

The Prince George's Post



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Prince George's County, Maryland

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Tuesday,
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2019

National Night Out 2019

National Night Out is a national community-building campaign that promotes police-community partnerships. It is held annually on the first Tuesday in August. See events listing on page A6

25th Annual Hoops 4 Peace Anti-Violence Youth Summit

Overcoming Adversity and Self Defeating Barriers

By DIVINA FISHER
for Community Kinship Coalition

SEAT PLEASANT, Md. (July 18, 2019)—Community Kinship Coalition; Inc. (CKC) announced today that it plans to host its 25th Annual Hoops 4 Peace Anti-Violence Youth Summit. Hoops 4 Peace will be held on Saturday, August 10, 2019, at the Seat Pleasant Activity Center, 5720 Addison Road, Seat Pleasant, Md., from 9 a.m. until 5 p.m. Hoops 4 Peace Anti-Violence Youth Summit will feature keynote speaker Prince George's County State's Attorney Aisha Braveboy. She seeks to reduce the number of young people who go off course early in life jeopardizing their chances for success as adults. Prince George's County's new prosecutor has pledged to make juvenile justice reform a top priority. Working with community and government leaders, Braveboy created a nonprofit to rehabilitate juveniles that has helped thousands over the last 15 years.

This event will feature additional speakers and advocates from within the community like Darlene Rainey, mother of the late La-

mont Adiar, a CKC Alumni which lost his life to gun violence just days after participating in our Hoops 4 Peace 2018 event, Mr. & Mrs. Billie, parents of Ashanti Billie, advocates for the Ashanti Alert Act a bill which was passed for missing adults ages 18–64 in Virginia, soon to be nationwide and Wanda Durant, CKC Alumni and mother of NBA Champion Kevin Durant. Hoops 4 Peace Anti-Violence Summit will have empowering workshops covering a various array of topics such as HIV, AIDs, and Hepatitis C, Substance Abuse, Domestic Violence, Conflict Resolution, Health & Wellness, Mental Health, Financial Empowerment, Academic Empowerment and Resources. Hoops 4 Peace will also feature a 3 on 3 Celebrity Hoops Alumni Basketball Tournament. Also in attendance will be Prince George's County County Executive Angela Alsobrooks and Mayor of Seat Pleasant, Eugene Grant. There will be Back to School Giveaways, Awards, Vendors and more. This event is for youths ages 8–18 and FREE to the community at large. Registration / RSVP can be made online at communitykinshipcoalition.org or pgparksdirect.com use code: SPAC-SPEC-GA-20190810A.



PHOTOGRAPH COURTESY BY DIVINE DESIGN

Participants at Hoops 4 Peace 2018 at the Seat Pleasant Activity Center.

County Council Adopts Legislation Moving Countywide Sectional Map Amendment Process Forward

Legislation makes way for the county's new zoning ordinance approved in 2018 to move forward

By ANGELA ROUSON
Prince George's County Council Media

UPPER MARLBORO, Md. (July 23, 2019)—The Prince George's County Council, during the final session before summer recess, voted unanimously on Tuesday, July 23, 2019, to approve a Council Resolution initiating the Countywide Sectional Map Amendment (CMA) process.

CR-27-2019, approved and submitted by the Maryland-National Capital Park and Planning Commission (M-NCPPC), addresses the preparation of a Countywide Sectional Map Amendment and approval of Goals, Concepts and Guidelines; and the Public Participation Program to apply the zoning classifications in the approved replacement Zoning Ordinance enacted in 2018. In other action, the Council approved Council Resolution CR-26-2019 and introduced CB-11-2019, which will allow for an additional public comment period during the CMA process.

The Countywide Sectional Map Amendment is required to implement the Zoning and Subdivision Ordinances passed by the Council in 2018 following over four years of review. The new Zoning Ordinance aims to streamline procedures, reduce obstacles to achieving the

economic goals of the County's Adopted General Plan (Plan 2035), enhance user-friendliness, encourage public input into the development review process, consolidate and simplify zones and uses, and incentivize development at targeted growth locations.

Prince George's County Council Chair Todd M. Turner (D) – District 4, says Tuesday's adoption of the CMA legislation is a critical step forward as the County looks to implement the County's new Zoning Laws.

"Last year, the District Council passed the County's new Zoning Ordinance and Subdivision Regulations following years of work to update the County's land use policy, and today's adoption of CR-26-2019 and CR-27-201, along with CB-11-2019, moves us closer to implementing new zoning laws in Prince George's County, which are long overdue," said Council Chair Turner.

M-NCPPC will now begin the approximately eighteen-month process, including notification to all County property owners, community outreach and stakeholder engagement, joint public hearing(s) and Planning Department staff, Planning Board and County Council review. Visit <http://zoningpgc2019new.pgplanning.com/countywide-map-amendment/> for more information on the CMA.

Prince George's County Executive Angela Alsobrooks and Community Stakeholders Launch Vision Zero Prince George's

By PAULETTE L. JONES
Prince George's County MD, DPW&T

HYATTSVILLE, Md. (July 25, 2019)—On Thursday, July 25th, transportation safety stakeholders and community partners joined Prince George's County Executive Angela D. Alsobrooks as she launched Vision Zero Prince George's—a comprehensive safety initiative to eliminate roadway fatalities and serious injuries. The central premise of Vision Zero Prince George's is that the loss of even one life on our roadways is both unacceptable and preventable.

Prince George's County joins a handful of American county and municipal governments who are at the forefront of the expanding international Vision Zero movement. The County is utilizing an interdisciplinary and interagency approach to implement strategies and put resources in place to achieve zero roadway fatalities and serious injuries by 2040. The County Council recently passed a resolution signaling their support for the effort.

"We have a lot to be proud of in Prince George's County, but this is an area where we can and will do better," said Prince George's County Executive Angela Alsobrooks. "We are committed to Vision Zero and I ask our community to join us in this effort, because the loss of even one life on our roadways is simply unacceptable."

"Vision Zero Prince George's shows the County Executive's commitment to safety on all of our roadways," said Department of Public Works and Transportation (DPW&T) Director Terry L. Bellamy. "DPW&T is working to fulfill her charge to bring state, county, and community partners together to accomplish this important mission."

"MDOT is committed to eliminating fatalities and serious injuries on our roadways. By working together with Prince George's County and other local jurisdictions, we can encourage safe driving behavior and making improvements to make our roads safer," said MDOT MVA Administrator Chrissy Nizer.

In the coming days, work will begin on implementing an action plan that will serve as the foundation of Vision Zero Prince George's. The action items are focused on six key areas (the "6 E's"): education, emergency response, engineering, enforcement, evaluation and equity. Key Vision Zero Prince George's partners include the Prince George's County Police Department, the Fire and EMS Department, the Health Department, the County Council, the Office of the State's Attorney, the Planning Department, the Office of the Sheriff, Prince George's County Public Schools, and most importantly, County residents.

Information on Vision Zero Prince George's—including the Action Plan, statistics detailing pedestrian, vehicle and bicycle incidents, and a listing of roadway safety projects in Prince George's County—will be available at www.VisionZeroPrinceGeorges.com.

The Maryland Developmental Disabilities Council Announces New Members

BALTIMORE, Md. (July 24, 2019)—The Maryland Developmental Disabilities Council is pleased to welcome five new members, among them:

Ronnetta Stanley, a parent of two children with developmental disabilities, is the founder of Loud Voices Together Educational Advocacy Group, a non-profit dedicated to supporting families through the special education process. She lives in Prince George's County and is very involved in advocacy, especially related to special education and transition at the state and local level. Ms. Stanley has testified in Annapolis supporting legislation advancing the rights of people with disabilities. She is a member of the Education Advocacy Coalition for Students with Disabilities, a co-chair of the Prince George's County Special Education Advisory Committee, and has received recognition locally for her advocacy work. She believes in the power of collective advocacy and will bring her knowledge and passion to the Council and expand the impact of advocacy work.



PHOTOGRAPH COURTESY MARYLAND DEVELOPMENTAL DISABILITIES COUNCIL
Ronnetta Stanley

—Maryland Developmental Disabilities Council,
md-council.org

INSIDE

Safeway Presents SCHOOL SPIRIT Campaign to Support 112 Local Schools

On August 6 at 12 p.m., Washington Redskins alumni player Santana Moss and Redskins cheerleaders will greet fans at the Petworth Safeway pep rally at 3830 Georgia Avenue NW in Washington, D.C.

Community, Page A3

Honoring Molly's Gift

The unfortunate fact today is that with more than 113,000 people on the national transplant waiting list, the need for a donated organ far outpaces availability. And while increased public awareness and willingness to be a donor is essential, that alone isn't enough.

Commentary, Page A4

Local Heritage Area Projects Awarded Funding From State of Maryland

Maryland Milestones/Anacostia Trails Heritage Area celebrates the firsts, the unique, and the special places in northern Prince George's County, working in partnership with a variety of stakeholders.

Business and Finance, Page A5

Movie Review:

Yesterday

If you wanted to write a movie with the premise of "only one person remembers the most popular band of all time" but you didn't know which band that was, so you just wrote "[INSERT BAND NAME]" throughout the screenplay and then looked it up when you were finished ...

Out on the Town, Page A6

Earth Talk

Dear EarthTalk: I've noticed more and more air traffic over my house in Seattle and I'm getting a little sick of all the noise. Is there anything I can do to force the airlines to disperse their routes more widely or, even better, cut back on their number of flights?

—Bill G., Seattle, WA
Features, Page A7

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Ray Short dies at 92, active at the Knights, Legion, VFW, Elks and Moose

Raymond L. "Ray" Short, 92, of Camp Springs and formerly of Morningside, a GPO retiree, died on July 16 at his son's home in Hughesville.

He was born in Detroit, son of Justina and Charles Short. After high school, the Short family moved to NW Washington and, in 1945, Ray joined the Army where he earned several service medals.

After the Army, Ray worked as a brakeman for the railroad, but left for an opportunity with the Government Printing Office where he became a Printing & Procurement Specialist, retiring after 30 years.

On Nov. 29, 1952, Ray married Dolores Schaub and they settled at 309 Larkspur Road in Morningside, a few blocks from Elgin Court where his in-laws William and Thelma Schaub lived. The Schaub family were long involved in the Town of Morningside, Thelma as a member of the Women's Civic Group and William who was elected to serve on the Town Council from 1955 to 1974.

The Shorts later moved to Auth Village, a block from St. Philip's Church where Ray served as an usher for as long as I can remember. He also ushered at the Basilica in Washington. As his obit says, "He was both an inspiration and an example of what a devout Catholic with a holy life should be."

Ray was a remarkable caregiver for his mother-in-law Thelma and later for his wife Dolores. On one occasion he befriended two homeless brothers living in the woods. Despite everyone's objections, when one of the brothers broke his leg, Ray took him in, gave him bed and board until he was able to work again.

He was a member of the Knights of Columbus, American Legion, Veterans of Foreign Wars, Elks Lodge and Moose Lodge. He loved sports, especially local home teams at the stadium or on TV. His sons remember his lifelong enjoyment of cooking and grilling, card games, cribbage, bowling, shooting pool and dancing. Helen Cordero re-

calls square-dancing with him and Dolores in a square-dancing group that met regularly at Morningside Elementary and Foulis.

Ray's wife of 50 years, Dolores, died March 12, 2003. Survivors include his sons and their wives, Raymond and Jill Short of Hughesville, David and Kelly Short of Linthicum Heights, and John and Kelly Short of Waldorf, grandchildren and great-grandchildren. Mass of Christian Burial was at St. Philip's, Fr. Patrick Lewis, celebrant, followed by burial with Dolores at Cedar Hill Cemetery.

MVFD awarded 555 Fitness grant

The Morningside Volunteer Fire Department has been the recipient of the 555 Fitness's Strength Is Our Foundation Grant. With this they've received Brute Force sandbags, assault bike, a package from Crossover Symmetry and a package from Fire Wipes. Check out the MVFD website for a photo of their new assault bike and their thanks to 555 Fitness for the awards.

"Walk" the new Surratts-Clinton Library

The Surratts-Clinton Library is now closed for renovation. But I just checked out the Surratts-Clinton Branch Library Design Animation on the Web. Wow! Go online and view it—beautiful! Due to be finished in 2020.

Meanwhile, they have a temporary location at Davies Memorial Unitarian Universalist Church, 7400 Temple Hill Road, on Tuesdays and Thursdays, 10 a.m. to 2 p.m. Melanie Townsend Diggs is area manager. You can reach her at 301-868-9200.

Another bit of library news: Starting July 26, Friday hours, 10 a.m. to 6 p.m., will be restored at the Fairmount Heights, Glenarden, Hillcrest Heights and Upper Marlboro libraries.

Health Fairs

The Beltway Church of Christ, 6000 Davis Blvd., is hosting a Community Health & Wellness Day on Aug. 3, 11 a.m. to 3 p.m. There will be health-related vendors and commercial vendors. Free lunch and health screenings avail-

able, and door prizes will be awarded. The event is free to the public. Free bookbags will be given to children in attendance.

Suitland Road Baptist Church, Morningside, is holding its Health Fair on Aug. 3, 11 a.m. to 4 p.m. Blood pressure screening, fitness workout, health information and the Mama & Baby Bus will provide basic maternal and child health services. All welcome. Info: 301-219-2296.

Crab Feast

St. Philip the Apostle Crab Feast will be in the Social Hall Saturday, Aug. 3, 1 to 5 p.m. Menu: all-you-can-eat crabs, hotdogs, baked beans & mac-n-cheese. Beer is extra.

Prices: adults, \$50; 8-14 years, \$25; 7 & under, free. Or \$100 for family of four (2 adults, 2 kids). St. Philip's is at 5416 Henderson Way, Camp Springs. Info: suzygiroux@verizon.net.

Ronnie Tippett dies at 29

Ronnie David Tippett, 29, of Hughesville, who was reported missing after being injured and hospitalized for a brain injury, died July 10. His body was found behind a Food Lion in Charlotte Hall. Cause of death is being investigated but foul play and suicide have been ruled out.

He's survived by his fiancé Kristen Beall, granddaughter of Rita Beall of Morningside, his son Ronnie Brandon Tippett, stepfather Henry Faunce III, four siblings, and many other relatives. Services were at Brinsfield Funeral Home with burial at Trinity Memorial Gardens.

Milestones

Happy birthday to Chris Webb, Cornel Gotshall and Samantha Wade, Aug. 3; Victoria Levanduski, Laura Cook and Sallee Bixler, Aug. 4; Miss Bailey Sparks, GeGe Feeney and my granddaughter Rose Seidman, Aug. 5; Mark-eyce Herring and Connie Kimbles, Aug. 6; Mary Dean, Aug. 7; Maxmilian "Max" Howard, Ruth Sanford and William Billy Stewart, Aug. 8.

Happy anniversary to Denis and Donna Wood on August 7.

Around the County

Hoyer, Brown, Alsobrooks Announce Prince George's County Grant Award

The County will receive \$2.2 million U.S. Department of Transportation Grant for electric buses

WASHINGTON, DC (July 23, 2019)—Congressman Steny H. Hoyer (MD-05), Congressman Anthony Brown (MD-04), and Prince George's County Executive Angela Alsobrooks announced today that Prince George's County has received \$2.2 million in grant funding through the U.S. Department of Transportation's Low or No Emission Bus Program. This funding will be used to purchase electric buses for the County.

"We are pleased that the U.S. Department of Transportation has awarded Prince George's County with this grant to expand electric bus service in our communities," said Congressman Hoyer, Congressman Brown, and Executive Alsobrooks. "These new vehicles will replace older and less efficient models, serving thousands of residents in the County. The electric buses will cut emissions and improve our air quality, reduce energy consumption, and begin to put the transit system in the County on a more sustainable path. We look forward to the implementation of these new buses, which will improve the reliability of our transit system for commuters and families in our area and will deliver clean transportation to Prince George's County."

—Annaliese Davis, Congressman Steny Hoyer's Office

Board of Public Works Approves Funding For Clean Water and the Chesapeake Bay

Grants and loans will reduce pollution, energy consumption and climate risk

BALTIMORE (July 24, 2019)—The Maryland Board of Public Works approved more than \$6 million in grants and loans today to reduce pollution and save energy. The board is composed of Governor Larry Hogan, Treasurer Nancy K. Kopp and Comptroller Peter Franchot. Lt. Governor Boyd Rutherford chaired today's meeting.

The following projects were approved [last week]:

Greenbelt Lake Dam Repair—Prince George's County

A \$1,775,890 Water Quality State Revolving Loan Fund loan to the City of Greenbelt will help fund the design and construction of emergency repairs at the Greenbelt Lake Dam. The project will repair structural cracks to prevent seepage and continued dam deterioration and protect downstream water quality. This project will be constructed in accordance with coastal and non coastal resiliency guidelines developed as part of the Coast Smart Program to reduce climate change risks to such projects.

Parkway Water Resource Recovery Facility Mixer Replacement project—Prince George's County

A \$400,000 Energy Water Infrastructure Program grant to the Washington Suburban Sanitary Commission will fund the purchase and replacement of submersible wastewater mixers at the WSSC Parkway Water Resource Recovery Facility. These mixers are used in the wastewater treatment process and are needed to achieve Enhanced Nutrient Removal (ENR) levels of treatment. The existing mixers are about 20-years old and are experiencing more frequent failures that require costly repairs or rebuilds. WSSC will use the grant to purchase more efficient submersible mixers for a significant reduction in energy use and energy cost savings. This project is consistent with the Greenhouse Gas Reduction Act's statewide goal of reducing greenhouse gas emissions 40 percent by 2030.

—Maryland Department of the Environment

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

DEACONESS DR. MELISSA MCGUIRE

Dr. Melissa McGuire of Accokeek, Maryland, was ordained a Deaconess during the Ordination and Consecration Service at Fort Foote Baptist Church, Fort Washington, Maryland, on June 23, 2019. Dr. McGuire has been a member of the church for twenty years under the leadership of Rev. Dr. Joseph W. Lyles. She is an original member of the Dance Ministry, serves on the Usher Ministry and is currently the Treasurer for the Saints of Thunder Motorcycle Ministry.

Dr. McGuire is a graduate of Howard University and the University of Maryland, College Park. She is employed as an administrator with the Prince George's County Public Schools. She is also a member of Alpha Kappa Alpha Sorority, Inc.

Dr. McGuire is the wife of Retired Colonel Tamer McGuire, who is a Deacon at Fort Foot Baptist Church, and the mother of Vincent Woodward, who is a junior at Lincoln University (Pennsylvania). She is the daughter of Daniel and Carolyn Glee of Upper Marlboro, Maryland.

THROW BACK SATURDAY

We would like all former choir members and anyone else interested to come sing and hear a word from Minister Robinson. Rehearsal dates are July 27 and August 10, 11 a.m. at Nottingham Myers located at 10561 Brooks Church Road, Upper Marlboro, Maryland 20772. Rev. Constance Smith, Pastor.

Rev. Dr. Haywood Robinson was a former pianist for Nottingham Myers until he received the call into the ministry. He has served Christ as an evangelist, counselor, psalmist, teacher and in many other capacities, but principally through the work of Pastoral Ministry. Following a sixteen-year tenure as the fourth pastor of Calvary Baptist Church (Baltimore, Maryland), Pastor Robinson answered God's call in 2005 to shepherd The People's Community Baptist Church (Silver Spring, Maryland), succeeding its organizing pastor, The Reverend Thomas J. Baltimore, Sr.

NOTTINGHAM MYERS HOMECOMING

You are invited to join us Sunday August 18, 2019 for our Homecoming Service at 11 a.m. "FACING OUR CHALLENGES, AS WE CELEBRATE OUR VICTORIES". Our church is located at 10561 Brooks Church Road, Upper Marlboro, Maryland 20772. Rev. Constance Smith, Pastor.

Minister LaTrelle Pinkney is the 11 a.m. Speaker. She was consecrated to the office of pastor in 2014 by her spiritual father, the late Bishop Bernard N. Bragg and currently serves an Associate Pastor of New Life Restoration Temple in Boston, Mass. Pastor LaTrelle serves faithfully with an assignment to the children, youth and young adults.

AQUASCO FARM

"Aquasco Farm is an active 840-acre agricultural site located in rural Prince George's County that is still farmed, following best management practices and soil conservation plans to protect the land. The Girl Scouts of the Nation's Capital lease 80 acres for primitive camping. Additionally, special areas are set aside for beagle training and specific regulations govern their use. The property is also managed for bow hunting in conjunction with land owned by the Maryland Department of Natural Resources."

The address is 16665 Aquasco Farm Road, Aquasco, Maryland 20608. Hours of operation are sunrise to sunset daily. Telephone number is 301-627-6074, TTY: 301-699-2544.

BACK TO SCHOOL BLOCK PARTY

Prince George's County Public Schools Back to School Block Party will be held Saturday, August 17, 2019 from 9 a.m.-2 p.m. The location is Prince George's Sports & Learning Complex, 8001 Sheriff Road, Landover, Maryland 20785. Questions? Call 301-952-6380.

"The PGCPSS Back-to-School Block Party helps families prepare for the upcoming school year. The event features a free backpack giveaway (children must be present to receive a backpack), exhibitors and more. PGCPSS representatives will be on hand to share information about a variety of student services.

BSU NATIONAL ALUMNI ASSOCIATION

The 7th Annual National Alumni Association Prince George's Maryland Chapter Greenway Bowl will be held at 8246 Telegraph Road, Odenton, Maryland 21113, Saturday, December 7, 2019 from 2-4 p.m. Reserve your space by November 30, 2019.

Cost/Check-In (Adults: \$20.00, 12 years and under \$15.00). Check in at 1:00 p.m. Proceeds will benefit our scholarship fund. Contact information is Addie Martin 301-868-6081 or Rose Coleman 201-518-4861.

Local Students Honored

University at Albany Announces Graduates of 175th Commencement

ALBANY, N.Y. (July 25, 2019)—Marking the culmination of their hard work and success, more than 4,900 students have received their degrees following the University at Albany's 175th Commencement. This includes summer, fall and winter semester recipients from the 2018-19 academic year.

The following students have graduated from the University at Albany:
Bladensburg: **Mason Gray**, Bachelor of Arts, Communication
Bowie: **Olubusayo Odusanya**, Bachelor of Arts, Psychology, Summa Cum Laude
Fort Washington: **Jordan Crockett**, Bachelor of Arts, Communication
Hyattsville: **Cassandra Edwards**, Master of Science, Mental Health Counseling

—Michael Parker, University at Albany

Local Residents Graduate from Grantham University

LENEXA, Kan. (July 23, 2019)—Grantham University is proud to announce several recent graduates of the university's online degree and certificate programs.

Brandywine: **Jerome Gerald**, AA Multidisciplinary Studies
Fort Washington: **William Altenbaugh**, BS Multidisciplinary Studies

—Melissa Wise, Grantham University

Local Students Make Honor Roll at Oregon State University

CORVALLIS, Ore. (July 22, 2019)—Names of students who have made the Scholastic Honor Roll spring term 2019 have been announced by Oregon State University.

A total of 1,327 students earned straight-A (4.0). Another 4,352 earned a B-plus (3.5) or better to make the listing. To be on the Honor Roll, students must carry at least 12 graded hours of course work.

Students on the Honor Roll included:
Beltsville: Straight-A Average: **Carolyn M. Coyle**, Senior, Fisheries & Wildlife Sciences.
Bowie: Straight-A Average: **Samantha L. Baker**, Senior, Fisheries & Wildlife Sciences.
Laurel: Straight-A Average: **Amy Frye**, Senior, Natural Resources

—Oregon State University News

COMMUNITY

The American Counseling Association's Counseling Corner

It's Time to Be in Charge Of Your Life

Getting tired of how life just seems to happen? Do days seem to be filled with mundane tasks, an unfulfilling job or just the same old thing over and over?

It's easy to let our lives fall into a rut and realize there are a lot of actions that may seem necessary, but aren't making us happy. This is when it's time to take charge of your life and begin moving things in a more positive and satisfying direction.

You don't have to turn your whole life upside down, but rather start looking for small changes that can leave you feeling better about yourself. Often this simply means making some decisions that let you see that you really are in charge of the life you're living.

A good starting point is the physical you. If your looks or physical shape have you unhappy, now, right now, is a good time to make a few small changes. Reconsider your diet, nutrition and physical activity to help you look better, be healthier and feel more positive about yourself. Maybe a new hairstyle or more exciting clothes?

Are there other things you may want to change about yourself. Try taking an inventory of your personal strengths and interests. Are there activities or interests you really would like to be pursuing, but aren't? Maybe it's time to do more reading, take an educational course, or begin that hobby you've been putting off.

Making a better life for yourself can and should start with small steps that get you on the road to a happier, more satisfied you. Try doing one new daily action that you find gratifying. Maybe it's making a phone call to an almost forgotten old friend. Maybe it might be finding interesting volunteer work to do. It can be something as simple as cleaning out your closet, organizing all those old files, or something more life changing like updating your resume and considering a new line of work.

This can also be a good time to see if there are parts of your life that are out of balance. Is there something or someone taking up an excessive amount of your time without providing enjoyment and fulfillment to your life?

Take some time to examine the life you're living in detail, then take steps, even small baby steps, that can help you find the balance, enjoyment and happiness you deserve.

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.

¿Hablas español? Necesitamos su ayuda

PASADENA, Md. (July 23, 2019)—Do you speak Spanish? A growing number of Hospice of the Chesapeake's patients and their families do. For many of them, it is difficult to understand questions and directions from our clinical teams in English. As the headline says, necesitamos su ayuda: We need your help. We need bilingual people who have a gift of compassion and caring to serve as voluntarios. Areas of need include:

Translators: Volunteers who are on-call to provide translation services. This can be done in person or on the phone.

Patient Care Volunteers: Volunteers who visit with and provide comfort to Spanish-speaking patients and their families.

Community Outreach Volunteers: Volunteers to advocate for hospice, palliative and bereavement care at healthcare fairs, senior fairs and other public events that target the Spanish-speaking population.

We also welcome people who are bilingual or multilingual in other languages, including Korean and American Sign Language. Imagine the comfort you can bring to patients and families in Anne Arundel and Prince George's counties by sharing your language skills. Become a volunteer if you are age 18 or older and willing to complete volunteer training. Free training is provided; in fact, many enjoy taking advantage of the variety of complimentary learning opportunities offered to volunteers and staff. Contact joinus@hospicechesapeake.org, 443-837-1508 or visit www.hospicechesapeake.org/volunteer for more information.

—Elizabeth Marcussen, Hospice of the Chesapeake

Hair Cuttery to Support Underprivileged Children With Back-to-School Share-A-Haircut Program

For every children's haircut purchased between August 1–15, a haircut certificate will be donated to a child in need—just in time for the new school year

VIENNA, Va. (July 18, 2019)—Hair Cuttery, the largest family-owned and operated chain of hair salons in the country, will be donating back-to-school haircuts to children who need it the most this summer. From August 1–15, for every child up to age 18 who purchases a haircut at one of Hair Cuttery's nearly 900 salons, one free haircut certificate will be donated to an underprivileged child in the community. The goal is for these children to associate feeling good about themselves with getting ready to head back to school. Hair Cuttery believes in making beauty shine from within and a new style is just what children need to start the new school year with confidence!

Within the first two weeks of August, Hair Cuttery is aiming to donate tens of thousands of free haircut certificates ahead of the new school year. Certificates will be distributed with the help of more than 200 local government and non-profit organizations in communities across the country.

This year marks the 20th anniversary of the Share-A-Haircut program which has donated more than 2.4 million free haircut certificates valued at nearly \$36 million.

—Shannon Stern, TBC for Hair Cuttery

Safeway Presents SCHOOL SPIRIT Campaign to Support 112 Local Schools

By KERRY LYNN BOHEN
for Safeway

LANHAM, Md. (July 19, 2019)—Safeway Foundation and Safeway, continuing their tradition of investing in education in the communities they serve, will present the third annual SCHOOL SPIRIT back-to-school fundraising campaign, to benefit 112 K-12 public schools in Maryland, D.C., Virginia, and Delaware.

From August 1–31, Safeway Eastern Division stores will collect customer donations at checkout to support school projects and supplies. Each store will collect donations on behalf of one local school.

"Safeway Foundation and Safeway believe that every student should have access to education that prepares them to succeed in school and life," said Tom Lofland, Safeway Eastern Division President. "We're proud to support our local schools."

To kick-off the campaign, spirited pep rallies will be held at two Safeway stores. The events, which will be free and open to the public, will feature special guests, music, refreshments, and free gifts.

On August 1 at 12 p.m., Baltimore Ravens' alumni player Qadry Ismail, cheerleaders, and mascot Poe will show their spirit at the Canton Safeway pep rally at 2610 Boston Street in Baltimore, MD. Special guests will also include WBAL-TV Anchors Andre Hepkins and Ashley Hinson, and 98 Rock morning show host Justin Schlager. Hampstead Hill Academy Principal Matthew Hornbeck will participate as well. Live music will be performed by the Marching Ravens Pep Band, and Dietz & Watson will be serving hot dogs and hamburgers.

On August 6 at 12 p.m., Washington Redskins alumni player Santana Moss and Redskins cheerleaders will greet fans at the Petworth Safeway pep rally at 3830 Georgia Avenue NW in Washington, D.C. They will be joined by Fox5 TV's Erin Como, personalities from radio stations WPGC, El Zol, and The Drive, *The Washington Informer's* Publisher Denise Rolark Barnes, and *El Tiempo Latino's* Managing Editor Rafael Ulloa. Theodore Roosevelt High School Principal Justin Ralston will also participate.

Partners supporting the 2019 School Spirit campaign include Washington's

WTTG-FOX 5, Baltimore's WBAL-TV 11, Entercom radio stations El Zol 107.9 FM, WPGC 95.5 FM, and The Drive 94.7 FM, Hearst radio stations 98 Rock and WBAL NewsRadio, *The Washington Informer*, *El Tiempo Latino*, the Washington Redskins and the Baltimore Ravens. Safeway is proud to be the official grocery partner for both NFL teams.

Safeway Foundation, part of Albertsons Companies Foundation, supports causes that impact Safeway customers' lives. Our stores provide the opportunity to mobilize funding and create awareness in our neighborhoods through generous contributions by our customers, our employees' passion, and partnerships with our vendors. We focus on giving locally in the areas of cancer research and treatment, hunger relief, education, veterans and helping people with disabilities. During 2018, Safeway Foundation in Safeway's Eastern Division invested nearly \$2 million in our neighborhoods. For more information visit www.safewayfoundation.org.



IMAGE COURTESY BBAR / EXELON CORPORATION

Artist rendering of the new design for the 11th Street Bridge Park in Washington, D.C.

Exelon Commits Capital Campaign Gift to 11th Street Bridge Park

\$5 million donation from Exelon and its local energy companies Pepco and Constellation will bridge Washington, D.C. communities, fund development of Environmental Education Center

By ROBIN GRAY
Exelon Communications

WASHINGTON, D.C. (July 23, 2019)—Exelon Corporation and its local energy companies Pepco and Constellation announced a \$5 million signature gift to support efforts by Washington, D.C.-based nonprofit Building Bridges Across the River (BBAR) to create the new 11th Street Bridge Park. Located on the piers of the former 11th Street Bridge spanning the Anacostia River, D.C.'s first elevated public park will connect two long-divided communities and repurpose an old, unused space to provide a new venue for healthy recreation, environmental education and the arts.

"Exelon's leadership supporting the 11th Street Bridge Park is an investment in the future of our city," said Scott Kratz, vice president of Building Bridges Across the River and director of the 11th Street Bridge Park. "In addition to fortifying the community's physical and environmental health, the Bridge Park has become a model for community-driven equitable development efforts across the country."

Exelon, Pepco and Constellation's pioneering philanthropic commitment will support the creation of the park's Environmental Education Center, a state-of-the-art, environmentally-friendly public space designed to inspire the next generation of river stewards in the nation's capital. The donation will also support collaboration between the power companies and park designers to help meet the community's clean energy goals by providing the grounds with efficient, carbon-free energy solutions. Possibilities under

consideration include electric vehicle charging stations, energy efficient smart lighting and clean energy workforce development programs.

"As the nation's leading provider of clean power, Exelon and our energy companies Pepco and Constellation are proud to join BBAR in efforts to improve the District's environment and contribute to fostering healthy, vibrant communities for generations to come," said William Von Hoene, Jr., Exelon's executive vice president and chief strategy officer and member of BBAR's Board of Directors. "We hope this community investment inspires other companies, individuals and foundations to recognize the enormous potential that this new public space will have to literally and metaphorically bridge D.C."

"I am so looking forward to the 11th Street Bridge Park," said Congresswoman Eleanor Holmes Norton. "There has never been a park like this in the United States! I also want to note the outstanding work of the Bridge Park team to bring affordable housing, workforce development, and investing in small businesses to ensure local residents can stay and thrive in place."

The Environmental Education Center will be powered by solar panels donated by Constellation. Within the center, a 3,230 square foot multifunction room will provide space for up to 90 students to gather for lectures, film screenings or activities before exploring learning gardens populated with local flora and fauna. Programming for the center will be run in partnership with the Anacostia Watershed Society.

With this \$5 million commitment, Build-

ing Bridges Across the River has secured over \$111 million towards a \$139 million capital campaign goal that includes both bricks and mortar for the park and investments in affordable housing, workforce development and small business and cultural equity strategies.

Design for the 11th Street Bridge Park began in October 2014 after a seven-month competition to create the vision for the project, from which the design team of OMA+OLIN was selected. The Bridge Park project also drew on an extensive community outreach and a consultative process, anchored by more than 1,000 stakeholder meetings for design, development and impact. Pre-construction began in 2016 and the Park is expected to open by 2023.

The 11th Street Bridge Park, a project of Ward 8-based nonprofit Building Bridges Across the River, will be Washington, D.C.'s first elevated public park. Located on the piers of the old 11th Street bridge spanning the Anacostia River, the Bridge Park will be a new venue for healthy recreation, environmental education and the arts. Park programming designed in collaboration with local residents includes: an environmental education center; outdoor amphitheater; urban agriculture; public art that tells the rich history of the region; café; and intergenerational play space. Beyond supporting the community's physical and environmental health, the Bridge Park also seeks to become an anchor for equitable development in our nation's capital. Visit BridgePark.org/communityinvestments to learn more about the Bridge Park's local community investments.

COMMENTARY

Lori Bringham

President and Chief Executive Officer, Washington Regional Transplant Community

Honoring Molly's Gift

It was a Friday morning, and as the sun rose over the Lincoln Memorial more than 100 members of the United States Coast Guard gathered on the sixth floor of George Washington University Hospital. They came to say goodbye to their shipmate Molly Waters, who lost her life after a motorcycle crash. Molly, a Coast Guard Commander, spent 16 years rising through the ranks and lived to serve. Now even in death, Molly served others since she had made the selfless decision to register as an organ donor. As Molly was brought from the intensive care unit to the operating room to donate her organs, her shipmates, family, friends and hospital staff lined the hallway, a growing tradition known as an "Honor Walk." We stood silently in the weight of the moment, collectively mourning such a tragic death and expressing our gratitude for the generosity of this ultimate act.

Last year in the United States more people than ever gave the gift of life by donating their organs upon their death. This isn't the type of record that makes headlines. But it should be. Organ donation and lifesaving transplants can only occur when individuals like Molly and their families realize that even in death they can make a difference and become part of a much larger story.

That story is one of generosity and inspiration that has led to steady increases in organ donations and transplants. Organ transplants in the U.S. saw their sixth consecutive record-breaking year in 2018, with an 18 percent increase in deceased organ donors between 2015 and 2018. The 10,721 deceased donors last year meant 29,680 transplants

for people waiting for an organ. Here in the D.C. metro area, we are part of this story, too. Last year, our organization surpassed our own record recovering and allocating 474 organs from 137 generous donors, which saved the lives of 401 people.

At Washington Regional Transplant Community (WRTC) located in Falls Church, we work every day to help save more lives through organ donation. Our job is to educate medical professionals and the public about organ donation; facilitate the recovery of organs, match them to waiting patients and deliver them to transplant hospitals; and support donor families before, during and after the donation process and help honor the legacies of their loved ones. We work in close partnership with six transplant centers and 44 hospitals to decrease the number of patients waiting for a life-saving organ.

WRTC is one of 58 organ procurement organizations (OPOs) across the U.S. Our singular mission is to save lives through organ donation and transplantation and, as a community, we are working toward the day that no one dies waiting for an organ. The unfortunate fact today is that with more than 113,000 people on the national transplant waiting list, the need for a donated organ far outpaces availability. And while increased public awareness and willingness to be a donor is essential, that alone isn't enough. Only three in every 1,000 people die in a way that allows for the possibility of organ donation.

OPOs are working to improve these odds. We are pursuing positive changes to federal policies



PHOTOGRAPH COURTESY OF WASHINGTON REGIONAL TRANSPLANT COMMUNITY

Honor Walk for United States Coast Guard Commander Molly Waters. The Honor Walk took place at George Washington University Hospital in D.C. Molly, a registered organ donor, saved lives by donating her kidneys, liver and tissues for transplant. In addition, her heart and brain were donated for medical research.

that govern organ donation and transplantation, including promoting the use of organs from more complex donors, improving clinical support, providing OPOs access to donor hospital health records and addressing transplant center reimbursement and evaluation policies that might be a disincentive to otherwise successful organ matches.

We are also committed to our own continuous improvement and support the development of an improved method for measuring OPO performance, as was included in President Trump's recently announced initiative on Advancing American Kidney Health. An enhanced metric that improves the ability to recover and deliver organs to those who need them will not only serve kidney patients, but all patients waiting for an organ.

Additionally, at WRTC, we realize the power of scientific and medical research and its ability

to save lives and heal patients. Therefore, deceased donors can donate organs and tissues, unsuitable for transplants, to far-reaching medical research and therapy initiatives. In 2018, WRTC allocated 92 organs for research, which ranked seventh in the nation.

The system for organ donation in the U.S. is complex and highly regulated, providing a strong infrastructure and successful track record from which to build. At WRTC, we are privileged to play a role in this system and are committed to working with our local and national partners to make it even stronger and more successful.

We honor those who have embraced organ donation as an act of human kindness to inspire others to register as donors too. We encourage you to make the legal and informed decision to be an organ donor.

Marion Wright Edelman

President Emerita,
Children's Defense Fund



ChildWatch:

Vaccines, Preventable Diseases and Children's Health: A Call to Action

I've never forgotten my family's sadness over the senseless death of my childhood neighbor little Johnny Harrington, who lived three houses down from our church parsonage in segregated Bennettsville, South Carolina. Johnny stepped on a rusted nail and died of the resulting tetanus infection because his hard-working grandmother had no doctor to advise her nor the money to pay for health care. Over the last four decades the Children's Defense Fund (CDF) has fought alongside many others to champion policies and programs that work to ensure every child in America gets vaccinated against preventable diseases like tetanus, polio, and measles.

Yet in 2019 headlines like "New U.S. measles cases break 25-year-old record" are creating fear and worry, especially among parents. How can it be that we are seeing more and more outbreaks of a disease declared eliminated in the United States nearly two decades ago? The answer involves a web of linked factors: the spread of misinformation and falsehoods by a small but vocal number of vaccine opponents, gaps in vaccination coverage, and a national and global increase in outbreaks of vaccine preventable diseases (VPDs). The U.S. has already recorded well over 1,000 cases of measles this year—most of them occurring in children. As we explain in a new brief, this growing crisis is putting our children at risk and must be stopped.

The facts are simple: Vaccines are safe. They are highly effective. They are supported by every major American medical society and government agency and are a routine part of pediatric care. Yet the growing number of VPD outbreaks suggests more must be done to support immunization and halt the spread of serious—and potentially deadly—diseases. The bottom line is that to stop the spread of measles and other serious diseases, parents must have access to factual information from trusted sources to combat fraudulent information spread by the anti-vaccination movement in the U.S. and around the world. To ensure that parents are equipped with the facts, health care providers, educators, children's groups, policymakers and faith leaders must be vocal advocates for vaccinations, and policies must support vaccination and limit exemptions only to those with legitimate medical reasons.

Why are vaccines so important? Vaccines save lives and protect against long-term health consequences. They reduce disability and suffering,

contribute to longer life expectancy, and help lower health disparities, and they are one of the greatest successes in public health and modern medicine. From 1994 to 2016, childhood immunizations prevented an estimated 281 million child illnesses, 855,000 child deaths, and nearly \$1.65 trillion in health care costs. Every dollar invested in vaccination yields \$3 in direct benefits and \$10 in benefits when societal costs are included. They also save money for states and localities, which shoulder the often high cost of tracking and treating those who are infected. For instance, measles costs an average of \$32,000 per case.

Measles is a very good case study in the benefits of vaccines. Before the vaccine was introduced in 1963, measles killed approximately 400-500 American children every year. According to the World Health Organization (WHO), measles has been eliminated in all of the Americas, from Canada to Chile, although both the U.S. and Venezuela are now currently experiencing outbreaks. However, measles remains endemic elsewhere in the world, including Europe, Asia, the Pacific, and Africa. About 10 million people are infected each year and almost 110,000 die, mostly children under age five. Measles can result in severe and lifelong health consequences for those who do survive. It is also highly contagious—so much so that an unvaccinated person walking through a room up to two hours after someone with measles has left has about a 90 percent chance of getting sick. The very young face heightened risk: most infants do not get their first measles vaccine until they are about one year old, and the consequences of infection can be particularly severe in babies and young children. A third of all measles cases in the current U.S. outbreaks occurred in children younger than five, and most were children under age 18 who had not been fully vaccinated.

Yet despite all the conclusive evidence that vaccinations are safe and protect against dangerous diseases, small groups of people in the U.S. and around the world choose to forgo some or all vaccines for themselves and their children, putting their children, families and communities at risk. This trend towards vaccine hesitancy and refusal has grown globally in recent years as mis-

See VACCINES Page A8

Chris Van Hollen

United States Senator for Maryland



Van Hollen, Cardin Introduce Empowering States to Address Drug Costs Act

Legislation Would Support Maryland's Efforts to Tackle Prescription Drug Prices

By BRIDGETT FREY
Senator Van Hollen's Press Office

WASHINGTON (July 24, 2019)—[Last week] U.S. Senators Chris Van Hollen and Ben Cardin (both D-Md.) introduced the Empowering States to Address Drug Costs Act, which would bolster state efforts to lower prescription drug costs. The bill would provide states, including Maryland, with average manufacturer price, best price, and rebate calculation data under Medicaid in order to establish and operate prescription drug affordability boards or state multi-payer purchasing pools that help negotiate lower prices for prescription drugs.

"In the face of skyrocketing prescription drug costs that leave too many families unable to access life-saving medication, we need to tackle this crisis. States like Maryland are at the forefront of devising innovative solutions to bring relief to patients, and the federal government must do everything in its

power to ensure they have the tools they need to enact meaningful reforms at the state level. At the same time, we will continue to push in Congress for national reforms on this critical issue," said Senator Van Hollen.

"Maryland is working to make life-changing and life-saving prescription drugs more affordable. Our legislation would keep such programs nationwide on track, helping millions" said Senator Cardin, who also introduced the legislation as an amendment to a pending bill on drug pricing being considered in the Senate Finance Committee.

In Maryland, the state is setting up a Prescription Drug Affordability Board to examine drugs with costs that greatly impact Marylanders. This data will be central to their effort. Under current law, this information is confidential, but access to this data will help strengthen states' bargaining position with drug manufacturers in their efforts to

curb prescription drug costs. States would be required to keep this information confidential, as state Medicaid programs are already required to do.

Vincent DeMarco, President of the Maryland Citizen's Health Initiative, said, "The legislation introduced today by Senators Van Hollen and Cardin is important to the success of Maryland's Prescription Drug Affordability Board and for other states working to make prescription drugs affordable. This one provision will do two things. It will help state government initiatives get as close as possible to the lowest costs in the marketplace and it will help avoid industry lawsuits that could happen if a state mistakenly exceeded Medicaid rebate levels. More federal support will be needed to protect states from industry lawsuits, but this is a really important place to start. This legislation will ensure that Prescription Drug Affordability Boards and other state drug cost initiatives can produce real results for people."

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
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Publisher/Senior Editor Legusta Floyd	Editor Lisa Duan
General Manager/ Legal Advertising Manager Brenda Boice	Administrative Assistant/ Billing Julie Volosin
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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

About Collecting Spouse Benefits or Disability

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

Dear Rusty:

My wife will be 62 in a few months and I'm still working (I am 59). Can my wife get any Social Security if I'm not yet retired? She's short quarters for her own Social Security from when she worked. She also worked under our State Teachers Retirement System as a substitute teacher, but she is short of getting any STRS benefits. She's a diabetic and has other health problems, so can she qualify for disability? **Signed: Inquiring Husband**

Dear Inquiring Husband: Your wife cannot collect Social Security spousal benefits from your record until you are collecting your own Social Security. To be eligible for Social Security on her own work record she needs to have at least 40 "quarters" of work credits - about 10 years of substantial earnings over her lifetime during which she and her employer both contributed to Social Security. Her employment with STRS didn't give her Social Security credits since her State employer doesn't participate in the Social Security program; however, if she doesn't have a STRS pension then neither does she need to worry about that pension affecting her eventual Social Security spousal benefits when she can collect from you (if she had a pension from STRS her Social Security spousal benefit would be reduced).

As far as the possibility of your wife getting Social Security Disability Insurance (SSDI) benefits, SSDI benefits can only be awarded based upon one's own work record. Whether your wife qualifies would depend upon how many Social Security quarter credits she has and when they were earned. Your wife would need to have worked in Social Security covered employment for at least 5 of the last 10 years to be eligible for SSDI benefits, and her current health condition would need to render her totally disabled and unable to work (and that must be medically confirmed) in order to qualify.

If she hasn't already done so, I suggest your wife obtain a Statement of Estimated Benefits and Earnings Statement from Social Security. She can do this online by setting up her own personal "My Social Security" account at www.ssa.gov or by requesting same from Social Security via phone. You can find your local Social Security office contact information by going to this link: www.ssa.gov/locator. Once you have obtained this information you will be able to determine exactly how many Social Security "quarter credits" your wife actually has to this point and the employment years for which she earned them (for SSDI purposes), and also if she is entitled to any Social Security benefits on her own from credits earned over her lifetime (SS credits don't expire). Having all that information should help your wife fully understand if she has any claiming options other than waiting until you start collecting your own Social Security retirement benefit, at which point she can claim her spousal benefit.

The 2 million member Association of Mature American Citizens (AMAC) (<https://www.amac.us>) is a vibrant, vital senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at <https://amac.us/join-amac>.

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

Local Heritage Area Projects Awarded Funding From State of Maryland

By PRESS OFFICER
Anacostia Trails Heritage Area (ATHA) Inc.

HYATTSVILLE, Md. (July 18, 2019)—Anacostia Trails Heritage Area (ATHA) Inc., the management organization for Maryland Milestones/Anacostia Trails Heritage Area, has announced that local projects were awarded matching grants by the State of Maryland on July 11, 2019. The projects are Friends of Old Greenbelt Theatre for Prince George's County Film Center (\$75,000); City of Bowie for Bowie Heritage Trail/10th Street Bridge Park (\$74,660); and ATHA Inc. for \$125,000 to support Rocket Grants, programming, and administration, as well as a Boundary Expansion Feasibility Study (\$40,000). In addition, projects from the Town of University Park and Compass Inc. have been placed on the reserve list, potentially receiving funding for fiscal year 2020.

"Heritage tourism is an important part of expanding the economy of our region," said Aaron Marcavitch, Executive Director of ATHA Inc. "In working with our partners at historic, cultural, and natural sites, we will continue to improve tourism infrastructure and expand visitation into one of Maryland's most unique regions."

Every dollar of MHAA state grant funding has a return on investment of \$4.45, generates \$19.8 million in state and local taxes, and creates 3,146 jobs annually. For this round of grants in FY20, the Hogan administration awarded more than \$5 million matching grants to Maryland nonprofits, local jurisdictions, and other heritage tourism organizations through the Maryland Heritage Areas Authority (MHAA). These grant funds support heritage tourism projects and activities that draw visitors to and expand economic development and tourism-related job creation in Maryland's 13 certified heritage areas.

Organizations across the state receiving grant awards include museums, parks, educational organizations, and other entities that steward and celebrate the unique cultural and natural resources located within one of Maryland's heritage areas. A list of the 109 FY20 grant awards can be found at mht.maryland.gov/documents/PDF/MHAA/MHAA_CurrentGrantAwards.pdf.

Heritage areas foster broad public-private partnerships to preserve and enhance the best of Maryland's historic sites and towns, unspoiled natural landscapes, and enduring traditions. These tangible links to both place and past help residents recognize their communities have a special piece of the American story to treasure and share with others and, in doing so, contribute to the economy of Maryland's communities by preserving and enhancing places that attract heritage tourists.

Maryland Milestones/Anacostia Trails Heritage Area celebrates the firsts, the unique, and the special places in northern Prince George's County, working in partnership with a variety of stakeholders. Currently, the organization is leading the development of a Civil Rights Trail, an updated Battle of Bladensburg Trail, and working to better utilize the Rhode Island Avenue Trolley Trail. The organization has been offering summer bike tours from the Annalie and Soren Ebbeler Maryland Milestones Heritage Center.

During fiscal year 2019, Maryland Milestones has also awarded \$25,000 worth of "Rocket Grants" to Riversdale Historical Society, the Prince George's Philharmonic, Friends of Greenbelt Theatre, Montpelier Mansion/MNCPPC, Laurel Historical Society, Town of Riverdale Park, and the College Park City-University Partnership. These "mini-grants" are intended to be startup funds for a variety of projects.

To learn more about Maryland Milestones and sign up for weekly event listings, visit <http://marylandmilestones.org>

Leadership Maryland Now Accepting Applications For Class of 2020

Deadline to Apply is October 31, 2019

By LINDSAY HEBERT
Devaney & Associates

ANNAPOLIS, Md. (July 24, 2019)—Leadership Maryland, the professional development program dedicated to building a better Maryland by harnessing the strength of its local business and community leaders, is now accepting applications for the Class of 2020. Leadership Maryland's selection committee will choose 52 applicants to complete an eight-month hands-on learning program focused on the state's most vital social, economic and environmental issues.

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

"Leadership Maryland offers an eye-opening, hands-on learning program that many of our alumni consider to be one of the most rewarding experiences of their careers," said Renée Winsky, '05, president and Chief Executive Officer, Leadership Maryland. "We are searching for the next cohort of our state's most impassioned and

motivated leaders. Our Class of 2020 will gain knowledge of Maryland's challenges, insight into their own personal influence and leadership ability, and lifelong access to an incredible network of the state's most influential leaders."

To be considered for the Class of 2020, application packages must include:

- Completed application, available online only at www.LeadershipMD.org;
- Paid non-refundable application fee of \$250;
- Two references;
- One letter of recommendation;
- Authorizing official statement from applicant's supervisor or CEO (unless applicant is self-employed or are their own supervisor);
- Professional color photo

Completed application packages and registration fees must be received by Leadership Maryland (134 Holiday Court, Suite 318, Annapolis, Md. 21401) by 5 p.m. on Thursday, October 31, 2019. Upon acceptance of the application, candidates will be contacted to schedule an interview with members of the Leadership Maryland selection committee. The selected Class of 2020 will be announced in early February 2020.

Before applying, candidates should know they will be able to attend Class of 2020 sessions on the following dates:

- March 23 (evening reception)
- April 23 & 24 (mandatory)

- May 14 & 15
- June 18 & 19
- July 16 & 17
- September 24 & 25
- October 22 & 23
- November 13
- December 8

Full information regarding Leadership Maryland's application instructions, selection process, tuition and financial assistance, 2020 program dates and locations, and attendance policy are available at www.LeadershipMD.org. Anyone with questions may contact Leadership Maryland at 410-841-2101 or Info@LeadershipMD.org.

Leadership Maryland is a professional development program dedicated to building a better Maryland by harnessing the strength of its local business and community leaders. Each year, as many as 52 diverse and accomplished executives from Maryland's public and private sectors are selected to come together as a class for an eight-month hands-on learning program focused on the state's most vital social, economic and environmental issues. The first Leadership Maryland class graduated in 1993, and the organization's alumni network now consists of more than 1,100 leaders from all industries and regions of the state. To learn more, please call Leadership Maryland at 410-841-2101 or visit www.LeadershipMD.org.

PERSONAL FINANCE

5 Tips for Managing Your Student Loan Debt

(StatePoint) Student loan debt is a fact of life for many college graduates and their parents, with borrowers owing approximately \$1.6 trillion in federal and private student loans in 2019. While some graduates easily repay their loans, others struggle to manage their debt.

Nearly one-quarter of respondents in a recent CFP Board/Morning Consult survey reported they or someone in their household has student loan debt. Only 21 percent of respondents with student loans were very confident they could manage and pay off their debt. Another 21 percent knew their student loan debt would be overwhelming and were not at all confident in their ability to repay.

The survey also highlighted the impact student debt can have on an individual's ability to achieve important milestones, such as saving for retirement. Approximately one-third of respondents said it was unlikely they would be able to contribute to a savings or retirement account while paying off their student loans, while nearly 50 percent said they would not be able to fund an investment portfolio.

If you have student loans, a Certified Financial Planner (CFP) professional can provide competent, ethical advice on managing debt while building a retirement fund and balancing other financial goals. Here are five tips to get you started:

1. Get organized. Borrowers may miss student loan payments simply because they're unaware of the terms of

their loans. Knowing how much you owe, to whom, and the terms of your loans can help you make informed budget and repayment decisions.

2. Consider consolidating loans. Many students graduate with loans from multiple sources. Consolidating student loans simplifies repayment and may decrease the amount you pay monthly. However, keep in mind that consolidation isn't the best strategy for everyone. Evaluate your specific loans and learn more about what consolidation might look like for you.

3. Set up automatic payments. Automatic payment plans save time, stress and, in some cases, money. Some lenders will decrease the interest rate on your loan (usually less than 1 percent) as an incentive to set up automatic debit payments. Even a small reduction can save you money in the long run.

4. Know your repayment options. There are several repayment plans for federal student loans. This includes options that lower monthly payments in proportion to income. Or, you can apply for a deferment or forbearance, which allows you to stop making payments for a certain period.

5. Get employer assistance. Ask if your company offers financial assistance for school expenses or student loan payments. Although not directly related to student loans, if your



PHOTO SOURCE: © DAMIR / STOCK.ADOBE.COM

employer matches employee retirement contributions, make sure you're maximizing that benefit. Failing to make your own contributions up to that match is likely leaving a significant amount of money on the table. Finding a balance between all your financial goals is important.

For more debt management tips and to find a CFP professional near you who can help you review your options and determine the best plan for meeting your goals, visit letsmakeaplan.org. For questions or for more information about your specific loans, contact your student loan provider.

With the right information and assistance, you can better manage student loan debt while preparing for the future.

OUT on the TOWN

**Tuesday,
August 6,
2019**

National Night Out 2019

Some of the National Night Out 2019 events around the county:

National Night Out at Marlborough Village Shopping Center

Time: 6:30–8:30 p.m.
5030 Brown Station Rd, Upper Marlboro, MD 20772

Come Join Your Neighbors for the 36th Anniversary Celebration of “National Night Out” at the Marlborough Village Shopping Center. National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.

Bring your lawn chairs and the whole family! Co-sponsored by the Upper Marlboro Police Department, Greater Upper Marlboro CERT Team, and the Marlboro Volunteer Fire Department. CSA 23 Leadership Council, Prince George's County Police Department District II, and Owners of Marlborough Village Shopping Center.

Help build Stronger and safer communities! For more information call 301-390-2100 or email CSA23LC@gmail.com

Moon Bounce, Music, Food, Kids Corner, and more!
Contact Phone: 301-390-2100

City of Hyattsville: National Night Out Against Crime

Time: 6–9 p.m.
Heurich Park, 2800 Nicholson Street

The city's celebration is one of more than 15,000 taking place throughout the US. The events connect neighbors and promote police-community partnerships. More than 37 million people came out in support of safe and welcoming communities last year—come and be counted in 2019!

- This year's event opens at 6 p.m. Free family fun all night, including
- Moonbounces
 - DJ music and dancing
 - Free snow cones and cotton candy
 - K-9 demonstrations
 - Meet police officers and law enforcement professionals from Hyattsville and around the region
 - A performance by Mandy the Clown
 - Face painting
 - Arrow Bike's bike safety course for kids—please bring your own bike!
- The event concludes with a Take Back the Night walk through the neighborhood.

Questions? Please contact the City of Hyattsville Department of Community Services by phone at 301-985-5021 or cevehart@hyattsville.org.

Sunset Concert Series/National Night Out:

G-Swagg Band & Show
6:30–8:30 p.m.; rain or shine

Hillcrest Heights Community Center, 2300 Oxon Run Drive, Temple Hills, MD 20748, Contact: 301-446-3232

Bring a blanket or lawn chair. Refreshments will be available for purchase, if desired. Movie will begin at dusk. Presented by the Maryland-National Capital Park and Planning Commission, Prince George's County Department of Parks & Recreation.

Join the Council District 6 Team for National Night Out 2019 (#NNO19InD6)

Join Council Member Derrick Leon Davis and the entire District 6 team on Tuesday, August 6, 2019 for National Night Out, an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods a safer, better place to live.

The #District6#NNO19InD6 schedule is as follows:

Cameron Grove

Cameron Grove Resort Center
100 Cameron Grove Boulevard, Upper Marlboro, MD 20774
Time: 5:30–7:00 p.m.

City of District Heights

District Heights Municipal Center
2000 Marbury Drive, District Heights, MD 20747
Time: 5:30–8:30 p.m.

The Kettering Civic Federation and the Largo and Lake Arbor Civic Associations with Police District II

Kettering/Largo Plaza Shopping Center
Campus Way South, Upper Marlboro, MD 20774
Time: 5:30–8:30 p.m.

Town of Upper Marlboro

Dutch Village Farmers Market/Marlboro Village Shopping Center
5030 Brown Station Road, Upper Marlboro, MD 20772
Time: 6–8 p.m.

Oak Creek Club Homeowners Association

Oak Creek Club's Swim and Tennis Center
14505 Mary Bowie Parkway, Upper Marlboro, MD 20774
Time: 6–8 p.m.

Beechtree Homeowners Association

15511 Beechtree Parkway, Upper Marlboro, MD 20774
Time: 6–9 p.m.

Fairwood Sycamore Club

12500 Fairwood Parkway, Bowie, MD 20720
Time: 7–9 p.m.

National Night Out

Time: 5–8:30 p.m.
6707 Groveton Dr. Clinton, MD 20735 (District V Police Station)
Free food, Fun, Music, Giveaways and more and don't forget to bring your lawn chairs.

it's manifested in a gross, tasteless tangent down the avenue of “How old would John Lennon have lived to be if he hadn't been assassinated?” (I almost cannot believe that this sequence was kept in.)

In short: If you wanted to write a movie with the premise of “only one person remembers the most popular band of all time” but you didn't know which band that was, so you just wrote “[INSERT BAND NAME]” throughout the screenplay and then looked it up when you were finished ... well, I don't know that that version would be much different from this one.

And what is the central rom-com dilemma, anyway? Jack's lifelong platonic friend Ellie (Lily James), a schoolteacher who moonlighted as his manager when he was a nobody, has been in love with him for years and he never realized it. Now that he does realize it, he's big and famous and touring the world—under false pretenses, mind you, which is eating at him but he can't tell the truth about it because it wouldn't make sense—and that's not a lifestyle conducive to having a romantic partner who has to stay home in London. Like most rom-com choices, the correct

answer is a no-brainer (Gee, should I keep lying to everyone and be lonely, or should I come clean and be in love????) and we're just waiting for him to get around to choosing it.

That being said ... ugh, I smiled for a lot of it. Boyle, almost desperate to find something visually interesting in all this, has a few tricks up his sleeve, notably when Jack is trying to remember Beatles lyrics (he can't just Google them, after all) and we see what he's thinking. Patel is a likable everyman, James' enthusiasm is infectious, and Kate McKinnon is amusing as a ruthless record label exec who keeps telling Jack he's not handsome enough to be a star. (As my friend Vince Mancini pointed out, this is ridiculous not just because Himesh Patel isn't bad-looking, but because they keep saying it when Ed Sheeran is standing right there providing a counterexample.) Laying aside that the movie isn't interested in what I wanted it to be interested in, it's only so-so at addressing what it is interested in—but it's just so-so enough to be more good than bad. The more I think about it the less I like it, though, so I'd better stop while it's still a B-

ERIC D. SNIDER'S IN THE DARK

... Movie Review ...

Yesterday

Yesterday
Grade: C+
Rated PG-13, a little profanity,
some very mild innuendo
1 hr., 56 min.

“Yesterday,” a song about regret over the way things turned out, is perfect for the movie “Yesterday,” which should have been better. Written by romantic-comedy veteran Richard Curtis (“Notting Hill,” “Love Actually,” “About Time”) and directed by the creative but not very touchy-feely Danny Boyle (“127 Hours,” “Trainspotting”), it's a basic but pleasant rom-com in the body of a high-concept fantasy: Jack Malik (Himesh Patel), a struggling, moderately talented London singer-songwriter, wakes up in an alternate timeline where The Beatles never existed and he's the only person who remembers them, opening the door for him to become a superstar by “writing” a series of great pop songs.

What does the movie do with this intriguing premise? Nothing, really. Contrary to what you'd expect (and, not for nothing, what the trailers are selling), this isn't a movie about how great The Beatles were or how the world would be different without them. In the movie, the world is exactly the same except that Oasis never formed (obviously, but what about all the other Beatles-inspired bands?). A few other things are missing, too, but they're included as jokes and have nothing to do with the Fab Four.

As far as Beatles appreciation goes, the film has exactly one (1) actual Beatles recording—“Hey, Jude,” played over the closing credits—and a multitude of snippets of Beatles covers

sung by Patel. Except for his lovely rendition of the title tune (and Boyle does a great job capturing people's reaction to hearing this miraculous song for the first time), none of these renditions is remarkable in any way. Characters talk about how great the songs are, but there's no discussion of what makes them great, or why they're any better than, say, the songs of Ed Sheeran, who appears as himself as an early champion of Jack's career. Jack doesn't even make any modifications for modern sensibilities. He sings “She was just 17” at the beginning of “I Saw Her Standing There” as if it's not 2019 and “She was just 17” is not a highly problematic way to open a pop song.

To the extent that the film is interested in how the world would be without The Beatles, it's only in the service of the central rom-com dilemma, and



ROTTENTOMATOES.COM

Jack Malik (Himesh Patel, BBC's Eastenders) is a struggling singer-songwriter in a tiny English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie (Lily James, Mamma Mia! Here We Go Again). Then, after a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed... and he finds himself with a very complicated problem, indeed.

Day Trip Fun

The American Soldier Through the Ages

Date and Time: August 3–4, 2019, hours are 10 a.m.–5 p.m. Saturday and 10 a.m.–3 p.m. Sunday

Description: The military history of Fort Frederick spans the 18th and 19th centuries. Building upon that legacy, the park will be hosting a “Soldier through the Centuries” program. With hands-on displays of weapons, uniforms and military gear from the 1600's colonial militia, Revolutionary War, Civil War and World War II. Historical interpreters from the fort will be describing how soldiering changed over time while maintaining certain common elements. You will be given a rare opportunity to come in close contact with our military past.

Cost: Park entrance fees apply.

Ages: All ages are welcome

Location: Fort Frederick State Park, 11100 Fort Frederick Road, Big Pool MD 21711 (81 miles from Washington, D.C.)

Contact: 301-842-2155

OPEN TO THE PUBLIC



Fort Frederick State Park

PHOTOGRAPH BY ACROTHERION, WIKIMEDIA COMMONS

Located in the Cumberland Valley, the 585 acre **Fort Frederick State Park** features a unique stone fort that served as Maryland's frontier defense during the French and Indian War. The Fort's stone wall and two barracks have been restored to their 1758 appearance, serving today to house historic exhibits. The park also features the Civilian Conservation Corps Museum and Visitor Center. Annual programming includes artillery firings, junior ranger activities, colonial children's day, and the 18th Century Market Fair. The park borders the Potomac River, and the Chesapeake and Ohio Canal passes through the park. Additional amenities include a boat launch, campsites, camp store, designated fishing areas, flat water canoeing, a hiking trail, interpretive and educational programs, picnicking, a playground, and a shelter. The park is open to the public 8 a.m. to Sunset, April–October, 10 a.m. to Sunset, November–March.

Fort Frederick State Park: 11100 Fort Frederick Rd., Big Pool MD 21711 • 301-842-2155

<https://dnr.maryland.gov/publiclands/Pages/western/fortfrederick.aspx>

Local Fun

Family Fun at the Wonderful World of Watkins: Fabulous Fridays in August

Date and Time: Friday, August 2, 2019, 5–8 p.m.

Description: Come out for an evening of outdoor fun with friends and family! Enjoy unlimited rides on the train and carousel, and rounds of miniature golf for one price per person. The outdoor patio and surrounding grounds are the perfect places to bring and enjoy an outdoor snack or picnic dinner. Subject to change if rain.

Cost: Resident; \$5/person; Non-resident \$7/person.

Ages: All ages are welcome

Location: Watkins Regional Park, 301 Watkins Park Drive, Upper Marlboro, MD 20774

Contact: 301-218-6700; TTY 301-699-2544

Dinosaur Park Open House

Date and Time: Saturday, August 3, 2019, 12–4 p.m.

Description: Digging and personal fossil hunting prohibited. Paleontologists and educators will display fossils, casts, and models of *Astrodon johnstoni*, Maryland's state dinosaur, along with other 112 million-year-old creatures found at Dinosaur Park. Weather permitting, visitors help search for new fossils and make discoveries that will be preserved with their names for all time!

Cost: Free

Ages: All ages are welcome

Location: 13100 Mid-Atlantic Blvd, Laurel, MD 20708

Contact: 301-627-1286; TTY 301-699-2544

OPEN TO THE PUBLIC



Dinosaur Park

PHOTOGRAPH BY P.G. POST STAFF

Learn about the region's ancient history at **Dinosaur Park!** Featuring fossils from the early Cretaceous Period, the park preserves one of the most important fossil sites this side of the Mississippi. Visitors can enjoy the garden and play areas daily, from sunrise to sunset. FREE interpretive open houses are offered every 1st and 3rd Saturdays of the month where citizen scientists young and old can help with the continuing search for fossils while learning more about Maryland's prehistoric roots. Educational and school programs are also available—call 301-627-1286 for more information.

Dinosaur Park: 13100 Mid-Atlantic Boulevard, Laurel, MD 20708
301-627-1286 • <http://history.pgpc.com/3003/Dinosaur-Park>

Calendar of Events August 1–August 7, 2019

Outdoor Summer Movie Series:

How to Train Your Dragon: The Hidden World

Date and Time: Friday, August 2, 2019, 8:30 p.m.

Description: Join Council Member Deni Taveras, M-NCPPC Parks and Recreation, and our local School PTA/Os for an Outdoor Summer Movie Series throughout District 2! Our local PTA/Os will have a concession stand filled with a yummy selection of treats. Come out and enjoy a movie, all while you support our local school PTA/Os.

Cost: Free

Ages: All ages are welcome

Location: Heurich Park, 2800 Nicholson St., Hyattsville, MD 20782

Arts & Literacy Summer Pop-Ups

Date and Time: Saturday, August 3, 2019, 10 a.m.–12 p.m.

Description: Join Council Member Deni Taveras, Prince George's County Memorial Library and Parks & Recreation, for a fun-filled summer with books and art. The Arts & Literacy Summer Pop-Ups provide kids the opportunity to build and retain literacy skills through multicultural story time and visual arts workshops.

Cost: Free

Ages: Children grades 1–6

Location: Water Works Laundromat, 2311 University Boulevard, Hyattsville, MD 20783

Contact: RSVP: 301-952-4436; email: councildistrict2@co.pg.md.us

Forest Heights Day Festival

Date and Time: Saturday, August 3, 2019, 10 a.m.–4 p.m.

Description: Outdoor community festival starts off with a parade at 10 a.m. The festival features games, food, vendors and live entertainment. Come and enjoy this charming small town festival at this kid-friendly event.

Cost: Free

Ages: All ages are welcome

Location: 5500 Terrell Avenue, Oxon Hill, MD 20745

Contact: 301-839-1030

Henrietta Lacks Discussion: Difficult Conversations about Race

Date and Time: Saturday, August 3, 2019, 2–4 p.m.

Description: In the spirit of Henrietta Lacks we will gather and address the historical aspects associated with disparities in reproductive health care in the U.S. amongst black women. Lead by author and women reproductive health advocate, Nekose Wills, this discussion address such topics as human rights, equitable access to healthcare, and familial advocacy.

Cost: Free. Register at bdmuseum.maryland.gov/events/

Ages: Adults

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

Contact: 410-216-6180

Wine & Jazz at Marietta

Date and Time: Saturday, August 3, 2019, 2–7 p.m.

Description: Come to celebrate Summer with wine and jazz on the beautiful lawns of Marietta! Bring a lawn chair, blanket, or both and enjoy local wineries, live jazz, food, crafts demonstrations, book authors, and a tour of the historic home.

Cost: \$15/person. Includes a wine sampling glass.

Ages: 21 and older

Location: Marietta House Museum, 5626 Bell Station Road, Glenn Dale, MD 20769

Contact: 301-464-5291; TTY 301-699-2544

Community Art Drop-In

Date and Time: Sunday, August 4, 2019, 1–3 p.m.

Description: Make a sock monkey! Workshop with instructor Carol Petrucci. Materials provided, but feel free to bring socks, buttons and other embellishments. This project involves hand-sewing with metal needles and takes time to complete; plan to participate for the full 2 hours. **Reservations recommended: Sign up online through SignUpGenius.** A limited number of seats will be available on a walk-up basis starting at 1 p.m.

Cost: Free!

Ages: All ages are welcome.

Location: Greenbelt Community Center, Gymnasium, 15 Crescent Road, Greenbelt, MD 20770

Contact: 301-397-2208

'Living with Loss' Workshop

Date and Time: Wednesday, August 7, 2019, 6–8 p.m. **Pre-registration is requested; see contact below**

Description: Working through grief while trying to keep up with day-to-day life can feel very overwhelming. We want grief to be predictable and move logically from one step to the next, but it is not that way at all. While grief is universal, each person experiences grief differently. A light dinner will be served.

Cost: Free

Ages: Adults

Location: Hospice of the Chesapeake's John & Cathy Belcher Campus, 90 Ritchie Highway, Pasadena, MD

Contact: 1-888-501-7077, griefinfo@chesapeakelifecenter.org

Jazz on the Lawn: Sol Horizonte

Date and Time: Wednesday, August 7, 2019, 7–8 p.m.

Description: Pack a food basket, and bring a blanket or lawn chair to enjoy the Latin sounds of Sol Horizonte! Remember to stop by Town Center Market where you'll receive 10% off your growler & wine purchases on concert Wednesday evenings. Enjoy some pre-concert flow with our Yoga on the Grounds series this year, too! Concerts move inside in the event of rain.

Cost: Free

Ages: All ages are welcome

Location: Riversdale House Museum, 4811 Riverdale Road, Riverdale Park, MD 20737

Contact: 301-864-0420; TTY 301-699-2544

Summer Cinema in the Park: CAPTAIN MARVEL

Date and Time: Wednesday, August 7, 2019, 7–9 p.m.

Description: Bring a blanket or lawn chair. Refreshments will be available for purchase, if desired. Movie will begin at dusk. Presented by the Maryland-National Capital Park and Planning Commission, Prince George's County Department of Parks & Recreation. **Rain date is Thursday, August 13.**

Cost: Free

Ages: All ages are welcome

Location: Birchwood Neighborhood Park, 1331 Fernwood Avenue, Oxon Hill, MD 20745

The 12th Maryland Lighthouse Challenge Scheduled for September

Join the Fun and See the Lights! Ten Lighthouses, One Lightship, Two Days—12th Year!

By KAREN ROSAGE

Chesapeake Chapter, U.S. Lighthouse Society

PASADENA, Md. (July 22, 2019)—One of the missions of the Chesapeake Chapter of the United States Lighthouse Society is to educate, inform and entertain those who are interested in Chesapeake Bay area lighthouses. On the weekend of September 21–22, 2019, in partnership with the lighthouse organizations across the state, volunteers of the Chesapeake Chapter will do just that during the 2019 Maryland Lighthouse Challenge.

Participants who visit participating lighthouses during the allotted hours of 8 a.m.–6 p.m. will receive a complimentary souvenir at each. It is not necessary to visit all the lighthouses to participate and they can be visited in any order. Those who visit all the attractions will receive an additional "completer" souvenir proclaiming that "they've seen the lights!" For participants' added pleasure, and to really put the "challenge" in the event, there are two additional bonus lights, the Blackistone Lighthouse Replica at the site of Maryland's birthplace, St. Clement's Island, and Millers Island Lighthouse to be viewed from the popular Dock of the Bay Restaurant in Sparrows Point. The Bonus Lights do not count toward event "completion", but will earn participants extra souvenirs!

There will also be an add-on Bonus Cruise aboard Sawyer Charters, departing from Maryland's Eastern Shore to see some of the Chesapeake Bay's more elusive lighthouses, and an early bird special on Friday, September 20, which includes all of the Eastern Shore attractions, for those who want to jumpstart their Challenge adventure. Participants can visit Hooper Strait, Choptank River Replica and Sandy Point Shoal Lighthouses during the "early bird".

Lighthouses are an important aspect of our state's maritime heritage and remain treasured keepsakes of a by-gone era. Participants will find these magnificent structures and the history surrounding them water's edge at some of the most scenic destinations statewide.

Event Details available at www.cheslights.org.



PHOTOGRAPH CREDIT CRAIGBUCHER, CREATIVE COMMONS

Modern photo of Fort Washington lighthouse. The fog bell broke years ago, but the light still flashes red at night.

Earth TALK™ Fly Quiet: Airlines Starting to Address Noise Pollution

Dear EarthTalk:

I've noticed more and more air traffic over my house in Seattle and I'm getting a little sick of all the noise. Is there anything I can do to force the airlines to disperse their routes more widely or, even better, cut back on their number of flights?

—Bill G., Seattle, WA

As we all fly more and more these days, the airlines have responded by packing the friendly skies full of flights. If you live or work near a major airport, chances are air traffic noise is your constant companion throughout the day and even oftentimes overnight. But with noise exposure linked to reduced worker efficiency, increased hypertension and cardiovascular disease and impaired cognitive performance in school children, maybe it's time we reconsider what's tolerable in terms of air traffic noise.

Some cities (and their airports) have

started Fly Quiet programs to encourage airlines to use more modern, quieter planes and schedule their take-offs and landings to minimize or spread out noise pollution. For instance, San Francisco's SFO airport bestows its own "Fly Quiet Award" annually to the airlines that operate the quietest on their comings and goings to this Bay Area hub. Seattle, Oakland, Chicago and several other major airports across the U.S. have followed suit with similar programs. Some of the airlines to garner Fly Quiet honors for noise abatement include Southwest, Spirit, SkyWest, Virgin Atlantic, Interjet and Air China. Individuals can encourage these Fly Quiet efforts by patronizing only airlines like these that are taking steps to quiet their fleets. And if your local airport doesn't already have its own Fly Quiet program, be the squeaky wheel to help get one started.

Of course, the issue could be moot if Stephen Barrett's team of aeronautics researchers at MIT have their way. The successful maiden voyage of their quiet lithium-ion powered plane last November sent a silent shock wave through the industry. The futuristic prototype uses electricity to lift and propel the plane via "electro-aerodynamic propulsion," essentially by creating an "ionic wind" through dispersal of positively and negatively charged electrodes underneath the wing.

And while we may be years away from everyday commercial airplanes powered by electro-aerodynamic propulsion, the tech-

nology could have near-term applications in quieting down drones. "The near-term advantage is probably in noise, especially if you think that perhaps in 10 years, we might have urban areas that are filled with drones doing things like monitoring traffic, monitoring air pollution, or maybe other services we're yet to imagine," Barrett tells MIT Technology Review. "Drones today are quite noisy and irritating."

Of course, quiet drones (or planes) isn't exactly what some environmentalists consider a solution. Gordon Hempton is defending a single square inch of untrammeled temperate rainforest deep in the middle of Washington State's Olympic National Park from human noise pollution of any kind. Since the spot in question is in a wilderness more than three miles from the nearest building or road, the only sounds of human machinery that can break the otherwise otherworldly natural soundscape is an airplane engine. So Hempton has been fighting with the airlines and the U.S. Navy to get them to stop flying over at least the center of Olympic National Park in order to preserve at least one square inch from the auditory incursions of humankind.

CONTACTS: "Flight of an aeroplane with solid-state propulsion," www.nature.com/articles/s41586-018-0707-9; One Square Inch of Silence, www.onesquareinch.org.

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 non-profit EarthTalk. See more at <https://emagazine.com>. To donate, visit <https://earthtalk.org>. Send questions to: question@earthtalk.org.

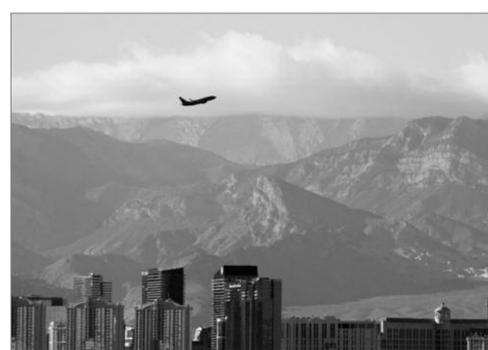


IMAGE CREDIT: SNAPWIRE, PEXELS

Some airlines are investing in newer planes and working with airports to alter their flight paths and schedules for the sake of reducing noise pollution.

PRINCE GEORGE'S PROUD

Prince George's County is working hard to make our County greener and cleaner! We want to know your thoughts on how we can continue to beautify our neighborhoods and communities.

Excited about the Beautification Initiative and want to be part of the solution?

- Visit environment.mypgc.us to sign up for volunteer opportunities or have your voice heard and complete the Beautification survey.*
- Contact CountyClick 3-1-1 if you see someone illegally dumping litter or placing signs in street medians and public spaces.

*Eligible survey participants will be entered in a daily \$50 e-gift card raffle, now until August 4th.

Prince George's County Second Nature is an initiative of the Department of the Environment, Redevelopment Authority, and Office of Central Services to promote cost savings and sustainability in our everyday behavior.

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Vaccines from A4

information about the safety of vaccines and the severity of VPDs shared by members of the anti-vaccination or "anti-vax" movement on the internet and social media have sown seeds of doubt in parents around the world. But we must not allow misinformation and fear to drag a new generation of children backwards into danger.

With the start of a new school year around the corner, it's critical for parents and guardians to make sure their children are up to date on vaccines. That's why along with our new brief, we created a family-friendly guide for parents, families, educators and anyone else who wants to understand vaccines, how they work, why they are safe and effective and how they protect our children from preventable illness or even death. Please read and share widely. The science is clear: vaccines work. Vaccine preventable diseases are dangerous and can be deadly. Quick action must be taken on multiple fronts to slow, halt, or eliminate disease outbreaks in the U.S. and abroad. Our children's lives depend on it.

Shop Maryland Tax-Free Week

The second Sunday of August to the following Saturday is designated as Shop Maryland Tax-Free Week each year. That means qualifying apparel and footwear \$100 or less, per item, are exempt from the state sales tax. The first \$40 of a backpack or bookbag purchase is also tax-free. Accessory items, except for backpacks, are not included. The Shop Maryland Tax-Free Week for 2019 is Sunday, August 11-Saturday, August 17.

—Comptroller of Maryland

New Letter from Park & Planning Commission:

Federal Law Poses Obstacle to Hogan Toll Lane Plan

By BEN ROSS and GARY HODGE
Maryland Transit Opportunities Coalition

COLUMBIA, Md. (July 29, 2019)—Governor Hogan's plan to build toll lanes around the entire Maryland length of the Beltway would violate federal law and cannot go forward without an Act of Congress, a legal analysis by the Maryland-National Capital Park and Planning Commission suggests. The M-NCPPC adds that private citizens can sue to prevent violation of this law.

Using land in Rock Creek Park to widen the Beltway "will likely violate the Capper-Cramton Act," Planning Commission chair Elizabeth Hewlett and vice-chair Casey Anderson wrote in a July 22 letter to the Maryland Dept. of Transportation. The Capper-Cramton Act, passed in 1930, authorized federal grants that were used to buy land for the park. Legal documents going back to 1931 state that land purchased under Capper-Cramton cannot be "in any manner used or developed for other than park purposes."

The 2½-mile section of the Beltway between Jones Mill Road and Rockville Pike is located within Rock Creek Park. State Highway Administration maps show that the toll lane project would encroach substantially on park land.

MDOT has just agreed to take a preliminary look at an alternative toll lane route that avoids Rock Creek Park. That route would send drivers from Prince George's County up I-95 to the Intercounty Connector and back down I-270 to the Beltway. However, MDOT has not committed to fully analyze this ICC bypass route as an "alternative retained for detailed study" in the project's environmental impact statement.

The economics of the ICC bypass proposal have yet to be examined. Unlike toll lanes on the Beltway, this route will be useless for drivers headed to Bethesda and Silver Spring. Drivers going from Prince George's to Virginia will be sent far out of their way, and the detour will greatly reduce their time savings and willingness to pay. As a result, this proposal will suffer even more severely than the Beltway route from the financial weaknesses that the Maryland Transit Opportunities Coalition previously has pointed out.

The 13-page M-NCPPC letter raised a string of additional problems with the toll lane plan as well. In particular, it backs up the contention of MTOC and other organizations that MDOT violated the law by splitting the environmental studies of I-270 into two separate parts, north and south of Shady Grove.

"A brief look at the so-called 'ICC diversion alternative' as a way to circumvent legal obstacles is not likely to produce the best solution to our mobility crisis. What's needed is the kind of sustained in-depth collaboration by the state with the affected counties that has been lacking, and we have been demanding, since the Governor announced his plan. There still isn't any rail transit alternative on the table," commented MTOC vice-chair Gary Hodge.

"It's time to pull the plug on this entire misbegotten scheme," said MTOC chair Ben Ross. "Let's step back and do a comprehensive evaluation of all transportation options for the region. We are confident that an objective study will show our rail transit plan for a connected Maryland will deliver improved mobility to more people at lower cost with more economic benefit and a higher return on investment."

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