

# The Prince George's Post



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## Governor Hogan Announces Installation of First Purple Line Track

*Celebrates Milestone for Largest Public-Private Transit Partnership in North America*



PHOTOGRAPH COURTESY MARYLAND GOVERNOR'S OFFICE

By SHAREESE CHURCHILL  
Office of the Governor

ANNAPOLIS, Md. (September 5, 2019)—Governor Larry Hogan has announced the installation of the first section of Purple Line transit track for the historic \$5.6 billion project, which is the largest public-private partnership (P3) transit project in North America. The governor was joined by Maryland Department of Transportation (MDOT) Secretary Pete K. Rahn, MDOT Maryland Transit Administrator Kevin Quinn, Chairman of the Board and Chief Executive Officer of Purple Line Transit Partners (PLTP) Peter van der Waart, and Purple Line advocates.

"In Maryland we are proud to be setting an example for the rest of the nation and the Purple Line is at the heart of our state's infrastructure success story," said Governor Hogan. "Two years ago when we broke ground on the Purple Line, I climbed into an excavator and personally helped get the construction underway. Since then, we've been grading, moving utilities, tunneling, and now we have begun building and laying the first segments of track."

The Purple Line is a 16-mile light rail system that will run from New Carrollton in Prince George's County to Bethesda in Montgomery County. It will run east to west inside the Capital Beltway, with 21 stations connecting to

Metrorail's Orange, Green, and Red lines; the MARC Brunswick, Camden, and Penn lines; and Amtrak at New Carrollton. Governor Hogan broke ground for the project almost two years ago at the Glenridge site.

The Purple Line is one of several state projects Governor Hogan has championed in his commitment to bring long-awaited traffic congestion relief to Maryland drivers. The Hogan administration has taken a balanced, all-inclusive approach to infrastructure while moving forward on nearly all of the highest priority transportation projects in every jurisdiction across the state and investing a record \$14 billion in transit.

To learn more visit [purplelinemd.com/en/](http://purplelinemd.com/en/).

## Maryland Communities and D.C. Receive Youth Homelessness Grants

By GABRIELLE WANNEH  
Capital News Service

CAPITOL HEIGHTS, Md. (September 5, 2019)—Baltimore, Prince George's County and the District of Columbia are among 23 communities receiving a total of \$75 million in federal funds to combat youth homelessness.

The \$75 million was awarded as part of the Department of Housing and Urban Development's Youth Homelessness Demonstration Program, which started in 2016.

The third year of the program is a significant expansion over the \$33 million awarded to 10 communities in 2017 and the \$43 million awarded to 11 communities in 2018.

"The goal of the funding was (initially) to really make a big impact in a few communities on youth homelessness," Norm Suchar, director of HUD's Office of Special Needs Assistance Programs, said at a Thursday [September 5] press conference.

Much of the program and the grant application process was designed with input from homeless youth.

"People with lived experience with homelessness? They're the experts, right?" Suchar said. "So we need to listen to them and they need to be involved from A to Z...in every part of the process."

Gloria Brown Burnett, director of Prince George's County's Social Services Department, agreed.

"We're not going to do this for them without them," she said.

Of the \$75 million awarded, Prince George's County received \$3.5 million, Baltimore \$3.7 million, and the District \$4.3 million.

Deborah Shore, executive director of Sasha Bruce Youthwork in the District, anticipates that the funding will help homeless service providers within the area improve their current programs.

"The money follows the plan that gets developed," Shore said. "The first part of all of this will be to create a planning process that takes into account everything that's necessary."

Prince George's County government officials joined other state and federal officials at the press conference at the Promise Place

shelter in Capitol Heights. The officials accepted their grants from HUD Regional Administrator Joseph DeFelice.

The county's grant will support its "Prince George's Promise" initiative, which assists youth ages 10-24 with housing, education and training.

DaeJanac Day, a first-year graduate student, mother, and former resident of Promise Place, said she hoped more programs like the county's could be created to "help college students, or high school students, or anybody in Prince George's County become a valuable citizen and responsible adult."

Maryland Sens. Ben Cardin and Chris Van Hollen, both Democrats, and Reps. Elijah Cummings, D-Baltimore, Dutch Ruppersberger, D-Timonium, and John Sarbanes, D-Towson, issued a joint statement last week praising the grant to Baltimore and other communities.

"Every young person in Baltimore and around the nation deserves a safe place to call home. Connecting homeless youth with the services that they need will make an enormous difference in the course of their lives," the lawmakers said.

## PGCPS to Host Capital Improvement Program Public Hearing

By OFFICE OF COMMUNICATIONS  
Prince George's County Public Schools

UPPER MARLBORO (September 4, 2019)—The Prince George's County Board of Education will host a Capital Improvement Program Public Hearing on **Thursday, September 12** to share priorities for school improvements, renovations and new construction.

The hearing will be held in the Sasser Administration Building Board Room, located at 14021 School Lane in Upper Marlboro, at 6 p.m.

To register to speak, call the Board Office at 301-952-6115 or sign up online. Comments can also be emailed to [testimony@pgcps.org](mailto:testimony@pgcps.org).

For more information, visit [www.pgcps.org/cip](http://www.pgcps.org/cip) or email [capital.programs@pgcps.org](mailto:capital.programs@pgcps.org).

## 2019 Walk to End Alzheimer's—Prince George's County

By PRESS OFFICER  
Community Connections Newsletter

The 2019 Prince George's County Walk to End Alzheimer's will be held on **Saturday, September 14** at National Harbor. This year, County Executive Al Sobrooks will serve as the Honorary Chair of the Walk. Prince George's County will host the first event out of seven total for the National Capital Area Chapter, and we are looking to set a powerful example for the rest of our region.

There are an estimated 14,000 Prince Georgians living with Alzheimer's, so this walk is personal to our community. We are encouraging every Prince Georgian to participate in the Walk and help raise money for Alzheimer's care, support and research. Please

consider creating a team or joining a team that is already participating on September 14. For more information about the Walk to End Alzheimer's and to sign up to participate, visit the Walk website at [https://act.alz.org/site/TR/Walk2019/DC-NationalCapitalArea?fr\\_id=12125&pg=entry](https://act.alz.org/site/TR/Walk2019/DC-NationalCapitalArea?fr_id=12125&pg=entry).

### Time:

Registration at 8 a.m.  
Ceremony at 9 a.m.  
Walk at 9:30 a.m.

### Location:

National Harbor Carousel  
137 National Plaza  
Oxon Hill, Maryland 20695

### Contact:

Carrie Myatt  
703-766-9031  
[cemyatt@alz.org](mailto:cemyatt@alz.org)

## Fifth Mid-Maryland Mission of Mercy Free Dental Clinic to Take Place September 13 and 14

*Event will provide free dental care to more than 1,000 patients in need*

By ALEXANDRA SCHAUFFLER  
Catholic Charities of the Archdiocese of Washington

COLLEGE PARK, Md. (September 5, 2019)—Catholic Charities of the Archdiocese of Washington, the University of Maryland School of Public Health, and the Maryland State Dental Association Foundation will host the Mid-Maryland Mission of Mercy & Health Equity Festival at the Xfinity Center at the University of Maryland from **7 a.m. to 5 p.m. on September 13 and 14**. The event will transform the Terrapins' basketball court into a mobile dental clinic and health and wellness festival to provide more than 1,000 underserved patients with more than \$1 million in free dental care.

Approximately 1,000 volunteers, including licensed dentists, hygienists, and dental assistants will provide full-service, professional dental services, including cleanings, fillings, extractions, silver nitrate treatment, oral hygiene education and more. Many of the volunteer clinicians come from the University of Maryland School of Dentistry, an event partner. The two-day event will also feature the Health Equity Festival, which will offer health screenings and preventive services to patients who may experience other chronic health issues.

Maryland remains one of just 15 states that does not fully cover dental care for adults on Medicaid, the government health insurance program for low-income people. Studies regularly show that a staggering number of adults have not had a dental visit in the past year, with many living with untreated dental issues. Low-income adults, in particular, encounter barriers to accessing dental services, including cost, lack of dental insurance, lack of access to dental services, fear of dental procedures, or lack of awareness. Poor oral health can contribute to other health problems such as diabetes, cardiovascular disease, and adverse pregnancy outcomes. If not treated, tooth infections can even lead to death.

Care will be provided to adults over the age of 18 on a first-come, first-served basis. Through the Health Equity Festival, patients will also be connected with healthcare resources and social services to support their ongoing health and well-being.

This year's event is made possible with generous support from the Cigna Foundation, presenting sponsor of the Mid-Maryland Mission of Mercy, and Kaiser Permanente, presenting sponsor of the Health Equity Festival and other sponsors.

## INSIDE

### Habitat for Humanity Metro Maryland New Home Purchase Opportunity Suitland

Applications for Home Purchase are now being accepted, to apply please visit our website [www.habitatmm.org/home+purchase](http://www.habitatmm.org/home+purchase) for a list of qualifications and more detailed information.

Community, Page A3

### Celebrate the Foundation of America

"The Constitution is a living document that assures each citizen of the freedoms Americans cherish and appreciate," says Deanna Lutz, Regent with the Harmony Hall Chapter in Fort Washington, MD.

Commentary, Page A4

### Prince George's County Office of Community Relations Successfully Finishes 100 Events of Summer Initiative

The 100 Events of Summer gave the OCR team an opportunity to showcase the administration's visibility, accessibility and accountability as we work to strengthen relationships with our amazing residents...

Business and Finance, Page A5

### Movie Review:

*The Art of Racing in the Rain*

The story, concerning love, ambitions, illness, tragedy, and in-laws, should feel tearjerkingly familiar to fans of Ventimiglia's TV show *This Is Us*; it has that gentle broadcast-television gloss to it.

Out on the Town, Page A6

### Earth Talk

*Dear EarthTalk:*

*Is the plan to sprinkle dust in the stratosphere to reflect some of the sun's rays away from Earth to prevent global warming science or science fiction?*

—M. Jackson, Tampa, FL

Features, Page A7

# TOWNS *and* NEIGHBORS

## In and Around Morningside-Skyline

by Mary McHale 301-735-3451

### Removing the Mask: Domestic Violence Bystander Symposium

Our Saviour's Lutheran Church, 4915 St. Barnabas Rd., Temple Hills, is the site for a domestic violence symposium on Sept. 21, 10 a.m.–1 p.m. It partners with Prince George's County Council District 8 and Councilwoman Anderson-Walker, Progressive Life Center, Inc. and Community Advocates for Family & Youth.

Intended for faith-based leaders and community members, the symposium will feature training, panel discussion, special guests and county resources. "Empowerment comes from removing the mask and 'Breaking the Silence' of abuse. Because everyone deserves a healthy relationship."

Doors open at 9:15 a.m. for vendors and light refreshments. The church's pastor is Emmanuel F.Y. Grantson, PhD. For more information, call Lisa Streeter, 301-909-6843.

### Neighbors and other good people

My vote for Saint: José Andrés! Just as he did in storm-battered Puerto Rico, so he and his World Central Kitchen are now doing in the Bahamas, parts of which have been destroyed by Hurricane Dorian. He will be feeding people.

Twanna Harper, the self-appointed Mayor of Clinton, has lived for more than 30 years in Clinton and is involved in the community. Since she's moved there, she notes that "a lot has changed in the Clinton area, some good, some not so good." But she is happy to be there. She is also a Notary Public. She invites you to check out her Mayor of Clinton Facebook page. "If there is anything I can help you with, I'm willing."

St. Philip's Sodality began its new season with a meeting on September 8. Officers are Prefect Ligia Rojas, Vice Prefect Karin Yeatman, Secretary Toni Malloy and Treasurer Peggy Nanney.

### Changing landscape

I drove into Suitland this week and got a real shock. What did I see? Nothing. What used to be a dozen or more blocks with apartments and businesses, there was... grass. I felt as though I was in another country. Where did they take my Suitland?

Well, to start with, this \$400 million dollar, one million square foot project

will have 865 apartments, 98,000 square feet of retail and a 50,000 square foot performing arts center. The first phase will include 219 townhomes and a 127-unit senior apartment building.

After 57 years, Dressbarn is closing. I received a notice that in store & online full-price items are 40% off through Oct. 31.

I confess that I love Popeyes' spicy wings and red-beans-&-rice. I dropped by the Popeyes in Andrews Manor recently and could barely get inside the door. Long, long, long lines of hungry customers waiting to get The Sandwich. I turned around and left—no spicy wings for me that day.

### Coming up

Bat & Beaver Walk at Clearwater Nature Center, Cosca Regional Park, Saturday, Sept. 28, 7:30 to 9 p.m. Take an evening walk with a naturalist and look for night animals, including bats, beavers, insects and owls. Fee, \$4. For ages 5 & up.

The 20th Annual Gingerbread House Contest & Show at Darnall's Chance House Museum is coming up Nov. 29–Dec. 15. Cash prizes and ribbons will be awarded 1st, 2nd & 3rd place in Adult, Child & Family entrees. For rules and dates, call 301-952-8010.

### Morningside Memories: Sept. 1960

Morningside School opened for school year 1960–61 with new PTA officers: John McAllister, president; Jack Schoen, vice-president; Rebecca Howard, treasurer; Ruth Sapp, recording secretary; and Patricia Leary, secretary. Committee chairmen: Rose Bookhultz, Mrs. Larsen, Anna Patterson, Shirley Salisbury, Dot Curcio, Florence Jones and Ruth Spaid.

Parents were urged to attend the first PTA meeting of the year. "The room having the most parents join (percentage wise) during the drive will be awarded twenty-five dollars to be used for an educational field trip."

### Skyline's journey to their 50th anniversary (continuing)

Skyline's Presidents during the 1970s were: Dolores Steinhilber, Navy Capt. Raymond Perkins, Jack Power, Richard Wright, Chuck Henry, Grover Estep, Snuffy Snider, Jim McGrath, Jerome Jones and Charlie Tretler.

SCA filed Papers of Incorporation and, on August 23, 1971, we officially became Skyline Citizens Association, Inc.

The Skyline Homemakers organized with Dot Burgess as the first President. Rabies Vaccination Clinic was held at Skyline School, \$2 donation requested. (This continued to operate every May for years.)

Then there was the Bookmobile. We requested it and beginning in 1975, it showed up every Saturday, noon to 12:45, at the corner of Lucente & Offut. There was always a line waiting to check out a book, or return one.

In 1977 we made big news. A sewer line was due to be installed along Henson Creek, behind Ladd Road homes. Out came the protesters, led by Skyline activist Judy Waby waving a huge banner proclaiming, "Only God can make a tree." Media turned out and Skyline made the evening news on TV.

To be continued.

### Jim Lombardi, Upper Marlboro attorney

James Lombardi, 83, Prince George's County judge, former member of the Maryland House of Delegates and a lawyer with a private practice in Upper Marlboro, died June 11 at his home in Annapolis.

He was born in Philadelphia and grew up in a Baltimore row house. He graduated from Loyola Blakefield HS, served two years in the Army, earned a bachelor's at Catholic University and a law degree from American University.

Jim enjoyed acting and is proud to have played in *12 Angry Men* in a co-production of Prince George's Courts and Prince George's Little Theater in 2001. He enjoyed sculling on Weems Creek.

Survivors include his wife Cindy Davis, three children, stepson and two grandchildren. Services were a St. Mary's Church in Annapolis.

### Milestones

Happy birthday to Kenny Clark, Sept. 14; Elnora McCall, Sept. 15; Dolores McDonald, Steven Warren and Yolanda Dooley, Sept. 16; Kimberly Brewer, Everett Mason, Jr. and Joan Stakem, Sept. 17.

Happy 16th anniversary to Sal and Kathy (Blankenship) Biberaj on Sept. 14.

by Audrey Johnson 301-922-5384

Wade and Gloria Garrett, Ted and Rebecca Mosley, Ronald and Evangeline Crawford, Owen and Audrey Johnson who are celebrating Wedding Anniversaries in September.

### AMERICAN LEGION

"The American Legion was chartered by Congress in 1919 as a patriotic, mutual help, war-time veterans' organization. A community service organization which now numbers nearly 3 million members, men and women in nearly 15,000 American Legion Posts worldwide. These posts are organized into 55 Departments, one each for the 50 states. The District of Columbia, Puerto Rico, France, Mexico, and the Philippines."

"The American Legion's national headquarters is in Indianapolis, Indiana, with additional offices in Washington, DC. In addition to thousands of volunteers serving in leadership and program implementation capacities in local communities to the Legion's standing national commissions and committees, the national organization has a regular full-time staff of about 300 employees."

American Legion Clinton Post 259 is located at 9122 Piscataway Road, Clinton, Maryland 20735. Telephone number is 301-868-2550. Events at Post 259 are Bingo on Friday Nights at 7:15 p.m.

American Legion Brandywine Post 227 Auxiliary will sponsor a community indoor yard sale Saturday, September 14, 2019 at 8 a.m. Location is Post 227 Hall, 13505 Cherry Tree Crossing Road, Brandywine, Maryland. The community yard sale will be "inside"; this is a rain or shine event. We provide the table (\$10 per table). Contact Debby Pegg to reserve your table at 301-542-6573.

### AMERICAN RED CROSS

Give blood. Help save lives. We will have a Blood Drive at Clinton United Methodist Church Fellowship Hall, 10700 Brandywine Road, Clinton, Maryland 20735 on Saturday, October 5, 2019 from 10 a.m. to 2:30 p.m. Please contact 800-REDCROSS or log on to [www.redcrossblood.org](http://www.redcrossblood.org) (enter sponsor code "Clinton UMC") to schedule your life-saving donation.

### CHRIST CHURCH HOMECOMING

Christ United Methodist Church will celebrate their Homecoming Service Sunday, September 22, 2019 at 11 a.m. The address is 22919 Christ Church Road, Aquasco, Maryland 20608, Reverend Constance C. Smith, Pastor.

## Around the County

### Together We Make It Happen!

Presented by Prince George's County Gov't Supplier Development and Diversity Division

**Monday, September 16, 2019 • 10 a.m.–2 p.m. • Prince George's Community College, 301 Largo Road, Largo, MD 20774**

**Free • Register at [eventbrite.com](http://eventbrite.com)**

Join us as Metropolitan Washington Airport Authority (MWAA) will present their Major Opportunities Forecast to the Prince George's Business Community, as well as hear from the Procurement Officers from the Office of Central Services and Prince George's Community College. A great opportunity to network with Procurement Officers, as well as collaborate with fellow business partners for upcoming and future projects!

### City of Bowie:

#### Whitemarsh Park Improvements Update

Two projects have been underway at Whitemarsh Park this summer to improve the experience for park visitors.

The first project was the replacement of the pedestrian bridge that connects sections of the walking/biking trails in the park. The work involved removing the old metal bridge and the large concrete bridge abutments; re-grading the stream banks, casting new concrete abutments, and installing a new, much longer and more attractive bridge. Final work has been completed and the bridge is back open for all to enjoy.

The second project consists of new restroom and concession facilities, as well as a new state-of-the-art custom designed, "themed" play area for children 12 and under and a pedestrian plaza nearby. The project is expected to be completed by early fall.

#### Public Information Meeting About Governor Bridge Road—September 25

Learn about the future of the Governor Bridge Road Bridge at a meeting at City Hall on September 25. The Prince George's County Department of Public Works and Transportation (DPW&T) has analyzed the feedback received from residents of Prince George's and Anne Arundel County on the six proposed bridge alternatives for the replacement of the Governor Bridge Road Bridge. The alternatives were presented at a public meeting in October 2018. These results of the feedback have also been shared with Anne Arundel County Public Works.

On September 25, a public information meeting will take place at Bowie City Hall to review the feedback received from residents of both counties and discuss the alternative preferred by Prince George's County DPW&T. The preferred alternative was identified based on findings from an engineering analysis and public feedback. This meeting is hosted by County Council Chair Todd Turner, in conjunction with DPW&T and the City of Bowie. It takes place in the Council Chambers at City Hall on Wednesday, September 25, from 7 to 9 p.m.

—Una Cooper, City of Bowie

#### Free September Health Resources Provided by Doctors Community Health System

LANHAM, Md. (September 3, 2019)—Throughout the year, Doctors Community Hospital offers numerous screenings and support groups. They are designed to help people maintain and improve their overall health. Some of the upcoming events include:

#### Free WomenHeart Support Group

September 24 and November 26, 11:30 a.m.–1 p.m.  
Doctors Community Hospital, 8100 Good Luck Road, North Building, 5th Floor, DSE Room, Lanham, MD 20706  
301-552-8058 | [DCHrehab.org](http://DCHrehab.org)  
Join heart disease experts who provide educational information to women while encouraging them to make well-educated and heart-healthy decisions.

#### Free Bariatric Surgery and Weight Loss Seminar

Fridays: September 27, October 25 and November 22, 1–2 p.m.  
Doctors Community Hospital, 8116 Good Luck Road, Professional Office Bldg., Suite 210, Lanham, MD  
240-965-4405 | [DCHweightloss.org](http://DCHweightloss.org)  
Attend this free lecture presented by Dr. Hitesh Amin, medical director, Bariatric and Weight Loss Center. If you are at least 30 pounds overweight, learn whether weight loss surgery is right for you. **Registration required.**  
—Chondria Andrews, Doctors Community Hospital

#### Neighborhood Design Center (NDC) Partners with Prince George's African American Museum And Cultural Center

In their 10th anniversary year, Prince George's African American Museum and Cultural Center (PGAAMCC) in North Brentwood is working to transform their current site to better support their mission: to celebrate and inspire the community through the cultivation, preservation, and presentation of the cultural and artistic contributions of African Americans in Prince George's County and beyond. Building on a previous partnership to redesign their outdoor space, NDC and PGAAMCC will collaborate on the redesign and extension of the current building to identify and prioritize the architectural program while considering street presence and visibility, circulation and building flow, and spatial functions.

In August, NDC attended the 10th birthday party for PGAAMCC, which was a celebration of a Decade of Black Excellence in Prince George's County. The event included presentations from PGAAMCC's new Cultural Ambassador Vance "Head-Roc" Levy, Artist in Residence Vanessa R. Williams and Melanie A. Adams the new director of the Smithsonian's Anacostia Community Museum. The backdrop to the event was an exhibition displaying the incredible work of artist Tawny Chatmon in her solo show "Deeply Embedded."

To kick off the inclusive design process for the transformation of the space, NDC created a pop-up engagement to capture the community aspirations for the future of the space and to understand what it is that currently makes this place special. Moving forward, NDC is recruiting volunteers to help realize PGAAMCC's vision for this next chapter. We're looking for volunteers to support our work with the Prince George's African American Museum and Cultural Center. If interested, contact Allie O'Neill at [aoneill@ndc-md.org](mailto:aoneill@ndc-md.org).

—The Neighborhood Design Center, [www.ndc-md.org](http://www.ndc-md.org)

## Brandywine-Aquasco

### INSTALLATION SERVICE

The Washington East District's Superintendent, Rev. Dr. Johnnie Cogman's Installation Service will be held October 27, 2019, 3 p.m. to 5 p.m. at Westphalia United Methodist Church, 9363 D'Arcy Road, Upper Marlboro, Maryland 20774.

### STROKE SUPPORT GROUP

Join us the last Thursday of every month from 5 p.m. to 6:30 p.m. Southern Maryland Hospital multipurpose room for the stroke support group. Registration required. Cost is free. Please call 301-877-5858 for more details or visit the website: [MedStarSouthernMaryland.org/Calendar](http://MedStarSouthernMaryland.org/Calendar).

### BOWIE STATE UNIVERSITY

Bowie State University Homecoming 2019 Bulldog Golf Classic will be October 8, 2019 from 8:30 a.m.–2:30 p.m. The 8th Annual Bulldog Golf Classic is to raise funds and awareness for the BSU Department of Athletics. Join us at this 18-hole outing on one of the premier courses in the Washington, D.C. region. Location is Oak Creek Golf Club, 600 Bowie Ville Manor Lane, Upper Marlboro, Maryland 20774. Cost for registration fees are per golfer \$175 and per foursome \$525.

### BOWIE STATE UNIVERSITY HOMECOMING

Come and celebrate Homecoming October 12, 2019 at 1 p.m. and cheer on your BSU Bulldogs as they face off against Chowan University. Location is Bowie State University Bulldog Stadium. Cost for game tickets are general \$20, BSU faculty/staff with ID \$15, senior with ID \$15 and non-BSU student with school ID \$15. Tailgate tickets are \$100 for regular vehicles and RVs \$150.

### BIRTHDAY CELEBRATIONS

Happy Birthday to Jane Perry, Osayi Omoregbe, Chidinma Mlbakwe, Nancy Curtis, Mariama Davies, Ronald Jones, Pam Stahl, Donna Cain, Norman Noel, Alexis Proctor, Clarkie Kinard, Elijah Knight, Samuel Kirk, Beonie Pearson, Idena Thomas, Karen Taylor, Curt Falby, Annie Cokes, James Dorsett, IV, Kizzy Savoy, Umaru Davies, Rebecca Mosley and Paul Jeffrey Kerrick who are Clinton United Methodist Church members celebrating birthdays in September.

### WEDDING ANNIVERSARIES

Happy Wedding Anniversary to Kevin and Jazzmyn Simons, Franklyn and Joyce Isaac, Jose and Daphne Rojas,

# COMMUNITY

## The American Counseling Association's Counseling Corner

### Why Do Men Often Have a Hard Time Building Friendships?

As kids we all had close friends. Maybe they were classmates, neighbors, or sports teammates. But studies now show that for many women those friendships often carry on throughout their lives, while for men, not so much.

Researchers say one of the reasons for this is that men and women relate differently to those of the same sex. Men tend to have friendships with other men that are based on shared interests such as their profession, sports or perhaps a hobby. Women, on the other hand, tend to be more sharing with other women of their feelings and emotions. Women learn early on that it's okay to share what's happening in their lives with their friends. Men, instead, are often more comfortable with a "manly" image, perhaps covering up what they're really feeling and experiencing. Men often believe it's not right to discuss their personal matters with another man, while most women think that such sharing builds friendship.

Studies have shown that early in life men are usually so caught up in work, career building and being more involved with their children than their own fathers were that they don't believe they can make time to foster close friendships with other men.

Women, however, even though they may also be pursuing career goals, working just as hard, and raising children, seemed to have learned that there's real value in maintaining friendships with their female friends, and often have closer relationships because they're based on emotional connections, rather than simply shared interests.

For many men this lack of close male friends can become a problem, even a source of loneliness and depression, later in life, especially after the loss of a spouse. But experts advise it's never too late to build or rebuild male friendships.

The key is for a man to simply get out and meet more people. It might mean taking courses at a local college or senior center. Joining a gym or the Y can let someone see the same people on a regular basis. Hospitals, museums, animal shelters and similar organizations are always looking for volunteers. And simply getting in touch once again with old friends can often result in a surprisingly warm welcome.

Studies have shown that creating and maintaining friendships may even play a role in longevity. With a little effort it can be a very rewarding for a man to build friendships.

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

## From Governor's Office of Community Initiatives:

### Volunteer Maryland to Partner with 18 Service Sites Across Maryland for 2019-2020 Service Year

20 AmeriCorps Members Will Serve as Volunteer Coordinators ANNAPOLIS, Md. (September 4, 2019)—Volunteer Maryland began the 2019-2020 service year and announced 18 service sites. 20 AmeriCorps members recruited as Volunteer Coordinators of the Volunteer Maryland Class of 32 start their 11-month commitment to mobilizing and managing volunteers for each assigned service site. Volunteer Maryland partners with nonprofits, government agencies, and schools that address critical community needs, including but not limited to education, economic opportunities, and environmental stewardship.

"Every year, Volunteer Maryland aims to serve the entire state. This year, we are excited to have sites from the western mountains, across the Chesapeake Bay, and everywhere in between," said Nicki Fiocco, Executive Director of Volunteer Maryland. "Some members move from out of state to serve specifically within the Volunteer Maryland AmeriCorps program. With the talents and motivation of the Volunteer Maryland Class of 32, we are eager to see how they move the needle on critical needs in Maryland communities."

This year's Volunteer Maryland partner sites include:

- **CASA of Prince George's County—Prince George's County**

### Governor Hogan Announces Day to Serve in Maryland

ANNAPOLIS, Md. (September 3, 2019)—Governor Larry Hogan issued a proclamation declaring **September 11 through October 10** as Day to Serve month in Maryland. As part of the announcement, Governor Hogan is encouraging all Maryland citizens and state employees to choose a day to participate in or to host a volunteer activity. The Day to Serve initiative includes Maryland, Washington, D.C., Virginia, and West Virginia, each of which tracks statistics including the number of volunteers, hours served, pounds of food, and supplies donated in a friendly competition. In 2018, more than 25,000 Marylanders dedicated more than 70,000 hours for 270 volunteer activities for communities across Maryland.

To further promote the spirit of volunteerism, Governor Hogan has once again granted four hours of administrative leave for state employees to participate in a volunteer activity of their choice from September 11 to October 10. In addition to the many state employees who will be participating as individuals, several agencies plan to organize projects throughout the state to encourage employee participation.

Volunteers and state employees are encouraged to post pictures from their service activity with the hashtags "#MD-DTS2019" and "#iServeMD" to Facebook and/or Twitter and tag @MarylandGOCI.

To learn more about Day to Serve, please visit <https://gocci.maryland.gov/dts/>.

—Soo Koo, Governor's Office of Community Initiatives

## Habitat for Humanity Metro Maryland New Home Purchase Opportunity in Suitland

By JEFF DEE  
**Habitat for Humanity Metro Maryland**

SILVER SPRING, Md. (September 4, 2019)—Habitat for Humanity Metro Maryland (HFHMM) is extremely pleased to announce our newest Home Purchase Opportunity located in Suitland, MD—Southern Prince George's County.

We are delighted to showcase the affordable home purchase opportunities offered by Habitat for Humanity Metro Maryland. This new construction home will feature four bedrooms, two bathrooms, approximately 1200+ square feet, and is well suited for one to six family members. The home will be built to Universal Design specifications—contemporary design accommodating family members at all stages of life.

Applications for Home Purchase are now being accepted, to apply please visit

our website [www.habitatmm.org/home+purchase](http://www.habitatmm.org/home+purchase) for a list of qualifications and more detailed information. Also, you'll find our Ads at the Suitland and Branch Ave Metro Stations. HFHMM works with residents that have a demonstrated need for affordable housing, are income qualified, can afford to pay back a mortgage, and who are willing to partner with the organization. Habitat provides an affordable mortgage, ensuring that buyers do not pay more than 30% of their income on housing.

Habitat for Humanity Metro Maryland is pledged to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the nation. We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtaining housing because of race, sex, marital status, physical

or mental disability, color, religion, national origin, ancestry, presence of children, source of income, sexual orientation, gender identity, age and family responsibilities.

Habitat for Humanity Metro Maryland, Inc. (HFHMM) is an affiliate of Habitat for Humanity International that serves Montgomery and Prince George's Counties in Maryland. Since 1982, HFHMM has partnered with income qualified families to build strength, stability and self-reliance through shelter. To date, HFHMM has provided over 500 decent and affordable housing solutions served over 1000 individuals and spent approximately \$18 Million in the local community to build, renovate and provide affordable housing solutions for hard working families. Habitat for Humanity is about changing lives, one home at a time. Visit [www.HabitatMM.org](http://www.HabitatMM.org).

## Department of Corrections Donates Book Bags And Supplies to Hundreds of Students

By ANDREW R. CEPHAS  
**Prince George's County Department of Corrections**

UPPER MARLBORO (August 30, 2019)—The Prince George's County Department of Corrections donated close to 600 book bags filled with school supplies to Riverdale Elementary School on August 29, 2019, as part of the 23rd Annual Pencil Box Project. Every student at the school will receive a book bag filled with school supplies. The book bags were donated before the start of the school year, so families wouldn't feel the need to go out and buy supplies.

"We want to give you every tool that you will need to succeed this year. When students are prepared they are more likely to have a successful school year," said Mary Lou McDonough, Director of the Department of Corrections, to an auditorium full of parents and students.

Every year the Department of Corrections donates supplies to a local school in an effort to ensure students are prepared for success. Riverdale Elementary School was selected because it is a Title I school, meaning it receives supplemental funds to meet the educational goals of the large concentration of low-income students.

The Department of Corrections raised more than \$5,000 internally, received a monetary donation from the Prince George's

County Correctional Officers, and secured in-kind donations from local businesses including Applebee's, Staples, Home Depot and Dollar Tree. Our county partners demonstrated that it takes a village to support our children.



PHOTOGRAPH COURTESY PRINCE GEORGE'S COUNTY DEPARTMENT OF CORRECTIONS

## HEALTH & WELLNESS NEWS

### Maryland Department of Health Launches Electronic Toolkit To Help Prevent Overdose Deaths

BALTIMORE, Md. (August 30, 2019)—The Maryland Department of Health (MDH) has launched an innovative tool to help prevent overdose deaths—the Naloxone Electronic Toolkit (NET).

Naloxone is a medication that can reverse an opioid overdose and can help save lives when administered quickly and correctly. Created by MDH's Behavioral Health Administration (BHA) to assist businesses, public entities and organizations interested in expanding access to naloxone, NET contains downloadable content that can be promoted on public and employee websites. By providing access to information about naloxone and naloxone administration, Marylanders can be better prepared to both recognize the signs of an overdose and know how to respond appropriately.

"This International Overdose Awareness Day [August 31], we want to remember those who lost their lives to overdose, to reduce stigma about addiction and build on the progress we're making in driving down the number of fatal overdoses we're seeing across Maryland," said MDH Secretary Robert R. Neall. "NET is another method of getting the word out and teaching people what to do in case of an overdose. Any approach that will save a life is worth taking."

NET will reside on [BeforeItsTooLateMD.org](http://BeforeItsTooLateMD.org), which provides comprehensive resources and information related to the opioid crisis. NET includes information about recognizing the signs of an opioid overdose and a brief training video on how to correctly administer naloxone nasal spray. Printable posters and brochures are also included, in addition to information about the standing order that allows people to go to any pharmacy in Maryland and ask for naloxone without a prescription or certificate. All information is provided in English and Spanish.

Funding for NET is part of the federal State Opioid Response (SOR) grant funding, which has allowed MDH to expand outreach efforts and bring help to those in need. Produced in partnership with Maryland Public Television, NET is one component of multiple campaigns designed to raise awareness among Marylanders about the pervasive impact of the opioid crisis—including eliminating addiction stigma, the dangers of fentanyl and how to access mental health and substance use treatment via 211, Maryland's helpline.

"We are trying a variety of techniques to reach residents with information about how they can save a life by learning to use naloxone appropriately," said Lisa Burgess, Acting BHA Deputy Secretary. "This is no different than teaching people first aid techniques or how to use an AED or a Stop the Bleed Kit. We're helping to empower people to save lives."

"International Overdose Awareness Day gives us an opportunity to focus on helping people to change the direction of their lives and to get into treatment. It also is the appropriate time to focus on in-

novative ways to help combat the epidemic," said Steven R. Schuh, Executive Director of the Opioid Operational Command Center. "The Naloxone Electronic Toolkit will increase awareness of and provide education about this life-saving medication."

Naloxone is available at Maryland pharmacies without a prescription and through authorized training entities. For a list of these entities, visit: <https://bit.ly/2ZDKAsk>.

To access NET, visit: <https://howtoadministernaloxone.maryland.gov/>.

For more information about the opioid epidemic in Maryland, visit: <https://beforeitstoolate.maryland.gov/>.

For information about the standing order to obtain naloxone without a prescription, visit: <https://bha.health.maryland.gov/NALOXONE/Pages/Naloxone.aspx>.

—Maryland Department of Health



PHOTO BY RAWPIXEL.COM FROM PEXELS

### What You Need to Know About Interventions

Dealing with loved ones can be difficult sometimes and that only gets harder when they have a problem with drugs and alcohol. A big part of dealing with a loved one's addiction is getting them into treatment. But what if they are unwilling to go? Intervention is the next logical step, however what is an intervention and how you pull one off?

Contrary to popular belief, successful interventions usually aren't like the ones you see on TV. Interventions that are successful usually consist of several different techniques.

The first thing is to do your research on a treatment facility. Once you get someone willing to go to treatment it is imperative that they go straight in. When someone is struggling with substance abuse they can waffle on the idea of treatment, so you must have the facility already picked out so there are no slows or stops on which facility.

Number two is building your team. An intervention can either be done by the family or by a professional interventionist. Since a lot of interventionists are ex-addicts themselves, they will have a point of reality with the addict which may facilitate the reach for treatment. In some cases, the interventionist may decide to call in family members but that will be decided by the interventionist. Make sure any family or friends who are involved are all on the same page and have the same goal; getting the addict into treatment.

With everyone on the same page, you would then bring in the addict. Approach them kindly and at first try to get them to see how treatment will benefit them. Show them the website or brochure of where they are going. It is also a good idea to have someone ready

# COMMENTARY

## Celebrate the Foundation of America

Harmony Hall Chapter DAR Promotes Constitution Week

By PRESS OFFICER

Harmony Hall Chapter NSDAR

- Constitution Week was initiated in 1955 by the DAR to commemorate the United States Constitution.
- **Constitution Week is September 17–23, 2019.**
- Goals of the week are to encourage study of the historical events leading to the framing of the Constitution in 1787; to inform people that the Constitution is the foundation of our way of life; and to emphasize our responsibility to protect, defend and preserve the Constitution.

FORT WASHINGTON, Md. (September 2, 2019)—There are two documents of paramount importance to American history: the Declaration of Independence, which forged our national identity, and the United States Constitution, which set

forth the framework for the federal government that is still in use today. While Independence Day is a beloved national holiday, fewer people know about Constitution Week, an annual commemoration of the living document that upholds and protects the freedoms central to our American way of life. This year, the annual celebration begins September 17, 2019.

The Daughters of the American Revolution (DAR) initiated the observance in 1955, when the organization petitioned the U.S. Congress to dedicate September 17–23 of each year to the commemoration of Constitution Week. Congress adopted the resolution, and on August 2, 1956, President Dwight D. Eisenhower signed it into Public Law #915. The celebration's goals are threefold: to encourage the study of the historical events that led to the framing of the Constitution in September 1787; to inform people that the Constitution

is the basis of America's great heritage and the foundation of our way of life; and to emphasize U.S. citizens' responsibility to protect, defend and preserve the Constitution.

DAR has been the foremost advocate for the awareness, promotion and celebration of Constitution Week. This annual observance provides innumerable opportunities for educational initiatives and community outreach, two mission areas of crucial importance to the National Society's work. By fostering knowledge of and appreciation for the Constitution and the inalienable rights it affords to all Americans, DAR helps to keep alive the memory of the men and women who secured our nation's independence, whose bravery and sacrifice made possible the liberties we enjoy today.

"The framers created a Constitution that translated into law the ideals upon which our nation was built," said DAR President General Denise Doring VanBuren. "Their vision was so forward thinking that their words still guide us today. No American history education can be complete without a thorough understanding of the impact the

Constitution has had on the lives of American citizens past and present."

"The Constitution is a living document that assures each citizen of the freedoms Americans cherish and appreciate," says Deanna Lutz, Regent with the Harmony Hall Chapter in Fort Washington, MD. "It is everyone's responsibility to keep our ancestors' legacy alive by promoting the ideals they fought valiantly to give their descendants."

Organized in 1984, the Harmony Hall Chapter of the DAR actively promotes patriotism, supports local historic preservation, and honors veterans through commemorative celebrations, memorials, and other activities. Any woman 18 years or older, regardless of race, religion, or ethnic background, who can prove lineal descent from a patriot of the American Revolution is eligible for membership. The Chapter meets regularly at the Fort Washington Forest Community Center on Filmore Road in Fort Washington, MD. Meetings are free and open to the public. To learn more about the work of Chapter, visit [www.harmonyhall.marylanddar.org](http://www.harmonyhall.marylanddar.org)

### Marc Morial

President and CEO, National Urban League



#### To Be Equal:

## Attitudes About Gun Safety Are Changing, But Senate Leadership Is Mired in the Past

"The biggest movement and shift that we've seen in this culture is simply because of the victims. When victims and survivors are coming to the legislative bodies and they're telling their stories and they're appealing, we've seen movement. We've seen movement. And so it's a matter of changing one mind and one heart at a time. You change the culture, and the policy change comes right on the heels of that."

—Congresswoman Lucy McBath, mother of 17-year-old Jordan Davis, shot to death in an argument about loud music.

The facts on gun safety are clear. Since 1994, background checks have blocked over 3.5 million gun sales to felons, domestic

abusers, and other people who aren't allowed to have guns under existing law.

About 90 percent of Americans support background checks for all firearms sales.

But Senate Majority Leader Mitch McConnell refuses to allow the senate to vote on bills, passed by the House of Representatives, that would expand background checks to private sales and extend to at least 10 days the amount of time firearms dealers must wait for a response from the background check system before the sale can proceed.

A ban on military-style assault weapons in effect from September 1994 through 2004 was associated with a 25 percent drop in gun massacres and a 40 percent drop in fatalities.

About two-thirds of American support a ban

on military-style assault weapons.

But a bill to restrict the sale of military-style assault weapons remains mired in the Senate Judiciary Committee.

One of the people who should have failed a background check to buy a handgun was Dylann Roof of Columbia, South Carolina. Because the check was not completed within three days, Roof was able to buy a gun.

A few months later, Roof shot and killed nine people at Emanuel African Methodist Episcopal Church in Charleston.

One of the people who was prevented from buying a gun because he failed a background check in 2014 was Seth Ator of Odessa, Texas. Ator had been committed to a psychiatric institution in 2006 because he was deemed a danger to himself and/or others. Because of a loophole in the law—a loophole that would be closed by the House-passed Bipartisan Background Checks Act—Ator was able to purchase an AR-15 style rifle through a private sale.

Ator used that rifle to shoot nearly 30 people in Odessa and Midland, Texas, on Saturday, killing seven and wounding 22.

There were six other mass shootings in the United States on Saturday, leaving five more dead and another 20 injured. There have been 287 mass shootings in of 2019—more than a shooting per day. There have been 10,018 deaths and 20,061 injuries from gun violence this year, and that's not

even including suicides by firearms, which claim about 23,000 lives each year.

Stopping gun violence is now the third-most important issue for voters, after health care and immigration, according to a recent poll.

The ongoing epidemic of gun violence prompted Walmart to stop selling handgun ammunition and "short-barrel rifle ammunition," such as the .223 caliber and 5.56 caliber, that can also be used on assault-style weapons. Walmart and Walmart and Kroger also have requested that customers not openly carry firearms in their stores.

These decisions mark a significant turning point in the effort to protect Americans from gun violence. Senate leaders have, instead, chosen to continue along the path of cowardice.

As the House passage of the background bill and the Walmart and Kroger decisions demonstrate, the firearm industry is losing its stranglehold on our political and legislative institutions. But not fast enough. As long as Senate Leader Mitch McConnell refuses to consider the commonsense gun safety laws passed by the House, it's clear his loyalties lie with the gun lobby and not with the American people.

We must do everything we can to urge the Senate to do its job. Call 202-224-3121 to speak to your Senators and let them know they were elected to defend your safety and your family, not the profits of the gun industry.

### Marion Wright Edelman

President Emerita, Children's Defense Fund



#### ChildWatch:

## Our All American Gun Epidemic Continues to Threaten Children

It happened again. On August 31, a gunman in West Texas armed with a semiautomatic weapon killed seven people and injured 25 others. One of the victims was 15-year-old Leilah Hernandez who had just celebrated her quinceañera in May. Her friends remembered her as someone who "could turn a bad day into a good one." She was walking out of a car dealership next to her 18-year-old brother Nathan who'd just bought a truck he'd been saving up for. Nathan tried to shield her in his arms but was shot and injured too.

Seventeen-month-old Anderson Davis was injured in the face and chest by bullet fragments as she and her twin brother sat in their car seats. These were just three of the children and teens killed or injured by guns on average every day in America. A child is killed by guns every 2 hours and 34 minutes.

Some have been victims of mass shootings while others died from accidental shootings, suicides, domestic or community gun violence. Although the majority of young gun victims are White, Black children and teens are disproportionately at risk and are four times more likely to be killed by guns than their White peers.

St. Louis, Missouri is among the communities devastated by an outbreak of gun violence killing Black children. At least a dozen Black children have lost their lives there from gun violence since April. Two-year-old Kayden Johnson and his 18-year-old mother Trina'ty Riley were both killed inside their home. Three-year-old Kennedy Powell was outside her home eating pizza when someone in a passing car opened fire. Kennedy was killed and a six-year-old was critically injured.

Ten-year-old Eddie Hill IV was a bright student who dreamed of becoming a doctor or engineer. Eddie was shot and killed in July standing outside his home. Seven-year-old Xavier Usanga was killed by a stray bullet playing in his backyard with his sisters the day before he was to begin second grade. Mourners brought Captain America and Iron Man action figures to Xavier's vigil. Kristina Curry, Myiesha Cannon, and Jason Eberhart, Jr. were all 16 when they lost their lives. Kristina, who loved to sing, dance, and garden, was killed in May. Myiesha, an honor roll student, was killed in June. Jason, killed in August, was a gifted athlete who hoped to play football in college like his older brother. Eight-year-old Jurnee Thompson was shot and killed after a fight broke out at a football jamboree she was attending with her cousins. And 15-year-old Sentonio Cox was found shot dead near a path he and his twin brother often used as a shortcut home.

Rev. Starsky Wilson, who chaired the Ferguson Commission, is CEO of the Deaconess Foundation and a community leader in St. Louis. His 9-year-old son Mason is one of many St. Louis children affected by gun violence. Mason told a reporter through quiet tears last week, "It makes me sad and it makes me worried a lot." In July Mason and 170 other children attending the Deaconess Foundation's CDF Freedom Schools® program brought letters and messages to

St. Louis's City Hall officials describing their fears and urging adults to enact stronger laws to protect them.

When will adults stand up to protect children over guns? After mass shootings at two Walmart stores in August, including El Paso, Texas where 22 people were killed and 24 injured by a gunman echoing President Trump's hateful anti-immigrant rhetoric, Walmart announced September 3rd it would stop selling ammunition for handguns and assault-style weapons and ask customers not to openly carry guns in its stores—a small long overdue step that was predictably opposed by the National Rifle Association (NRA). It is way past time for lawmakers to stop letting the NRA be in charge of national security and listen to the majority of Americans who want common sense effective gun violence prevention measures enacted now. The House of Representatives has passed several measures to keep guns out of the hands of those who pose a threat but the Senate has refused to vote on these measures to keep children safe. Please raise your voice with urgency and persistence and use your vote to ensure your Congressional leaders protect child lives over guns.

## Hoyer, Van Hollen, Cardin, Cummings Announce Over \$116,000 for Economic Development Program at the University of Maryland/Morgan State University

By ANNALIESE DAVIS  
Congressman Hoyer's Office

WASHINGTON, DC (September 3, 2019)—Congressman Steny H. Hoyer (MD-05), Senators Chris Van Hollen and Ben Cardin, and Congressman Elijah E. Cummings (all D-MD) announced \$116,667 in federal funding for the University Center Economic Development Program at the University of Maryland and Morgan State University Joint Center for Economic Development. The funding, awarded through the U.S. Department of Commerce's Economic Develop-

ment Administration (EDA), will be used to provide the program with research tools and technical assistance so that it may continue to promote entrepreneurship in order to increase long-term competitiveness and economic diversification within the region.

"Maryland's economic strength is rooted in successful partnerships that connect our communities, businesses, governments, and academic institutions. The University Center Economic Development Program does just that, and this funding will help ensure our local communities have access to top-notch resources at our Universities," said the Mem-

bers. "We will keep working to bring together Maryland's many assets to support local business and grow our economy."

The EDA awards federal funds to spur job growth and economic advancement across the United States. Emphasizing regional collaboration and innovation, the EDA helps local economies adopt new approaches to job growth and adapt to changing economic conditions. The Members have fought to protect funding for the EDA, to support programs such as this, despite the Trump Administration's efforts to eliminate it.

### The Prince George's Post

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# BUSINESS AND FINANCE

## Social Security Matters

Ask Rusty:

### Confused About Survivor Benefits

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

Dear Rusty:

My husband passed away in 2013 just a few days short of his 63rd birthday. I was 56 at the time and when I went into the Social Security office to notify them of his death I was told I would be able to get a partial draw when I turned 60. Two years after that I was told that I would never draw anything from his account as the rules had been changed, and since he had never drawn Social Security that his benefits were eliminated. I am 62 and intend to keep working but any information you have might be helpful. **Signed: Confused Survivor**

**Dear Confused Survivor:** You've certainly been given some conflicting information, so I'll try to clarify. If your husband had accumulated enough quarter credits to be eligible for Social Security, you are eligible for a survivor benefit even if your husband was not yet collecting Social Security (SS) benefits when he passed. To be eligible for SS, your husband would have needed to work for about 10 years for an employer which participated in Social Security program (meaning, both your husband and his employer paid SS FICA payroll taxes on his earnings). Most U.S. employers participate in the Social Security program. However, if your husband worked his entire career as an employee of a state or local government which does not participate in SS, or if he worked for the Federal government under their "CSRS" program, or if he worked for any other entity which didn't participate in Social Security, he may not have had enough SS credits to be eligible. But if he contributed to Social Security for at least 10 years and had at least 40 credits (can earn 4 per year) then he would have been eligible for SS, and you would be eligible for a survivor benefit from his record.

The rules haven't changed for any of this. If your husband was at least eligible for SS (not necessarily collecting), you became eligible for a survivor benefit at age 60 although it would have been reduced by about 28.5% from what you would get at your full retirement age (FRA). You are still eligible for the survivor benefit but, if you take it now at age 62, it will still be reduced for claiming before your FRA, and since you are still working you'll also be subject to Social Security's earnings limit (\$17,640 for 2019). If you exceed the earnings limit, SS will withhold from future benefits \$1 for every \$2 you are over the limit, which would mean you wouldn't get benefits for some months until they recover what is due. If your current earnings are high, it may not be prudent to claim early SS benefits even if you're entitled to them. The earnings limit changes annually, is considerably higher (by 2.5 times) in the year you reach your FRA and goes away once you reach your full retirement age.

For your awareness, the survivor benefit reaches the maximum amount when you reach your full retirement age (but is reduced if you claim it earlier). You have the option to restrict your claim to survivor benefits only, and you may want to do this if your own SS benefit from your lifetime earnings record will be more at age 70 than your survivor benefit will be at your FRA. Your goal should be to collect the highest benefit possible for the rest of your life. If you so choose, you can collect your survivor benefit first and delay your own SS benefit past your full retirement age, which would allow you to earn delayed retirement credits on your own benefit. That will increase it by 8% per year of delay, up to age 70 when your maximum Social Security retirement benefit will be reached, and at that time you would switch to the higher 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>.

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## Prince George's County Office of Community Relations Successfully Finishes 100 Events of Summer Initiative

OCR attended 113 community events from June through August

By CHARICE YOUNG  
Office of Community Relations

LARGO, Md. (August 30, 2019)—The Office of Community Relations (OCR) attended their final community event this morning of the 100 Events of Summer initiative, a new effort to bring the County Government directly to the residents we serve. The initiative started in June and resulted in the OCR team attending 113 community events across Prince George's County throughout the summer.

"You cannot represent people that you don't know or understand, so I am Prince George's Proud that our team has attended more than 100 community events this summer," said Prince George's County

Executive Angela Alsobrooks. "We will continue to show up at community events throughout the County and develop innovative ways to bring your County Government directly to you."

"The 100 Events of Summer gave the OCR team an opportunity to showcase the administration's visibility, accessibility and accountability as we work to strengthen relationships with our amazing residents," said Euniesha Davis, Director of the Office of Community Relations.

The 100 Events of Summer initiative provided a way for OCR to connect with Prince George's County residents on a more personal level while sharing with them the resources available through the County Government. They attended

community events from Laurel to Accokeek, some of which included municipal festivals, health fairs, National Night Out, the PGCPSS block party, and events hosted by our County Council.

The Office of Community Relations is the community engagement agency for the County Government, serving as a bridge between the government and residents. They fulfill that mission by "connecting people and connecting resources." OCR is also responsible for overseeing CountyClick 311 and common ownership community associations (such as HOAs).

For more information about the Office of Community Relations, visit the OCR website on [www.princegeorgescountymd.gov](http://www.princegeorgescountymd.gov).

## Vie Management Hosts Grand Opening to Celebrate its \$5 Million Renovation of Vie Towers

Vie Towers Serves Students from Howard University and the University of Maryland

By PRESS OFFICER  
Vie Management

HYATTSVILLE, Md. (September 6, 2019)—Vie Management, a student housing real estate investment company that promotes healthy lifestyles and takes a hospitality approach to guest services, will host its grand opening of Vie Towers on the evening of September 19. Vie Management acquired Vie Towers in 2018 and has invested \$5 million in renovating the community to better serve students from Howard University and the University of Maryland among others.

Vie Towers, located at 6515 Belcrest Road in Hyattsville, Maryland, is a premier, high-rise student housing community that offers residents a hotel feel with a focus on building a community that fosters residents, also known as guests, to be the adults and young professionals they're striving to be.

"We understand that college can be an exciting, stressful and impactful time," said director of brand experience Sabine Kadyss. "With Vie Towers, we strive to provide a place that promotes overall well-being and fosters personal development for these students, so they feel confident going out into the world and taking charge of their lives."

The 910-bed community offers spacious, newly renovated units including two-, three- and four-bedroom options which come fully-furnished with matte appliances and washers and dryers. Each apartment has new faux hardwood floors, electronic key fobs, as well as complimentary high-speed internet and cable, included.

"Living here is truly an experience," said Kasim B. Dahl, general manager of Vie Towers. "Our entire community, top to bottom, is designed to be luxurious, colorful and modern. With artwork in



PHOTOGRAPH COURTESY VIE TOWERS

### Rooftop-Lounge at Vie Towers

every corridor and high-end amenities, Vie Towers is not your typical student housing community."

To promote overall health, Vie Towers offers a Vie Fit 24-hour state-of-the-art fitness center with equipment unique to the student housing world, including tires, ropes, an outdoor space and a dance studio. To provide an environment focused on wellbeing, Vie Towers holds various classes to encourage guests to live a healthy lifestyle, including yoga classes and others.

Kahvie Café, Vie Towers' very own café, offers a one-stop-shop for residents by serving specialty coffees, healthy food and vegan options, providing the perfect place for students to caffeinate and study. Guests can also find the perfect place to focus and do their homework in the tucked away co-working and creative lounge. For those looking to socialize, guests can hang out in the two-story social lounge to enjoy some live entertainment or relax at the rooftop pool or at La Vue Deck.

For personal and professional development, Vie Towers offers various programs including Vie Inspired, which creates opportunities for their guests to give back to the community by hosting clean-ups, building houses and feeding the homeless.

Vie Towers is conveniently located just minutes away from major universities. With a private shuttle system to and from Howard University and the University of Maryland, guests are in a prime location for the perfect combination of live, work, play and study.

Vie Towers, a premier student housing community in Hyattsville, Maryland, provides unparalleled living experiences just minutes away from Howard University and the University of Maryland. With a focus on promoting healthy lifestyles and personal growth, Vie Towers cultivates an environment for students to become the adults and young professionals they're striving to be. For more information visit [www.vietowers.com](http://www.vietowers.com).

## PERSONAL FINANCE

### What Money Tips Would You Tell Your Younger Self?



PHOTOGRAPH COURTESY STATEPOINT

Actor and author, Hill Harper, is on a mission to boost financial literacy.

(StatePoint) As we age, we sometimes regret those life lessons that might have served us better when we were younger. If you could roll back the years, what would you tell your younger self about money?

Hill Harper, star of ABC's "The Good Doctor," is on a mission to help consumers of all ages take charge of their credit scores and financial futures. Author of The New York Times Best Seller, "The Wealth Cure: Putting Money in its Place," he is dedicated to teaching financial inclusion and literacy. He's also a spokesperson for Experian Boost, a free, innovative financial tool that empowers consumers to add positive utility and mobile phone bill payment history to their Experian credit files, potentially improving their credit scores instantly.

Knowing what he knows now, Harper is revealing the top financial lessons he would teach his younger self.

• **Create a Blueprint for Wealth:** If you have enough money to meet your basic needs—ask yourself, "what else do I need to be happy?" Prioritize and plan.

"You need to be the architect of your life and create a blueprint for true wealth," he adds.

• **Understand the Importance of Credit Scores:** Many people don't understand money's impact on their future, for example, a high score can mean access to better financial loan products and the best rates on those loans, while a low score can cost you money with higher interest rates, or limit your ability to secure loans, sign leases or even land jobs.

"People often overlook the impact credit has on their opportuni-

ties. I'm aiming to encourage people to proactively manage their credit, and use it to manifest their destinies," says Harper.

• **Take Small Steps:** You can increase your credit score by taking several steps, such as establishing a track record of paying bills on time, paying down debt and using financial tools that can possibly impact your score immediately, like Experian Boost. Also, Harper stresses you should keep your usage of credit low, and only make purchases you can afford.

"Everyone deserves a fair shot at achieving their financial dreams, and access to capital is a part of that, but it should be done wisely," says Harper. "Understanding how your credit score is calculated and what you can do to maintain it will position you for financial success."

• **Be Truly Wealthy:** Harper believes that money is simply a resource that helps people build the lives and communities they want, and that true "wealth" means being healthy, happy and having a positive relationship with money.

"Some of the most important financial concepts for young people to understand are the power of savings, the time value of money, and compounded interest. If you start saving just a little bit early on, compound interest will work on your behalf. It can transform your life and the financial wellbeing of your family," says Harper.

To learn more about Harper and Experian Boost, visit [Experian.com/BoostAmerica](http://Experian.com/BoostAmerica).

Wisdom can be a game changer when it comes to finances. Consider the financial lessons those in-the-know would tell themselves if they could turn back the clock.

# OUT on the TOWN

## The Publick Playhouse 2019–2020 Season Announcement

Affordable high-quality performances for audiences in Prince George's County and the surrounding area

By MEGAN MERCHANT and OMRAO BROWN  
Prince George's County Department of Parks and Recreation

CHEVERLY, Md. (August 29, 2019)—The Maryland-National Capital Park and Planning Commission, Department of Parks and Recreation, Prince George's County, is pleased to announce the Publick Playhouse 2019–2020 Season.

Featuring performances by Afro Blue, the Blackbyrds, Cecily, Christie Dashiell, the Chuck Brown Band, Dallas Black Dance Theatre, Dance of Hope dancers from Uganda, Gretchen Parlato, José James, Liner Notes, Maimouna Youssef, PHILADANCO!, Step Afrika!, Sweet Honey In the Rock, and much more!

The Publick Playhouse 2019–2020 season launches October 2019–July 2020. Tickets are on sale now! Programs include musical tributes, jazz and R&B concerts, dance performances, film screen-

ings for seniors, and educational arts programming for children providing quality programs perfect for intergenerational audiences. In addition to performances, the Publick Playhouse offers a wide range of arts and wellness workshops, art exhibitions, and a summer musical theater camp.

The Publick Playhouse is owned and operated by the Department of Parks and Recreation. The Department of Parks and Recreation acquired and began restoration of the Playhouse in 1975. The Playhouse serves as a venue for the performing arts, concerts, dance, theater and community events and is one of the two surviving Art Deco theatres in Prince George's County. For more information about the Publick Playhouse, visit [arts.pgparcs.com](http://arts.pgparcs.com) or call the box office at 301-277-1710; TTY 699-2544 and stay connected on Facebook and Twitter @artspgparcs.

## Fall Flea Market at Marietta House Museum

By STACEY HAWKINS  
Marietta House Museum

Join us on **Saturday, September 28, 2019**, 9 a.m.–2 p.m. for our Fall Flea Market. Local community members with over 25 tables of wonderful gently used items will be here for you to peruse and purchase! Great for decorating, gifts, or finding that special treasure. Clothing, children's items, books, Avon, household goods, jewelry, and much more!

Parking is free and on the grounds, so as you find your treasures you can load the car and shop some more.

The Glenn Dale Farmer's Market will be here with food, produce and more while you shop and stroll the beautiful grounds.

Call 301-464-5291 for more information.

Marietta House Museum is located at 5626 Bell Station Road, Glenn Dale, MD. 20769, and is a property of the Maryland-National Capital Park and Planning Commission.

## 18th Annual Prayer Breakfast

By PRESS OFFICER  
Prince George's County Section  
National Council of Negro Women, Inc.

The Prince George's County Section National Council of Negro Women, Incorporated, is having its 18th Annual Prayer Breakfast at Martin's Crosswinds, 7400 Greenway Center Drive, Greenbelt, Maryland, on **Saturday, October 19, 2019**, at 8:30 a.m. til noon. The Reverend Marcietta Washington will be the keynote speaker. The event theme is "Where God Guides, He Provides," Isaiah 58:11. For registration or additional information, contact Bonita Brown at 301-651-3356, e-mail [bonitabrown13@gmail.com](mailto:bonitabrown13@gmail.com), or Carolyn Tibbs at 240-695-3032, or [c2tibbs@verizon.net](mailto:c2tibbs@verizon.net).

## Non-profit Opening a Game Changing Cafe for Its Community

Providing Culinary Arts Training and Healthy Eating & Living Series

By JEANETTE MITCHELL  
Central Kenilworth Avenue Revitalization  
Community Development Corporation

RIVERDALE PARK, Md. (September 6, 2019)—CKAR's Sarvis Empowerment Café is currently under renovation with an expected opening this fall. This café is a game changer in that it will provide culinary arts training and a healthy eating and living series to its communities. Prince George's Community College, our partner, will provide a 14-week certified culinary arts & customer service training program that will enable students to advance in their career and educational goals. Trained chefs will fill positions at local restaurants, catering facilities and other businesses in their own community. Mentoring will be provided by chefs and other professionals employed at Sarvis. CKAR is also positioned to provide job search and placement services to students completing the program.

Sarvis Café is a breakfast and lunch café that offers menu items from a variety of different cultures. It will promote healthy eating and healthy living to over 240 customers per day. All food will be made fresh daily with sustainably sourced ingredients from local stores and farms. CKAR has received support for the Sarvis café project from several organizations enabling this to be a change agent for the communities. More information about Sarvis Café's products and services can be found on its website: [www.sarviscafe.com](http://www.sarviscafe.com) and on CKAR's website: [www.ckarcdc.org](http://www.ckarcdc.org)

The Hard Hat Launch, Tour & Fund-raiser will be held on **September 18**, from 11 a.m. to 1 p.m. at Sarvis Empowerment Café, 5711 Sarvis Avenue, Riverdale Park, MD 20737. MGM chefs will be our guests to prepare "A Taste of Sarvis". This event celebrates the 1960's café renovation, gives partners and supporters a tour of the build-out, and is geared towards generating additional funding needed to complete the project.

fans of Ventimiglia's TV show *This Is Us*; it has that gentle broadcast-television gloss to it.

Enzo's narration is provided by Kevin Costner, whose craggy, kind intonations suit an old, wise dog (an eager puppy less so, but we skip through those years pretty quickly). Calm and philosophical, Enzo knows he's more self-aware than the average dog, to the point that you start to feel sorry for him for being trapped in a canine body when he knows

more about life and death than most humans. There's some ungainly humor in the juxtaposition of Enzo being both wise beyond his years (and species) and, for example, being a dumb dog who thinks Zoe's stuffed zebra toy is a demon that he must tear apart. That awkward combination barely worked in the book; in living color on the big screen it's especially goofy. But maybe you can overlook that for such a Good Boy.



ROTTENTOMATOES.COM

Based on the best-selling novel by Garth Stein, *The Art of Racing in the Rain* is a heartfelt tale narrated by a witty and philosophical dog named Enzo (voiced by Kevin Costner). Through his bond with his owner, Denny Swift (Milo Ventimiglia), an aspiring Formula One race car driver, Enzo has gained tremendous insight into the human condition and understands that the techniques needed on the racetrack can also be used to successfully navigate the journey of life. The film follows Denny and the loves of his life—his wife, Eve (Amanda Seyfried), their young daughter Zoe (Ryan Kiera Armstrong), and ultimately, his true best friend, Enzo.

The Art of Racing in the Rain  
Grade: C  
Rated PG, mild thematic elements  
1 hr., 49 min

Life is a lot like racing cars, as you know if you read Garth Stein's dependably sappy novel *The Art of Racing in the Rain*. The movie version, directed by Simon Curtis (*Goodbye Christopher Robin*) from Mark Bomback's faithfully adapted screenplay, shares all the same folksy, vaguely New Age-y life lessons (which range from profound to silly) while relating the story of Seattle race car driver Denny Swift (Milo Ventimiglia), his wife Eve (Amanda Seyfried), their little girl Zoe (Ryan Kiera Armstrong), and the melodramatic ups and downs of their lives—all told from the perspective of their golden retriever, Enzo.

So it's a dog movie, but one where the dog is merely an observer, with little direct impact on the story. The story, concerning love, ambitions, illness,

tragedy, and in-laws, should feel tearjerkingly familiar to

## Horses and Rodeo in the Spotlight

### Maryland Horse and Pony Show

Date and Time: September 11–15, 2019, 8 a.m.

Description: For more than 70 years the Maryland Horse and Pony Show has been a premier equestrian event! This show provides the perfect chance for participants to show indoors before the Washington International Horse Show and The Capital Challenge Horse Show!

Cost: FREE for spectators.

Ages: All ages are welcome

Location: The Show Place Arena, 14900 Pennsylvania Avenue, Upper Marlboro, MD 20772

Contact: <http://mdhsa.org/>

### Bill Pickett Invitational Rodeo—Matinee

Date and Time: Saturday, September 21, 2019, doors open at 12:30 p.m. Showtime is 1:30 p.m.

Description: The Bill Pickett Invitational Rodeo celebrates and honor Black Cowboys and Cowgirls and their contributions to building the west. Highlighted are the irrefutable global appeal of Black Cowboys and Cowgirls in the West and the stories behind a sub-culture that is still strong today. The Invitational Rodeo also serves as a cultural event and opportunity for families to enjoy and embrace the cowboy culture while being educated and entertained with reenactments, history highlights, and western adventure.

Cost: In-advance cost: \$27 Adults (Ages 13–61); \$22 Child/Senior\* (2–12 and 62 & better). Day of Show cost: \$32 Adults (Ages 13–61); \$27 Child/Senior\* (2–12 and 62 & better).

\*Senior Tickets are only sold at The Show Place Arena (proper ID required). All tickets are available for sale through Ticketmaster.com, or can be purchased at the Show Place Arena Box Office. Ticketmaster service charges will be applied separately if tickets are not purchased at the Box Office.

Ages: All ages are welcome

Location: The Show Place Arena, 14900 Pennsylvania Avenue, Upper Marlboro, MD 20772

## OPEN TO THE PUBLIC



PHOTO COURTESY OF M-NCPPC

The Show Place Arena & Equestrian Center in Upper Marlboro has everything you need to make your next event an unqualified success—hospitality, location, space, and versatility. The Show Place Arena is easily accessible from the Capital Beltway (I-495 per 95) and U.S. Route 301. The Show Place Arena and Prince George's Equestrian Center are facilities of The Maryland-National Capital Park and Planning Commission, Department of Parks and Recreation/Prince George's County. For information on this and other facilities, classes and parks, visit [www.pgparcs.com](http://www.pgparcs.com).

Show Place Arena & Equestrian Center, 14900 Pennsylvania Avenue, Upper Marlboro, MD 20772 • 301-952-7900 • TTY: 301-699-2544 • [www.showplacearena.com](http://www.showplacearena.com)

## UPCOMING EVENTS

### Prince George's County Community Association Conference

Date and Time: Saturday, September 21, 2019, 9 a.m.–4 p.m.

(Check in 7:30 a.m., Continental Breakfast 7:30 a.m., Program 9 a.m.)

Description: Hosted By State's Attorney Aisha Braveboy

Cost: Free. Register at [eventbrite](http://eventbrite.com)

Ages: Adults

Location: Charles Herbert Flowers High School, 10001 Ardwick Ardmore Road, Springdale, MD 20774

Contact: Thelmetria Michaelides, 240-508-2018, LaJoia Cannon, 301-379-0615

### Pollinator Festival

Date and Time: Saturday, September 21, 2019, 10 a.m.–2 p.m.

Description: Join the Friends of Patuxent as they celebrate the magnificent pollinators of North America. See biologist and volunteers tag monarch butterflies. Discover how domestic and native bees sustain your environment. Join in on a guided nature walk.

Cost: FREE!

Ages: All ages are welcome

Location: Patuxent Research Refuge, North Tract—Visitor Contact Station, 230 Bald Eagle Drive, Laurel, MD 20724

Contact: 301-497-5770

### Smithsonian Museum Day: Participating PG County Museums:

Date and Time: Saturday, September 21, 2019

College Park Aviation Museum, Laurel Historical Society, Montpelier Mansion, NASA Goddard Visitor Center, Prince George's African American Museum and Cultural Center, Riversdale House Museum

Get a ticket and see details: <https://www.smithsonianmag.com/museumday/museum-day-2019/>

### Mi Casa es Su Casa: Flight Fest

Date and Time: Saturday, September 21, 2019, 1–4 p.m.

Description: Did you know that many of the birds we see here in our area migrate to central America? Join Prince George's Audubon Society and College Park Aviation Museum for a celebration of birds and flight with films, exhibits, activities and more. Don't miss out!

Cost: FREE!

Ages: All ages are welcome

Location: College Park Aviation Museum, 1985 Corporal Frank Scott Drive, College Park, MD 20740

Contact: 301-864-6029; TTY 301-699-2544

## Calendar of Events

September 12– September 20, 2019

### Montpelier Farms 2019 Fall Festival

Date and Time: September 14–November 10, 2019. (Last admission sold 1 hour before closing) September: Saturdays: 10 a.m.–11 p.m., Sundays: 11a.m.–7p.m., October: Fridays: 5–11 p.m., Saturdays: 10 a.m.–11 p.m., Sundays: 11a.m.–7 p.m., November: Saturdays: 10 a.m.–11 p.m., Sundays: 11a.m.–7 p.m. Description: Pumpkin Patch closes at 10 on Fridays and Saturdays. The following stations close at dark due to limited lighting or safety reasons: Cub Corral, Cow Belly Bounce, Pumpkin Chunkin', Duck Races and Gem Stone Mining. Cost: General Admission: \$12.00, Kiddies (2 and under): Free \*Does not apply to School Tours, Season Pass: \$40.00 per person / \$150.00 for Family of 4. Visit <http://www.montpelier-farms.com> for more prices and attractions. Location: 1720 Crain Highway North, Upper Marlboro, MD 20774 Contact: 410-320-0464

### Fitness in the Parks: Stretching Fore! Golfers

Date and Time: Saturday, September 14, 2019, 10–11 a.m. Description: No registration required. Learn a variety of stretches to loosen up before a day on the golf course. Increase flexibility and balance to play your best game. Exercise level: Recommended for all fitness levels. Cost: FREE!! Ages: 18 and older Location: Paint Branch Golf Complex (Located near putting area), 4690 University Boulevard, College Park, MD 20740 Contact: 301-446-6800; TTY 301-699-2544

### Arts Drop-in at College Park Community Center Children's Arts Drop-In Programs

Date and Time: September 14, 2019–May 9, 2020, 10 a.m.–12 p.m., Sundays 2–4 p.m. Description: This weekend's theme: Paint with watercolor. Visit <http://cpae.org/arts/course/arts-drop-in/> for dates and themes. Ages: 3–8 with their parents Cost: Free Location: Saturdays: College Park Community Center, 5051 Pierce Ave., College Park, MD 20740. Sundays: Old Parish House, 4711 Knox Rd, College Park, MD 20741 Contact: [info@cpae.org](mailto:info@cpae.org), 301-927-3013 (leave message)

### Hispanic Heritage Month Opening Reception

Date and Time: Saturday, September 14, 2019, 12–3 p.m. Description: Join us as we host an opening reception to kick off a month of celebration. Honor Hispanic Heritage and culture with food, entertainment by the Latin Fusion band Zakke and DJ TC Soundz, a demonstration and Salsa lesson with dancers from the SAOCO Distrito Casinero Dance Group, and the introduction of the new 2019 Hispanic Heritage Month poster. Cost: FREE! Ages: All ages are welcome Location: Prince George's Ballroom, 2411 Pinebrook Avenue, Landover, MD 20785 Contact: 301-341-7439; TTY 301-699-2544

### Annual Hispanic Heritage Festival

Date and Time: Sunday, September 15, 2019, 12 noon–6 p.m. Description: Bring the family and celebrate the rich heritage of our Hispanic communities! From carnival games, crafts, entertainment, delicious ethnic food and more, there's something for everyone. Bring a friend or neighbor and enjoy the day. Cost: FREE admission and parking; Food, rides and games have a nominal fee Ages: All ages are welcome Location: Lane Manor Park, 7601 West Park Drive (off University Boulevard), Adelphi, MD 20783 Contact: [www.mnccpc.org/2855/Hispanic-Heritage-Month](http://www.mnccpc.org/2855/Hispanic-Heritage-Month)

### Public Hayrides

Date and Time: Sunday, September 15, 2019, 1–3 p.m. Description: Summer is winding down and Autumn is peeking around the corner! Gather the family and come join us for a 20-minute hayride through the grounds of Watkins Regional Park to enjoy the beautiful scenery. Cost: \$2 per person Ages: All ages are welcome Location: Old Maryland Farm, 301 Watkins Park Drive, Upper Marlboro, MD 20774 Contact: 301-218-6770; TTY 301-699-2544

### Afternoon Tea: The Music of Stevie Wonder Featuring Jamar Dukes

Date and Time: Wednesday, September 18, 2019, 2–3 p.m. Description: BRENCORE Entertainment presents The Music of Stevie Wonder featuring national recording artist, Jamar Dukes. Dukes is one of the main vocalists for the BRENCORE ALL-STARS Band which performs Tributes throughout the country. Join us as he performs some of Wonder's greatest songs such as "Superstition", "Ribbon In The Sky", and "Higher Ground." Cost: \$20/person Location: Harmony Hall Arts Center, 10701 Livingston Road, Fort Washington, MD 20744 Contact: 301-203-6070; TTY 301-699-2254

### District 1 Residents:

#### Community Resources & Food Trucks Night

Date and Time: Friday, September 20, 2019, 6:30–8:30 p.m. Note: Rain date is September 27 Location: Beltsville Academy, 4300 Wicomico Ave, Beltsville, MD 20705 Contact: 301-952-3887

### Shen Yun Symphony Presentation

Date and Time: Friday, September 20, 2019, 7:30–9:30 p.m. Description: A presentation on the art and history of Chinese culture, how it was nearly lost, and its renaissance, and how in the process a new frontier of classical music is explored. Our speaker is Dong Xiang, who has been featured in the *Wall Street Journal* and other national news outlets. Learn about this sensational concert of dance and music before you go to see it! Cost: Free and open to the public. Ages: Adults Location: Old Parish House, 4711 Knox Road, College Park Contact: [info@cpae.org](mailto:info@cpae.org), 301-927-3013 (leave message)

## Governor Larry Hogan Proclaims September As International Underground Railroad Month

Maryland: The Most Powerful Underground Railroad Storytelling Destination in the World

By PRESS OFFICERS

The Maryland Office of Tourism

BALTIMORE, Md. (September 3, 2019)—Governor Larry Hogan proclaimed September as International Underground Railroad Month, which recognizes Maryland as the most powerful destination for authentic Underground Railroad history. It also commemorates all those involved in the Underground Railroad, including Maryland's courageous Harriet Tubman, the brilliant orator Frederick Douglass, and thousands of freedom seekers.

"Maryland has the most documented successful escapes, and was heavily active in the Underground Railroad," said Governor Hogan. "Recognizing International Underground Railroad month in Maryland honors the heroism of many brave men, women, and children who took a dangerous journey along the Underground Railroad and those who fought for their freedom."

Visitors can explore the powerful history and stories of courage through interpretive

materials, tours, attractions, and guides as they visit Maryland's Network to Freedom sites. The Harriet Tubman Underground Railroad Byway provides visitors with the opportunity to walk in Tubman's footsteps, while the "Following in His Footsteps: Maryland's Frederick Douglass Driving Tour" traces Douglass's story around the state.

Maryland, as a true epicenter of the Underground Railroad, was home to many of the Underground Railroad's leaders. Throughout the state, partners have come together to tell the stories of Tubman and Douglass, as well as Henry Highland Garnet, Josiah Henson, the William Still Family, and J.W.C. Pennington.

"As the nation's first ethnic commission, we are pleased to join Governor Hogan in recognizing the authentic history of the Underground Railroad whereby countless brave men, women, and children enslaved here in Maryland were able to escape to their freedom," said Rev. Dr. Tamara England Wilson, chair of the Maryland Commission on

African American History and Culture. "Their stories which reveal cooperation across racial lines will inspire each of us today to do our part in ensuring that all people enjoy the freedoms that this nation affords."

September 3 mark[ed] the 181st anniversary of Frederick Douglass's self-liberation from Baltimore's President Street Station. September 17, 2019 will mark the 170th anniversary of Harriet Tubman's self-liberation from Maryland's Eastern Shore.

For more information and to plan the journey along the Underground Railroad, visit <https://www.visitmaryland.org/UGRR>.

The Maryland Office of Tourism is an agency of the Division of Tourism & Film within the Maryland Department of Commerce. Visitors to the state spent \$17.7 billion on travel-related expenses in 2017. The Maryland tourism industry also generated \$2.4 billion in state and local taxes, and provided Marylanders with more than 149,000 jobs with a payroll of \$6.3 billion. For more information, visit [www.visitmaryland.org](http://www.visitmaryland.org).

## Earth TALK™ Could Sprinkling Dust in the Stratosphere Curb Global Warming?

Dear EarthTalk:

Is the plan to sprinkle dust in the stratosphere to reflect some of the sun's rays away from Earth to prevent global warming science or science fiction?

—M. Jackson, Tampa, FL

Some certainly do consider it science fiction, or worry that it could end up doing more environmental harm than good. Yet others—including Bill Gates and a team of leading Harvard scientists—think it could be the solution to our planetary climate woes.

What we're talking about is a form of geo-engineering that entails sending up some 800 jumbo planes to sprinkle their payload of millions of tons of chalk dust in the stratosphere 12 miles above the Earth's surface in an effort to reflect some of the sun's heat back into space to turn the tide on climate change.

The so-called Stratospheric Controlled Perturbation Experiment (SCoPEX) was developed by chemist James Anderson and physicist David Keith, both of Harvard—with funding from Bill Gates—"to advance understanding of stratospheric aerosols that could be relevant to solar geoengineering." The researchers want to test their hypothesis with a \$3 million experiment 12 miles above the Southwestern United States where they would steer remote controlled balloons to disperse small plumes of calcium carbonate.

The balloons would then turn around and observe any differences in the amount of solar radiation getting through. This system is adapted from a similar design the researchers used in groundbreaking research analyzing the composition of the stratospheric ozone layer.

But the test plan, initially slated for early 2019, has received some pushback from scientists and environmentalists, who worry that such tinkering could cause negative chain reactions and unforeseen irreversible consequences.

"Some researchers have suggested that so-

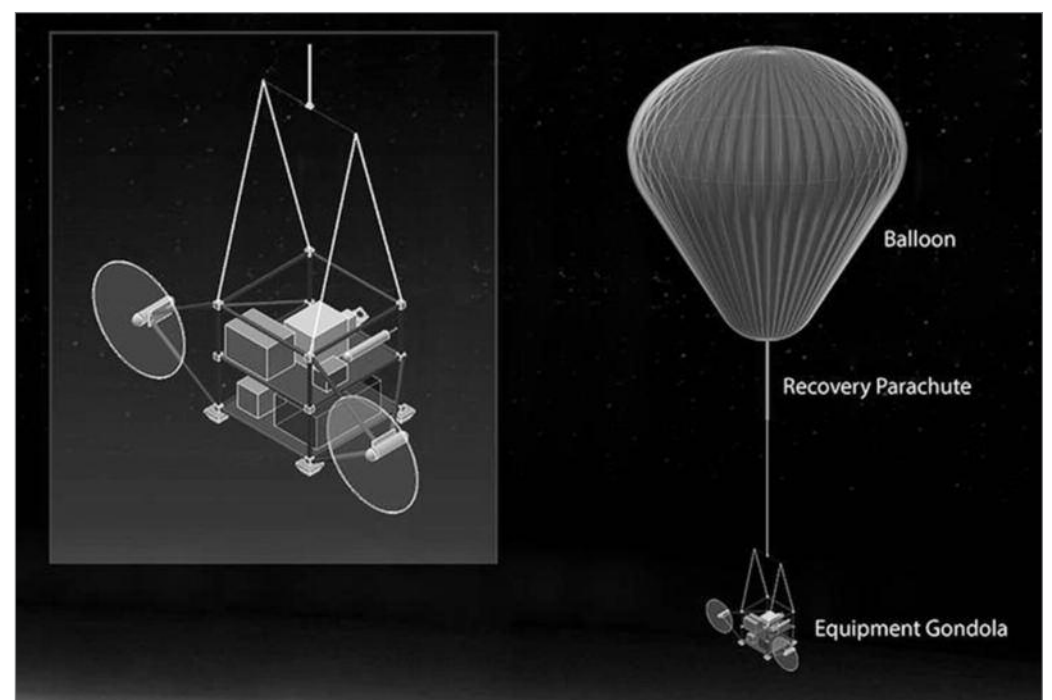


IMAGE CREDIT: SCOPEX

Harvard scientists with funding from Bill Gates want to launch some research balloons over the American Southwest to test their hypothesis that releasing dust into the stratosphere could counter global warming and keep our environment from overheating.

lar geoengineering could alter precipitation patterns and even lead to more droughts in some regions," reports Jeff Tollefson on Nature.com. "Others warn that one of the possible benefits of solar geoengineering—maintaining crop yields by protecting them from heat stress—might not come to pass." He cites a 2018 study showing that yields of wheat, corn, rice and soy fell after two major volcanic eruptions darkened skies around the planet and took a toll on crop yields.

Given such concerns, Anderson and Keith are erring on the side of caution, setting up an external advisory committee to review the project and point out potential safety concerns to head off negative side effects. "Getting it done right is far more important than getting it done quickly," says Peter Frumhoff of the Union of Concerned Scientists.

If they can pull off a successful test and then scale the idea, the good news is it might even be something the governments of the world—and/or some rich benefactors—can

afford. An October 2018 report from the Intergovernmental Panel on Climate Change found that dispersing enough sulfur in the stratosphere with a similar (cooling) intent could be done for less than \$10 billion/year—and possibly for as little as \$1 billion/year. While that might seem like a lot, it's a bargain if it can save our environment, our civilization, and our very existence on the planet.

**CONTACTS:** SCoPEX, <https://projects.iq.harvard.edu/keutschgroup/scopex>; "First sun-dimming experiment will test a way to cool Earth," <https://www.nature.com/articles/d41586-018-07533-4#ref-CR3>.

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. Check out our other columns at <https://www.emagazine.com/earthtalk-qa/>. To donate, visit <https://www.earthtalk.org>. Send questions to: [question@earthtalk.org](mailto:question@earthtalk.org).

# GOOD MORNING

There are more ways you can start your day off right than just getting eight hours of sleep. Make your morning routine efficient and sustainable with these tips.

- Save up to 200 gallons a month by simply turning off the tap when you brush your teeth.
- Ditch the disposables and opt for items like biodegradable cotton swabs, package free soap or reusable makeup pads.
- Drink "Fairtrade" or "Rainforest Alliance" certified coffee, which support small farmers and conservation efforts, respectively.
- Scramble up "pasture-raised" eggs\*, which means chickens are given ample space to roam outdoors.

\*not regulated by the USDA

# COUNTY CHURCH DIRECTORY

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**United Methodist Church**

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6:30 p.m.

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

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5018 Lakeland Road  
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**301-474-3995**  
**www.fbc-cp.org**

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

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**United Methodist Church**

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Upper Marlboro, MD

**Church (301) 627-7389**

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Sunday Worship: 10:00 a.m.

**Rev. Dr. Kendrick D. Weaver,**  
**Pastor**  
**www.uumchurch.com**

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

Matthew 28:19-20

Sunday School 9:00 a.m.  
Morning Worship 10:00 a.m.

Soulful Thursdays  
Bible Study 7:00 p.m.

**BAPTIST**

**Forest Heights Baptist Church**

We exist to strengthen your relationship with God.  
6371 Oxon Hill Road  
Oxon Hill, Maryland 20745

Sunday School (Adults & Children) - 9:30 A.M.  
Worship Service - 11:00 A.M.  
Wed. Prayer Service & Bible Study - 7:00 P.M.  
Office (301) 839-1166  
Fax (301) 839-1721  
E-mail: [FHBC@verizon.net](mailto:FHBC@verizon.net)  
Pastor: Rev. Waymond B. Duke

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Wed. Night Bible Study - 7:45 p.m.  
**Elder Willie W. Duvall, Pastor**

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**301-627-0900**

## Health & Wellness News from A3

to talk to them from the center to answer any questions they may have.

If this doesn't work, you should be prepared to bottom line them. An example of a bottom line is, "If you don't go to treatment you aren't staying here anymore." If they run off and refuse to listen, do not give in. You must hold strong or they won't take it seriously. Even if they do run, most of the time they will come back and listen and then agree to go to treatment.

If you have more questions or want to find out more about getting someone into treatment, read here: <https://www.narcononnewlife.org/blog/intervention-101.html> or call 1 800-431-1754 to get help for your loved ones.

—Angel Serna, Narconon NewLife Retreat

## Maryland Department of Health Investigating Cases of Severe Lung Illness in People Using E-cigarettes

BALTIMORE (August 28, 2019)—The Maryland Department of Health (MDH) and the Maryland Poison Center at the University of Maryland School of Pharmacy have identified five individuals who in the last two months developed severe lung illness after using e-cigarettes, often referred to as "vaping." (*Editor's Note:* As of September 3, 2019, there are 10 cases of Vaping-Related Lung Illness)

Respiratory symptoms reported by patients included shortness of breath, pain associated with breathing and cough. Other symptoms reported included fever, nausea, vomiting and diarrhea. The cases displayed no clear infectious cause and all required hospitalization.

To date, none of the cases in Maryland have been fatal. These cases are part of the nearly 200 reported incidents of vaping-related illness in 22 states, resulting in at least one death.

"The Maryland Department of Health is taking this issue seriously and is working with local health departments, the Centers for Disease Control and Prevention and the Food and Drug Administration to identify anyone who may be experiencing similar symptoms," said MDH Deputy Secretary for Public Health Frances B. Phillips.

The cause of these illnesses is not yet known and has not been linked to any particular device, substance or brand. People who became ill reported using a variety of vaping products, including those containing marijuana and THC and those containing nicotine.

"This is a serious and potentially life-threatening illness," said Bruce Anderson, Executive Director of the Maryland Poison Center. "If you have used e-cigarettes or vaped in the past weeks or months, and you start to have trouble breathing, stop using these products and seek immediate medical attention."

Many vaping products have been found to contain substances that can be toxic when inhaled and might not be listed on product packaging.

MDH encourages medical providers caring for patients with unexplained serious respiratory illness to ask about a history of recent e-cigarette use or vaping, and to report suspected cases to their local health department.

MDH will post updated case information as it becomes available to <https://phpa.health.maryland.gov/OEHFP/EH/Pages/VapingIllness.aspx>.

For free help to stop using these devices or any tobacco product, call 1-800-QUIT-NOW.

—Maryland Department of Health

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## Forgetting Is Normal For Most People as They Age, But Take Precautions if Memory Loss Persists and Interferes With Daily Life, Says AMAC

WASHINGTON, DC, (August 23, 2019)—Dementia, in general, and Alzheimer's disease, in particular, have emerged as a clear and present danger for America's aging population. And, this has many seniors scaring themselves every time they forget someone's name, according to Dan Weber, president of the Association of Mature American Citizens [AMAC].

"One of our members recently told me that his wife of 54 years was diagnosed with Alzheimer's disease five years ago and finally asked her neurologist to check him out because he was becoming increasingly forgetful, himself. He did and, to his relief, he was diagnosed with a simple case of growing old. Indeed, as we grow older it is normal for us to forget simple things such as where you parked your car or you might have trouble coming up with the right words. It is not necessarily the onset of dementia," says Weber.

"Nonetheless, it is a good idea to have yourself checked out. Self-diagnosis is not safe. Forgetting where you put your glasses is normal. Forgetting that you wear glasses just might be dementia."

The Alzheimer's Association says the signs of abnormal memory loss include a new found inability to complete routine tasks such as paying bills, remembering appointments, making plans or solving problems. It's time to see a doctor if you are experiencing these types of extreme forgetfulness on a regular basis.

Meanwhile, there are things that you can do to help sharpen your memory, according to the Mayo Clinic. In an article published on its Web site the Clinic suggests getting more physical exercise, doing things to remain mentally active, getting a good night's sleep and maintaining a healthy diet.

The folks at the Mayo Clinic also point out that it is important to adopt an engaging social life, something that AMAC's Weber says may be a particularly effective way of dealing with memory loss. He cites a recent study that shows social activity can reduce dementia risk by as much as 12% as we age.

The research was led by Andrew Sommerlad, Ph.D., at University College London in the U. K. And, its findings "suggest a protective effect of social contact against dementia and that more frequent contact confers higher cognitive reserve."

Harvard Medical School says "cognitive reserve is developed by a lifetime of education and curiosity to help your brain better cope with any failures or declines it faces." It's a concept that was first identified in 1982.

Essentially, researchers studied individuals who had no apparent symptoms of dementia while they were alive. But, when they died and were autopsied, it was discovered that their brains showed "changes consistent with advanced Alzheimer's disease. Since then, research has shown that people with greater cognitive reserve are better able to stave off symptoms of degenerative brain changes associated with dementia or other brain diseases."

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>.