The Prince George's Post

A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY SINCE 1932

Vol. 86, No. 46November 15 — November 21, 2018Prince George's County, MarylandNewspaper of RecordPhone: 301-627-090025 cents

As Part of Veterans Day, Cheverly Resident and Navy Veteran Celebrates Winning Home-Based Travel Agency Franchise

Jamar Moore wins nationwide "Operation Vetrepreneur: Become Your Own General" contest from Dream Vacations

By PRESS OFFICER **Dream Vacations/World Travel Holdings**

CHEVERLY, Md. (November 7, 2018)— Dream Vacations, the number one travel franchise for military veterans, announced that Cheverly resident and Navy Veteran Jamar Moore is one of seven military veterans to win the seventh annual nationwide contest "Operation Vetrepreneur: Become Your Own General." Moore received a free travel agency franchise valued at \$12,700. His travel agency will operate under the name Dream Vacations—Jamar Moore & Demarest Crawl.

Moore was one of 300 applicants to apply for this annual contest, which was open to former members of any of the five branches of the U.S. military (Army, Navy, Air Force, Marine Corps and Coast Guard) who were retired, off active duty and/or honorably discharged prior to the contest start date in May. Moore participated in a rigorous three-part application process which included creating a business plan, video essay and phone interviews.

"With 15 years of experience as a travel coordinator in the military and as a government employee, I understand that the principles of booking travel include attention to detail, strategic planning, research skills, effective communication and timely execution," said Navy Veteran Moore. "My vision is to bring excitement back to vacation planning by establishing a trustworthy franchise with friendly interaction, excellent customer service and incentives for using my services."

As a therapist, Moore sees the positive impact that vacations have in people's

lives and he plans on marrying the therapeutic elements of a vacation with the recreational aspects of a vacation. He will be hosting Couples Cruises and Marriage Retreats at Sea where guests can relax with their spouse, but also attend marriage enrichment seminars and information sessions to get the tools to build a better marriage.

As a Dream Vacations franchise owner, Moore is now part of the World Travel Holdings' family of brands, one of the top travel

retail networks in the world with incredible buying power with every major cruise line and many tour operators, resulting in exceptional low prices and exclusive offers such as upgrades, discounts and more.

Dream Vacations proudly supports military veterans and is consistently recognized by leading industry publications as a veteran-friendly franchise. As a member of the International Franchise Association's (IFA) VetFran initiative, Dream Vacations is the only travel franchise to receive a five star ranking. Other national accolades include number one rankings by Military Times, Entrepreneur and Forbes. Additional recognitions include inclusion on G.I. Jobs annual "Hot Franchises for Veterans," US Veterans magazine's "Top Veteran-Friendly Companies", USA Today's "50 Top Franchises for Military Veterans" and recognition by MSC Cruises in its Seaside Salute Award. The Operation Vetrepreneur program won gold from the Travel Weekly Magellan Awards and the IFA Franchising Gives Back Awards.

For more information about the contest or to book your next dream vacation with Moore, please call 301-772-1970 or visit www.MooreTravelers.com.

Travel agents with the top-ranked homebased travel agency franchise Dream Vacations have the resources to plan and create seamless vacation experiences for their customers while offering the best value. A member of the International Franchise Association, Dream Vacations is part of World Travel Holdings and has received partner of the year, a top-ranking status, by all the major cruise lines as well as national recognition for its support of military veterans. Visit www.DreamVacations.com.



PHOTO CREDIT: WWW.THELXA.COM

Dream Vacations Operation Vetrepreneur winner and Navy Veteran Jamar Moore with wife and business partner Demarest Crawl.



Rushern L. Baker, III and Angela Alsobrooks

P.G. County Executive Rushern L. Baker, III Begins Transition of Power to County Executive-Elect Angela Alsobrooks

Baker vows to work collaboratively with Alsobrooks to ensure a smooth transition

By PRESS OFFICER **Prince George's County MD**

UPPER MARLBORO, MD (November 7, 2018)—Angela Alsobrooks was elected as the 8th County Executive of Prince George's County, and will become the first female County Executive in the County's history. On November 7, current Prince George's County Executive, Rushern L. Baker, III, announced his commitment to ensuring that there is a smooth transition of Executive Branch power in Prince George's County. Baker vowed to work collaboratively with the Alsobrooks transition team as they

prepare to take office on Monday, December 3, 2018.

"I want to congratulate Angela Alsobrooks and the people of Prince George's County on yesterday's historic and important election yesterday," said County Executive Rushern L. Baker, III. "We have elected a proven leader to be our 8th County Executive who is committed to making this the best county in this state as well as the nation. I want the people of Prince George's County to know that I am going to do everything within my power to

See COUNTY Page A8

NASA Goddard Hosts Young Women For 'STEM Girls Night In'

By STEPHANIE ZELLER, WITH KATY CAWDREY AND ISABELLE YAN **NASA's Goddard Space Flight Center**

GREENBELT, Md. (Nov. 8, 2018)—Late Friday night November 2, 40 high school girls arrived at NASA's Goddard Space Flight Center in Greenbelt, Maryland, for a STEM-themed sleepover, ready to learn about careers in science, technology, engineering and math. The educational event offered young women a chance to meet working female scientists and engineers and to discover opportunities for women in STEM-related professions.

The teens kicked off the third annual STEM Girls Night In with an astronaut Q&A, talks from NASA women across disciplines and a collection of handson activities. The night culminated in a three-hour Mars rover competition and concluded with a latenight showing of "Hidden Figures." Through events like Girls Night In, NASA strives to increase K-12 involvement in agency projects, enhance higher education, support underrepresented communities and boost NASA's contributions to informal education.

As the young women flooded the Goddard Visitor Center early Friday afternoon, the excitement was palpable. The multi-faceted room gleamed before them with interactive science displays, canisters of simulated Moon dust and visual art.

Many of the girls expressed interest in STEMrelated fields, and when asked, all interviewees commended a specific science or math teacher for their classroom enthusiasm.

"My algebra teacher, she was a Navy pilot, and she just really made me fall in love with math," said Lydia, a student at Jamestown High School in Williamsburg, Virginia. "She always reassured me when I got frustrated that it wasn't because I couldn't do it, I just had to work hard and keep trying."

After opening remarks by Christyl Johnson, Goddard's deputy director for technology and research investments, the girls were separated into small groups, each paired with two mentors: a Goddard scientist or engineer and a local university student. They congregated for a personal talk from astronaut Jeanette Epps, during which students at other facilities—including NASA's Kennedy Space Center in Florida and Great Lakes Science Center in Ohio listened in and participated remotely.

Epps shared her insights on what it takes to be an astronaut and how she deals with adversity as a woman in STEM, saying, "If there are stumbling blocks in your way, you have to work through them, get past them and move forward. Don't give up."

"[Epps] worked so hard for so many years...11 years after high school," said Banoo, also a student at Jamestown. She said she hopes to pursue a STEM career. "The takeaway for me is that hard work really pays off. [Epps] is the evidence that shows people can get what they want if they work for it."

Following Epps' talk, the girls rotated through a series of hands-on activities led by NASA women scientists in a variety of fields, including robotics and planetary geology. Amy McAdam, a research space scientist in the Planetary Environments Laboratory at Goddard, shared with the girls the variety of paths that could lead to working at a place such as NASA.

"I was encouraged by women throughout my life, like my mom, who was very supportive of me going into science," said McAdam, who specializes in analyzing environmental samples from Mars. "Anything I can do to help encourage other young women will always be a priority to me."

In the pursuit of her passion, she found a unique career she could fall in love with, and hopes to pass on her knowledge to the next generation of women in STEM.

"These sorts of opportunities should be open to everyone," said McAdam. "Women are interested in these questions, just like everyone else, and everyone's unique perspectives are valuable to the scientific community."

The girls had a chance to bring together those unique perspectives in their teams for the night's Mars rover competition. They created mission patches, explained their vehicle designs to their peers and maintained mission roles ranging from mechanical engineers to communications specialists. Each team then competed for whose Lego-and-washer rover could travel

the farthest dis-

tance.

"It was really neat to see how the different aspects of and concluded w a team interplayed with each other," said Leah, whose team won the rover competition. "Having other people you could rely on and trust and working together to accomplish something was a really great experience."

Johnson moderated the competition as each team presented their rovers.

"We wanted the girls to personally experience the engineering process and see just how much fun a STEM career can be," Johnson said. "At the end

See NASA GODDARD Page A8



CREDIT: NASA/GODDARD/JESSICA KOYNOCK

The teens kicked off the third annual STEM Girls Night In with an astronaut Q&A, talks from female scientists across disciplines and a collection of handson activities. The night culminated in a three-hour Mars rover competition and concluded with a late-night showing of "Hidden Figures."

The Road to Another	ChildWatch:	Mastercard and Bank of America	Movie Review:	Earth Talk
Championship Begins as	Succeeding Against the Odds	Announce the National	Smallfoot	Dear EarthTalk:
PG Valor Launches Third Season	These amazing young people have	"Grow Your Biz Contest" Small	There are many fine gags about	
The game final score of 122-111	beaten formidable odds stacked	Business Winner Arion Long,	Migo and the yetis misunderstanding	What are PFASs and why should
over the York Buccaneers, propelled	against them, challenging our notions	CEO and Founder of Femly	human artifacts (they assume a roll	we be concerned about them?
PG Valor to a record of 2-0 for the	of what is possible and inspiring us	"We're excited to congratulate our	of toilet paper is the equivalent of	
season and an ABA ranking of #14.	all to persevere despite setbacks. But	winner, Arion Long of Femly, and	their stones, calling it "the scroll of	—Jim Stobbins, Cary, NC
	the truth is, our children should not	look forward to supporting her vision	invisible wisdom"), and good slap-	
	have to struggle so hard to beat the	to grow and pursue the next stage	sticky shenanigans.	
	odds.	of their business adventure.		
Community, Page A3	Commentary, Page A4	Business and Finance , Page A5	Out on the Town, Page A6	Features, Page A7

TOWNS and NEIGHBORS

In and Around Morningside-Skyline

After 18 great years, Gingerbread House Contest is in trouble

Darnall's Chance House Museum may have to cancel this year's 19th Annual Gingerbread House Contest & Show. "This year we have a record low number of entrees in all categories and might have to cancel this year's contest. We cannot have a show without entrees!

"Our Viewer's Choice prize is even bigger and 1st, 2nd and 3rd prizes are up for grabs in each category."

For information, and the Contest rules, call 301-952-8010 or go to history. pgparks.com (then go to History, Sites and Museums, Darnall's Chance House Museum, Gingerbread Contest & Show). The entry date has been extended; check with the Museum.

Categories are: Adult, Child, and Family with 1st, 2nd, & 3rd prizes in each. Prizes range from \$25 to \$100 gift cards, and the Viewer's Choice prize is a whopping \$275 check.

Please spread the word! And consider entering yourself to keep this fun tradition alive.

Skyline President Holmes honored

The Department of Public Works and Transportation (DPW&T) presented their Award of Appreciation to Stanley Holmes, at a meeting of the DPW&T on Nov. 8. The Award states, "In recognition of your advocacy for the Skyline Citizens Association, and your tireless efforts to ensure the needs of the community are known and addressed in a timely manner. Thank you for your dedicated service and commitment to the citizens of Prince George's County." Signed, Gwendolyn T. Clerkley, Acting Director.

Stan is not only the long-serving, and very active, President of the Skyline Citizen's Association, but also serves on the board of the Morningside Volunteer Fire Department—the first civilian to do so. We here in Skyline are very proud of him.

Changing landscape

Target plans to open a store in Oxon Hill, at Rivertowne Commons Shopping Center, in 2020. They'll also renovate Museum has opened in the District with an array of interactive exhibits "designed to inform, entertain and maybe create some understanding on both sides." It's at 444 E St. NW, opposite the National Law Enforcement Officers Memorial. Open Sun. thru Sat., 10 a.m. to 6 p.m. (longer on Thursday), info@lawenforcementmuseum.org.

I keep getting calls and emails about the huge development going on in "downtown Suitland," corner of Silver Hill and Suitland roads. I'll have to go see for myself, but I know that corner will one day be part of the Towne Center at Suitland.

The Great American Read

Did you watch it on PBS? Readers from across the U.S. voted for their favorite novels. One hundred titles were selected, the most votes determining the winner. It was a trip down memory lane, to hear readers (some famous) discuss the books I have enjoyed over the years. On Oct. 23, the list was revealed by a series of famous authors. The winning novel is also my #1 favorite, "To Kill a Mockingbird". You can go online for the final list.

Morningside Memories: 35 years ago

Here are a few items from The Enquire-Gazette newspaper in the fall of 1983:

Morningside Baptist Church was renamed Suitland Road Baptist Church, "reflecting the larger community the church serves," said Rev. James Bryan, Pastor.

Crystal Dean and Craig Coffren were married Sept. 17 at Christ Episcopal Church in Clinton.

Walt Sienkiewich was the new president of the Morningside-Skyline Parks & Recreation Council.

Morningside Councilman Charles Kiker was among candidates for County Orphans' Court judge. He didn't win.

Cable television finally came to Morningside, and Metrovision salesmen were going door-to-door to sign people up.

by Mary McHale 301-735-3451

ith Michael Scalise, detective

Michael Douglas Scalise, 71, of Fayetteville, N.C., Navy veteran and former detective with the Prince George's County Police, died May 7. He was husband of the late Carol Scalise and is survived by sons Tony and Nick, and grandchildren. Services were at Mount Calvary Catholic Church in Forestville.

Mary Gatton, Upper Marlboro High alumna

Mary Armstrong Gatton, 91, a graduate of Upper Marlboro High School, died Oct. 30 at her home in Frederick. While raising her family in Upper Marlboro, she was an auditor for Acacia Mutual Life Insurance, and then worked for the Prince George's Schools. Later she moved to Germantown and finally to Frederick. She was the widow of Charles Gatton, Sr.; mother of Paula Pitts (Dan) and Charles Gatton, Jr. (Gayle); grandmother of two; and sister of Elizabeth Bean.

Gerry Brannon, American Legion Auxiliary member

Geraldine "Gerry" Brannon, 91, of Duck, W.Va. and formerly of Clinton, died Aug. 30. She was living in Wheeling when she met and married Paul L. Brannon. With her Air Force husband she traveled the country, finally settling in Clinton. She was a member of the American Legion Auxiliary in Clinton, Elks Lodge in Forestville, St. John's Senior Lunch Bunch, and Clinton Baptist Church. Her husband Paul preceded her in death. Survivors include three daughters; grand-, great-grand, and great-greatgrandchildren; and two siblings.

Milestones

Happy birthday to Kendra MacLean and Katie Frostbutter, Nov. 18; Herbert Hanson and Andrew Boone, Nov. 20; Linda Cullinan and Brea Sandy-Hanson, Nov. 21; Dolores Steinhilber, Stephanie White, Sharon McKlveen and Jill Flaherty Kimmel, Nov. 22; and Leslie Greene, Nov. 23.

Happy anniversary to Paul and Sharon

Around the County

Lansana Sesay Earns CIAA Receiver of the Week Honor

By GREGORY C. GOINGS **Bowie State Sports Information**

CHARLOTTE, N.C. (November 9, 2018)—The Central Intercollegiate Athletic Association (CIAA) along with the conference head football coaches and Sports Information Directors released its final regular season Honor Roll and Bulldogs senior Lansana Sesay (Bowie, Md.) was named CIAA Receiver of the Week for the fifth time this season. In BSU's reg-



PHOTO COURTESY OF BOWIE STATE SPORTS INFORMATION

Lansana Sesay

ular season home finale, Sesay led all receivers with five receptions, 141 receiving yards and two touchdowns in Bowie State's 49-7 thumping of Elizabeth City State.

With last week's win, the Bulldogs earned its third CIAA Northern Division title over the last four years.

Kevin Fields Graduates from Grantham University

LENEXA, Kansas (November 6, 2018)—**Kevin Fields** of Laurel, Md. graduated with an online AA Criminal Justice from Grantham University, a 100% online university.

"The Grantham family congratulates Kevin on this accomplishment!" said Scott Andrews, Grantham University president and chief executive officer. "It gives us great pleasure for our graduates to embark on the next exciting chapter of their lives, with

LENEXA, Kansas (November 6, quality education that will help set 2018)—**Kevin Fields** of Laurel, Md. them up for success."

Grantham provides flexible, attainable online education options that allow students to complete their degree and graduate each week of the year. With one of the lowest tuition rates in the country, students may choose from more than 50 online undergraduate and graduate certificate and degree programs in today's top fields.



PHOTO COURTESY OF PGCMLS

Artist's rendering of the new Hyattsville Branch Library.

more than 1,000 other Target stores, including the one in Forestville.

The new National Law Enforcement

Brandywine-Aquasco

PRINCE GEORGE'S COUNTY PUBLIC SCHOOLS

Community helps students bundle up. In October community partners made sure that students would have warm attire. "Nearly 500 Beacon Heights Elementary students received new winter coats thanks to a community partnership with Operation Warm and FedEx. Dozens of volunteers gathered at the school to present students with new coats, help find the perfect fit and offer high-fives and smiles."

"Giving back to our communities is part of our core values, "said William Rowley, Sales Director for Timberland. "We believe you can do business and also do good."

FALLEN HERO

Bowie State Alumnus 2nd Lt. Collins, III was among a group of fallen soldiers recognized during the Carolina Panthers Salute to Service Game at 1 p.m. on Sunday, November 4, 2018 at FedEx Field in Landover, Maryland. NFL Players wore the initials of a Fallen Hero and the families were honored.

BOWIE STATE UNIVERSITY BULLDOGS

Congratulations to Bowie State University Football Mighty Bulldogs win against Elizabeth City State University. Heading to the championship in Salem, VA Saturday, November 10th. We are proud of our Mighty Bulldogs. Good Luck.

CHRISTMAS CRAFT & VENDOR FAIR

Please join other crafters by participating in the Christmas Craft & Vendor Fair, December 1, 2018 from 8:30 a.m.–12:30 p.m. (Crafter/Vendor Set-ups 5:30 p.m. Friday, November 30th and 7:00 a.m.–8:30 a.m., Saturday, December 1st).

Location: Family Life Center of New Hope Fellowship-Nottingham Myers United Methodist Church. Address is 15601 Brooks Church Road, Upper Marlboro, Maryland 20772 (located 9 miles off Route 301.)

To reserve your space or get more information please email: Newhopeevent@gmail.com or call 301-627-0028. Limited number of tables for rent or bring your own table.

TENNIS INDOORS

Cosca recently replaced tennis bubble and renovated clubhouse includes four indoor courts and four adjacent outdoor lighted courts that are available on a first-come, first-served basis. Private instruction and group instruction are available for juniors, adults and seniors. Cosca Tennis Bubble is located at 11000 Thrift Road, Clinton, Maryland 20735. Telephone number is 301-868-6462.

And on a sad note: Raymond Lee Happy anniversa "Frosty" Frostbutter died of cancer at Southern Maryland Hospital. He was only 60. to all the same to all the s

Locke on Nov. 22. A happy Thanksgiving to all my readers!

by Audrey Johnson 301-922-5384

BLOOD DRIVE

Brandywine Lions Charities Foundation, Inc. upcoming blood drive will be November 29, 2018 from 2–7 p.m. at the Baden Fire Department. The address is 16608 Brandywine Road, Brandywine, Maryland.

NOTTINGHAM MYERS 151ST ANNIVERSARY

New Hope Fellowship U.M. Cooperative Parish/Nottingham Myers invites everyone to attend their 151th Anniversary on Sunday, November 18, 2018. Reverend Constance C. Smith, Pastor. Guest speaker for their 11 a.m. service is Rev. Chris Pun.

Their Anniversary Service will be held in New Hope Family Life Center located at 15601 Brooks Church Road, Upper Marlboro, Maryland 20772. Telephone number is 301-888-2171.

WARM NIGHTS

Nottingham Myers U.M. Church Family Life Center hosted "Warm Nights" in October. Six U.M. Churches, Christ U.M. Church, Clinton U.M. Church, Brookfield-Immanuel U.M. Charge, Asbury U.M. and Nottingham Myers U.M. Church joined efforts to do the work that is commanded.

Zilpha Pinkney, Chair of the local unit of United Methodist Unity Ministers and members of Nottingham Myers U.M. Church in conjunction with Community Crisis Services, Inc, lead efforts to collaborate and coordinate services to assist a community in need each day for seven days. The Family Life Center of Nottingham Myers United Methodist Church was a respite to dine and fellowship in prayer.

NOVEMBER BIRTHDAY GREETINGS

Happy Birthday to Sonia Douwana, Darius Paul Kerrick, Dunstana Nicol-Wilson, Markell S, Dabney, Dieon Jalloh, Owen Johnson, Ugo Mbakwe, Shurrell Bell, Tiffany Knight, Ronald Crawford, Jr., Daphne Rojas, Evangeline Crawford, Sheila Holmes, Pastor Dorothea Stroman, Wade Garrett, Beverly Holman, Grace Omoregbe, Pauline Clark, and Dorothy Reid-Glasgow who are Clinton United Methodist Church members celebrating birthdays in November.

WEDDING ANNIVERSARY

Happy Wedding Anniversary to Barron and Kendra Neal who are celebrating a Wedding Anniversary November24, 2018 who are Clinton United Methodist Church members.

Hyattsville Branch Library Groundbreaking Ceremony is Around the Corner

By PRESS OFFICER **PGCMLS**

HYATTSVILLE, MD (November 7, 2018)—The Hyattsville Branch Library Groundbreaking Ceremony will be held at 6530 Adelphi Road, Hyattsville, MD on **Monday, November 19, 2018 at 11:30 a.m.** This event is open to the public. The Hyattsville Branch currently serves our customers at a nearby temporary facility located at 6502 American Boulevard.

The new 40,000-square-foot Hyattsville Branch Library has been designed with many sustainable features such as roof-mounted solar panels, a vegetative roof to filter storm water and electric car charging stations. The children's area, Discovery Village, will be based on a theme of classic children's literature with a castle and drawbridge, the houses in the Three Little Pigs, a yellow brick road, a friendly dragon and a troll bridge reading nook.

Built in 1964, the branch was the first new building constructed for the county library system. The flying saucer an icon of the old branch library will be relocated to a reading garden alongside the new Hyattsville Branch Library, along with a commissioned piece of public art.

Christmas in April of Prince George's County Needs You!

By PRESS OFFICER

Christmas In April * Prince George's County

Urgent Need For All Skilled Trades People to

Repair Approximately 80 Homes on Saturday April 27, 2019

CLINTON, MD (November 2, 2018)—Christmas In April * Prince George's County will be repairing the homes of approximately 80 disadvantaged homeowners with the help of approximately 3,000 volunteers on Saturday, April 27, 2019.

In order to assist our neighbors we are in urgent need of all skilled trades people (such as carpenters, painters, plumbers, roofers, jack of all trades and contractors). If you can help us, please contact Mary Kucharski, Executive Director of Christmas In April*Prince George's County at 301-868-0937 or email us at cinapg@aol.com

Christmas in April of Prince George's County Benefit Dinner/Dance

Christmas in April, which is celebrating their 31st Year of Service to County residents, will be holding a Benefit Dance to help raise funds for materials. These funds will help us purchase supplies to assist us in our effort to repair the homes of approximately 85 County homeowners on April 27, 2019.

The Dinner/Dance will be held on February 23, 2019 from 6–10:30 p.m. at the Columbia Moose Lodge located at 10404 Brandywine Road in Clinton, Maryland. Tickets may be purchased in advance for \$20 per person. Admission includes dinner and live music by The Strangers with Special Guest—Daryl Davis (Chuck Berry's keyboard player). A cash bar will be available.

To purchase tickets or for further information please call Mary Kucharski, Executive Director of Christmas in April*Prince George's County, at 301-868-0937.

COMMUNITY

The American Counseling Association's **Counseling Corner**

Making Holiday Travel a Better Experience

We are entering one of the busiest, and most stressful, travel periods of the year. According to the U.S. Department of Transportation, travel to a destination 50 miles or more away increases by over 50 percent for Thanksgiving and by almost 25% for Christmas and New Year's.

While that adds up to even more cars on the road, and usually longer lines at airport TSA, it doesn't necessarily have to mean more holiday travel stress for you.

You can actually lower your travel stress by simply accepting that there are some things you can't control. Bad weather, airport delays, traffic jams or long waits at airport security are all outside your control, no matter how frustrated they may make you feel.

Instead, focus on the things you can control, including your own feelings. Start by planning as much as you can. If it's a driving trip, check the weather reports and if a bad storm is looming, see if you could depart earlier or later to miss the worst of it.

Planning can also minimize airport delays. Experts advise booking an early flight, for example. Airports are often less crowded then and it leaves you extra time for a later flight if your flight is delayed, cancelled or over-booked. Also know the rules. Is your carry-on the right size? What time do you need to get to the airport? Can you bring wrapped presents?

A little attitude adjustment can even help with a seemingly endless TSA security line. Instead of feeling frustrated, do something silly like checking out your fellow passengers. Try guessing silently where they're going, what their line of work is, or even why they're dressed like that out in public.

The best way to handle stress and frustration is simply to refocus your mind away from the thing that is upsetting you. If it's a traffic jam, getting mad doesn't make other cars disappear, but playing something on the radio, telling the kids a story, or doing anything else that takes the focus off the immediate problem will make you feel better.

And most importantly, keep your kids happy, or at least occupied. Don't forget their games, a couple of books, or snacks for when they're suddenly starving. Happy kids mean less stressed out parents.

Holiday travel may not always be fun, but there's no reason it has to be high stress.

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

Free November Health Resources Provided by **Doctors Community Health System**

By PRESS OFFICER **Doctors Community Health**

LANHAM, MD (November 1, 2018)—Throughout the year, Doctors Community Health System offers numerous screenings and support groups. Some of the upcoming events include: **Free Screenings on Mobile Health Clinic**

Visit the Wellness on Wheels

web.org/WOW. (Most times are 10 a.m.-4 p.m.)

November 15–Hollywood Plaza Shopping Center, 9801 Rhode Island Avenue, College Park, MD November 19-Shoppes at New Carrollton, 7898 Riverdale Road, New Carrollton, MD November 20–John E. Howard Senior Activity Center, 4400 Shell Street, Capitol Heights, MD (9 a.m.–1 p.m.) November 26–Megamart Supermarket 1101 University Blvd E, Takoma Park, MD (10 a.m.-3 p.m.) November 27–Harmony Hall, 10701 Livingston Road, Fort Washington, MD (10 a.m.-2 p.m.)November 28-Shops at Iverson, 3737 Branch Avenue, Hillcrest Heights, MD November 29-City of Glenarden James R. Cousins, Jr. Municipal Center, 8600 Glenarden Pkwy, Glenarden, MD

Doctors Community Health Sys-

The Road to Another Championship Begins As PG Valor Launches Third Season

PG Valor has started off their Junior season defeating two highly competitive ABA teams and being Power Ranked out of over 120+ teams across the world

PG Valor Basketball

PRINCE GEORGE'S COUNTY, MD (November 7, 2018)—This year PG Valor is prepared for their third season in the American Basketball Association. On Saturday, November 4, PG Valor traveled to Reading, Pennsylvania to compete against the Reading Wizards for their first away game of the 2018–19 season. Both teams had viewers gripping the edge of their seats in this "barn burner" due to the number of turnovers, layups, jump shots and high paced action. In the end, PG Valor dominated and left the court victorious! This run-and-gun game demonstrated the stamina, teamwork, and offensive/defensive style of your championship PG Valor team. After a tough win against the Wizards in a score of 139-124, humbly, proud Valor players returned home more eager and confident for their home opener.

The countdown began on November 4, at 9107 Pine View Lane, Clinton MD, 20735 as doors opened at 2:30 p.m. for PG Valor's opening night. Despite being a little tired from the previous night's road trip each PG Valor player worked hard individually and collectively on the court as they defeated the York Buccaneers. Returning vet D'An-

30 points. Donnell Graham, Keith Shivers, Orion Palmer, Mike Miller, Luke Casey, Thaddeus Smith and Lenjo Kilo also helped out with points, rebounds and assist. The game final score of 122-111 over the York Buccaneers, propelled PG Valor to a record of 2-0 for the season and an ABA ranking of #14.

This is the first time in PG Valor's franchise history that PG Valor began its season on a winning streak. Previous years the team loss their first game openers of season one and season two. The ABA Chesapeake Division Champions are looking forward to a promising season.

When asked owner LaDonna M. Smith said, "In our previous two seasons we began our seasons on a losing streak. We had to try and figure out what it takes to win games. Coach Chuck [Pickard] has developed strategies to do just that-prove that he can coach guys in to winners. I am proud of these guys for the wins but I am even more prouder of the growth that I see off the court as well. We have vets as well as rookies and I am excited to see the gelling of the players together in to a team. This is how and when champions are madeafter they see that training camp and their hard work is paying off. gelo Vaughan was one of the top I believe that PG Valor players

By COMMUNICATIONS OFFICER scorers of the game by scoring are going to be focused and driven."

> How are ABA teams power ranked? "When I do the Power Rankings, the first consideration is wins and losses...the second is difficulty of schedule, the third is score differential. It is not an exact science. Somehow, at the end of the season it all seems to work out with the best teams rising to the top. If you're not where you think you should be, don't worry. Play games, win games and you'll be right there," states Joe Newman, ABA CEO as he informs the current ABA teams of their rankings for the current week.

> For more information and/or tickets, contact the team:pgvalorbasketball@gmail.com or 240-918-7500 or www.PGVALOR. com. Also visit us on social media at pgvalorbball

> The PG Valor team will compete in the American Basketball Association (ABA) from November through March against other teams in the ABA, as well as Charity Games against other professional and local teams. During the 2017–18 season the PG Valor Basketball team won the Division Championship on March 11, 2018. In 2019 the sister team of PG Valor-the PG Courage women's pro team under the Women's American Basketball Association (WABA) will begin.



(WOW) mobile health clinic to receive free screenings (diabetes, cholesterol and blood pressure) as well as medication reviews and education. For updated care locations, call 301-324-4968 or visit DCH-

tem is a network of medical and surgical services provided throughout Prince George's County and in Anne Arundel County. At the heart of this network is its flagship—Doctors Community Hospital in Lanham, Maryland.

WGL's Day of Weatherization Prepares Homes Across the Region for Winter

Sixth Annual Community Volunteer Program Includes Cost-Saving Energy Efficiency Services and Solar Power

By PRESS OFFICER WGL

WASHINGTON, D.C. (November 3, 2018)—On November 3, WGL hosted its sixth annual Day of Weatherization, a community initiative featuring employee volunteers visiting lowincome and elderly residents throughout the region to provide energy-efficiency services to reduce heating bills and bring added warmth to their homes as the winter season approaches.

This year, more than 200 WGL volunteers participated across the District of Columbia, Virginia, Maryland and West Virginia by working together on a variety of jobs including weatherizing houses in local neighborhoods and installing solar panels on rooftops.

As a result, the day ended with approximately 100 homes in the area all set to benefit from lower energy expenses and enjoy the warm indoors over the frigid cold and harsh weather anticipated in the chilly months ahead. The typical low-income home saves an average of 25% on energy consumption after weatherization services and saves an average of more than \$275 annually in energy spending, based on industry reports.

"At WGL, giving back to the communities we serve is a core value and we're excited to help

neighbors, friends and families across the region with resources to prepare their homes and lower their energy bills as we brace for colder temperatures and wintry conditions," said Adrian Chapman, President and Chief Executive Officer of WGL and Washington Gas. "We have been proud to call the D.C.-area home for 170 years and applaud the ongoing commitment of our employees who come together as a team to improve the lives of local residents."

This annual WGL event continues a longtime corporate custom, which began in 2005 when Washington Gas, the company's regulated natural gas utility, led the weatherization of homes in the area. For the past six years, the effort has also included WGL Energy, Hampshire Gas and WGL Midstream, so that all WGL entities combined actively participate to provide energy efficiency services across its service territories to support those in need.

During the day, volunteers assisted lower-income families by taking the simple steps of low-cost upgrades:

- replacing or installing caulking on windows and doors
- installing plastic film on windows
- replacing furnace filters
- installing faucet aerators that reduce the amount of hot water used

providing weather stripping For the fourth year in a row, WGL partnered with GRID Alternatives Mid-Atlantic, a D.C.based non-profit that provides solar power in underserved communities. Groups of volunteers from both companies installed roof top solar arrays at two homes in Northwest D.C. Expanding the use of solar as an energy source supports the program's mission to help reduce energy bills and increase energy efficiency in diverse ways.

Be sure to check online for winter preparedness tips by Washington Gas for a safe and warm winter season.

WGL is headquartered in Washington, D.C., and is a leading source for clean, efficient and diverse energy solutions. With activities and assets across the U.S., WGL provides options for natural gas, electricity, green power and energy services, including generation, storage, transportation, distribution, supply and efficiency. Our calling as a company is to make energy surprisingly easy for our employees, our community and all our customers. Whether you are a homeowner or renter, small business or multinational corporation, state and local or federal agency, WGL is here to provide Energy Answers. Ask Us. Visit us at wgl.com and @wglanswers.

COMMENTARY

Marion Wright Edelman

President, Children's Defense Fund



ChildWatch: Succeeding Against the Odds

After two years of divisive, hateful rhetoric from the highest levels of government, the profoundly inhumane treatment of immigrant families, and the placing of corporate profits ahead of the basic needs of children-the poorest age group in America-the results of Tuesday's election instilled in many that most precious resource: hope. Change began sweeping across our country this week, bringing a new, diverse set of faces into the halls of Congress, governors' mansions and statehouses. With them comes a new opportunity to improve the odds for children. We look to the two years ahead with more hope and determination that incumbent and new leaders alike will commit to common sense, fiscally responsible and compassionate policies to help end child poverty and inequality in America. Every child deserves health care and food, schools that are equitably funded, and protection from relentless gun violence. Every child needs a level playing field and an end to the Cradle-to-Prison Pipeline® crisis.

But it is not our political leaders that give me the most hope—it is our courageous and resilient young people. I was reminded of that yesterday as the Children's Defense Fund (CDF) honored five Washington, D.C. metro-area high school students at our annual Beat the Odds® celebration. The Beat the Odds program identifies and rewards young people who have overcome tremendous adversity, demonstrated academic excellence and are giving back to their communities. By providing them college scholarships, leadership skills and more, the program supports these astounding youths-who too many people would write off-to become the next generation of effective servant leaders. Because of CDF's Beat the Odds program hundreds of young people who have persevered and overcome profound family challenges, homelessness, parental incarceration, drug and alcohol addiction, neglect and abuse, or gun violence have been able to attend college and become outstanding adults. They are doctors and lawyers, teachers and Peace Corps volunteers, and responsible parents. They are living proof that no one should ever give up on a child.

The five students who received honors and scholarships at this week's Beat the Odds celebration are no different. Dajanae Dennis was delighted when her one and only sister was born in 2016. Within two months, however, her sister began having seizures and was diagnosed with Dravet Syndrome—a rare, genetic, lifelong form of epilepsy. Since then, Dajanae has had to step in to care for her sister while her mom works long hours trying to make ends meet. Balancing academics with extracurricular commitments while acting as a primary support for her mother, her sister and four brothers has been challenging, but Dajanae continues to strive for greatness. Last year she was accepted into the Upward Bound, Pre-College Program at the University of Maryland and now hopes to be the first one in her immediate family to graduate from high school and attend college.

Dieudonne Kazzembe was just a small child when his mother, father, and grandfather were killed during the Second Congo War in the Democratic Republic of the Congo. In its aftermath Dieudonne and his surviving family members relocated to Uganda when he was five. Dieudonne showed great initiative trying to learn English and emerged as a leader amongst his peers. In 2014, Dieudonne found out he would live out his dream of moving to the United States—a flight that ignited his desire to become a commercial airline pilot. He now lives with his foster parents and continues to help his peers while passionately pursuing his interest in STEM.

Sarah O'Shay lives at home with three autistic brothers helping out when needed. Since age three Sarah has had a stutter which made her a target of bullying at school. Despite these challenges, in 10th grade, Sarah was one of the first students from her middle school to gain acceptance to the highly selective Thomas Jefferson High School for Science and Technology. She had to travel upwards of three hours every day to and from school and didn't know anyone there when she arrived, but she adjusted due to her determination to excel. She currently has a GPA of 4.3 and is highly committed to the Minds Matter club at her school, which seeks to raise awareness and reduce stigmas about mental health. Sarah plans to continue serving as a mental health advocate and aspires to study computer science in college.

As a young child living in Peru, Danitza Karen Verano Roman experienced many hardships including being separated from her mother who had moved to the United States. In 2015, Danitza was reunited with her mother after many years of being apart. Danitza struggled to reestablish a relationship with her mother while adapting to a new culture in a new country but embraced her challenges in order to overcome them. Within two years of arriving in the United States she picked up enough English to be removed from English for Speakers of Other Languages (ESOL) class and now mentors ESOL students. She also is enrolled in honors classes and a frequent community volunteer. Danitza dreams of helping others and aspires to become a lawyer.

Betty Pei-Lin Xiong and her mother came to the United States from China seeking a better life after Betty's father abandoned them. In 2016, Betty was hit by a car. While in the emergency room she wondered why she didn't feel any pain or remember the accident. After discharge Betty spent countless hours trying to understand what had happened to her which ultimately ignited a passion for neuroscience and biological sciences. Although she missed a lot of school and dealt with headaches and other injuries, she was able to maintain a 4.0 GPA and stay on the honor roll. Betty aspires to study medical sciences in college and dreams of becoming a neuroscientist.

These amazing young people have beaten formidable odds stacked against them, challenging our notions of what is possible and inspiring us all to persevere despite setbacks. But the truth is, our children should not have to struggle so hard to beat the odds. You and I and our political leaders must improve and even the odds for children, especially children of color and those living in poverty. Across our country children are crying out for us to protect them from hunger and homelessness, abuse and neglect, and gun violence and bigotry. It's time to hear and help them. If the challenge seems too great or our political system seems too broken, just remember the example set by these and other brave young people across our nation and commit to fight for their future and countless others like them.

Marc Morial

President and CEO, National Urban League



convicted of felonies from voting even after their sentences have been served.

Both laws had their roots in the post-Reconstruction-era crackdown on civil rights for Black Americans, more than 150 years in the past. They have rightly been consigned to the ash heap of history.

Drafters of the 1898 Louisiana state constitution aimed to "perpetuate the supremacy of the Anglo-Saxon race in Louisiana," scrubbing from the rolls nearly all 130,000 Black registered voters. By law, they couldn't simply ban Black people from voting or serving on juries, so they devised a system that would invalidate the votes of the few African Americans who might make it on to a jury – the votes of only nine of 12 jurors would be counted. In its 1972 Apodaca v. Oregon ruling, the U.S. Supreme Court validated non-unanimous verdicts in state courts — but not federal ones. At a Constitutional convention the next year Louisiana lawmakers changed the number of jurors required for a verdict from nine to 10. The law's racist intent carried into the present day. Roughly a third of Louisianans are Black, but two-thirds of state prisoners and three-fourths of inmates serving life without parole are Black.

Louisiana came over the objections of one or two holdouts. When the defendant was Black, the proportion went up to 43%, versus 33% for white defendants. In three-quarters cases analyzed, the defendant was Black.

Those convicted of felonies have been banned from voting in Florida since the ratification of a new state constitution in 1872. According to Florida lore, lawmaker WJ Purman reportedly boasted he had prevented the state from being "n***erized". At the time, so-called "black



Step Out of the Jim Crow Past

"Today it is perfectly legal to discriminate against criminals in nearly all the ways that it was once legal to discriminate against African Americans. Once you're labeled a felon, the old forms of discrimination—employment discrimination, housing discrimination, denial of the right to vote, denial of educational opportunity, denial of food stamps and other public benefits, and exclusion from jury service—are suddenly legal. As a criminal, you have scarcely more rights, and arguably less respect, than a black man living in Alabama at the height of Jim Crow. We have not ended racial caste in America; we have merely redesigned it."

-Michelle Alexander, The New Jim Crow

The Urban League Movement congratulates two states in the Deep South that took a step out of the dark Jim Crow past by passing major criminal justice reforms on Election Day.

In Louisiana, voters overwhelmingly approved an amendment to the state constitution that will require unanimous jury verdicts to convict on felony charges. Until now, Louisiana was one of only two states, along with Oregon, that allowed non-unanimous jury verdicts for felonies, and only Louisiana allowed them for murder.

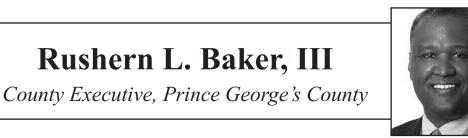
And more than a million previously incarcerated Floridians have had their voting rights restored. Florida was one of 13 states that bar those

An analysis of convictions by The Advocate newspaper found that 40% of all convictions in

codes" —laws that restricted Black people's right to own property, conduct business, buy and lease land, and move freely through public spaces – criminalized a staggering proportion of the African American population.

Within a few years of the end of Reconstruction, an estimated 95% of convicts in the south were Black. A century and a half later felony, disenfranchisement has left more than one in five Black Floridians unable to vote.

Voters in Louisiana and Florida recognized not only the racism, but anti-American spirit inherent in non-unanimous jury verdicts and felony disenfranchisement, and were eager to bring their states' laws into line with most of the rest of the country. We call on other states with similar laws remaining on the books to follow their example.



Prince Georgians: "Get Covered Now"

November kicks off open enrollment period for health insurance under Affordable Care Act (ACA)

LARGO, MD (Nov 8, 2018)— November kicks off the open enrollment period for health insurance under the Affordable Care Act (ACA) and Prince George's County Executive Rushern L. Baker, III, urges all uninsured and underinsured residents who are 18 to 64 signup for coverage through the Affordable Care Act. The open enrollment period ends on December 15, 2018. To apply, visitwww.pgchealthconnect.org or call 301-927-4500.

"Prince George's County continues to make great strides in enrolling residents in health insurance," said County Executive Rushern L. Baker, III. "From the time the Affordable Care Act began, we have reduced the number of uninsured residents from 15% to 9%. It is vitally important for every single person who is eligible to get covered and stay covered. Now is the time."

Prince George's County Health Connect, a program of the Department of Social Services, is recognized as one of the strongest in Maryland. Since 2013, the comprehensive program has partnered with government agencies, non-profit healthcare and communitybased organizations, academic institutions, hospitals, clinics, and faith-based institutions resulting in the following:

• Increases in the number of

insured Prince George's County residents. More than 240,000 have enrolled in Medicaid and the Maryland Children's Health Program (MCHP), an increase of 33% since the Affordable Care Act implementation began. An additional 22,400 residents are enrolled into Qualified Health Plans (QHPs), the private coverage that provides subsidies for most families.

Increases in Health Connect enrollment assistance requests. More than 100,000 Prince George's County residents have been provided inperson Health Connect enrollment assistance.

- Increases in insurance coverage resulting in a decrease in the number of people who delay needed health care due to cost.
- Increases in insurance coverage provides greater financial stability to families; and realizes significant savings in uncompensated hospital care.
 Increases in growth and enrollment reduced long-standing inequities regarding access to affordable health coverage: African-American, Hispanic or Latino, and Asian-American residents had the largest gains in coverage.

While the federal government has eliminated the 2019 tax penalty for being without health coverage, it is important that residents get and maintain their coverage to reach their optimum level of health. All residents of Prince George's County are encouraged to find out if they are eligible to achieve savings on their coverage. In person assistance is available in several locations across the County. To learn more visit www.pgchealthconnect.org or call 301-927-4500.

Proudly Serving Prince George's County Since 1932

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 Contents © 2018, The Prince George's Post

Publisher/Senior Editor Legusta Floyd	Editor Lisa Duan
General Manager/	Administrative Assistant/
Legal Advertising Manager	Billing
Brenda Boice	Lorissa Steward

Legal Advertising Assistant Robin Boerckel Kyler Quesenberry

Prince George's County, Md. Member National Newspaper Publishers Association, and the Maryland, Delaware, District of Columbia Press Association.
The Prince George's Post (ISSN 10532226) is published every Thursday by the New Prince George's Post Inc., 15207 Marlboro Pike, Upper Marlboro, Md. 20772-3151.
Subscription rate: 25 cents per single copy; \$15 per year;
\$7.50 senior citizens and students; out of county add \$1; out of state add \$2. Periodical postage paid at Southern Md. 20790.
Postmaster, send address changes to Prince George's Post, P.O. Box 1001, Upper Marlboro, Md. 20772-3151.

BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Upset About Wife's Reduced Social Security Benefits

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

Dear Rusty:

My wife contributed to Social Security before and after working alongside her first husband in their business, but with no contributions during that period. In more recent years she taught public school for enough years to qualify for NV PERS. Social Security is telling us that when she starts her PERS at age 65 about 40 percent of her SS will be taken away. To us the two should be totally separate. Can you explain the logic of this reduction? Why should she be penalized for working a period of time outside of a SS profession? Thank you for your response in advance. *Signed: Upset Husband*

Dear Upset Husband: If your wife is eligible for Social Security on her own record, and she will also get a pension from Nevada's Public Employee Retirement System (PERS), then her Social Security benefit will, indeed, be affected by Social Security's Windfall Elimination Provision (WEP) when she starts her PERS pension. The WEP provision was enacted by Congress in 1983 as part of a broader program to restore Social Security to solvency against looming financial issues.

According to the Social Security Administration, WEP was intended to create better equality in how benefits were computed for those who worked their entire career contributing to Social Security, and those who did not. The logic was that, since the Social Security benefit computation is intentionally weighted toward lower-earning workers, to compute benefits in the same way for those who did not contribute fully to Social Security was unfair because they also receive an enhanced pension in addition to Social Security. So, they changed the benefit calculation for anyone with a pension from employment which did not contribute to Social Security. That formula, which normally uses 90% of the first "bend point," or segment, of one's average indexed monthly earnings (AIME) over their lifetime, instead uses a 40% multiplier for those with a non-SS-Covered pension.

The "bend point" values change each year, but for 2018 the first bend point value is \$895, so someone affected by WEP applying for Social Security today would see their benefit contribution from the first bend point—the one which contributes the most to one's benefit amount—as \$358 instead of \$806. The WEP reduction is mitigated if someone has more than 20 years of substantial earnings from employment which contributed to Social Security, and WEP goes away if one has more than 30 years of substantial SS-covered earnings. There is also a maximum WEP reduction for each year, and the reduction cannot be more than 50% of the non-covered pen-

Mastercard and Bank of America Announce the National "Grow Your Biz Contest" Small Business Winner Arion Long, CEO and Founder of Femly

Femly takes the prize as the winner of \$25,000 and industry-expert consultation

By PRESS OFFICER **Mastercard / Bank of America**

PURCHASE, NY (November 9, 2018)— Today Mastercard and Bank of America announced Arion Long, CEO and Founder of Femly, as the winner of the second annual Grow Your Biz Contest, which invited small business owners across the country to pitch how they plan to take their business to the next level for the chance to win \$25,000. Finalists received individual coaching from industry experts on how to grow faster and smarter.

Small business owners were asked to submit a video online answering the question, "How do you plan to grow your small business?" Four finalists from across the U.S. were selected to take the stage and pitch their business in New York City at NeueHouse on November 8th. After a thoughtful deliberation, the panel of expert judges, including Create and Cultivate CEO Jaclyn Johnson, host of CNBC's "Cleveland Hustles" Bonin Bough, Head of North America Small Business for Mastercard Ginger Siegel and Northeast Small Business Division executive for Bank of America Kevin Kelly, selected one grand prize winner, Femly.

The Femly Box was started after Founder Arion Long discovered the dangers of chemicals found in conventional care. She went on to suffer from a cervical tumor, and wanted to support women's wellness all over the country and the globe. The natural feminine care subscription company ships monthly menstrual cycle care packages including 100% natural cotton pads, tampons, snacks and body care products and more.

"These four finalists have displayed impressive ingenuity and passion for their businesses and are excellent ambassadors



PHOTO CREDIT: DAVE KOTINSKY/GETTY IMAGES

Upper Marlboro resident and Grow Your Biz Contest winner Arion Long displays her company's Femly Box.

Maryland Casinos Generate Record \$158

for this competition and all entrepreneurs," said Kevin Kelly, Northeast Small Business Division executive at Bank of America. "We're excited to congratulate our winner, Arion Long of Femly, and look forward to supporting her vision with an award that will give them the power to grow and pursue the next stage of their business adventure."

The Grow Your Biz Contest launched as a Boston focused initiative in 2017 and this year was expanded nationally, uncovering diverse businesses across the U.S., including the four selected finalists. Whether it was Femly's monthly natural feminine subscription box, Kin's flavorful ramen, Draft Texas' specialized draft beverage trailer or Cheeky Monkey's joyful home accessories, each finalist showcased their unique business and passion to grow smart. To learn more, you can watch the "Grow Your Biz Contest" finalist videos at https://growyourbizcontest.com.

"While these businesses may be small, they are also mighty, and driven by an ambition to grow and expand their customer base," said Ginger Siegel, Head of North America small business, Mastercard. "Most small businesses don't have chief marketing, finance or risk officers to help get them there. Together with Bank of America, we are working to help fill this void by delivering the tools and solutions small business owners need, as well as partnering on programs like Grow Your Biz that provide the guidance and resources necessary to thrive."

Mastercard and Bank of America want to ensure that small business owners across the U.S. have access to the insight, supports and solutions to help them achieve their growth ambitions. The Grow Your Biz Contest is just one program, equipping driven small business owners with the right resources and guidance to take their business to the next level.

chines, 202 table games) \$47,003,024 in

sion, so WEP can never completely eliminate one's Social Security retirement benefit.

But there's other bad news: when your wife is eligible for Social Security spousal or survivor's benefits and her PERS pension has started, she will be affected by another provision called the Government Pension Offset (GPO). The GPO reduces spousal and/or survivor's benefits by 2/3rds of the amount of the non-covered pension, which can entirely eliminate the Social Security spousal or survivor benefit. And the rationale for GPO mirrors that for WEP. I know it will be small comfort, but you are hardly alone when it comes to being upset about your wife's Social Security benefit being reduced by WEP. I understand your contention that "the two should be totally separate" and there are many, including some members of Congress, who share that view. In fact, there is a bill before Congress now known as H.R. 1205-The Social Security Fairness Act-which proposes to eliminate both WEP and GPO. Unfortunately, that bill has made little progress despite having about 188 bipartisan cosponsors, and little prospect for passage seems possible at this time. While I know this doesn't relieve your displeasure about WEP, I hope it at least somewhat clarifies why it was enacted and how it works.

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.

The information presented in this article is intended for general information purposes only. the opinions and interpretations expressed are the viewpoints of the A.M.A.C. Foundation's Social Security advisory staff, trained and accredited under the National Social Security advisors program of the National Social Security association, LLC (NSSA). NSSA, the A.M.A.C. Foundation, and the Foundation's Social Security advisors are not affiliated with or endorsed by the united States government, the Social Security administration, or any other state government. Furthermore, the A.M.A.C. Foundation and its staff do not provide legal or accounting services. the Foundation welcomes questions from readers regarding Social Security issues. to submit a request, contact the Foundation at ssadvisor@amacfoundation.org, or visit the Foundation's website at www.amacfoundation.org.

Export 101 From Your Door to Ours

November 27, 2018 • 2–4 p.m. • Cost: \$35 Morgan State University Earl G Graves School of Business 4100 Hillen Road, Baltimore MD 21218 Register at: http://www.marylandsbdc.org

Did you know 95% of all consumers live outside the borders of the United States? International Trade will open up a world of opportunities for your business. Secure your future by establishing a strong presence in the global market for your product or service.

- Export Readiness
- Determining appropriate international markets
- Finding qualified buyers, agents, and distributors
- Determining pricing and methods of payment

This 2-hour workshop will highlight the Nuts and Bolts of Starting a successful export venture.

Million in Revenue During October

Casino gaming revenue contributes \$60.7 million to the state

By PRESS OFFICER **Maryland Lottery and Gaming**

BALTIMORE (November 5, 2018)—Maryland Lottery and Gaming today announced that October 2018 gaming revenues for the state's six casinos totaled a new singlemonth record of \$157,960,668, an increase of \$24,724,968 (18.6%) compared to the October 2017 total of \$133,235,700.

The October 2018 total was an increase of \$1,405,075 (0.9%) from the previous single-month record of \$156,555,593 in May 2018.

Contributions to the State of Maryland from October 2018 casino gaming revenue totaled \$60,692,128, including \$45,523,553 for the Education Trust Fund. Casino gaming revenues also support local communities and jurisdictions where the six casinos are located, as well as Maryland's horse racing industry.

Maryland has six privately owned casinos that offer both slot machines and table games: MGM National Harbor in Prince George's County; Live! Casino & Hotel in Anne Arundel County; Horseshoe Casino Baltimore in Baltimore City; Hollywood Casino Perryville in Cecil County; Ocean Downs Casino in Worcester County; and Rocky Gap Casino Resort in Allegany County.

Four of the six casinos saw year-overyear increases compared to their October 2017 gaming revenue totals:

- MGM National Harbor (3,136 slot machines, 198 table games) \$73,443,098 in October 2018, an increase of \$21,490,153 (41.4%) from October 2017.
- Live! Casino & Hotel (3,870 slot ma-

October 2018, an increase of \$1,169,103 (2.6%) from October 2017.

- Horseshoe Casino Baltimore (2,194 slot machines, 167 table games) \$21,062,544 in October 2018, an increase of \$1,486,007 (7.6%) from October 2017.
- Hollywood Casino Perryville (822 slot machines, 21 table games) \$5,850,524 in October 2018, a decrease of \$81,665 (-1.4%) from October 2017.
- Ocean Downs Casino (892 slot machines, 18 table games) \$6,132,814 in October 2018, an increase of \$838,883 (15.8%) from October 2017.
- Rocky Gap Casino Resort (665 slot machines, 17 table games) \$4,468,664 in October 2018, a decrease of \$177,513 (-3.8%) from October 2017.

Details on each casino's gaming revenues and contributions to the State of Maryland are included in the attached charts, and both fiscal and calendar year-to-date totals are available online.

KLNB Completes Sale of Enterprise Plaza Shopping Center in Lanham

By PRESS OFFICER **KLNB**

WASHINGTON, D.C. (October 31, 2018)-KLNB Investment Sales Group today announced the completion of the sale of Enterprise Plaza Shopping Center, a highly-visible, 190,211 square-foot shopping center on 16.77 acres in Lanham, Maryland. Andy Stape and Vito Lupo of KLNB Investment Sales exclusively represented the seller, an affiliate of Combined Properties, Incorporated, on the transaction, and also procured the buyer, East Coast Acquisitions. This is the first acquisition in the mid-Atlantic region by the buyers. Matt Skalet and Matt Copeland, also of KLNB, were retained by the buyers as the leasing agents for the center.

The property is anchored by Aldi and coanchored by T.J. Maxx. Aldi recently exercised a five-year renewal option, through 2023. Other occupants of Enterprise Plaza include Verizon Wireless, Advance Auto Parts, and Dollar Tree. Four pad sites fronting Annapolis Road, also part of the center, are occupied by SunTrust, Shell, Taco Bell and Wendy's. Plans to lease a 26,428 square-foot, junior-box are underway.

Enterprise Plaza is highly-visible with over 1,500 feet of road frontage on Annapolis Road and ideally located just one mile east of the Capital Beltway/I-495. With signalized access and four points of ingress/egress, shoppers are easily able to access the center as they commute both east and west on Annapolis Road/ Route 450, which sees 20,000–44,000 vehicles per day. The location features one-, three, and fivemile population counts of more than 12,000, 97,000 and 242,100 residents, respectively, with an average household income of approximately \$91,200, \$90,100 and \$92,000. Prince George's County is recognized as one of the most affluent in the country, ranking in the top 3%.

"The sale of Enterprise Plaza Shopping Center demonstrates a continued interest from investors to acquire high-quality real estate with a value-add component," said Lupo. "KLNB is proud to have facilitated the sale for Combined Properties. By leveraging our in-house leasing expertise, we validated market assumptions to purchasers and maximized pricing for the seller."

Srikanth Velmati, President and Chief In-

vestment Officer noted that, "Enterprise Plaza has been an excellent asset for Combined Properties and will continue to serve the community and perform very well for years to come. Our desire to sell was primarily based on strategic asset allocation to include residential and mixed-use assets in our already robust retail portfolio. We continue to believe in the metro Washington, DC market fundamentals and plan on being actively engaged on both the acquisitions and dispositions fronts. We are quite pleased with the performance of KLNB in securing a qualified, capable buyer."

KLNB is a leading provider of commercial real estate services throughout the mid-Atlantic region, now celebrating its 50th year in business. An independently owned and operated commercial brokerage and real estate services firm, KLNB provides a variety of services including tenant and landlord representation, leasing, consulting, investment sales, property management and financing services. 80 full-time brokerage professionals work across KLNB's four offices strategically located throughout the Washington, D.C. / Baltimore region. http://klnb.com

OUT on the TOWN

National Law Enforcement Museum Announces New Public Programs

Museum demonstrates its commitment to strengthening relations between law enforcement and communities with programs and events addressing timely topics

By PRESS OFFICER National Law Enforcement Museum

WASHINGTON (November 8, 2018)— The National Law Enforcement Museum at the Motorola Solutions Foundation Building— the nation's only museum dedicated to exploring nearly every facet of American law enforcement—today announced a slate of exciting and engaging programs that will be hosted inside the newly-opened facility.

"At the core of our mission is a commitment to bring diverse perspectives together through programs that address timely and relevant topics," said David L. Brant, executive director of the National Law Enforcement Museum. "The Museum provides a forum for critically-important

The National Law Enforcement Museum at the Motorola Solutions Foundation Building is located in Judiciary Square—444 E Street, NW, Washington, DC 20001—just blocks from the National Mall and numerous DC landmarks.

There is easy access to Judiciary Square Metro, parking, lodging, and many dining options nearby.

Starting November 19, 2018: Escalator Replacement at Judiciary Square Metrorail Station

The F Street entrance (via escalator) near the National Building Museum will be closed starting November 19, 2018. Metrorail riders should access the station via the two dialog and learning, which ultimately leads to improved relationships between law enforcement and the communities they serve." The Museum's ongoing program series

- includes:
 Conversations—Explore contemporary
- issues with experts from the field. Panelists from diverse backgrounds and viewpoints will discuss timely topics facing American law enforcement and the communities they serve. Initial topics will include the opioid epidemic, predictive policing, and more.
- Witness—Learn about landmark events in American history from the men and women who witnessed them. Panelists will discuss a significant moment in law enforcement history and explore the impact it had on the profession and our country as a whole. Join us in 2019 for programs on the investigation of the terrorist bombing of the USS Cole and the landmark Stonewall Riot.
- Leaders—Hear directly from individuals both in law enforcement and other professions giving their unique perspectives on law enforcement in an interview-style conversation that discusses the leader's career, lessons learned, and his or her take on the future of policing. The first Leaders program will feature former Metropolitan (DC) Police Chief Cathy Lanier.
- **Briefing Room**—Get an inside look at media by and about American law enforcement. Hear from authors, podcasters, directors, and reporters as they discuss their law enforcement-related projects.

"Law enforcement has played a pivotal role in shaping our everyday lives and our

Upcoming Event

Science Saturday Saturday, November 24, 2018 Program Start Time: 1:00 p.m. Duration: 3 hours

nation's history," said Rebecca Looney, Senior Director of Exhibits & Programs. "We're excited for visitors to experience first-hand what the work of law enforcement entails while serving as a platform for much-needed conversations for the sake and safety of our communities and law enforcement professionals."

The first event kicking off the Museum's slate of programs will be Opioids: Communities Fighting Back, held on Thursday, November 15 at 7 p.m. as part of its Conversations series. The event, moderated by NBC4 anchor Aaron Gilchrist, will feature three experts who will discuss how their communities are combating the national opioid epidemic.

Events will be hosted inside the National Law Enforcement Museum, located at 444 E Street, NW, Washington, DC 20001. For more information and to purchase tickets, visit www.LawEnforcementMuseum.org or call 202-737-3400.

Authorized by Congress in the year 2000, the 57,000-square-foot National Law Enforcement Museum at the Motorola Solutions Foundation Building is a three-story mostly underground institution located adjacent to the National Law Enforcement Officers Memorial in Washington, DC's Judiciary Square. The Museum tells the story of American law enforcement by providing visitors a "walk in the shoes" experience along with educational journeys, immersive exhibitions, and insightful programs. The Museum is an initiative of the National Law Enforcement Officers Memorial Fund, a [501(c)(3)] organization established in 1984. For more information about the National Law Enforcement Museum, visit LawEnforcementMuseum.org.

Calendar Spotlight

Thanksgiving Glitterfest

Date and Time: Saturday, November 17, 2018, 2–4 p.m. Description: A one-day workshop for young artists and families to decorate sparkling centerpieces with glitter for their Thanksgiving table. Nothing says "Thanks!" like glitter—and all the mess can stay in our classroom. Families are encouraged to bring their own items to decorate, but can also choose from a limited selection of free centerpiece items at the workshop. Cost: FREE

Ages: All ages are welcome

Location: Brentwood Arts Exchange, 3901 Rhode Island Avenue, Brentwood, MD 20722

Contact: 301-277-2863; TTY: 301-699-2544



PHOTO COURTESY M-NCPPC

The Brentwood Arts Exchange serves as an anchor for the artsbased community development of the Prince George's County Gateway Arts District. We support artist and community development by welcoming diverse audiences to experience high-quality visual art exhibitions, concerts, affordable arts classes for all ages, and a local artisans craft store. Explore your creative spirit today, at Brentwood Arts Exchange! Open Monday to Friday from 10 a.m. to 7 p.m., Saturday from 10 a.m. to 4 p.m. The Brentwood Arts Exchange is closed on Sunday.

> Brentwood Arts Exchange: 3901 Rhode Island Avenue, Brentwood, MD 20722 • 301-277-2863 • http://arts.pgparks.com/1782/Brentwood-Arts-Exchange

PLAN AHEAD

Cost:

Ages:

Hansel & Gretel Tea Party

5 and older

Date and Time: December 15, 2018, starting at 2 p.m. Description: Visit Darnall's Chance when it is decorated like a gingerbread house! Listen to the story of Hansel and Gretel, enjoy tea and dessert, and participate in a holiday craft activity. *Registration fee required for all attendees—children and adults*.

Capacity is limited; reservation and payment required in advance.

Resident: \$17; Non-Resident: \$22

14800 Governor Bowie Oden Dr.,

Upper Marlboro, MD 20772

Location: Darnall's Chance House Museum

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

elevators at the street level by the National Building Museum and the escalators at the 4th Street entrance by the US and DC Courthouses. The project is expected to take 6 months.

Visit the Museum for a fun-filled afternoon of science activities in the Learning Center. This month's theme is Fingerprints and Impressions. Discover how to identify your own fingerprints and create your own impressions of your shoes using every-day supplies. Put your observational skills to the test in our mock crime scene and see if you can identify the important evidence! Feel free to stay for the full duration or drop by for one or two activities. Family members of all ages are welcome. This event is free with admission to the Museum.

eric d. snider's in the dark *Movie Review* ····

Smallfoot

Smallfoot Grade: B Rated PG, mild rude humor and action peril 1 hr., 36 min

"Smallfoot" is a light animated adventure set in a remote Himalayan village occupied by yetis, aka Abominable Snowmen (and Snowwomen), who have lived in isolation for generations. Though they have a complex societal hierarchy, the yetis are in many ways a primitive race. Their sacred stones tell them they are the only creatures in the world, that their mountain rests on a cloud held up by mammoths, and that they have to bang a gong each morning to make the great sky snail rise and shine its light on them. Nobody questions the yeti religion, least of all Migo (voice of Channing Tatum), our young protagonist, who opens the film by singing a song about how everything is great and he hopes nothing ever changes.

Well, tough luck, Migo. While outside the village one day, he encounters a legendary "smallfoot"—what you or I would call a "human man"— whose airplane (Migo doesn't know what that is, either) has crashed nearby. The yetis' tribal leader, the Stonekeeper (Common), has the carvings to show that smallfoots don't exist and are merely a story that yetis tell their children—but Migo saw one. If the "no such thing as smallfoots" stone is inaccurate, what other traditions might be false? Next you'll be telling him the sun will rise even if nobody bangs the gong...!

While Migo finds company with a handful of fellow smallfoot believers (including the Stonekeeper's daughter, Meechee, voiced by Disney Channel star Zendaya), the smallfoot in question returns to human civilization, where news of his encounter reaches the ears of a TV-nature-show host named Percy (James Corden), who'd like to get a real yeti on camera but will settle for dressing his assistant in a yeti costume. Naturally, Percy and Migo do meet, are terrified but intrigued by one another, and must teach their respective races not to be ruled by fear and prejudice, et cetera.

It's comfortable territory for an animated comedy, executed with cheerful aplomb by director Karey Kirkpatrick ("Over the Hedge"), who wrote the jaunty screenplay with Clare Sera from a story credited to "Cats & Dogs" writers Glenn Ficarra and John Requa.* That means there was a lot of rewriting (and check out that asterisk), but the film is more lucid and cohesive than script-by-committee projects usually are. There are many fine gags about Migo and the yetis misunderstanding human artifacts (they assume a roll of toilet paper is the equivalent of their stones, calling it "the scroll of invisible wisdom"), and good slapsticky shenanigans. I have a low tolerance for James Corden's unctuous shtick, even in

animated form, and having him sing a loose karaoke parody of "Under Pressure" is not a good way to change my opinion, but the rest of the voice cast—including LeBron James, Danny DeVito, Gina Rodriguez, Yara Shahidi, and "Rick and Morty's" Justin Roiland—is charming and energetic.

Besides learning to communicate with and understand those who are different from you, the film has another straightforward, unmissable message: Accept the truth, no matter how uncomfortable or scary it is. Don't assume your traditions are correct just because they're yours. It would be fair to interpret this as being skeptical of religion, but the movie emphasizes that these are yeti "traditions," not spiritual beliefs; there's no mention of yeti deity or heaven or anything like that. (I called it "religion" earlier, but that was my word, not the movie's.) The lesson isn't to discard your beliefs, only to examine them. Anyway, the point is, I don't want to hear from people who think "Smallfoot" is trying to get their kids to become atheists.

*Warner Bros. says it was all based on a book called "Yeti Tracks" by Sergio Pablos (who's also an executive producer)—but as far as I can tell, no such book exists. The only references to it online are in articles about "Smallfoot." A badly copy-edited interview with Ficarra and Requa suggests they never read it, either, but merely had it described to them. When "Smallfoot" was announced, the press release said Pablos (who created "Despicable Me") would direct, and that Ficarra and Requa's screenplay would be based on "an original idea" by him. That's how the Sergio Pablos Animation Studios blog describes it, too. In other words, even Pablos himself doesn't claim to have written a book called "Yeti Tracks," but that's where the credits say it came from. Who says studio marketers aren't creative?

ROTTENTOMATOES.COM

An animated adventure for all ages, with original music and an all-star cast, Smallfoot turns the Bigfoot legend upside down when a bright young Yeti finds something he thought didn't exist—a human. News of this Smallfoot throws the simple Yeti community into an uproar over what else might be out there in the big world beyond their snowy village, in an all new story about friendship, courage and the joy of discovery.

Calendar of Events

November 15–November 21, 2018

Bowie Holiday Arts and Crafts Market

Date and Time: Saturday, November 17, 2018, 9 a.m.–2 p.m. Description: The City of Bowie Arts Committee will hold their inaugural Holiday Arts & Crafts Market at the Bowie Center for the Performing Arts. Vendors will be selling a variety of Arts and Crafts items in the center's lobby and Recital Hall areas. Cost: FREE

- Ages: All ages are welcome
- Location: Bowie Center for the Performing Arts, 15200 Annapolis Rd, Bowie, MD 20715

Contact: 240-544-5601

10th Annual Teens & Jeans 5K Walk for the Homeless

Date and Time: Saturday, November 17, 2018 9 a.m.–12 p.m. Registration begins onsite at 9 a.m. with live music and entertainment, exhibitors, refreshments, and activities. The 5K walk begins at 10 a.m. Description: Walkers are asked to bring donations of clean, gently worn denim pants in all sizes. Collected jeans will be donated to local organizations serving individuals and families who are homeless. Enjoy a 5K walk along the Anacostia Tributary Trail to help raise awareness of homelessness in the community. Bring your family, bring a friend, just make sure you're there to show you care! Please bring your refillable water bottle to stay hydrated. Cost: FREE

Ages: All ages welcome

Location: Bladensburg Waterfront Park, 4601 Annapolis Road, Bladensburg, MD 20710

Contact: 301-779-0371; TTY 301-699-2544

Scout and Family Day at the Beyond Needleart Exhibit

Date and Time: Saturday, November 17, 2018, 10 a.m.–12 p.m. Description: Cub Scouts, Girls Scouts, and families are invited to do fiber art activities. Visit our current exhibit, Beyond Needleart: The rooms of Montpelier will be filled with fiber artwork of all kinds, from quilting to felting to cross-stitch. While here, browse for unique holiday gifts in the Artists' Boutique, featuring handcrafted gifts and ornaments by local artists.

Cost: \$3.50/person

- Ages: All ages are welcome
- Location: Montpelier Mansion, 9650 Muirkirk Road, Laurel, MD 20708

Contact: 301-377-7817; TTY 301-699-2544

Campfire Program: The Wild Turkey

Date and Time: Saturday, November 17, 2018, 5 p.m Description: Join a park ranger to hear about the habits and diet of the Wild Turkey (Melegris gallopavo), a native bird species that can be encountered in the forest of Greenbelt. The wild bird's domesticated cousin may grace your Thanksgiving or Christmas table with all the trimmings, but Wild Turkeys are quite shy and difficult to hunt. Campground guests and the public are welcome to join us under the stars for a traditional NPS campfire program in Loop B of the campground.

Cost: FREE

- Ages: All ages are welcome
- Location: Greenbelt Park, 6565 Greenbelt Road, Greenbelt, MD 20770
- Contact: 301-344-3944

General Aviation Vital to Our Agriculture Sector

By COLBY FERGUSON **Maryland Farm Bureau**

Most people don't appreciate the size and scope of Maryland's agriculture sector. With over 12,000 farms statewide, the industry has an economic impact of \$2.2 billion each year. Split between the eastern and western shore by the Chesapeake Bay, the agricultural sector is a diverse set of markets dominated by poultry, dairy, corn, soybeans, small grains, nursery and seafood.

However, with increasing competition and globalization, our farms large and small need every tool in their arsenal. One tool many people don't realize that the agriculture sector relies on is small aircraft. Starting at the end of the harvest up until the freezing period, farmers rely on fixed wing and rotary wing aircraft to aerial seed cover crops. These same aircraft are used throughout the harvest to protect our crops from pests and diseases. For example, one local company buys grain from farms all over the Eastern shore and relies on general aviation to manage locations across the state and across the country.

While corn and soybeans are considered the cash crops in Maryland, most people do not understand the role that cover cropslike wheat, barley and rye—play in the sustainability and profitability of our farms. During the fall and winter, increased rain can cause erosion and deplete nutrients in the soil. The only way to prevent this is by planting cover crops at the end of the growing season to retain nutrient-rich soil. I cannot emphasize enough how important these cover crops are to production and sustainability. That is where general aviation and local airports come in.

The Chesapeake Bay Foundation supports a program that utilizes aerial seeding to spread cover crops over thousands of acres of farmland, which soak up excess nitrates and nutrients that would otherwise runoff during the rainy season. Without general aviation, it would be virtually impossible to cover even a small fraction of our farm land in time to prevent erosion. Without these aircraft and airports, the millions of acres of farmland that cover our state would be bare by the end of each year and farmers would have to start from scratch each spring.

Let me give you an example: the agriculture pilots at Allen Chorman & Son. They can tell you first-hand about the vital relationship between general aviation and agriculture. Based on what farmers see in the field, they are in the air everyday to spread fungicide and nutrients on our crop fields. These applications keep mildew off our wheat and help to create better yield for our sweet corn and soybeans. During wetter seasons, general aviation is the only way to apply these crop-saving products because ground applications would be unable to move through the wet soil.

Aviation also provides an essential purpose to the state's Department of Natural Resources Forest Service. In emergency situations, general aviation is the only way to effectively survey remote areas of the forest to track storm damage and control forest fires. With over 200,000 acres designated State Forest, these preservation and public health services would not be completed without general aviation.

Transportation and aviation, including small aircraft and airports, are crucial to supporting our local farms, and as a result, our economy and local communities. As we move forward and debate important national priorities, including infrastructure, lets make sure to not forget about the importance of small aircraft and airports.

Colby Ferguson is the Government Relations Director for Maryland Farm Bureau.

Maryland Farm Succession Workshops

By PRESS OFFICER **University of Maryland**

COLLEGE PARK, MD (October 12, 2018)—This winter, the Department of Agricultural and Resource Economics (AREC) is partnering with the Agriculture Law Education Initiative (ALEI), the University of Maryland Extension, the Maryland Department of Agriculture, and Nationwide Insurance to host a series of one-day farm succession workshops around Maryland.

As of 2017, the average age of principal farm operators in Maryland is 59, according to the USDA-National Agricultural Statistics Service's state agriculture overview, illustrating the increasing need for the farming community to understand how to pass on the farm to the next generation.

Seven winter workshops are split into two series designed around the idea that the succession process requires financial planning, communication, and a general understanding of business planning and estate planning tools.

The first series of workshops, Transferring the Farm to the Next Generation, includes five workshop dates and features speakers like Farm Management Specialist Dale Johnson, Craig Highfield with Alliance for the Bay, and Extension Legal Specialist Paul Goeringer. This series will discuss business planning techniques, attached forested land, estate planning, tax basics, and more. For more information on the Transferring the Farm to the Next Generation workshop series, or to register, visit www.eventbrite.com. Registration fee of \$10.00 covers materials and lunch.

The second series of workshops, Investing in your Farm's Future, includes two workshop dates. These workshops will feature Extension Agent Jesse Ketterman, ALEI Research Associate Mayhah Suri, Professor and Department Chair Dr. Lori Lynch, and Extension Legal Specialist Paul Goeringer. This series will include discussions on the specifics of retirement planning and what individuals can do to fulfill their wishes after the succession process, communication strategies, use of conservation easements, and estate planning case studies illustrating what can happen when the process isn't properly conducted. For more information on the Investing in your Farm's Future workshop series, or to register, visit www.eventbrite.com. The registration fee of \$10.00 covers materials and lunch.

Dates and locations for both workshop series are:

Transferring the Farm to the Next

ucation Center 1000 College Cir, Queenstown, MD 21658

Allegany County—Thursday, December 6, 2018, 8:30 a.m.– 3 p.m., Allegany College of Maryland, 12401 Willowbrook Rd, Cumberland, MD 21502

Wicomico County—Wednesday, December 12, 2018, 8:30 a.m.–3 p.m., Wicomico County Extension Office, 28647 Old Quantico Rd, Salisbury, MD 21801

Howard County—Wednesday, January 16, 2019, 8:30 a.m.–3 p.m., Howard County Fairgrounds, Dining Hall, 2210 Fairgrounds Rd, West Friendship, MD 21794

Baltimore County—Thursday, January 17, 2019, 8:30 a.m.–3 p.m., Baltimore County Extension Office, 1114 Shawan Road, Cockeysville, MD 21030

Investing in Your Farm's Future Workshop Series Dates and Locations

Talbot County—Wednesday, January 30, 2019, 8:30 a.m.–3 p.m., Chesapeake College, 1000 College Circle, Wye Mills, MD 21679

Prince George's County—Thursday, January 31, 2019, 8:30 a.m.–3 p.m., Prince George's County Soil Conservation District Office, 5301 Marlboro, Race Track Rd, Upper Marlboro, MD 20772

6th Annual Trot for a Turkey: Winter Festival of Lights Preview

Date and time: Saturday, November 17, 2018, 6–9 p.m. Description: For more than 30 years visitors to the annual M-NCPPC, Department of Parks and Recreation Winter Festival of Lights were dazzled by the twinkling displays as they drove through Watkins Regional Park. This year continues the new tradition, of helping families in need, with the 6th Annual Trot for a Turkey sneak peek! Participants walk or run through the 3.1-mile course and witness the incredible displays up close. The registration fee includes a long-sleeve commemorative tshirt and provides a turkey for a local family in need.

Cost: \$30; *Register at PARKS DIRECT before Nov. 15!* Ages: All ages are welcome.

Location: Watkins Regional Park, 301 Watkins Park Drive, Upper Marlboro, MD 20772 Contact: 301-699-2456; TTY 301-699-2544

"Reel and Meal" film series: Not Business as Usual

Date and time: Monday, November 19, 2018, 7 p.m. (optional buffet served from 6:30 p.m.)

Description: "Reel and Meal" is a monthly film and discussion series sponsored by local nonprofits Beaverdam Creek Watershed Watch Group, Prince George's County Peace and Justice Coalition, Green Vegan Networking and Utopia Film Festival. The film features stories of several U.S. entrepreneurs who want their business to have a cause beyond profit, to also take in account social and environmental goals—the "triple bottom line." Lawrence Le Lam and Institute B. highlight enthusiastic pioneers in a new social movement known as "conscious capitalism," who aim to combine making profits and doing social good.

Cost: FREE

Ages: Adults

Location: New Deal Café, 113 Centerway, Greenbelt, MD 20770 Contact: 202-549-5574, justpeacepg@earthlink.net

Senior Leadership Forum

Date and Time: Tuesday, November 20, 2018, 11 a.m. Description: This program is for seniors in the community to get information and have discussions on topics such as health, internet safety and recreational activities. Cost: FREE Ages: Seniors Location: Hillcrest Heights Branch Library, 2398 Iverson St., Temple Hills, MD 20748 Contact: 301-630-4900

Paint & Sip: Cubism Inspiration

Date and Time: Wednesday, November 21, 2018, 6:30–8 p.m.
Description: Join us for this fun and artistic social experience as we draw inspiration from the artistic movement of "Cubism".
Cost: Residents: \$25/Non-residents: \$33
Ages: 18 and older
Location: Bowie Community Center, 3209 Stonybrook Drive, Bowie, MD 20715
Contact: 301-464-1737; TTY 301-699-2544

Generation Workshop Series Dates and Locations:

Queen Anne's County—Monday, November 26, 2018, 8:30 a.m.–3 p.m., Chesapeake College, Eastern Shore Higher EdFor additional details or questions contact Paul Goeringer at lgoering@umd.edu

Earth
TALK™Avoiding PFAS and Other Synthetic
Chemicals in Our Food

Dear EarthTalk:

What are PFASs and why should we be concerned about them? —Jim Stobbins, Cary, NC

PFASs—short for perfluoroalkyl substances—are synthetic chemicals of various formulations (including PFCs, PFOA, PFOS and GenX, among others) that are used widely in various products for moisture and stain resistance. Non-stick pans, rain jackets and carpeting are among thousands of different types of consumer goods that now contain one form or another of PFASs.

"Sealant tape, ski wax and floor wax are waterproof thanks to them," reports the non-profit Natural Resources Defense Council (NRDC), "and in machinery they reduce gear friction." NRDC adds they are found in our homes, our offices, our supermarkets—practically everywhere.

But while it's nice that we can't stain our carpeting no matter how messy we are, are we paying for this luxury with our health? The fact that these chemicals are so hard to break down in their intended applications also means they don't easily break down in nature when released into the environment. Not only is this bad for ecosystems and wildlife, but it's also risky for human health.

A wide range of animal studies has linked the chemicals to kidney, prostate, rectal and testicular cancers, not to mention hormone malfunction, liver and thyroid problems, and abnormal fetal development. NRDC cites research showing that the offspring of human mothers exposed to certain PFASs had lower-than-average birth weights. Another recent study found that women with high levels of PFASs in their bloodstreams take longer on average to get pregnant.

"For years, bad-actor PFASs were used in food containers like pizza boxes, microwave popcorn bags, Chinese take-out containers and other food packaging to repel grease, and they could leach into the food," reports NRDC's Erik Olson, adding: "PFASs that enter the body through the foods we eat and products we use every day can linger there for years before they are eventually flushed out."

In 2016 the U.S. Food and Drug Administration banned three of the worst PFASs

from food uses in response to a petition from NRDC and other non-profit partners. "But we're worried that chemical cousins of those PFASs are being used," says Olson. "And the trouble is, manufacturers don't have to disclose to consumers that they're using them."

While the battle to eliminate PFASs entirely rages on, NRDC suggests consumers can take matters into their own hands to minimize their exposure. For starters, ask manufacturers whether their products contain PFASs since such chemicals likely won't be listed on labels. Steer clear of nonstick cookware, Gore-Tex clothing, personal care products with "PTFE" or "fluoro" ingredients, or textiles made with the original (pre-2000) formulation of Scotchgard, as these likely contain significant amounts of PFASs.



IMAGE CREDIT: BOOKSCRAFTSPRETTYTHINGS, FLICKRCC.

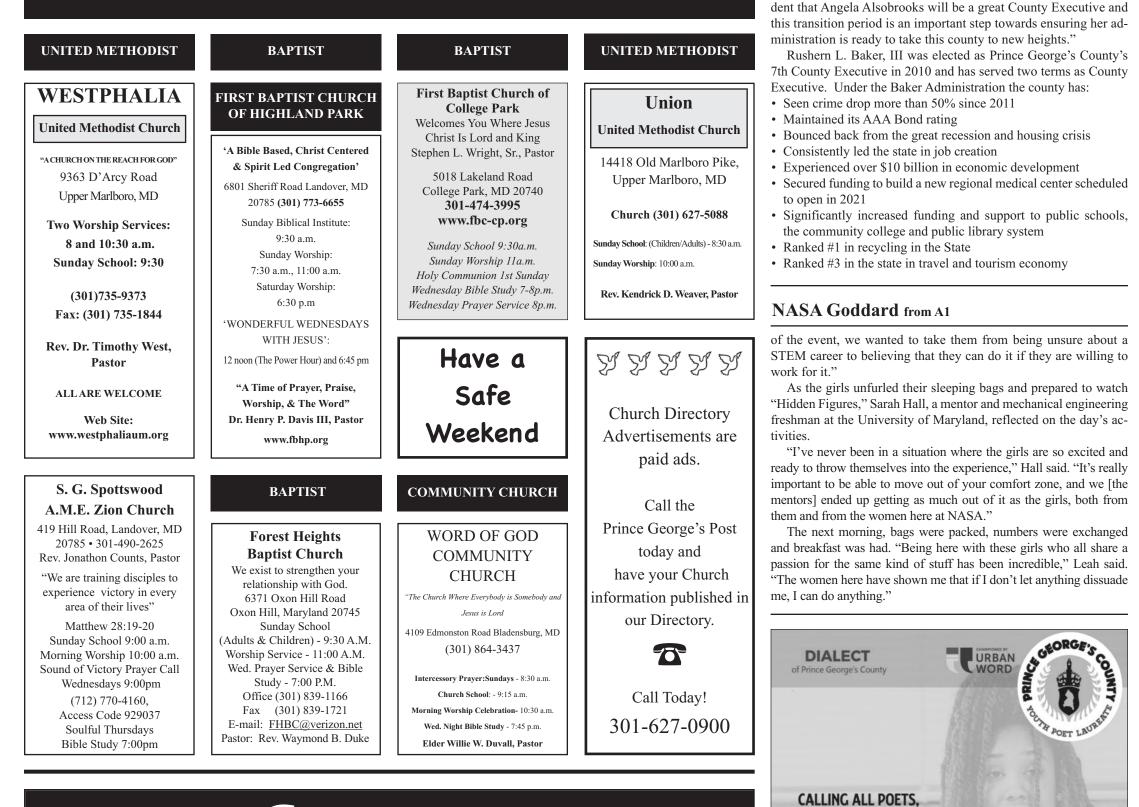
Consumers looking to reduce their exposure to PFASs should steer clear of microwaveable popcorn, among other foods, that are stored or cooked in bags treated with stainresistant chemicals.

> Avoid carpeting and clothing hyped to be "stain-resistant"—a dead giveaway that they have been treated with PFASs. And never order or heat up food in grease-resistant paper unless you want a healthy portion of PFASs with your meal or snack. Likewise, ditch the microwave popcorn—most of which comes in a PFAS-treated bag and make it on the stovetop instead (it's more fun that way anyway).

> **CONTACTS:** NRDC, www.nrdc.org; EPA's Basic Information on PFAS, www.epa.gov/pfas/basic-information-pfas.

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

COUNTY CHURCH DIRECTORY



CLASSIFIEDS

AUTOMOBILE DONATIONS

DONATE AUTOS, TRUCKS, Increase your Frequency with your Delaware New Move-In Ready RV'S. LUTHERAN MISSION SO-CIETY. Your donation helps local Multi-Media specialists to grow families with food, clothing, shelter, counseling. Tax deductible. MVA License #W1044. 410-636-0123 or www.LutheranMissionSociety.org

BUSINESS SERVICES

Advertising Call one of MDDC's your business. Call Wanda at 410-

REAL ESTATE FOR SALE

Homes! Low Taxes! Close to Beaches, Gated, Olympic pool. Homes from low \$100's, No HOA

SERVICES MISCELLANEOUS network! Call today 410-212-0616

Ask for Multi-Media Specialist-

Wanda & watch your results grow.

*** WIN A CHANCE TO BE PUBLISHED IN THE** NATIONAL YOUTH POET LAUREATE ANTHOLOGY.

SPOKEN WORD ARTISTS, **EMCEES & WRITERS**

WIN A CHANCE

TO REPRESENT THE AREA AS THE 2019

County from A1

ensure that she and her team are provided with all the information they need to hit the ground running on December 3rd. I am confi-

BUSINESS OPPORTUNITIES

Let the Multi-Media Specialists of MDDC Advertising Network assist you in growing your business and increasing your customer base. Call today at 410-212-0616 and start seeing results NOW. www.mddcpress. com

BUSINESS SERVICES

Bulk advertising at its best: advertise in over 70 newspapers and reach millions of readers with ONE call. Broaden your reach and get results for pennies per reader. Call Wanda at 410-212-0616 or email wsmith@mddcpress.com.

Place a business card ad in the Regional Small Display 2x2/2x4 Advertising Network-Let MDDC help you grow your business! Call TODAY at 410-212-0616 to increase your customer base and get results.

212-0616 or email wsmith@ mddcpress.com.

Increase your presence by advertising on FACEBOOK; TWITTER AND GOOGLE-ADS; Call our Multi-Media Specialists to experience the success of social media advertising today; CALL 410-212-0616

Place your ad on Facebook; Twitter; LinkedIN and Google Ads Words through MDDC's Social Media Ad Network; Call today to find out maximize your presence on Social Media; 410-212-0616; or email Wanda Smith at wsmith@mddcpress.com

MISCELLANEOUS

Join other advertisers of the MDDC Small Display Advertising Network. Grow your Revenue with a business size ad in this network; Let the Multi-Media Specialists help you increase your customer base; CALL TODAY 410-212-0616-See your results NOW

Fees. Brochures Available 1-866-629-0770 or www.coolbranch.com

SERVICES-MISCELLANEOUS

Place a business card ad in the Regional Small Display 2x2/2x4 Advertising Network-Reach 3.6 Million readers with just one call, one bill and one ad placement in 71 newspapers in Maryland, Delaware and DC TODAY! For just \$1450.00, Get the reach, Get the results and for Just Pennies on the Dollars Now...call 1-855-721-6332 x 6 or email Wanda Smith at wsmith@mddcpress.com

SAVE loads of money with your advertising BUDGETS; CON-NECT with the Multi-Media Specialists of the MDDC Advertising Networks; GET Bulk Advertising Opportunities NOW; CALL TO-DAY; With One Call; With One Ad Placement & One Bill; You'll Reach the Entire Mid-Atlantic Region; Call 410-212-0616

Increase your customer base and get great results by placing your ads in the MDDC - Classified Advertising

WANTED TO BUY OR TRADE

FREON R12 WANTED: CERTI-FIED BUYER will PAY CA\$H for R12 cylinders or cases of cans. (312) 291-9169; www.refrigerantfinders.

Get the **Prince George's Post** delivered to your door! \$15/year (\$7.50/year for Seniors) Subscribe Today! 301-627-0900

THIS COULD BE YOUR AD!

Call today for a quote.

301-627-0900



TO SPEAK WITH AN AGENT AND REQUEST A FREE QUOTE CALL THE HARTFORD TO SEE HOW MUCH YOU COULD SAVE: 1-877-579-9788



The PGC Youth Poet Laureate Program aims to identify youth writers and leaders who are committed to civic and community engagement, poetry and performance, human relations, diversity and education across Maryland.

PRINCE GEORGE'S COUNTY, MD YOUTH POET LAUREATE

Visit www.dialect-usa.com or email dialectofpgcounty@gmail.com to get full contest details. Submissions will be accepted from

PGAH

NOW through Nov 18, 2018

BEATSa

OUR PARTNERS:



Salisbury University offers valuable knowledge and experience to prepare students for any goal in life. Our excellent academics come with an affordable price tag, too.



Follow SU on Twitter @FlockToSU

There is no better way to learn about SU than to visit!

The



A Maryland University of National Distinction

Your Newspaper of Legal Record Prince **George's Post**

Call (301) 627-0900 Fax (301) 627-6260

Serving Prince George's County Since 1932