooms overall: 7.95 percent of newspaper staffs, 6.2 percent of local radio personnel and 12.6 percent of local television news operations, according to a study released earlier this year by the Women's Media Center.

"Women are more than half the U.S. population, and people of color nearly 40 percent. But you wouldn't know this from our media—because U.S. media does not look like, sound like, or reflect the diversity and experience of more than half the population," center president Julie Burton wrote in the forward to the report.

The road to equality is still long, but remembering pioneer figures such as Dunnigan can be a source of inspiration on the way.

Right before the cloth was lifted from Dunnigan's statue, her great niece Penny Allison Lockhart burst into tears: "I can't wait until little boys and girls in schools to journalism students and everyone get to say 'wow, let's talk about Alice Allison Dunnigan today.'"

See STATUE Page A8



PHOTO CREDIT: ALBANE GUICHARD/CAPITAL NEWS SERVICE

WASHINGTON—Penny Allison Lockhart and Amanda Matthews standing proud next to Alice Allison Dunnigan's newly unveiled statue at the Newseum.

### INSIDE

#### Planet Fitness Announces Grand Openings of Two "Judgment Free" Gyms in Prince George's County

Planet Fitness is celebrating the grand openings of the two new facilities on Wednesday, October 24, and each event will feature official ribbon cuttings with local dignitaries and other special guests.

Community, Page A3

#### To Be Equal: Urban Reentry Jobs Program Tapping into the Full Potential of Formerly Incarcerated Community Members

Through Adult Re-entry ... the formerly incarcerated have an opportunity to earn industry-recognized credentials, learn employment-focused skills, and form positive relationships with their communities.

Commentary, Page A4

#### Surviving the Horrors of Hacking

Balancelogic, a leading Small Business Services provider, will be holding their third annual Halloween Social, "The Haunted House of Hacking." This event is open to all small businesses to attend ... A live hacking demonstration will be included as part of this very informative and educational seminar.

Business and Finance, Page A5

#### Movie Review:

*The Predator*

Directed and co-written by Shane Black ... this gory, quippy sequel assumes you'll easily catch up if you're not familiar with the premise: that a robust, dreadlocked, sometimes invisible alien has come to Earth to hunt humans, and the humans have to fight it.

Out on the Town, Page A6

#### Earth Talk

Dear EarthTalk:

I'm getting ready to join the electric car revolution now that my old clunker is getting on in age. What's the latest and greatest? And is now a good time to buy an EV?

—Doug Ellis, Sacramento, CA

Features, Page A7

# TOWNS *and* NEIGHBORS

## In and Around Morningside-Skyline

by Mary McHale 301-735-3451

### Halloweenie Roast Campfire at Clearwater Nature Center, Oct. 27

Take the kids to the Cosca Park in Clinton on Saturday, Oct. 27, 12 to 3 p.m. for a non-scary event, the Halloweenie Roast Campfire. Enjoy crafts, games, live animals and pumpkin-decorating. Also, s'mores, cider and hot-dogs—with roasting sticks provided. Open to age 2 and older.

There'll be two costume contests, at 1:00 and 2:00 p.m. Themes are: best animal, best original and most earth-friendly. Costumes are suggested but not required.

The fee is \$5 (\$7 for non-resident). Clearwater Nature Center is at Cosca Regional Park, 11000 Thrift Road in Clinton. For information, call 301-297-4575.

### Changing landscape

The Prince George's Board of Education has been asked to consider building an auditorium for Benjamin D. Foulois Creative & Performing Arts Academy in Morningside.

B Thrifty Super Thrift Store has a sign up at the closed Value Village in Andrews Manor Shopping Center, announcing they'll be opening soon. Meanwhile, the American Rescue Worker thrift shop in Capitol Heights has closed.

Allentown Cafe in Andrews Manor Shopping Center suffered serious damage from high winds several months ago and has been shuttered. Now, the exterior has been repaired and painted. Looks good. I don't know when it'll reopen.

The new Replacement Bridge over MD 381, Brandywine Road, is due to open this month.

Fans of the National Air & Space Museum have less than two months to visit favorite attractions before a massive renovation closes portions of the building. Beginning Dec. 3, two galleries will be closed for a start of a 7-year (!) renovation. The entire project is due for completion by 2025.

National Children's Museum, which began in Washington and moved a couple of times—most recently to National Harbor where it closed in 2015—is slated to reopen on or near the Mall

next spring with "magic from the first moment of entry."

### Your vote counts!

Early voting for the upcoming Election begins Oct. 25 and continues through Nov. 1, 10 a.m. to 8 p.m. In the Morningside/Skyline community, the closest polls are at the Suitland Community Park School Center, 5600 Regency Lane (just past Andrew Jackson Academy).

Election Day is Nov. 6. Polls will be open from 7 a.m. to 8 p.m. How to register and other information can be found at [elections.maryland.gov](http://elections.maryland.gov).

### And speaking of voting...

The City of District Heights held a special election on Monday, October 1 for the Ward 2 Commissioner. Pamela Janifer beat Oscar Broadie by three votes to become the newest Ward 2 Commissioner.

### Open House and a show

Bishop McNamara High School, in Forestville, is holding an Open House on Sunday, October 28, 11 a.m. to 2 p.m. For information, visit their website: [www.bmhs.org/admissions](http://www.bmhs.org/admissions).

By the way, Gilbert & Sullivan's delightful *Pirates of Penzance* is coming up at McNamara in November. Tickets may already be on sale.

### Halloween is really coming

Trick 'r Treating in Morningside and Skyline will be from 6 to 7:30 p.m., followed by the annual Morningside Costume Judging contest at 8.

BOO-TAC-U-LAR! Enjoy a fun-filled evening at Tucker Road Community Center on Wednesday, Oct. 31, 6 to 8:30 p.m. Take a ride on a haunted trail, s'mores around the fire, games, costume contest, and much more. For ages 12 & under. Fee: \$5 (non-resident, \$7). Info: 301-248-4404.

### Morningside Memories: 40 years ago

The County Schools formed a School Closing Task Force in the fall of 1978 to study what action should be taken regarding under-capacity schools. Each school was represented by three

parents, one person in the community who had no children in school, a teacher and the principal.

From Morningside School: Principal John Krause, Margaret Dickens (teacher), Elizabeth Swats, Phyllis Kordek, Margaret Dunnigan and Anna Paterson.

From Skyline School: Principal Barbara Beall, Nancy Lewis (teacher), Adele Walls, Juanita Chaplin, Gerald Rankin and Russell Kyser.

### May they rest in peace

Janet Ann "Jan" Pitts, 74, of Lothian, died Aug. 3. She's survived by her husband of 54 years, Robert, who grew up in Morningside, son of the late Claude and Dolores Pitts of Allies Road. Jan is also survived by her daughter and son-in-law, Trisha and Lewis Woods (formerly of Morningside); grandchildren Robert (Stephanie), John (Katrina) and Caitlin; great-grandchildren Emory and Dexter; and sisters-in-law Patricia Pitts and Claudia Harnsberger. Jan will be remembered for her love of cooking, baking and shopping.

Macy C. West, 86, of Fort Washington, devoted member and Lay Visitor at Oxon Hill United Methodist Church, died Sept. 22. She was a native of North Carolina. Survivors include her husband Robert Elmon West; son Keith and daughter Lynn Linde; sister Ruth Honeycutt; grandchildren and great-grandchildren. Services were at Oxon Hill Methodist with burial at Cheltenham.

### Milestones

Happy birthday to Clyde Miller, Catherine Alvis, Jody Nyers and Christina Ramsey Eckloff, Oct. 22; Mary Flood Dawes, Oct. 23; Daniel John Fitzgerald and Anna Norris, Oct. 24; Donna Anderson, Oct. 25; Orva Heissenbuttel, Linda Ferguson Sandoval, Juanita Starke and Christopher Flaherty, Oct. 27; Diane Cvitko, Oct. 28; my grandson Isaac Gallegos, Oct. 29; Denise Williams, Kim Miller and my daughter Kathleen Shearer, Oct. 30; Don Eisenberg, Oct. 31; and Carolyn Follin, Nov. 1.

Happy 60th birthday to NASA, founded July 29, 1958.

## Brandywine-Aquasco

by Audrey Johnson 301-888-2153

### OFFICIAL CITATION

The Maryland General Assembly official citation was presented to me hereby known to all that sincerest congratulations are offered to Owen and Audrey Johnson in recognition of the outstanding contributions of Owen and Audrey Johnson to Bowie State University and the children of Maryland. Their lifetime support of community projects is sincerely appreciated. This citation was presented on the 27th day of September, 2018 by Delegate Susie Proctor of Charles and Prince George's Counties Legislative District 27A at Bowie State University.

### WEDDING ANNIVERSARY

Family and friends gathered together Friday, September 28th and gave us a surprise 45th Wedding Anniversary Reception. We had the opportunity to renew our wedding nuptials and celebrate a beautiful ceremony with family and friends. This was a first-class act that covered everything for a beautiful Wedding Ceremony. We sincerely would like to thank everyone deep from the bottom of our hearts for all the care and love you showed us. Your kindness and caring mean so much to us. Love from Owen & Audrey Johnson.

### ANNUAL MEN'S DAY

Clinton United Methodist Men will celebrate their Annual Men's Day on Sunday, October 21, 2018. Dr. William Peterson, Deliverance Free Will Baptist Church, Temple Hills, Maryland will be the guest speaker at our 8:00 a.m. service. Rev. James Johnson, Springfield Baptist Church, Washington, DC will be the guest speaker at our 10:30 a.m. church. At 3:00 p.m.—Annual Men's Day Extravaganza—Men's Choirs from various churches. President, Barron Neal, Lay Servant. The church is located at 10700 Brandywine Road, Clinton, Maryland 20735. Rev. Dorothea J. Belt Stroman is our Pastor. Visit us at [www/cumcmd.org/](http://www/cumcmd.org/) to see some of the spectacular things that we are doing.

### NOTTINGHAM MYERS OCTOBER BIRTHDAY CELEBRATIONS

Happy Birthday to Melvin Thomas, Anthony Lewis, James Williams, Crystal Savoy, Kim Jackson, Nye-omi Dorsey, Jason Jackson, Cynthia Wilkerson, Elijah Dorsey, Jameka Williams, Geneva Butler and Gerald Adams who are Nottingham Myers Church members celebrating their birthdays

in October. Happy Wedding Anniversary to Tyrone & Lisa McKelvy who are Nottingham Myers Church members celebrating a Wedding Anniversary in October.

### SONYA WILLIAMS

Join Board Member Sonya Williams for monthly coffee or tea October 20, 2018 at Starbucks in the Brandywine Safeway from 8 a.m.—9:30 a.m. Discussion Topic/Current Board events/matters. PGCPs/Great by Choice Sonya3.Williamspgcps.org, f Sonya Williams PGCPs.D9

### 2018 GENERAL ELECTION-EARLY VOTING

Early voting days are Thursday, October 25, Friday, October 26, Saturday, October 27, Sunday, October 28, Monday, October 29, Tuesday, October 30, Wednesday, October 31 and November 1, 2018. There are eleven Early Voting sites. All Early Voting sites will be open 10:00 a.m.—8:00 p.m. daily (including Sunday). For more information contact the Prince George's County Board of Elections at 301-341-7300 or visit their website at <http://elections.mypgc.us> email: [election@co.pg.md.us](mailto:election@co.pg.md.us)

### SUNDAY JAZZ BRUNCH

Public: The Prince George's County Alumnae Chapter of Delta Sigma Sorority Inc. will host a Sunday Smooth Jazz Brunch on November 11, 2018 from 11:30 a.m.—2:30 p.m. (Public). Location is Martin's Crosswinds, 7400 Greenway Center Drive, Greenbelt, Maryland 20770. All patrons, regardless of age, must have a ticket. For tickets or more information, contact fundraiser at [pgcaacd.org](http://pgcaacd.org). Tickets cost \$65.

### OCTOBER BIRTHDAY CELEBRATIONS

Happy Birthday to John Tyree, Camden Knight, Shellie Sims, Kaylee Davis, Madison Rae Stroman, Dwayne Wood, Khia Knight, William Stammer, David Samuel, Ulric Thomas, Erica Barron, Barbara Washington, Iheanyi (Junior) Mbakwe, and George Taylor who are Clinton United Methodist Church members celebrating birthdays in October.

### OCTOBER WEDDING ANNIVERSARIES

Happy Wedding Anniversary to Lawrence & Roseline Omoregbe, Clarkie & Georgia Kinard who are Clinton United Methodist Church members celebrating Wedding Anniversaries in October.

## Around the County

### Central Office Reorganization Invests \$2.4 Million in Schools

*Savings to fund teacher supply reimbursements, professional development and air quality tests*

By PRESS OFFICER  
PGCPS

UPPER MARLBORO, MD (October 9, 2018)—A central office reorganization in Prince George's County Public Schools (PGCPS) will yield twice as much additional school support as the original goal, Dr. Monica Goldson, Interim Chief Executive Officer, announced today.

The \$2.4 million in savings surpassed Dr. Goldson's original \$1 million goal and will result in \$800,000 in school supply reimbursements for classroom teachers. Beginning at the end of the first quarter and continuing through Jan. 25, 2019, teachers can apply for up to \$100 in reimbursement.

"I firmly believe if we support our educators and staff, they will meet the needs of our students," said Dr. Goldson. "I am pleased to use additional resources and support in ways that will positively impact the children we serve."

Educators, administrators, support staff and bus drivers will receive additional support:

- \$225,000—tuition reimbursement for teachers
- \$225,000—professional develop-

ment for administrators and other supervisory personnel

- \$150,000—professional development for bus drivers and support staff
- \$150,000—custodial supplies to ensure school building readiness for teaching and learning.

With more savings than expected, Dr. Goldson has also allocated \$850,000 for air quality testing throughout the system to identify and remediate schools, classrooms and common areas susceptible to mold after the record heat and humidity in the Washington metropolitan area over the past three months.

*Prince George's County Public Schools (PGCPS), one of the nation's 25 largest school districts, has 208 schools and centers, more than 134,000 students and nearly 19,000 employees. The school system serves a diverse student population from urban, suburban and rural communities located in the Washington, DC suburbs. PGCPS is nationally recognized for innovative programs and initiatives that provide students with unique learning opportunities, including arts integration, environmental and financial literacy, and language immersion.*

### WSSC Gets Fired Up on Imagine a Day Without Water

*National day highlights need to invest in water infrastructure—water is crucial to firefighting and public safety*

By PRESS OFFICER  
WSSC

LAUREL (October 10, 2018)—WSSC today took part in Imagine a Day Without Water, a national campaign to highlight the essential role safe, clean, reliable water plays in our daily lives. The education campaign, which takes place during National Fire Prevention Week, encourages more investment in water infrastructure to repair and replace aging pipes, plants and pumps.

"From brushing to flushing, clean water is essential to our lives," said WSSC General Manager and CEO Carla A. Reid. "Often overlooked, however, is the crucial role water plays when it comes to public safety. Imagining a day without water can be scary when it comes to fire protection."

In addition to supplying safe, clean drinking water and treating the wastewater for 1.8 million residents in Montgomery and Prince George's counties, WSSC maintains 41,892 fire hydrants in the two counties. WSSC also works closely with the fire departments in both jurisdictions to ensure public safety.

To raise awareness about how cru-

cial water is to fighting fires and public safety, WSSC teamed up with Montgomery County Fire and Rescue and the Prince George's County Fire and EMS Department [on October 10] at the Maryland Fire and Rescue Institute in College Park to highlight what happens when there's no water to fight a fire. Using a side-by-side burn demonstration trailer, attendees watched as one "room" was engulfed in flames, while the other fire was quickly extinguished thanks to a sprinkler.

"There's no way our firefighters could perform their critical emergency services without water," said Charles Bailey, Montgomery County Fire and Rescue Division Chief.

"A day without water is truly a public safety crisis, and I don't ever want to imagine that," said Brian Frankel, Prince George's County Fire/EMS Department Deputy Chief.

Despite its importance to the health, safety and quality of life of every American, water infrastructure receives a small portion of federal infrastructure investment. The fourth annual Imagine a Day Without Water aims to raise awareness and educate America about the value of water.

### PGCPS Announces New Chief Operating Officer

By PRESS OFFICER  
PGCPS

UPPER MARLBORO, MD (October 12, 2018)—Today, Dr. Monica Goldson, Interim Chief Executive Officer, announced the appointment of Barry L. Stanton as Chief Operating Officer for Prince George's County Public Schools (PGCPS).

Stanton joins PGCPs from Prince George's County Government where he served as Deputy Chief Administrative Officer for Public Infrastructure. In his former role, he oversaw the departments of Public Works and Transportation, Environment and Permitting, Inspections and Enforcement. Stanton, who also served as the county's Deputy Chief Administrative Officer for Public Safety and Director of Corrections, is a former Frederick County Manager.

"Mr. Stanton is a proven leader with expertise in public safety and facilities," said Dr. Goldson. "His 40 years of experience in organizational management and strategic planning will help to strengthen our operations and address long-standing areas of concern."

Earlier this month, the school system welcomed Michael Herbstman as Chief Financial Officer (CFO) and Dr. Kristi Murphy as Chief of Human Resources. Herbstman previously served as CFO for Alexandria City Public Schools. Dr. Murphy was Assistant Superintendent for Arlington Public Schools.

The search for Chief of Communications and Community Engagement is still underway.

Executive Team members' biographies are available at <https://www.pgcps.org/ceo/cards/Executive-Team/>.

# COMMUNITY

## The American Counseling Association's Counseling Corner

### Sticking With Exercise for Better Physical and Mental Health

It isn't news that there are many benefits to regular exercise, yet this nation still faces a growing obesity problem, high levels of stress and increased incidences of depression, despite the fact that numerous studies show exercise can help combat all of this and more.

While most of us have a whole range of excuses for not getting regular exercise, the reality is that it actually isn't that difficult to get an effective exercise program started and to stick with it.

The key, if you currently aren't exercising on a regular basis, is to start slowly. Almost nothing can kill that determination to exercise like trying to do too much, and the feeling sore, tired and discouraged the next day.

The goal of regular exercise is to get at least 30 minutes of activity most days of the week, but this doesn't have to be your starting point. If you are currently sedentary, first check with your family physician before starting an exercise program.

When you do start, keep it simple. Maybe 15 to 20 minutes of any mild physical activity that you enjoy. It can be a brisk walk, a short bicycle ride or just walking one flight of stairs at work instead of that elevator. Look for exercise that gets you moving and breathing just a little harder. You can then increase the time or exertion level slowly so that you feel comfortable as you get into better shape.

Another way to stick with an exercise program is to make it part of your routine. Put it into your phone calendar just like you would a business meeting or an appointment. Make it a time each day when you spend a few minutes on yourself.

It also helps to keep a journal of your exercise. Do a simple note for each day of what you did, how long you exercised and how you felt when you began and after you finished. Odds are good that if you're a bit stressed or anxious when you began, you'll find you're more relaxed and calm when you finish.

Numerous studies have found that exercise is a great way to reduce stress and anxiety. And its health benefits? Combating heart disease, losing weight, helping control diabetes, just to name a few. Exercising regularly and getting more fit is one of the best things you can do for your body and your mind.

Counseling Corner is provided by the American Counseling Association. Comments and questions to [ACAcorner@counseling.org](mailto:ACAcorner@counseling.org) or visit the ACA website at [www.counseling.org](http://www.counseling.org).



### “Dancing With The Stars: Live!” Hits The Road This Winter Performing at the Theater at MGM National Harbor

All New Show to Feature Season 27 Dancers

By PRESS OFFICE  
MGM National Harbor

NATIONAL HARBOR, MD (October 10, 2018)—Television's biggest dance show will waltz its way to The Theater at MGM National Harbor with “Dancing with The Stars: Live!” on Wednesday, Jan. 9, 2019. Audiences will have the opportunity to experience the excitement, glamour and glitz from “Dancing with the Stars” fan-favorites during the live show scheduled to begin at 8 p.m.

Choreographed and creative Directed by Emmy® Award-winning choreographer Mandy Moore and “Dancing with the Stars” Executive Producer Ashley Edens-Shaffer, the show will feature fan-favorite professional and troupe dancers in a brand-new production showcasing every type of dance style as seen on ABC's hit show “Dancing with the Stars,” ranging from ballroom and jazz to modern and hip-hop.

Tickets are on sale now and start at \$49.50, excluding applicable taxes and service charges. Tickets can be purchased online at [mgmnationalharbor.com](http://mgmnationalharbor.com) or [ticketmaster.com](http://ticketmaster.com). For more show and ticket information, visit [mgmnationalharbor.com](http://mgmnationalharbor.com) or call 844-346-4664. To get a full list

of tour dates, visit [dwtstour.com](http://dwtstour.com). VIP packages will be available through [VIPNation.com](http://VIPNation.com), giving fans the chance to purchase premium tickets, meet and greet opportunities with the cast, exclusive merchandise and photo opportunities.

The tour delivers a spectacular night of show-stopping dance performances from world-renowned dancers including Brandon Armstrong, Alan Bersten, Witney Carson, Artem Chigvintsev, Sasha Farber, Jenna Johnson, Gleb Savchenko, Emma Slater, Hayley Erbert and Britt Stewart, with more surprise casting to be announced (cast subject to change).

“Dancing with the Stars: Live!” is produced by Faculty Productions in association with BBC Studios and airs Monday nights at 8/7c on the ABC Television Network.

The Theater at MGM National Harbor offers an experience unlike any other in the region, providing fans the opportunity to see world-class entertainment in an intimate setting. The Theater features seven VIP suites and flexible seating designs, accommodating 3,000 guests for reserved-seating events and a little more than 4,000 for general admission shows.

### Planet Fitness Announces Grand Openings of Two “Judgement Free” Gyms in Prince George’s County

Official Grand Opening celebrations will be held on October 24 with food, fun, raffle prizes and entertainment. Each facility will donate \$500 to the local Boys & Girls Club of Greater Washington.

By PRESS OFFICE  
Planet Fitness

PRINCE GEORGE’S COUNTY, MD (October 10, 2018)—Planet Fitness, one of the largest and fastest-growing franchisors and operators of fitness centers in the U.S. and home of the Judgement Free Zone®, today announced the official openings of two new clubs in Hyattsville and Fort Washington.

The retrofit facilities, formerly Fitness Evolution, have been undergoing extensive remodeling efforts since February 2017 and feature upwards of 100 pieces of new cardio equipment—from treadmills, ellipticals, stair climbers, arc trainers to upright bicycles, recumbent bicycles and rowers, plus PF 30-Minute Express Circuits. As part of the remodeling effort, brand new locker rooms and PF Black Card® spas including massage chairs, HydroMassage beds, tanning, Total Body Enhancement and more were added. Planet Fitness will also continue to upgrade these clubs through 2019 to feature all new, state-of-the-art strength training equipment.

Planet Fitness is celebrating the grand openings of the two new facilities on Wednesday, October 24, and each event will feature official ribbon cuttings with local dignitaries and other special guests. Each club will make a \$500 donation to the local Boys & Girls Club of Greater Washington during a check presentation ceremony and local guests can expect complimentary food, entertainment and raffle prizes such as Amazon Echoes, 55" Smart TVs, Garmin Watches and more. Celebration details include:

#### Grand Opening Celebrations on Wednesday, October 24:

- NEW Planet Fitness Fort Washington from 12 p.m.–2 p.m. (12746 Old Fort Rd)
- NEW Planet Fitness Hyattsville from 5–7:00 p.m. (3500 E West Hwy)

“We’re committed to giving back and reinvesting in the communities across Prince George’s county and are thrilled to unveil our remodeled Judgement Free facilities to our existing and soon-to-be members,” said Victor Brick, Planet Fitness franchisee. “We encourage everyone to come check out the clubs during our official grand opening events, meet our friendly staff, get a tour and see what the Judgement Free Zone is all about!”

Planet Fitness prides itself on providing a high-quality experience at an exceptional value and being home of the Judgement Free Zone®, where members experience a hassle-free, non-intimidating environment. Membership includes a variety of other benefits, including brand name cardio and strength equipment, fully equipped locker rooms, flat screen televisions and free fitness training by a certified trainer through the PE@PF® program. In addition, as a member appreciation gesture, Planet Fitness provides free pizza on the first Monday of every month, and free bagels on the second Tuesday of every month while supplies last, as a reminder that it’s okay to treat yourself every once in a while.

The PF Black Card® membership, which is \$21.99 a month, includes additional amenities such as the ability to bring a guest every day at no additional charge, access to

all 1,500+ Planet Fitness locations, as well as access to massage beds and chairs and tanning, among other benefits\*.

Planet Fitness also provides members with an opportunity to connect and support each other with “Planet of Triumphs,” an online community that celebrates all accomplishments and inspirational stories of Planet Fitness members. Planet of Triumphs provides an online platform for members to recognize their triumphs (big or small), share their stories and encourage others, reinforcing the Company’s belief that ‘everyone belongs’. Check out real Planet Fitness member stories and accomplishments at [PlanetofTriumphs.com](http://PlanetofTriumphs.com).

For more information or to join online, please visit [www.PlanetFitness.com](http://www.PlanetFitness.com) or follow us on Facebook ([www.facebook.com/PlanetFitness](http://www.facebook.com/PlanetFitness)) and Twitter ([www.twitter.com/Planet-Fitness](http://www.twitter.com/Planet-Fitness)).

\*PF Black Card® amenities may vary by location

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Founded in 1992 in Dover, NH, Planet Fitness is one of the largest and fastest-growing franchisors and operators of fitness centers in the United States by number of members and locations. The Company’s mission is to enhance people’s lives by providing a high-quality fitness experience in a welcoming, non-intimidating environment, which we call the Judgement Free Zone®.

PF Group Partners, LLC, is a franchise division of Planet Fitness. PF Growth Partners, LLC owns and operates 57 Planet Fitness health clubs.

### MedStar Southern Maryland Hospital Center Recognized Nationally for Promoting Organ, Eye, and Tissue Donation

By PRESS OFFICER  
MedStar Southern Maryland Hospital Center

CLINTON, MD (October 9, 2018)—MedStar Southern Maryland Hospital Center (MSMHC) was among a select group of hospitals nationwide recognized for promoting enrollment in state organ donor registries in a national campaign sponsored by the U.S. Department of Health and Human Services’ Health Resources and Services Administration (HRSA). The campaign has added more than 443,000 donor enrollments to state registries nationwide.

MSMHC conducted awareness and registry campaigns to educate staff, patients, visitors, and community members about the critical need for organ, eye, and tissue donors and, by doing so, increased the number of potential donors on the state’s donor registry. The hospital earned points for each activity implemented between October 2017 and April 2018 and was awarded Silver recognition through the HRSA Workplace Partnership for Life Hospital Campaign.

Of the 1,283 hospitals and transplant centers participating in the campaign, 360 Silver Awards were awarded during this phase of the campaign.

“Winning the Washington Regional Transplant Community (WRTC) Silver Award for promotion of organ donation gives me such pride and also has personal meaning,” said Renee Sicheri, MSMHC RN and member of the MSMHC ICU team. “The collaboration between WRTC and our ICU team is evident with every donor patient, as well as the donor family, who are given compas-

ionate care, love, respect and support by the entire team. My family has been touched personally by organ donation. My brother-in-law experienced a hemorrhagic stroke and was an organ donor. His gift of life impacted seven people’s lives. I remember how supportive the team was, and the comfort they brought my family. I am proud to be a part of this fabulous program and the great work carried out by the teams at MSMHC and the WRTC.”

The Donate Life campaign is a part of the U.S. Department of Health and Human Services’ Workplace Partnership for Life, mobilizing the nation’s hospitals to increase the number of people in the country who are registered organ, eye, and tissue donors and ultimately, the number of organs available for transplant.

“MSMHC is proud to support organ donation,” said MSMHC President Christine Wray. “We humbly thank donors for giving the gift of life, and their families, for supporting their generous decision. We thank all physicians and associates who work in units where donations originate, for their professionalism and reverence for this delicate process. Finally, we thank WRTC for partnering with us in this important, life-saving mission.”

.....  
MedStar Southern Maryland Hospital Center, located in Clinton, Maryland, is a 176 bed acute care hospital serving the Washington, D.C., metro and Southern Maryland area. The hospital is focused on caring for patients and their loved ones utilizing advanced technology under the guidance of expert clinicians. Quality, Safety, Wellness, and Patient Satisfaction are achieved through a spirit of patient centered services that connect us to the community we serve.

### First Lady Yumi Hogan Meets with Burn Survivors, Firefighters

By PRESS OFFICE  
Office of the Governor

ANNAPOLIS, MD (October 9, 2018)—First Lady Yumi Hogan today welcomed attendees and mentors from the International Association of Fire Fighters 2018 International Burn Camp to the Maryland State House. Held annually, this camp is a life-changing opportunity for burn survivors ages 13–21 and the firefighters who work to make a difference in the lives of these young people.

“It was my honor to welcome the 2018 campers today—the many brave young men and women who are facing a tough challenge in life, but will now enjoy a week of fun and friendship,” said First Lady Yumi Hogan. “I want to thank the firefighters and volunteers for their dedication to building and running the International Burn Camp year after year, making this week of camp a dream

come true for many young people.”

Over 100 campers from across the country and Canada came to Annapolis [on October 9] to tour the Naval Academy and the State

House as a part of their week-long camp. The all-expenses paid camp helps these burn survivors understand that they are not alone and that there is a larger support system for them.

Learn more about the International Association of Fire Fighters Foundation and the burn camp at <https://foundation.iaff.org/>.



PHOTO CREDIT: MARYLAND GOVERNOR'S PRESS OFFICE

# COMMENTARY

## Marc Morial

President and CEO, National Urban League



### To Be Equal:

## Urban Reentry Jobs Program Tapping Into the Full Potential of Formerly Incarcerated Community Members

*"I wasn't informed about the long-term consequences of my conviction before or after I accepted a plea deal for seven years and eight months in 2004. It wasn't until my release in 2012 that I learned about the hidden sentence I would experience for the rest of my life. When I was released I had a plan to succeed, but little by little my plan crumbled. I couldn't become a welder, an auto body and paint technician or a barber. I couldn't even scrub toilets and mop floors at the local hospital. The more I tried to contribute to my community, the more I faced barriers."*

—Jay Jordan, Second Chances Project Director, Californians for Safety and Justice

The part of my job I appreciate the most is getting to know the exceptional men and women who have turned their lives around—after facing seemingly insurmountable challenges—with a helping hand from the Urban League Movement.

Just last week in Chicago, I had the honor to meet two young men—one who has founded a thriving landscaping business, and another who is well on his way to a career as a commercial truck driver. These would be commendable achievements even for anyone with a reasonable clear path, but for those emerging from incarceration, they are extraordinary.

The National Urban League has been serving the formerly incarcerated for more than fifty years, only

in the last few years with the support of the federal government. The Urban Reentry Jobs Program provides formerly incarcerated adults with the necessary skills and training to successfully re-enter the workforce and jobs at family-sustaining wages.

Through Adult Re-entry, a National Urban League signature program, the formerly incarcerated have an opportunity to earn industry-recognized credentials, learn employment-focused skills, and form positive relationships with their communities.

Among the nearly 800 participants:

- 86% have earned a credential or certificate
- 95% did not return to prison
- 65% became employee

A 35-year-old father of three, Mario emerged from prison after eight years never having held a permanent legal job. He was living at a Salvation Army before he found his way to the Chicago Urban League. After completing the Urban Reentry Jobs Program, Mario has graduated with high honors from the welding program at Kennedy-King College.

The need for initiatives like the Urban Reentry Jobs Program could not be more critical. As many as three out of four people remain unemployed a year after their release from prison, and just 12.5 percent of employers say they will accept job applications from the formerly incarcerated.

This burden falls disproportionately on America's people of color, who represent more than two-thirds of the incarcerated

while comprising only about 24 percent of the population. African Americans are more likely than white Americans to be arrested; once arrested, they are more likely to be convicted; and once convicted, they are more likely to face stiff sentences. Black men are six times as likely to be incarcerated as white men.

No aspect of the criminal justice system has exacerbated the mass incarceration crisis more than the so-called War on Drugs, and none is more racially disparate. African Americans are no more likely to use or sell prohibited drugs than whites, but they far more likely to be charged and sentenced to prison for identical conduct.

This crisis impacts not only the families of the incarcerated, but the nation as a whole. According to an ACLU report, the gross national product suffers an annual loss of \$80 billion a year due to employment discrimination against the formerly incarcerated. Not to mention the costs to local and state governments caused by recidivism: if states could lower recidivism rates by just 10 percent, they could save an average of \$635 million annually, according to Pew Research Center.

Millions of people leave prison to re-enter their communities each year. The Urban League Movement is committed to removing barriers to their full participation and helping every American to achieve his or her full potential.

As civil rights attorney Michelle Alexander wrote in her seminal work, *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*, "Martin Luther King Jr. called for us to be lovestruck with each other, not colorblind toward each other. To be lovestruck is to care, to have deep compassion, and to be concerned for each and every individual, including the poor and vulnerable."

## Anthony Brown

Maryland Congressional District 4



## Congressman Brown Secures Over \$2 Million in Grant Funding For Housing Counseling Providers

WASHINGTON, D.C. (October 10, 2018)—Congressman Anthony G. Brown (MD-04) released the following statement after the Department of Housing and Urban Development announced more than \$2 million in grant funding would be awarded to HomeFree USA and Housing Initiative Partnership in Riverdale and Hyattsville, respectively.

"My first bill in Congress was about making home ownership more affordable for working families, but there's much more work to be done to make the dream of owning your own home at-

tainable for every American," said Congressman Brown. "I'm proud to support organizations like HomeFree USA and Housing Initiative Partnership that are helping families in my district and across Maryland achieve their dreams of homeownership."

The Department of Housing and Urban Development awarded \$1,952,955.00 to HomeFree USA of Riverdale, MD and \$55,766.00 to Housing Initiative Partnership of Hyattsville, MD from the Comprehensive Housing Counseling Program.

## Chris Van Hollen

United States Senator for Maryland



## Van Hollen, Collins, Cardin Introduce Protect Our Elections Act

WASHINGTON (October 11, 2018)—Today U.S. Senators Chris Van Hollen (D-Md.), Susan Collins (R-Maine), and Ben Cardin (D-Md.) introduced the Protect Our Elections Act, which would prohibit foreign adversaries from owning and controlling the companies supporting American elections. Our intelligence chiefs have made it clear that hostile foreign actors continue to work to disrupt our democratic process by any means possible. In Maryland, for example, the FBI announced in July that a Russian oligarch with close ties to Vladimir Putin was heavily invested in the software vendor that maintains key parts of the state's election infrastructure. This common-sense legislation—with public disclosure and annual reporting—is essential in ensuring that our elections are free from foreign influence.

"Our free and fair elections are central to what makes America's democracy an example to the world. We cannot allow Russia or any other foreign adversaries to own our election systems. This isn't just a hypothetical issue—it happened right here in my home state of Maryland," said Senator Van Hollen, who has written to the Committee on Foreign Investment in the United States to review the issue in Maryland and introduced bipartisan sanctions

legislation to deter future attacks on American elections. "The bipartisan Protect Our Elections Act would take simple but critical steps to ensure that the nuts and bolts of our elections are secure."

"We know that the Russians were relentless in their efforts to meddle in the 2016 elections, and that those efforts are ongoing," said Senator Collins. "The Protect Our Elections Act would help strengthen the integrity of our election process and instill confidence among voters by requiring election infrastructure vendors to be owned and controlled by American citizens or our closest allies. The need to act is urgent, and I encourage our colleagues to support this commonsense legislation."

"Elections are a cornerstone of the rule of law in America and foreign governments will continue to attempt to attack our election systems and work to undermine Americans' faith in their government and the sanctity of the results of a free and fair election contest," said Senator Cardin. "All levels of government must therefore implement immediate safeguards to preserve the security and integrity of America's ballot box, whether it is a paper or electronic ballot."

The Protection Our Elections Act contains two central provisions:

- Mandates disclosure of foreign ownership or control: The bill requires the companies that provide elections services to report to the Secretary of Homeland Security, the Election Assistance Commission, and appropriate state or local governmental entities any foreign national who owns or controls their firm. It also requires elections service providers to notify the Secretary of Homeland Security, the Election Assistance Commission, and appropriate state or local governmental entities of any material change in ownership or control. It mandates a \$10,000 fine for any election service provider that fails to submit the required information.
- Prohibition on foreign ownership and control of elections systems: The bill requires state and local governments to conduct an annual evaluation of their election service providers to ensure that each election service provider is solely owned and controlled by U.S. persons. The legislation includes an exception for election service providers created or organized under the laws of our Five Eyes allies—Canada, the United Kingdom, Australia and New Zealand.

## USS Maryland Submariners Visit Fort Meade Teen Center

By MASS COMMUNICATION SPECIALIST  
2ND CLASS VICTORIA KINNEY  
NAS Patuxent River Public Affairs

FORT MEADE, Md. (NNS) (October 11, 2018)—Crew members assigned to the Ohio-class ballistic missile submarine USS Maryland (SSBN 738) visited Fort Meade Teen Center at Fort Meade and spoke about submariner life during Maryland Fleet Week and Air Show Baltimore (MDFWASB) on Oct. 4.

Sailors discussed a range of topics involving life on their boat, from the process of electrolysis to their sleeping arrangements. Lt. j.g. Bryan Cooley, from Sturgis, S.D., remarked on the level of questioning his crew received.

"These kids were really, really smart and asked a lot of sharp questions," Cooley said. "Speaking events like this gives us a great opportunity to inform kids on the Navy as a whole and we hope to inspire their curiosity and a drive towards science, technology, engineering and math."

Maryland's crew has been taking time to visit middle schools, vocational schools and after-school centers in order to educate school children on the Navy's unique lifestyle. This particular after-school center is special as most of the students are Soldiers' children.

"It was a refreshing perspective for the kids," said Dayle Bowser, the center's assistant director. "One of the kids actually came up to me during the presentation and thanked me for inviting the Sailors so that he could hear about another branch, since both his parents are Army. The Sailors were really engaging and did a great job answering the questions with the greatest amount of transparency."

After the presentation, Sailors stuck around to answer questions one-on-one, and

challenged the kids to ping pong, video games and billiards.

"I wish I would have gotten an opportunity like this when I was their age," Sonar Technician (Submarine) Jacob Lane said. "I'm glad to be able to describe a different service to these young adults and give them a glimpse into some complicated systems. This group gets me excited for the rest of the crowds we're going to get to talk to."

Throughout Maryland Fleet Week and Air Show Baltimore, Oct. 3–9, U.S., Canadian and British navy vessels [were] available for embarking visitors in the Inner Harbor, Fells Point and Locust Point. Service members participat[ed] in an array of other activities, including visiting local schools, conducting ship tours, attending receptions and sporting events, participating in community service projects and experiencing Baltimore.

MDFWASB is Baltimore's celebration of the sea services and provides an opportunity for the citizens of Maryland and the city of Baltimore to meet Sailors, Marines and Coast Guardsmen, as well as see firsthand the latest capabilities of today's maritime services.



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST  
2ND CLASS VICTORIA KINNEY/RELEASED

181004-N-XP344-2010 FORT MEADE, Md. (Oct. 4, 2018) Lt.j.g. Bryan Cooley, from Sturgis, South Dakota, center, assigned to the Ohio-class ballistic missile submarine USS Maryland (SSBN 738), speaks to children at Fort Meade Teen Center about submarine life as part of Maryland Fleet Week and Air Show Baltimore.

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## The Prince George's Post

The Prince George's Post  
P.O. Box 1001 15207 Marlboro Pike  
Upper Marlboro, MD 20772-3151  
Phone: 301-627-0900 • Legal Fax: 301-627-6260  
Email: pgpost@gmail.com  
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# BUSINESS AND FINANCE

## Social Security Matters

### Ask Rusty:

## Medicare Late Enrollment Penalty

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

### Dear Rusty:

I've never been a fan of socialized medicine, so wasn't happy with that whole "Great Society" thing that happened back in the 1960's, which is where Medicare started. Just on principle, I refused to sign up for Medicare when I turned 65, but with age comes wisdom, I guess, so now I find that maybe I should have. I'm 68 now and starting to develop some health issues, but my insurance agent says that because I didn't sign up for Medicare when I was 65 there's going to be penalties. We didn't talk about how much, but I'm hoping you can give me some insight on what I'm up against. **Signed: Wiser Now than Before**

### Dear Wiser:

While I always admire one who sticks to their principles, I also believe, to coin a phrase, that wisdom is the better part of valor. You've been lucky health-wise and avoided a major health crisis for the past several years, but with the wisdom gained by age now realize that the Medicare you paid into over your lifetime isn't such a bad thing after all. The problem is, the law requires that you enroll in Medicare at age 65 unless you have other "creditable" coverage (e.g., from an employer or the VA). To have not done so does, indeed, mean that by enrolling now you'll have to pay a "late enrollment penalty," at least for Medicare Part B (doctors and outpatient services) and Part D (Prescription Drug coverage). Assuming you're eligible for or collecting Social Security, your Part A (hospitalization) coverage should be free, even if you didn't enroll during your "initial enrollment period" (IEP), which started 3 months before the month you turned 65 and lasted until 3 months after.

The Part B penalty for late enrollment is applied as a supplement to the base Medicare Part B premium amount which, for 2018, is \$134 per month if you earned less than \$85,000 as a single-filer in 2016 (the premium is higher if you earned more than that). The late enrollment penalty for Part B is 10% additional for each full year after the end of your initial enrollment period, so \$134/month plus 30% means you'll be paying \$174/month instead, and the penalty is recurring every year. In fact, if the Part B premium goes up (as it periodically does), so will your penalty because the base number is higher.

As for Medicare Part D, although it's hard to justify paying for prescription drug coverage you may not currently need, the sticker shock for enrolling if you need to later is quite severe. Compared to the Part B penalty, the computation for late enrollment in Part D is complicated. You owe the penalty, again on top of your regular Part D premium amount, if you go more than 63 days past your IEP without a creditable Medicare Part D drug plan, a Medicare Advantage (Part C) plan which includes drug coverage, or another healthcare plan (such as the VA), which includes creditable prescription drug coverage. Part D premiums are set by the insurance carrier which provides the coverage, but the penalty amount is set by Medicare, as follows: 1% of the "National Base Beneficiary Premium" (\$32.02 for 2018), times the number of full months you didn't have creditable Part D coverage (rounded to the nearest 10 cents). That amount is added to the Part D premium amount as determined by your insurance provider. And like Part B, the penalty for late enrollment in Part D coverage is recurring and may increase with changes to the National Base Beneficiary Premium as computed by Medicare.

It's important to note that since you're well past your IEP, your timing to enroll in Medicare is now limited. You can only enroll in Part A & B during the annual "General Enrollment Period" which runs from January 1 to March 31 for coverage to begin on July 1st. And you can only enroll in a Part D drug plan during the annual Open Enrollment Period which runs from October 15 to December 7.

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

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

## Surviving the Horrors of Hacking

Balancelogic invites small businesses for a Halloween social and seminar on small business cybersecurity

By DANIEL DE PLATA  
Balancelogic

WALDORF, MD (September 26, 2018)—Balancelogic, a leading Small Business Services provider, will be holding their third annual Halloween Social, "The Haunted House of Hacking." This event is open to all small businesses to attend and will be an opportunity to meet the Balancelogic team and learn more about the company's services. **The event will be held on Wednesday, October 24th, from 4 p.m. to 7 p.m., with a seminar on cybersecurity in small businesses to kick off the event from 3 p.m. to 4 p.m.** A live hacking demonstration will be included as part of this very informative and educational seminar. "We are very proud of the fact that Balancelogic is the only company in Southern Maryland to be CompTIA MSP Certified and only 1 of 2 companies in State of Maryland," says Bill Campbell, CEO. "We invite everyone to join us at our Waldorf office to celebrate some holiday 'fear' with food, cocktails, and Halloween treats!"

Balancelogic's Halloween Social is an annual event to celebrate the season and bring together small businesses for a night of entertainment and networking in the

Washington D.C., Maryland, and Virginia area. Before the event, Balancelogic would also like to invite everyone to a small business seminar about cybersecurity by Bill Campbell, President and CEO of Balancelogic. After the seminar, guests are invited to stay for a networking opportunity with other small businesses in the area and meet the Balancelogic team that provides quality business services. Balancelogic believes that every business has the potential to grow, and would like to share their knowledge and services to those who look for growth.

### Small Business Cybersecurity

Why is Cybersecurity so important to small businesses? In today's world just about everything is done online or over a computer network and Wi-Fi. This is great for productivity, immediate results, and ease of life tasks, but the problem is the devices we use and the network we connect to are not safe and secure. For small businesses, the process of keeping up these as well as new technologies, security updates and fixes, and the knowledge to protect them is a very challenging task. However, it is mandatory in order to protect our devices and our personal information from cyber threats. Cybersecurity in your small business can help prevent cyber-at-

tacks, data breaches, lost information, and identity theft. According to the Ponemon Institute's 2017 State of Cybersecurity in Small & Medium-Sized Businesses report, the percentage of small businesses that have experienced a cyber-attack in the past 12 months is up from 55% in 2016 to 61% in 2017.

*Founded in 2004, Balancelogic is a Veteran-Owned and leading provider of small business service solutions to the D.C., Maryland, and Virginia area. Our focus is to provide our clients with high quality services that result in cost savings and business process efficiency. Balancelogic offers the widest range of business support services by any single company, including business consulting, marketing, web and graphic design, SEO, IT support, and Avaya phone systems. Balancelogic's advantage lies not only on what services are provided, but also in how these services are provided, with a cross-trained and experienced team, a well thought out and proven process, and the integration of the right technology, giving the client an outstanding experience. For more information or for a quote on Balancelogic's services, contact Bill Campbell at (301) 396-8455 or e-mail [bcampbell@balancelogic.com](mailto:bcampbell@balancelogic.com). Visit [www.balancelogic.com](http://www.balancelogic.com)*

## Family & Nursing Care Celebrates 50 Years in Business

Office move, service area expansion, leadership transition, and stakeholder events mark milestone anniversary

By PRESS OFFICE  
Family & Nursing Care

SILVER SPRING, MD (October 11, 2018)—Family & Nursing Care, the premier resource for in-home care services for older adults, celebrates half a century in business in 2018 with an office move, service area expansion, leadership transition, and a series of events for key stakeholders. Family & Nursing Care recently moved from 962 Wayne Avenue in Silver Spring just down the street to a larger space at 1010 Wayne Avenue. In addition, the company is currently expanding its service area coverage to include Anne Arundel and Howard Counties. Neal Kursban, formerly President of Family & Nursing Care, is now

Chief Executive Officer (CEO) and Jeff Zukerman, previously the company's Chief Operating Officer (COO), has assumed the position of President. The company is celebrating throughout 2018 with current employees, caregivers, professional partners, and clients and their families.

"This is an exciting time for Family & Nursing Care," said Neal Kursban, Family & Nursing Care's CEO. "Our expansion will help us serve more families who can benefit from our unique approach to home care, and my transition to CEO will allow me to focus more on working directly with our professional partners to meet the evolving demands of the healthcare system."

According to Kursban,

strategic growth has been part of the company's plan since his mother, Sandy Kursban, started Family & Nursing Care in 1968. He says now is the time because private duty home care has shifted from being considered a luxury to becoming a necessity. The number of Americans aged 85 and older is projected to more than triple from 5.8 million in 2010 to over 19 million by 2050, so manageable, strategic growth in private duty home care is imperative. Eventually, the company has plans to expand across the mid-Atlantic region.

"Family & Nursing Care is well-positioned for innovation and expansion because of our flexibility," said Jeff Zukerman, the company's new President. "We are proactive, while

also maintaining a strong infrastructure and ensuring our partners' expectations are exceeded and clients continue to receive top-tier care."

Kursban and Zukerman are vocal about the moral imperative to grow the company because of the superior care they provide older adults. It is an opinion shared by the industry. In 2017 Family & Nursing Care was recognized as one of the top two best private duty home care agencies nationwide (out of 26,000+) by Decision-Health™.

*Since 1968, Family & Nursing Care has been the premier provider of in-home care services for older adults, dedicated to and recognized for their passion and commitment to serve, help, and enhance the quality of life and well-being of others. The company refers and provides caregivers who assist with activities of daily life, companionship, and also skilled nursing care. For more information, visit [www.familynursingcare.com](http://www.familynursingcare.com).*

## Leadership Maryland Class of 2019 Applications Due October 31

By PRESS OFFICE  
Leadership Maryland

ANNAPOLIS, Md. (October 10, 2018)—Leadership Maryland, the professional development program dedicated to building a better Maryland by harnessing the strength of its local business and community leaders, reminds potential applicants that all applications for the Class of 2019 must be submitted

online at [www.LeadershipMD.org](http://www.LeadershipMD.org) by 5:00 p.m. on Wednesday, October 31, 2018.

Leadership Maryland's selection committee will choose 52 applicants to complete an eight-month hands-on learning program focused on the state's most vital social, economic and environmental issues. The Class of 2019 will be announced in early February 2019.

Applications are open to sen-

ior-level executives with significant achievements in their careers and/or their communities. Ideal Leadership Maryland applicants will have a desire to learn more about Maryland's most critical issues and a personal commitment to be a force for positive change in their organizations, their communities, and their state. The chosen class will reflect a cross-section of the state by including diversity of geographic location, profession, age, ethnicity and gender.

Full information regarding Leadership Maryland's appli-

cation instructions, selection process, tuition and financial assistance, 2018 program dates and locations, and attendance policy are available at [www.LeadershipMD.org](http://www.LeadershipMD.org). Anyone with questions may contact Leadership Maryland at 410-841-2101 or [Info@LeadershipMD.org](mailto:Info@LeadershipMD.org).

*Leadership Maryland is a professional development program dedicated to building a better Maryland by harnessing the strength of its local business and community leaders.*

## BGE Offers Tips to Help Customers 'Fall' into Savings During National Energy Awareness Month

Customers received more than \$37 million in bill credits during summer

By PRESS OFFICE  
BGE

BALTIMORE (October 10, 2018)—October is National Energy Awareness Month and BGE reminds customers that taking steps to save energy and money now will pay off this winter. By following a few simple tips and making a few easy energy efficiency improvements, customers could save on their winter heating bills.

- **Maintain Heating Systems.** Most cold weather energy expenses are related to heating your home. Schedule service for your heating system to find

out what maintenance is required to keep your system operating efficiently.

- **Lower Water Heating Costs.** Water heating accounts for about 18 percent of the energy consumed in your home. Turn down the temperature of your water heater to the warm setting of 120 degrees Fahrenheit and save.

- **Adjust the Temperature.** When you are at home and awake, set your thermostat to as low a setting as is comfortable for you. When you are asleep or out of the house, turn your thermostat back 10 to 15 degrees for eight hours

and save approximately 10 percent a year on your heating bills. A programmable thermostat can make it easy to automatically adjust temperature settings. If you have a heat pump, maintain a moderate setting or use a programmable thermostat specially designed for use with heat pumps.

- **Take Advantage of the Sun's Heat.** Open curtains on your south-facing windows during the day to allow sunlight to naturally heat your home, and then close them at night to reduce the chill you may feel from cold windows.

- **My Account Online Tools.** Your BGE online account contains tools and detailed energy usage information. By tracking your energy usage, reviewing usage trends, and discovering the results of energy-saving practices, you can manage your energy more efficiently. Log onto [BGE.com/MyAccount](http://BGE.com/MyAccount) to get started.

BGE customers have opportunities to save on their energy bills all year long. In fact, it was a successful summer of savings for Energy Savings Days and PeakRewards™ Air Conditioning program participants. More than 840,000 Energy Savings Day customers saved over 370 megawatts—equal to carbon dioxide emissions from more than 300,000 pounds of coal burned. For their energy-saving

efforts, Energy Savings Day participants were awarded more than \$16 million in bill credits, averaging \$14.46 per household. Additionally, more than 305,000 PeakRewards™ Air Conditioning customers were awarded more than \$21 million in bill credits this past summer.

Looking for customized solutions to help you save energy and money? BGE offers rebates for these and other home efficiency improvements through the BGE Smart Energy Savers Program®.

The BGE Smart Energy Savers Program is a suite of programs that enable customers to control energy use, leading to more efficient use of electricity and lowering energy bills. The programs have provided \$537 million in rebates to BGE customers and have also helped

nearly 2.2 million residential and business participants save nearly 3.6 million MWh of electricity. Collectively, the programs help contain the cost of energy and improve reliability by reducing peak demand and slowing the growth in energy consumption. Energy-saving solutions are available to renters, homeowners, large and small business customers, nonprofits and institutional customers. More information can be found at [BGESmartEnergy.com](http://BGESmartEnergy.com). EmPOWER Maryland programs are funded by a charge on your energy bill. EmPOWER programs can help you reduce your energy consumption and save you money. To learn more about EmPOWER and how you can participate, go to [BGESmartEnergy.com](http://BGESmartEnergy.com).

# OUT on the TOWN

## Calendar Spotlight

### AMERICAN INDIAN FESTIVAL

Saturday, October 20, 2018  
10 a.m.—4 p.m. • FREE

Celebrate the rich and diverse cultures of Native Americans at this event featuring live performances of traditional and contemporary music, drumming, singing, dancing, storytelling, interactive exhibits, demonstrations, American Indian games, archery, and more! Entertainment, games, and fun activities make this a GREAT family day!

There may be a nominal fee for food and some activities.  
All ages are welcome.  
Patuxent River Park  
16000 Croom Airport Rd.,  
Upper Marlboro, MD 20772  
Contact: 301-627-6074

Interactive Exhibits and demonstrations include:

- Archery
- Artifacts
- Beading
- Finger weaving
- Flint knapping
- Genealogy
- Hand-made tools
- Languages
- Live Birds of Prey display
- Multiple Native crafts and games
- Native horsemanship
- Pre-contact life skills
- Regalia

Activities With Nominal Fees

- Basket Craft \$3
- Horse and Pony Rides \$3
- Multiple raffles (tickets are \$1)
- Traditional Native food and other festival favorites
- Vendors: Arts, Books, Jewelry, Music, Native made items



ALL PHOTOS CREDIT M-NCPPC



By PRESS OFFICER  
Chesapeake Bay Foundation

Visit the Chesapeake Bay Foundation's (CBF) 285-acre sustainable Claggett Farm this month for a festival featuring local craft beer, a variety of sliders, clay-oven pizza, and Chesapeake Bay science.

The annual CBF fundraiser — Burgers and Brews for the Bay—returns Sunday, Oct. 21, for the fourth year at the farm in Prince George's County. The event takes place from noon to 4 p.m. at 11904 Old Marlboro Pike in Upper Marlboro.

This year there will be seven different food stations, regional craft beer, live blue grass music, hay rides, a moon bounce, pumpkins, and fun educational stations. The family-friendly event is intended to satisfy and quench your appetite. It will also teach attendees about sustainable farm practices and how people can improve water quality in the Chesapeake Bay through advocacy and projects at their own home.

The meat for the sliders is sourced from Claggett's own grass-fed beef and lamb and will be served on freshly baked rolls by Atwater's in Baltimore. This

year's event will feature the first ever craft beer brewed exclusively from Claggett Farm hops—a Black IPA dubbed "Chesepiooc Claggett Farm Cascadian Dark Ale" that was brewed exclusively for CBF by Chespiooc Real Ale Brewery in Crofton. Chesepiooc is an original Algonquin name for the Bay.

Food and drink stations will be scattered throughout the farm, within easy walking distance of each other. In between grabbing burgers and drinks, guests can also view grazing cows and sheep.

Food and drink pairings for the event include:

- P.A. Bowen Farmstead's carnitas pork slider with a Devils Backbone Vienna Lager;
- Eat & Smiler Catering's Moroccan lamb slider with Devils Backbone Striped Bass Pale Ale;
- Friends & Food International's Singapore slinger slider with Ballast Point Sculpin;
- Gertrude's Chesapeake Kitchen's dark side scrapple slider with Wyndridge Bardog Porter;
- Preserve Restaurant's Claggett Farm beef slider with Dogfish Head Lupu-Luau IPA; and
- Family Reunion Farmstead & Kitchen's apple, squash and

shallot jam pizza or arugula pesto, shiitake mushroom and chorizo pizza with Mully's Brewery Blood Orange Blonde or Troegs Hop Knife Harvest IPA.

• There will also be Bold Rock Virginia Draft Cider.

For dessert, Smith Island Cakes made by Mary Ada Marshall of Tylerton, Maryland will be served along with Prigel Family Creamery ice cream. The ice cream will also top off root beer floats.

Tickets are \$10 for children ages 3 to 11, \$25 for designated drivers and ages 12 to 20, \$40 for adults if purchased before noon on Oct. 19, and \$50 regular admission for adults at the event or after noon on Oct. 19.

All proceeds from the event support CBF's efforts to defend and protect the bay, including the foundation's educational programs, oyster restoration efforts, agricultural stewardship outreach, and advocacy initiatives at both the federal and state level.

Tickets can be purchased on CBF's website and more information can be found at <http://www.cbf.org/events/burgers-and-brews/>. This is a rain or shine event and no refunds will be issued due to weather.

## ERIC D. SNIDER'S IN THE DARK

### ... Movie Review ...

### The Predator

The Predator

Grade: B-  
Rated R, some harsh profanity, a lot of graphic violence and gore.  
1 hr., 46 min.

Unlike the late entries in some horror franchises, "The Predator" doesn't pretend any of its predecessors didn't happen, but you don't need to have seen them, either. Directed and co-written by Shane Black (who was an actor in the original 1987 "Predator"), this gory, quippy sequel assumes you'll easily catch up if you're not familiar with the premise: that a robust, dreadlocked, sometimes invisible alien has come to Earth to hunt humans, and the humans have to fight it.

It's not a very complicated mythology, and Black, co-writing with Fred Dekker ("The Monster Squad"), expands on it just enough to set up additional sequels, making sure not to get bogged down in world-building or references-to-previous-movies-inserting. This time around, an Army sniper named Quinn McKenna (Boyd Holbrook) is the only survivor after an encounter with a crashed Predator ship in the jungles of Mexico. From the wreckage he finds parts of the Predator's armor, which he naturally mails home as souvenirs to his autistic son, Rory (Jacob Tremblay), in accordance with U.S. military protocol.

The specific Predator who crashed with the ship is cap-

All of these must work together when the Predator gets loose and goes looking for the rest of its armor, which you'll recall McKenna mailed to his autistic son.

Black, who wrote "Lethal Weapon" and wrote and directed "Iron Man 3," "Kiss Kiss Bang Bang," and "The Nice Guys," is known for his dismantling of action-movie tropes. "The Predator" does a little of that—there's a running gag where people question whether "predator" is the right term for something that hunts for sport—and generally holds a light, witty tone, but it's not at the level of snarky self-awareness that Blackheads (as I assume Shane Black fans are called) might expect. And there are tonal missteps, too. Much is made of young Rory's sensitivity to noise and commotion, and Quinn is a tender, protective father in that regard ... but then he also kills a man

in front of Rory and acts like it was nothing. Are you concerned about your sensitive son's feelings or aren't you? More to the point, is Rory autistic for a good narrative reason, or is it an easy gimmick to make him sympathetic?

Shane Black fans may consider this one of his lesser works, but "Predator" fans will find plenty of blood 'n' guts and entertaining action. Other creatures besides the main Predator are present for our amusement (and to set up future possibilities), and most of the human performances have their bright spots. Sterling K. Brown, in particular, seems to be having a good time. But there are no standout characters—there's barely even a protagonist—and the movie never really comes together before its anticlimactic finale. It's fine, and it's an improvement over the "Alien vs. Predator" spinoffs, but we can do better than this.



ROTTENTOMATOES.COM

From the outer reaches of space to the small-town streets of suburbia, the hunt comes home in Shane Black's explosive reinvention of the Predator series. Now, the universe's most lethal hunters are stronger, smarter and deadlier than ever before, having genetically upgraded themselves with DNA from other species. When a young boy accidentally triggers their return to Earth, only a ragtag crew of ex-soldiers and a disgruntled science teacher can prevent the end of the human race.

## PLAN AHEAD

### Tracing Lives, Slavery to Today—Maryland's Hampton Plantation

Date and time: **Symposium:** Friday, October 26, 2018, 12–5 p.m.  
**Special Tours & Program,** Saturday, October 27, 2018, 12 p.m.–3:30 p.m.

Description: Join us on October 26 & 27, 2018 for newly uncovered information found during a 2 year research project about people who were once enslaved then freed at what is now Hampton National Historic Site. Learn exciting new research findings on Hampton's deeper history. Explore the lives of Hampton's enslaved workers and their descendants. Tour new interpretations of Hampton National Historic Site. **Reservations Required: [tracinglivesatHampton@gmail.com](mailto:tracinglivesatHampton@gmail.com).** Presented by the Hampton Ethnographic Team and The National Park Service. See website for tour schedule and details: [www.nps.gov/hamp](http://www.nps.gov/hamp). In collaboration with University of Maryland, the National Park Service and Towson University.

Cost: FREE

Ages: Adults

Location: **Symposium location:** Linthicum Hall Rm 224, Towson University, 8000 York Road, Towson, MD 21252

**Special Tours & Program location:** Hampton National Historic Site, 535 Hampton Lane, Towson, MD 21286

Contact: 410-704-3199

### STEAM Fest 2018

Date and Time: October 27, 2018, 11 a.m.–3 p.m.

Description: STEAM is an educational approach to learning that uses Science, Technology, Engineering, the Arts and Mathematics as access points for guiding student inquiry, dialogue, and critical thinking. The end results are students who take thoughtful risks, engage in experiential learning, persist in problem-solving, embrace collaboration, and work through the creative process.

Cost: FREE for Admittance—**Registration Required**

Ages: All youth in Prince George's County

Location: The Showplace Arena, 14900 Pennsylvania Ave., Upper Marlboro, MD 20772

Contact: 301-952-7900

### Night at the Museum: Sip & Paint

Date and Time: Saturday, October 27, 6–8 p.m.

Description: Join famed artist Laurence Hurst and Banneker-Douglass Museum Director Chanel Compton, and create your own masterpiece as we take you on an artistic journey through Maryland's rich African American history and culture. Relax, unwind, and bring a friend (or make new ones) during this art-filled evening. We look forward to seeing your creations! **To register, visit <http://bdmuseum.maryland.gov/events/>**

Cost: \$40

Ages: Adults

Location: Banneker-Douglass Museum, 84 Franklin Street, Annapolis, MD 21401

Contact: (410) 216-6180

# Calendar of Events

## October 18–October 24, 2018

### Masterful Argentine Guitarist: Dani Cortaza

Date and Time: Friday, October 19, 2018, 8p.m.–10 p.m.  
 Description: Masterful Argentine guitarist Dani Cortaza performs a program of Argentine folk music seasoned with elements of jazz. The colorful music of Argentina includes styles such as the urban-born tango and the chacarera, zamba, and malambo rhythms. Cortaza has played prestigious venues in Asia, Europe, and North and South America. Now a Maryland resident, Cortaza was the recipient of the Maryland State Arts Council Individual Artist Award in 2007 and again in 2017.  
 Cost: Montpelier Member/Senior Admission: \$22.50, General Admission: \$25.00  
 Ages: Adults  
 Location: Montpelier Arts Center, 9652 Muirkirk Road, Laurel, MD 20708  
 Contact: 301-377-7800, 410-792-0664

### Prince George's Fall Fest Food Wine and Music Festival

Date and Time: Saturday, October 20, 2018, 11 a.m.–6 p.m.  
 Description: Come out and enjoy the day with friends & family for complimentary wine tastings, food vendors, other exhibitors and artisans. Two stages of entertainment. Presented by Concerts for Causes.  
 Cost: FREE  
 Ages: All ages are welcome  
 Location: Bowie Town Center, 15606 Emerald Way, Bowie, MD 20716  
 Contact: 301-332-8318

### 1st Annual Blue Crabs Beer, Food & Wine Festival

Date and Time: Saturday, October 20, 2018, 10 a.m.–4 p.m.  
 Description: A group of people in Southern Maryland who are passionate about the locally prepared food, locally brewed beer, locally grown wine, and locally distilled liquor decided that it was time to put our goods on a pedestal. That is why we are launching the 1st Annual Blue Crabs Beer, Food & Wine Festival! This event is being organized by your friends and neighbors at Crabby Hog and PeakeNet Broadband. This event will feature wineries from Prince George's County.  
 Cost: General Admission: \$2, Designated Driver / under 2, \$15  
 Ages: All ages are welcome  
 Location: Southern Maryland Blue Crabs, 11765 Saint Linus Dr, Waldorf, Maryland 20602  
 Contact: www.bluecrabsbeerfoodfest.com/tickets

### An Encore Performance of Tears of the Soul

Date and Time: Saturday, October 20, 2018, 5 p.m. Doors open at 4:30 p.m., Run Time: approximately 2:00 hours  
 Description: *Tears of the Soul* is a powerful dramatic presentation that transports audiences back to 1968. *Tears of the Soul* is a portrayal of a family divided. The social climate in 1968 made life difficult outside and inside of the home. The audience will experience a time in history where the country, resistant to change, struggled to change. Presented by The AngelWing Project, Inc.  
 Cost: Adults: \$25, Seniors: \$20, Children (12 and under) \$20, Groups of 10 or more: \$5 discount off of each ticket. Go to: www.theangelwingproject.org/tickets.html.  
 Ages: All ages are welcome  
 Location: Chesapeake Arts Center, Hammonds Theater, 194 Hammonds Lane, Brooklyn Park, MD 21225  
 Contact: 410-636-6597

### The Great Jack o'Lantern Campfire

Date and Time: October 20, 2018, 7–8:30 p.m.  
 Description: Bask in the warmth of a fall campfire, roast marshmallows, and enjoy popcorn and hot cider. Listen to haunted Halloween tales, see a dazzling display of hand-carved illuminated jack o' lanterns, and more! Rain date is October 21 at p.m. No reservation required.  
 Cost: \$5 per person (cash only); Children 4 and under: FREE  
 Ages: All ages are welcome  
 Location: Darnall's Chance House Museum, 14800 Governor Bowie Oden Dr., Upper Marlboro, MD 20772  
 Contact: 301-952-8010; TTY 301-699-2544

### Destination UMES—29th Annual Meet and Greet for Admitted and Interested Students

Date and time: Wednesday, October 24, 2018, 5 p.m.  
 Description: Interested in attending the University of Maryland Eastern Shore? Join the UMES National Alumni Association, and the Greater Annapolis, and Washington Metropolitan Area Alumni Chapters to learn more about navigating your future at UMES. With a UMES degree in aviation, business, construction management, criminal justice, engineering, health professions, hospitality, tourism and more, you can be prepared to soar.  
 Cost: FREE  
 Ages: Admitted and interested students and their families  
 Location: Bowie Comfort Inn Conference Center, 4500 Crain Highway, Bowie, MD 20716  
 Contact: UMES Admissions: 410-651-6410, www.umes.edu

### "Lights On Afterschool" Read Aloud

Date and Time: Thursday, October 25, 4–6 p.m.  
 Description: Come join us as we take part in the 19th Annual "Lights On Afterschool Celebration," a national program which promotes the importance of great after-school care, and commemorate the Banneker-Douglass Museum's newly added "Governor's Young Readers" program with an educational "read aloud" in the Douglass Reading Room! This program promotes literacy, cultural experiences, and historic preservation. Service-learning hours will be available for participation. This event is made possible through a collaboration with the Governor's Office for Children.  
 Cost: FREE, Register: bdmuseum.maryland.gov/events/  
 Ages: All ages are welcome  
 Location: Banneker-Douglass Museum, 84 Franklin Street, Annapolis, MD 21401  
 Contact: 410-216-6193

## OPEN TO THE PUBLIC



PHOTOGRAPH BY JEN SHECKELS

### Montpelier Arts Center

Located on the grounds of the historic Montpelier Mansion, the **Montpelier Arts Center** opened in 1979. It houses three galleries, artist studios, a metal casting facility, gas- and electric-fired kilns, a digital lab, and classrooms. The center offers visual, literary and performing arts experiences for children to adults; beginners to advanced. Their exhibitions include cutting edge work as well as more traditional approaches and feature both emerging and established regional, national and international artists. The Main Gallery is also the site for the performances of the Jazz, Folk/Blues and Classical music series. The galleries and studios are free and open to the public seven days a week, 10 a.m.–5 p.m. seven days a week except for major holidays.

Montpelier Arts Center : 9652 Muirkirk Rd., Laurel, MD 20708 • 301-377-7800, TTY: 301-699-2544  
 • <http://www.pgiparks.com/2143/Montpelier-Arts-Center>

## NOVEMBER DEADLINES

### Nature Quest Nature Art Contest

Date and Time: November 1, 2018 deadline  
 Description: Be a part of a new Department of Parks and Recreation's Nature Quest art contest. Explore your back yard, a local park, or other outdoor environment. Tell your nature story by drawing, painting, photographing, writing a poem, or making a video. Enter the art contest by uploading your artwork to the Nature Quest website ([www.pgiparks.com/naturequest.htm](http://www.pgiparks.com/naturequest.htm))—you could win a cash prize!  
 Ages: 18 and under  
 Contact: TTY: 301-699-2544, [www.pgiparks.com/naturequest.htm](http://www.pgiparks.com/naturequest.htm)

### 19th Annual Gingerbread House Contest (Entry)

Date and Time: November 9, 2018 deadline  
 Description: Enter your personal gingerbread masterpiece in the 19th annual Gingerbread House Contest at Darnall's Chance House Museum! All entries are due by November 9, 2018—contact the museum today for more details! All entries will be on display to the public Friday–Sunday, November 23–25 and 30, as well as December 1–2 and 7–9.  
 Location: Darnall's Chance House Museum, 14800 Governor Bowie Oden Dr., Upper Marlboro, MD 20772  
 Contact: 301-952-8010; TTY 301-699-2544

## Reiki Brings Calm and Purpose to Upper Marlboro Mother of 5

*Hospice of the Chesapeake has reiki to thank for having Denise Holliday as a volunteer.*

By ELYZABETH MARCUSSEN  
**Hospice of the Chesapeake**

When her mother was in hospice care in North Carolina in 2007, a volunteer offered to perform reiki on her mother and her family. Holliday said she felt an immediate calm. "It had such a profound effect on me," she said.

After her mother died, she told herself she was going to have to find a way to give back. At first, she thought she would give back fi-

nancially—but raising five children less than seven years apart made that a daunting decision. Before long, it was 2017. The 10th anniversary of her mother's death was like a timer going off. She went to [Volunteermatch.org](http://Volunteermatch.org) and started looking at the volunteer needs of area hospices when the word "reiki" caught her eye in a position posted by Hospice of the Chesapeake.

Bingo. Since then, she has been kind of a healing arts fangirl. Training for reiki led the Upper Marlboro real estate agent to get certified for Comfort Touch and aromatherapy. She considers all of these modalities as tools in her volunteer tool belt, which she wears in a few different capacities. Primarily a patient care volunteer, she also has done weekly calls to patients and their caregivers to make sure they have all that they need, represented the nonprofit at outreach events and was just recently began the intensely emotional and vi-

tal mission of staying with a patient in his or her final hours as a vigil volunteer. "I don't even think people realize how many different ways they can give back," Holliday said.

The healing arts provide Holliday a gateway to getting to know a patient and their family; a kind of peaceful introduction in an often tense environment. One of the most rewarding aspects to her service as a volunteer is the sense of calm that she leaves behind after her visit. "The family can sense it, they can see that she or he is finally resting, finally sleeping."

Holliday devours every learning opportunity offered to volunteers that she can. And why not? They are free. Plus, what she learns she can apply to her own life and share with her family. "To be a better practitioner for others, you need to do self-treatment," she said, adding that every so often her daughter will plead with her, "Mommy! Reiki my back!"

It's been a full year of volunteering for Holliday, and now she's looking for ways to involve her children, ages 20 to 14, and her husband Donnell, in volunteering with the organization. "I'm hoping it can become a family thing," she said. "We can learn so much from our children."

To find out more about becoming a Healing Arts volunteer with Hospice of the Chesapeake, contact Terri Fevang at 667-219-2889 or [tfevang@hospicechesapeake.org](mailto:tfevang@hospicechesapeake.org).



PHOTO BY ELYZABETH MARCUSSEN, HOSPICE OF THE CHESAPEAKE

**Denise Holliday of Upper Marlboro volunteers during a fundraising event for Hospice of the Chesapeake at the Bowie Baysox game on Aug. 16, 2018. Holliday also volunteers as a patient care volunteer, a vigil volunteer and in the healing arts where she performs reiki, Comfort Touch and Aromatherapy.**

## Earth TALK™ Choices Abound for New EVs in 2019

*Dear EarthTalk:*  
 I'm getting ready to join the electric car revolution now that my old clunker is getting on in age. What's the latest and greatest? And is now a good time to buy an EV?  
 —Doug Ellis, Sacramento, CA

Hybrid-electric cars have become more and more common on American roads since the Prius launched here in 2001. Now fully electric vehicles (EVs) are finally coming of age thanks to innovations by Tesla, Nissan, BMW, General Motors and others.

It is not uncommon today to see a zippy little Nissan Leaf or a stately Tesla Model X silently waiting for the light to turn green next to you at an intersection. Believe it or not, some 21 different automakers now have some form of EV for sale in the U.S. And they have big plans—think SUVs—to raise the EV stakes over the next few years, beginning with a raft of new models slated for release in 2019.

Perhaps the biggest new player on the EV scene is Audi. The German company's new e-tron Quattro SUV can drive for roughly 250 miles between charges and features a styling equivalent to Audi's luxe gasoline cars. It will be unveiled later in the fall, and American consumers can expect to shell out some \$80,000 for a new one. A smaller model, the e-tron Sportback, will ride on the same platform—and get a similar range rating—but will sport a zippier ride and a lower price tag (around \$50,000).

On the cuter end of the spectrum, BMW will make an all-electric version of its iconic

revamp of the Mini Cooper—the "Mini E"—in 2019. The car will get upwards of 200 miles per charge, and with a price tag around \$36,000 will compete directly against the Tesla 3 for customers looking to spend on the lower end for an EV.

Another big emerging EV player is Volkswagen, which is hoping to clean up its reputation after the big emissions cheating scandal that cost the company \$30 billion in fines and settlements. By slashing production costs, VW expects to make and sell some of the lowest cost EVs around, with four new models (two crossovers, a hatchback and a sedan) available in 2019 in the vicinity of \$35,000.

Of course, Tesla is poised for a big year, having worked out some production issues on its new Model 3 line and settled its financial differences with the SEC (following separate \$20 million penalties to both CEO Elon Musk and Tesla the corporate entity). Customers have had to wait upwards of six months to get a new Model 3 once they sign on the dotted line, but Tesla hopes to eliminate the lag time in 2019 and rocket ahead of its competitors in the electric car space.

And yes, now may be the best time ever to buy an EV, given the profusion of advanced and now finally lower cost choices and the fact that there is still a federal tax credit of between \$2,500 and \$7,500 for doing so (depending on the size of the vehicle in question

and its battery). Also, several states offer their own incentives to pile on the reasons to go electric now. That said, these incentives could expire or get cancelled depending on the political winds, so get it while you can.

**CONTACTS:** Audi e-tron, [www.audiusa.com/technology/efficiency/e-tron](http://www.audiusa.com/technology/efficiency/e-tron); Mini E Concept, [www.miniusa.com/model/special-editions/electric-concept.html](http://www.miniusa.com/model/special-editions/electric-concept.html); Volkswagen Electric Concepts, [www.vw.com/electric-concepts](http://www.vw.com/electric-concepts); Tesla, [www.tesla.com](http://www.tesla.com); DoE's Electric Vehicles: Tax Credits & Other Incentives, [www.energy.gov/eere/electricvehicles/electric-vehicles-tax-credits-and-other-incentives](http://www.energy.gov/eere/electricvehicles/electric-vehicles-tax-credits-and-other-incentives).

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



IMAGE CREDIT: MARCO VERCH, FLICKRCC.

**Fans of electric vehicles (EVs) can't wait for Volkswagen's prototype I.D. Buzz—an all-electric revamp on the iconic VW bus—to become a production model within the next couple of years.**

# COUNTY CHURCH DIRECTORY

**UNITED METHODIST**

**WESTPHALIA**

**United Methodist Church**

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

**Two Worship Services:**  
**8 and 10:30 a.m.**  
**Sunday School: 9:30**

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

**Rev. Dr. Timothy West,**  
**Pastor**

ALL ARE WELCOME

**Web Site:**  
**www.westphaliaum.org**

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'A Bible Based, Christ Centered & Spirit Led Congregation'

6801 Sheriff Road Landover, MD  
20785 (301) 773-6655

Sunday Biblical Institute:  
9:30 a.m.  
Sunday Worship:  
7:30 a.m., 11:00 a.m.  
Saturday Worship:  
6:30 p.m.

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

"A Time of Prayer, Praise, Worship, & The Word"  
**Dr. Henry P. Davis III, Pastor**  
**www.fhbp.org**

**BAPTIST**

**First Baptist Church of College Park**

Welcomes You Where Jesus Christ Is Lord and King  
Stephen L. Wright, Sr., Pastor

5018 Lakeland Road  
College Park, MD 20740  
**301-474-3995**  
**www.fbc-cp.org**

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

**UNITED METHODIST**

**Union**

**United Methodist Church**

14418 Old Marlboro Pike,  
Upper Marlboro, MD

**Church (301) 627-5088**

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

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

**S. G. Spottswood**  
**A.M.E. Zion Church**

419 Hill Road, Landover, MD  
20785 • 301-490-2625  
Rev. Jonathon Counts, Pastor

"We are training disciples to experience victory in every area of their lives"

Matthew 28:19-20  
Sunday School 9:00 a.m.  
Morning Worship 10:00 a.m.  
Sound of Victory Prayer Call  
Wednesdays 9:00pm  
(712) 770-4160,  
Access Code 929037  
Soulful Thursdays  
Bible Study 7:00pm

**BAPTIST**

**Forest Heights Baptist Church**

We exist to strengthen your relationship with God.  
6371 Oxon Hill Road  
Oxon Hill, Maryland 20745  
Sunday School  
(Adults & Children) - 9:30 A.M.  
Worship Service - 11:00 A.M.  
Wed. Prayer Service & Bible Study - 7:00 P.M.  
Office (301) 839-1166  
Fax (301) 839-1721  
E-mail: [FHBC@verizon.net](mailto:FHBC@verizon.net)  
Pastor: Rev. Waymond B. Duke

**COMMUNITY CHURCH**

**WORD OF GOD COMMUNITY CHURCH**

"The Church Where Everybody is Somebody and Jesus is Lord"

4109 Edmonston Road Bladensburg, MD  
(301) 864-3437

Intercessory Prayer: Sundays - 8:30 a.m.  
Church School: - 9:15 a.m.  
Morning Worship Celebration - 10:30 a.m.  
Wed. Night Bible Study - 7:45 p.m.  
Elder Willie W. Duvall, Pastor

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## Statue from A1

### Dunnigan's journey to Washington

In Russellville, Kentucky, in 1919, a 13-year-old girl was writing short news items for the Owensboro Enterprise, an African-American newspaper 75 miles away. Twenty-eight years later, in 1947, she became the first African-American woman to receive the title of White House correspondent.

Dunnigan was not destined to be a journalist. Her grandparents were slaves, her father worked as a tobacco sharecropper and her mother was a laundry worker.

But from a small town in Kentucky, she worked her way to the nation's capital, taking journalism classes and writing for African-American newspapers while working as a teacher to provide for her family.

Dunnigan moved to Washington during World War II to work as a clerk at the National War Labor Board, freelancing for the American Negro Press (ANP) at the same time.

Her dedication led her to be appointed head of the Associated Negro Press Washington Bureau on Jan. 1, 1947. She was finally a full-time journalist, and kept writing stories for 14 years.

But even then, the fearless journalist had to keep fighting. She was banned from some events, regardless of her press pass; she had to sit with servants at a senator's funeral, and she was paid half what her male colleagues were paid.

Dunnigan's story is one of perseverance in a world hostile to African Americans and to women. She once said: "Race and sex were twin strikes against me. I'm not sure which was the hardest to break down."

She fought against racism and sexism her entire life and career, and successfully became not only the first African-American woman to cover the presidency but also the first to be accredited to report on Congress, the Supreme Court and the State Department.

Dunnigan died on May 3, 1963, a year before the Civil Rights Act of 1964.

Her statue depicts her proudly standing, a newspaper in her hands. It is based on a 1947 picture of her in front of the United States Capitol.

Amanda Matthews, the sculptor from Louisville, Kentucky, said there is a "need for sculptures and monuments honoring women and minorities."

"Our purpose for this project was to bring recognition to Alice Dunnigan's contribution to our nation," Matthews said at the unveiling ceremony.

The statue will be on display at the Newseum until Dec. 16. It will then be installed in Dunnigan's hometown of Russellville, on the grounds of the West Kentucky African American Heritage Center as part of a park dedicated to the civil rights movement.

### High School Students—Opportunity Awaits

The Cheverly Recreation Council is calling all High School Students to come and HAVE FUN, EARN SERVICE HOURS and QUALIFY FOR SCHOLARSHIP FUNDING!

Volunteers are needed to help with the Halloween Party (October 27th) the Holiday Party (December 1st) and the Easter Egg Hunt in the Spring.

#### Why Should You Volunteer?

1. It's fun to watch all the excitement on the little kids' faces at each of these events.
2. You can earn the needed service hours required by the school system to graduate.
3. You become eligible to apply for the \$500 Recreation Council college scholarship as you advance your education after high school graduation.
4. It's right here in your community.

#### It is a WIN - WIN - WIN situation!

Call the President of the Recreation Council, Ms. Barbara Pejokovich, and tell her you want to volunteer at 301-773-5883.

\*NOTE: Parents, make sure your student volunteers so your student can apply for those scholarships.

### 2018 National Essay Contest on the Film "DROP" for Youth, Ages 12-18 years • Cash Prizes for Winners!

Black Women for Positive Change (BW4PC) announces a 2018 National Essay Contest about the film, "DROP: A Story of Triumph." Contestants can write a 1 page essay, produce a 2 minute Rap or submit a poem to express their views about the message in DROP about the choice of staying in school or dropping out.

The DROP Essay Contest is part of the annual 2018 Week of Positive Change, Non-Violence and Opportunities, October 13-21, 2018. In a joint statement, BW4PC National Co-Chairs Dr. Stephanie Myers and Daun S. Hester stated, "We must convince youth that dropping out of school is a pipeline to prison and violence. They must stay in school and earn their high school diploma or GED to prepare for success."

**Who:** Youth ages 12-18 years

**Deadline:** October 26, 2018

**What:** National Essay Contest: "DROP: A Story of Triumph".

**YouTube Free Viewing:**

<https://www.youtube.com/watch?v=AasVeQQTyG&t=2s>

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[https://docs.google.com/forms/d/e/1FAIpQLSccX5\\_chFWay-1YTE9-Ux6iB4fGlxOO\\_axomx1uEF-vdcCfVlg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSccX5_chFWay-1YTE9-Ux6iB4fGlxOO_axomx1uEF-vdcCfVlg/viewform)

**Paper Application At:** [www.blackwomenforpositivechange.org](http://www.blackwomenforpositivechange.org)

**Submit Paper Application:** [dropsessay2018@gmail.com](mailto:dropsessay2018@gmail.com)

**Submit Students can submit:** (1) One-page Essay; (2) a 2-minute Rap, or (3) Poem/Spoken Word.

**Cash Prizes:** High School and Middle School winners in each category. First Place \$250; Second Place \$150; Third Place \$75.

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