

The Prince George's Post



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Prince George's Community College President Announces Retirement

By COURTNEY L DAVIS
PGCC

LARGO, Md. (October 30, 2019)—Sidney Gibson, chair of Prince George's Community College (PGCC) Board of Trustees, announced today that President Charlene M. Dukes will retire on June 30, 2020. President Dukes became the institution's eighth and first female president on July 1, 2007.

"President Dukes is a talented educator and leader who is passionate about Prince George's Community College, the county, and the region. We are pleased that she has served this community as president for 13 years," said Gibson.

Over her tenure, Prince George's Community College and the community have benefited from the leadership of President Dukes. A partnership with Prince George's County Public Schools led to the development of the Academy for Health Sciences, the first middle college in the state of Maryland, a Teacher Academy, two P-Tech Schools, and the 3D Scholars Program with University of Maryland Global Campus. It also includes two Information Technology Early College Academies with the Chesapeake Math and Information Technology Charter School's north and south campuses. President Dukes co-chaired the task force for the development of the Prince George's County Promise Scholarship. The scholarship, adopted and funded by former County Executive Rushern L. Baker, III, supports students graduating from Prince George's County Public Schools.

A champion of teaching, learning, and student success, President Dukes guided the realignment of organizational structures and program offerings to create connections between and among the three key components of the 2019-2021 Strategic Plan: student success, regional impact, and organizational excellence. The College's work with the Ensuring Student Success Institute, the Association of American Colleges and Universities' Roadmap Project, Achieving the Dream, and the American Association of Community Colleges' Pathways Project heightened the need for a reimagining of the work and commitment to the nearly 40,000 students served annually at Prince George's Community College.

President Dukes led the enhancement of facilities on the 52-year-old Largo campus and many of the College's degree and extension sites. Newly constructed or significantly renovated facilities include Bladen Hall, the Center for Health Studies, three modular buildings, the Culinary Arts Center, Lanham Hall, and the Center for Per-

forming Arts. Growing enrollment led to additional square footage at University Town Center and Laurel College Center. In spring 2020, new construction and renovation will



PHOTOGRAPH COURTESY PRINCE GEORGE'S COMMUNITY COLLEGE

Dr. Charlene M. Dukes

commence on the largest and oldest classroom building, Marlboro Hall.

President Dukes served as vice president for Student Services at PGCC prior to becoming president, and her leadership and interest in educational excellence have involved her in a number of professional and community organizations. She holds membership in a variety of professional associations, including the American Association of Community Colleges,

the American Council on Education, the Association of American Colleges and Universities, the Presidents' Roundtable, and the National Council on Black American Affairs.

In addition, she is a member of the board of directors of the Institute for Higher Education Policy, Campus Compact, the Biden Institute, the Prince George's County Chamber of Commerce, the Business Roundtable, and Hillside-Works Scholarship Connection. President Dukes is on the board of directors of the Greater Washington Community Foundation, the Meyer Foundation, and Venture Philanthropy Partners. From 2007 through 2015, she served on the Maryland State Board of Education and from 2012 through 2015, was president of the board. From 2002 through 2006, President Dukes served on the Appointed Board of Education of Prince George's County and chaired the Student Support, Student Appeals, and Personnel Committees.

Washingtonian magazine recognized President Dukes as one of the 100 most powerful women in the Washington metropolitan area in 2011, 2013, 2015, and 2017. She was inducted into the Maryland Women's Hall of Fame in 2013, and was awarded the Dr. Reginald Wilson Diversity Leadership Award by the American Council on Education in 2014. President Dukes will leave an everlasting legacy when she retires in June 2020.

The Prince George's Community College Board of Trustees will initiate a national search for the ninth president of the College.

Awards For Heroes

By KURT WOLFGANG
Maryland Crime Victims Resource Center

UPPER MARLBORO (October 28, 2019)—The Maryland Crime Victims' Resource Center, Inc. has selected three heroes for the first awards of the Oliver Smith, Jr. Medal for heroism. The awardees are:

Baltimore City Police Sergeant Bill Shiflett and his colleague, Officer Christopher Miller. On July 15, 2019, Shiflett and Miller placed themselves in harm's way in order to save hostages in downtown Baltimore. Sgt Shiflett was shot and gravely wounded but is still expected to recover fully and return to duty.

On September 25, 2019, University of Maryland Law Student John Keller, Jr. saw a man being viciously attacked. Without regard for his own safety, John came to the aid of the victim. John awakened in the hospital with serious injuries, but the victim credits John with his life. John's jaw was broken and foot crushed. Investigation of the incident is still underway.

Oliver Smith, Jr. was a police officer who lost his life during an armed robbery in 1997. The award is named for him to commemorate his work and sacrifice, and that of his family on behalf of crime victims. The award is given to those who exhibit courage and heroism on behalf of crime victims.

The medals will be presented by the family members of Oliver Smith, Jr. at an event commemorating the 25th anniversary of the Maryland Victim's Rights Constitutional Amendment. This constitutional amendment established rights for Maryland's victims of crime and demanded that the legal system treat crime victims with dignity, respect and compassion.

It passed in 1994, with 92% of voters approving. The event is November 14, 2019.

This function is intended to be a fun-filled and exciting night of celebration, support and commitment to the work of promoting crime victims' rights. Tickets can be purchased at eventbrite.com.

All proceeds of the event will benefit crime victims and ensure that they receive justice and are treated with dignity and compassion through comprehensive victims' rights and services.

For more information contact Jasmine White at 877-Victim-1.



Hogan-Rutherford Administration Sponsors Historically Black Colleges & Universities Conference

20 Maryland Executive Departments Highlight State Employment Opportunities

By SHAREESE CHURCHILL
Maryland Governor's Press Office

ANNAPOLIS, Md. (October 31, 2019)—The Hogan-Rutherford administration this week took part in the 12th Annual Historically Black Colleges and Universities (HBCU) Career Development Marketplace Conference. This annual three-day conference, held at the Baltimore Convention Center, hosted more than 500 college students and their families from 30 colleges and universities from across the country. Maryland schools with conference attendees include Bowie State University, Coppin State University, Morgan State University, and the University of Maryland Eastern Shore.

Since taking office, the Hogan-Rutherford administration has invested more than \$1.15 billion in state funds toward Maryland's HBCUs. The state leverages its investment by offering graduating students op-

portunities in state service as a valuable and viable career path.

"Today's conference is an opportunity for the students to receive firsthand knowledge from state government professionals," said Lt. Governor Boyd Rutherford, who delivered the closing address at the conference. "Our administration is committed to educating citizens on the many employment opportunities the state has to offer."

The HBCU Career Development Marketplace is a national conference to inform and educate undergraduate students of HBCUs on how to achieve success in corporate America. The students are able to speak face-to-face with experienced HBCU alumni and representatives from corporations, organizations, and government agencies seeking to hire talented graduates.

HBCU students were provided with direct access to state agency recruiters to learn more about the state's workforce op-

portunities. Each attending agency sponsored a recruitment booth at the conference where students were able to interact with state leaders and learn the many diverse careers each agency has to offer.

State government representatives included cabinet secretaries and directors including Dr. James D. Fielder, Secretary, Maryland Higher Education Commission; Ellington E. Churchill, Jr., Secretary, General Services; and Ricky D. Smith, Executive Director/Chief Executive Officer, Baltimore/Washington International Thurgood Marshall Airport and the Maryland Department of Transportation Maryland Aviation Administration (MDOT MAA).

The Department of General Services was the lead agency in coordinating the participation of 20 state agencies, including Aging, Agriculture, Commerce, Education, Energy Administration, Environmental Service, General

Services, Governor's Coordinating Offices, Health, Higher Education, Housing and Community Development, Human Services, Information Technology, Juvenile Services, Labor, Natural Resources, Planning, Public Safety and Correctional Services, State Police, and Transportation.

"General Services has been diligently working with other state agencies to provide as many resources as possible for these bright young students," said Secretary Churchill. "Our goal is to help students connect to state leaders and provide them with the valuable information they need to successfully and effectively begin their careers."

As a part of the state's participation in the conference, the state hosted a full day of conversations including a panel addressing Maryland careers in cyber security which have a critical role in driving Maryland's growth in key Maryland indus-



PHOTOGRAPH COURTESY OFFICE OF MARYLAND GOVERNOR

Lt. Governor Boyd Rutherford delivered the closing address at the conference.

tries. The panel discussion led by General Services included current and former state experts from the Maryland Department

of Information Technologies, Maryland Department of Transportation, and the Maryland Military Department.

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Chesapeake Bay Trust Adds New Voices to Its Leadership

"These new voices, coming from academia, government, and private industry, are going to greatly help the Trust accomplish its mission," stated Trust board chairman, Gary Jobson of Jobson Sailing Inc, a world-class America's Cup sailor, former ESPN commentator, and NBC Olympic commentator.

Community, Page A3

PGCEDC Announces Receipt of \$20,000 Wells Fargo Award to Support Small and Minority-Owned Businesses

... the PGCEDC will launch Pathways to Financial Management for Businesses, a new initiative that will provide traditionally underserved, minority-owned businesses the technical assistance they need to successfully manage their business finances.

Business and Finance, Page A3

To Be Equal: The Loss of Legends Cummings and Conyers Highlights the Importance of Congressional Black Caucus

... the work of the CBC is more important than ever. In honor of the legacy of Elijah Cummings and John Conyers, we must continue to support the CBC's mission and recognize its leadership.

Commentary, Page A4

Harriet Set to Open in Birthplace of Maryland Icon, Select Cities on November 1

Movie Will Open Nationwide on November 15

... film-goers who want to learn more about this amazing woman can come to Maryland to witness where her story began," said Kasi Lemmons, the film's director.

Out on the Town, Page A5

TOWNS and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Annual Gingerbread House Contest and Show coming up at Darnall's Chance

If you place 1st, you'll win \$100! If your entry is selected the best in viewer voting, it'll win you \$275. Prizes are also presented for other winners in the adult, child and family categories.

For 20 years now, Darnall's Chance House Museum in Upper Marlboro has been hosting this delightful Gingerbread House contest. Anyone can enter—you just have to register (and pay the \$5 fee). The house doesn't have to be a house—it could be a yacht or a barn or a jetliner or a teepee or a castle or a bakery. It just has to be original.

Participants must register for the competition by Friday, Nov. 8; fee is \$5. Entry forms can be obtained by calling Darnall's Chance, 301-952-8010, or visiting history.pgparcs.com, clicking Darnall's Chance House Museum and then clicking on Gingerbread House Contest & Show.

Any structure, real or imaginary, is eligible for entry. Entry must be original—no gingerbread kits allowed. And there are other rules—ask for a list. Completed entries must be delivered on Sunday, Nov. 24, between the hours of 12 noon and 3 p.m.

And there's more

Even if you don't participate, you'll want to attend the show, which runs Nov. 29 to Dec. 15. I always go and I am fascinated by how clever some of the entries are. It feels like Christmas, just being there.

Darnall's Chance is one of the oldest houses in Prince George's County, built about 1742. It's in Upper Marlboro on a hill overlooking Schoolhouse Pond.

New Promotions at MVFD—and a feathery visitor

The Morningside Volunteer Fire Department announces these promotions: Andre Edwards, to Captain of the Engine Co.; Danny Rae, to Lieutenant, assigned to Station Command; Lucas Oblander, to Fire Sergeant, to Squad Command; Ram Braza, to EMS Sergeant; Lauren Gray, to EMS Sergeant, to EMS Command; and Timothy Duffy, to Sergeant, assigned to Station Command.

Also, they had a surprise visitor the other day. Members found an injured bird (there's a cute photo, looks like an owl) that had had an encounter with a cat. They scooped the bird up and alerted Animal Control, which took it to a wildlife center in DC where it will be able to heal and return to the wild!

Neighbors & other good people

Cpl. Katherine de Barros was sworn in as Upper Marlboro's first female officer on Oct. 22. She comes with a record of 26 years in law enforcement, including service with the MPD and the Prince George's County Police Department.

Darryl Kelley, a lawyer who is Deacon at St. Philip's in Camp Springs, has been awarded the John Carroll Society's 2019 Pro Bono Legal Service Award for volunteering with Catholic Charities' legal network that serves low-income people in the Washington region.

Major Zachary O'Lare is the new Commander of Prince George's Police District IV. Assistant Commander is Capt. Levi Carson.

Brewer Clark, of Clinton United Methodist Church, retired Aug. 26 after more than 30 years at the organ.

Pearl McNamara turned 75 on Nov. 2. Someone sent me this announcement, and I'd like to know more about Pearl. Email me.

Lawrence Charles "Larry" Schlueter, owner and manager of the Branchwood Liquor store in Clinton from 1966 to 1981, died Oct. 15. He was a resident at Lighthouse Senior Living in Ellicott City. His wife Nancy preceded him in death. Survivors include three sons and grandchildren.

My granddaughter, Claire Mudd, was delighted to meet Juan Soto after a Nats' game, and got his picture. Claire lives in Laurel, is a senior at the U. of Md., and loves the Nats.

Changing Landscape and other things

Pit bulls are still banned in Prince George's County. There was a proposal to lift the ban, but a vote Oct. 22 has left the ban in place.

Work continues (forever, it seems) on the Suitland Road underpass of the

Beltway. Does anyone know what's going on?

ICE! and the Grinch are back at the Gaylord

ICE! is back at National Harbor, featuring the 1957 Dr. Seuss classic, *How The Grinch Stole Christmas!*

Walk through the ice sculpture and four two-story ice slides that bring to life the classic Christmas tale. Everything is hand-carved from 2 million pounds of ice!

Watch how the Grinch tries to steal Christmas from the Whos of Who-ville through interactive ice sculptures and displays. Experience favorite scenes, from the Christmas special, such as the Grinch lurking through the chimneys of the Who-ville homes, the Grinch's heart growing three sizes after realizing Christmas means a little bit more and sitting down at the Whos' feast where the Grinch carves the roast beast.

ICE! opens Nov. 15 and runs through Dec. 30. Prices are: \$25/child and \$33/adult. More information is available at www.ChristmasAtGaylordNational.com.

Morningside Memories: 1976

G.I. Market closed! It looked so sad, and we were all sad; so many of us shopped there. Chris D'Avanzo, owner of the market, opened a new store, the Hughesville I.G.A. on Route 5 in Hughesville. George Lantz, of the meat department, and "Ruby" Keeler, at the cash register, moved with Chris from G.I. to I.G.A. Aaron Lewis ("Lew" to us all), long-time butcher at G.I., moved to Nick's in Clinton.

Milestones

Happy birthday to Davey Capps, Jr., Nov. 9; Linda Fortner Jumalon, Nov. 10; Cindy Lewis, Nov. 12; Robin Brown, Nov. 13; Tyrell Boxley, Nov. 14; Michael Spenard, Tyrell Poe, Bob Davis and Carolyn Holland Bennett, Nov. 15.

Happy anniversary to Becky and Dave Capps on their 56th anniversary, Nov. 9; and Roseann and Franny Rohan, their 56th on Nov. 9.

A special greeting to VFW Post 9619 Auxiliary which was chartered on Nov. 13, 1948.

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

ALUMNI & FRIENDS #BSU4LIFE

Once a Bulldog. Always a Bulldog! We welcome you to the online community for Bowie State University alumni and friends. Your connection to BSU does not end once you leave campus. We encourage you to socialize, network, share news and get involved with your fellow alumni, current students, parents, friends, faculty and staff. You are part of the Bulldog Nation that represents more than 30,000 alumni with one thing in common—Bowie State University. So, stay engaged, get connected, give back and visit often.

HOUSE MUSEUM

Florence Nightingale: The Lady with the Lamp. Author Christine Trent portrays the Founder of Professional Nursing, a woman of many talents Saturday, November 9, 2019 at 4 p.m. at Surratt House Museum. Doors open at 3:30 p.m. The event is free.

Address is 9118 Brandywine Road, Clinton, Maryland 20735. Telephone number is 301-868-1121. For more information visit surrattmuseum.org/history.pgparcs.com.

CIAA TOURNAMENT

Save the Dates. The CIAA Tournament will be February 25–29, 2020 in Charlotte, North Carolina. Bowie State University, the only CIAA institution from Maryland, competes against 12 other historically Black colleges and universities in the Central Intercollegiate Athletic Association (CIAA) Basketball Tournament. Each year, the tournament is a great opportunity for students, alumni and friends to come together and cheer on the Bulldogs.

WOMEN OF COLOR NETWORK CONFERENCE

The Maryland Women of Color Network (Maryland WOCN), with support from the Maryland Department of Health (MDH) and the Maryland Coalition Against Sexual Assault (MCASA) is hosting its 14th Annual Conference November 8, 2019 at Bowie State University. This year's theme is HOPE: Navigating the Future Without Violence.

"Maryland WOCN was founded on October 4, 2000, to advocate in communities of color for victims of sexual crimes, and to provide insight and guidance to the Maryland Coalition Against Sexual Assault on issues of sexual violence that impact women of color. Since its inception, Maryland WOCN has actively worked toward breaking down barriers to service delivery and influencing meaningful change at all

levels of women of color."

This conference is open to professionals and community leaders who are committed to ending sexual violence in Maryland. Attendees typically include advocates, educators, faith leaders, non-profit leadership, government workers, health care providers, attorneys, health professionals, and others. People of all backgrounds are welcome to attend.

Register on Bowie State University website. The cost is \$50.00. Location is Bowie State University Student Center, Wiseman Ballroom, 14000 Jericho Park Road, Bowie, Maryland. Contact Isha Taylor-Kamara email: itaylorkamara@bowiestate.edu; Phone: 301-860-4173. Categories are health and wellness.

FRIED CHICKEN BOX SUNDAY

It's our fried chicken box Sunday, November 24, 2019 at 10:30 a.m. Come and get your chicken box and enjoy some social time with our Bishop Mariann Budde. Chicken box cost \$6.00. Chicken boxes includes 2 pieces of chicken (1 Drum & 1 Thigh) potato salad, and roll. Please pre-orders required, and payments greatly appreciated.

Chicken boxes includes 2 pieces of chicken (1 Drum & 1 thigh) potato salad, and roll. Benefit: St. Philip's Church Usher Board. St. Philip's Church address is 13801 Baden Westwood Road Brandywine, Maryland 20613. Points of contacts are Shirley A. Cleaves (302) 690-4260, Vivian Rich (804) 301-9530, Doretha Savoy (301) 233-3136 and St. Philip's Church (301) 888-1536.

2019/2020 INDOOR SOCCER ACADEMY

"Join one club, play soccer all year". The OSC Indoor academy introduces FUTSAL rules; teaches soccer technical skills—dribbling, passing, shooting, and the goalie, offense and defense positions; sportsmanship and game play. Slots limited!!! No residency requirements, all kids accepted.

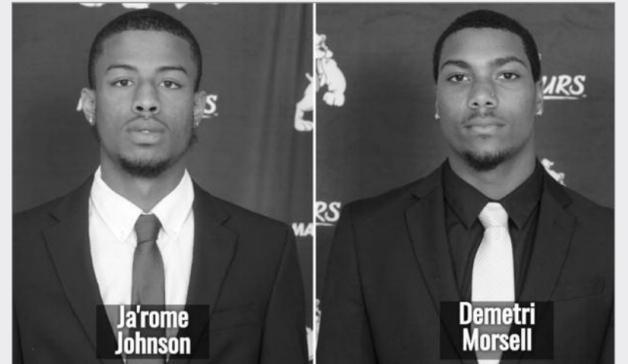
Location is Francis T. Evans Elementary School, 6720 Old Alexander Ferry Road, Clinton, Maryland. Time is 6–8 p.m. Wednesdays only. Ages 5–8, COED (boys and girls). Cost is \$125 per player. Fee includes jersey, shorts, socks, snacks and awards, trainer and equipment.

Academy graduates recruited for OPDEA 2020 PG County Competitive Spring recreation soccer teams. Register at www.Opdealnc.org (payment plans available). Director is Coach Steven Perry. E-mail: OpdeaSoccerClub@gmail.com.

Around the County

Bowie State University News

Bowie State Football Ranked 3rd in NCAA Super Region 2 Poll
INDIANAPOLIS, Ind. (October 28, 2019)—Bowie State University's football team is ranked 3rd in the first NCAA Super Region 2 poll released on Monday, October 28. The top eight teams in each of the four Super Regions of the NCAA are invited to the Division II Playoffs.



Ja'rome Johnson and Demetri Morsell Selected CIAA Players of the Week

CHARLOTTE, N.C. (October 28, 2019)—The Week #8 CIAA Football Weekly Honor Roll was released today and Bowie State junior Ja'rome Johnson (Washington, D.C.) along with sophomore Demetri Morsell (Upper Marlboro) were selected as Quarterback and Defensive Back Players of the Week following the Bulldogs' 52-17 home win against Virginia Union on Saturday.

Johnson continued his impressive season, completing 23 of 28 passes (82 percent) for a career-high 395 yards and five touchdowns. He had seven carries for 56 yards (8.0 yards per carry) and this is his third weekly honor of the season. Morsell totaled five solo tackles and a pass breakup for the Bowie State defense. He also picked off two passes, including one that he returned 92 yards for a touchdown and currently leads the CIAA with six interceptions on the season.

—Gregory C. Goings, *Bowie State Sports Information*

Prince George's County Legislative Branch Newsletter—District 7 Update

The Pepco Senior External Affairs Specialist managing outreach for the 69006 kV Reliability Enhancement Pole Replacement Project, wants to ensure that you are kept abreast of this project which is taking place along approximately 5.9 miles of Central Avenue between Campus Way, Watkins Park Drive and Shady Glen Drive. The work involves replacing wooden transmission poles with stronger, more resilient steel poles and upgrading existing overhead electrical equipment. It is expected that this upgrade project will take approximately 18 months to complete.

Below is the most recent update of upcoming work that is being coordinated with the Maryland State Highway Administration:

- On November 10, 2019, from 9 p.m. to 5 a.m. on November 11, we will perform wire pullings that cross the northbound MD 202 on-ramp from westbound MD 214 Central Avenue.
- The northbound MD 202 on-ramp from westbound MD 214 Central Avenue will be closed during these hours and a detour will be put in place.
- On November 17, 2019, from 9 p.m. to 5 a.m. on November 18, we will perform wire pullings that cross the MD 214 westbound on-ramp from southbound MD 202.
- The MD 214 westbound on-ramp from southbound MD 202 will be closed during these hours and a detour will be put in place. The left lane of Harry S. Truman Drive near MD 214 will be closed during this time as well.

—Newsletters for Council Member Rodney C. Streeter

M-NCPPC, Department of Parks and Recreation Operating Schedule For Veterans Day 2019

RIVERDALE, Md. (October 30, 2019)—The Department of Parks and Recreation facilities will operate on the following schedule this Veterans Day, **Monday, November 11, 2019:**

Indoor Pool Complexes.....	OPEN
Outdoor Pool Complexes.....	CLOSED
Regional Parks.....	OPEN
Historic Sites/Rentals.....	OPEN
Community Centers and Arts Centers.....	OPEN
Senior Activity Centers.....	CLOSED
Sports Facilities.....	OPEN

For more details, see the full Holiday Schedule at <http://www.pgparcs.com/1341/Holiday-Schedule>.

—Prince George's County Department of Parks and Recreation

Free November Health Resources Provided by Doctors Community Health System

LANHAM, Md. (November 1, 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 Bariatric Surgery and Weight Loss Seminar

November 22, 2019, 1–2 p.m.
Doctors Community Hospital, 8116 Good Luck Road
Professional Office Bldg., Suite 210, Lanham, MD
240-965-4405 | 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.

Free Breast and Cervical Cancer Screenings

Doctors Community Hospital, 8116 Good Luck Road
Professional Office Building, Suite 110, Lanham, MD 20706
301-552-8524 | DCHweb.org/breast

Women who reside in Prince George's County may qualify if they have a photo or picture ID, are ages 40 or older, are uninsured or underinsured or have a limited income. Appointment required.

—Chondria Andrews, *Doctors Community Hospital*

COMMUNITY

The American Counseling Association's Counseling Corner

Eating For Better Mental Health

There is a growing body of research showing that the dietary choices we make each day affect not only our physical bodies (yes, that beer belly didn't just happen by itself) but can also play an important role in our mental health.

Most parents have probably observed what foods high in sugar sometimes do to their children. And while studies have failed to find a definitive link between sugar and hyperactivity, most moms will tell you that their son or daughter seems more excited and active after eating a sugary snack.

The reason for that higher activity level may not be as much physiological as psychological. Eating foods we like makes us feel better and most of us are genetically programmed to like sweet-tasting foods. This goes back to our ancient ancestors who learned that when veggies and fruits were sweet tasting they were ripe and safe to eat. Feeding kids treats that are high in sugar makes them feel good and happy, and usually also often more active.

Importantly, recent studies have found links between food choices and mental health for both children and adults. One large-scale study found that following a diet high in processed and sugary foods appeared to increase the risk for depression. When participants followed a Mediterranean-style diet high in fruits, vegetables, and high fiber, low fat foods, there was a 25% to 35% reduction in the risk of depression.

Nutritionists advise paying attention to how various foods affect you specifically. If certain traditional meals leave you bloated and unhappy, you've probably made some poor dietary choices. Experts suggest making small dietary changes toward an overall diet that is now widely recognized as being healthier.

If you aren't already eating at least five servings of fruits and vegetables each day, try adding one or two servings of these healthy foods to your daily diet. It can be especially effective and even easy if you start by replacing one or two high fat or heavily processed foods. Fruits, vegetables, whole grains, nuts and legumes are just some of the foods that can leave you feeling and being physically healthier, while also contributing to good mental health.

There's no magic diet that can insure good mental health, but a healthy diet is a good start to improving physical health while also contributing to better mental and emotional health.

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

Chesapeake Bay Trust Adds New Voices to Its Leadership

By CINDY EDSON
Chesapeake Bay Trust

ANNAPOLIS, Md. (October 24, 2019)—The Chesapeake Bay Trust introduces four new Councilmembers, four new ex officio Trustees, and one new Governor-appointed Trustee to its organizational leadership.

The Chesapeake Bay Trust, a non-profit grant-making organization established by the Maryland General Assembly in 1985, is a unique organization in the region, providing support for hundreds of community and natural resource projects per year and over \$100 million since inception. Because all communities benefit from healthy natural resources and at the same time, all communities can help improve natural resources, the Trust strives to engage all audiences of the region in natural resources programs. The grants supported by the Trust lead to actions that measurably improve local communities and increase resource stewardship through grant awards focusing on education, restoration, com-

munity engagement, science and innovation, and capacity building.

"These new voices, coming from academia, government, and private industry, are going to greatly help the Trust accomplish its mission," stated Trust board chairman, Gary Jobson of Jobson Sailing Inc, a world-class America's Cup sailor, former ESPN commentator, and NBC Olympic commentator. "These individuals are pillars of their communities, and we are thrilled to add them to the Trust family."

"Education is the most important structure in our society, and I am excited to add my expertise to the leadership of the Trust," said Dr. Rhonda Jeter, Bowie State University. "Through education, we can prepare our children today to interact responsibly with the Bay and the environment so that it will be here for them tomorrow."

"I'm honored to be asked to serve on the Advisory Council to CBT. I'm especially excited to be able to support the efforts of the CBT staff and board as they

continue their Diversity, Equity, Inclusion and Justice journey," said Vernice Miller-Travis, Metropolitan Group.

The new Councilmembers [include]:
Dr. Rhonda Jeter, Dean of the College of Education, Bowie State University;

Dr. Jeter was promoted to full professor in 2012, served as department chair for eight years, and served as associate dean in the College of Education before her promotion to Dean. She provided leadership for international program and in securing program accreditations from the National Council for Accreditation of teacher Education and Council for Accreditation of Counseling & Related Educational Programs.

Vernice Miller-Travis, Executive Vice President for Environment and Sustainability, Metropolitan Group;

For more than 30 years, Vernice has been a leading proponent of environmental justice and equitable and sustainable development, at the nexus between civil rights and environmental enforcement. Of Bowie, Maryland, she was recently awarded the Robert Bullard Environmental Justice Award from the Sierra Club, which recognizes individuals who have done outstanding work in the area of environmental justice.

A Record-Shattering 1,122 Persons Use Local SoberRide Program on Halloween

D.C. Area's Anti-Dui Effort Removes Potential Drunk Driver From Area Roadways Every 19-Seconds Over The Weekend

By PRESS OFFICER
WRAP

WASHINGTON, D.C., (October 30, 2019)—A record-shattering 1,122 persons in the Washington-metropolitan area used the free safe ride service, SoberRide®, this Halloween (Saturday, October 26) as opposed to possibly driving home drunk.

"For its hours of operation this Halloween, this level of ridership translates

into SoberRide removing a potential drunk driver from Greater Washington's roadways every 19-seconds," said Kurt Gregory Erickson, President of the nonprofit Washington Regional Alcohol Program, the organization conducting the region's SoberRide® effort.

WRAP's 2019 Halloween SoberRide® campaign began at 10 p.m. on Saturday, October 26, 2019 and continued until 4 a.m., the next day, Sunday, October 27,

2019, as a way to keep local roads safe from potentially impaired drivers during this traditionally high-risk holiday. During this six-hour period, area residents celebrating with alcohol could download Lyft to their phones, then enter the code SAFEHALLOWEEN19 in the app's "Promo" section to receive their no cost (up to

See **RECORD-SHATTERING** Page A6

BUSINESS AND FINANCE

Prince George's County Economic Development Corporation Announces Receipt of \$20,000 Wells Fargo Award to Support Small and Minority-Owned Businesses

By LORI VALENTINE
PGC Economic Development
Corporation

LARGO, Md. (October 29, 2019)—The Prince George's County Economic Development Corporation (PGCEDC) recently received a \$20,000 grant from Wells Fargo to provide technical assistance and business financial planning to disadvantaged, minority-owned businesses in Prince George's County, MD. Prince George's County Executive Angela Alsobrooks applauded the award as an important tool for local businesses.

"Minority owned businesses are a vital part of our local economy," said County Executive Angela Alsobrooks. "We appreciate national partners like Wells Fargo for their support and commitment to providing local businesses with the tools they need to become financially sound and profitable. This grant, in collaboration with our Economic Development Corporation and FSC First should ultimately provide local, minority owned businesses with the access to capital most small businesses are in need of to grow and to thrive."

On December 10, 2019, the PGCEDC will launch Pathways to Financial Management for Businesses, a new initiative that will provide traditionally underserved, minority-owned businesses the

technical assistance they need to successfully manage their business finances. Through this initiative, the PGCEDC and its lending partner FSC First, will hold a series of six seminars on topics from 'Financial Planning' to 'How to Approach Lenders for Financing'. The Kick-off event in December will introduce participants to the program and will include a panel of bankers and finance experts. The series will conclude with a match-making event where the program graduates will meet one-on-one with lenders and apply for financing on-site.

"We support investment in minority-owned businesses and see it as a critical part of what we do here at the Economic Development Corporation," said David Iannucci, President & CEO of the PGCEDC. "Today's small and minority-owned businesses face many challenges to loan approval and accessing capital, which often leads to an inability to manufacture products, increase employment, and scale their business. We hope to address these and many others through this pilot program."

According to the Minority Business Development Agency (MBDA) minority-owned small business loan applications are approved at a lower rate than non-minority businesses and when approved for a loan, they typically receive more than 50% less than non-minority ones and at higher

rates. PGCEDC's new initiative seeks to improve these odds by ensuring that participants who complete the series are sufficiently prepared to submit a loan application and have an overall understanding about successful business finance practices.

"We are pleased to collaborate with the PGCEDC to further empower our local business owners and improve their access to capital," said Shelly Gross-Wade, President & CEO of the FSC First.

For more information please contact Kathi Barber 301-583-4621 or kbarber@co.pg.md.us.

The Prince George's County Economic Development Corporation, a 501c3 nonprofit, provides business services that help attract, retain, and expand businesses and create high-quality jobs. PGCEDC's is to cultivate an environment where entrepreneurs and businesses thrive. Our vision is a strong economy that retains its current businesses and attracts new ones which leads to more high-wage jobs—all which transforms lives. The PGCEDC's services include Business Development, Small Business Services through the Innovation Station (a business incubator program and co-working space), International Business Development and a range of incentives for businesses in the County.

The Prince George's Financial Services Corporation (FSC First), a 501c3 non-profit, a Community Development Financial Institution (CDFI), SBA 504 Certified Development Company (CDC) and Community Advantage Lender provides direct loans using creative and innovative financing solutions. For more information, contact 301-883-6900 or visit www.fscfirst.com.

Statement by President Donnell Williams On Increase of 3rd Quarter 2019 Black Homeownership Rate

By ANTOINE THOMPSON
NAREB

WASHINGTON, DC (October 29, 2019)—The National Association of Real Estate Brokers (NAREB) is cautiously encouraged about the U.S. Census Bureau's third quarter 2019 Black homeownership rate of 42.7% up from 40.6% in the previous quarter. While all of the homeownership rates increased during this latest reporting period, the Black homeownership increase of 2.1% represented the largest uptick. In the bigger picture, NAREB is mindful that Black homeownership currently and continues to lag more than 30 percentage points behind the non-Hispanic White homeownership rate of 73.4%, higher than the recorded gap at the time of the passage of the 1968 Fair Housing Act.

Robust seasonal home purchase activity during the summer months generally accounts for the overall increases in all ethnic and general market categories. I am hopeful, however, that NAREB's boots-on-the-ground approach and other homeownership advocates will continue to support an

upward trend of Black homeownership rates into the fourth quarter 2019 and beyond.

We know and take into consideration the volatility of the real estate marketplace and the prevailing purchasing distrust that runs alongside economic vagaries particularly in the Black community. Nevertheless, I remain confident that concerted efforts to educate and inform Black homebuyers about the wealth building aspects of homeownership versus uncertain and rising rental rates, will prevail.

The National Association of Real Estate Brokers (NAREB) was formed in 1947 to secure the right to equal housing opportunities regardless of race, creed or color. NAREB has advocated for legislation and supported or instigated legal challenges that ensure fair housing, sustainable homeownership, and access to credit for Black Americans. At the same time, NAREB advocates for and promotes access to business opportunity for Black real estate professionals in all of the real estate disciplines. NAREB annually publishes *The State of Housing in Black America* report. www.nareb.com

THE MARYLAND SMALL BUSINESS DEVELOPMENT CENTER

8(a) Government Certification

December 4, 2019 • Time: 9:30 a.m.–12:30 p.m.

Location: Bowie City Hall, 15901 Excalibur Road, Bowie MD 20716

Cost: \$55 • Contact Information: 410-706-5463

Register: www.marylandsbdc.org/calendar/corridor-8-a-government-certification

Do you want to do business with the federal government? Did you know obtaining a federal certification could increase your chances of awarded a federal government contract? Do you wonder whether your company would be eligible, and if so what the process is to apply for 8a certification? Agencies spend over \$600 billion dollars in federal procurement annually and have a 23% small business goal. The SBTDC's 8(a) Certification workshop provides information on how small businesses can better position themselves to compete more effectively in the federal marketplace. Our subject matter expert on the 8(a) certification process will review this business development program and discuss the many federal set-aside opportunities available.

The workshop will provide information on the following:

- Eligibility requirements • Benefits of the program
- Application process • After approval, business development assistance available
- Overview on how set-aside contracts are awarded

COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

The Loss of Legends Cummings and Conyers Highlights the Importance of Congressional Black Caucus

"The three of us—Stokes, Chisholm and I—came to Washington determined to seize the moment, to fight for justice, to raise issues too long ignored and too little debated. We were described by the media as militant, aggressive new leaders determined to make changes in the way black members of Congress had been viewed in the past."

—U.S. Rep. William Lacy Clay, Sr., Co-Founder of the Congressional Black Caucus

In recent days America lost two influential African Americans who served as high-ranking members of the Congressional Black Caucus, John Conyers and Elijah Cummings. Their loss has served to reaffirm the importance of the CBC and

the election of dedicated public servants. John Conyers, who represented the Detroit area in Congress for more than 50 years, was one of the founding members of the CBC. Conyers was part of a wave of civil rights activists who arrived in Congress in the 1960s, determined to change the status quo. In 1968, Rep. Charles Diggs of Michigan convened an informal group called the Democracy Select Committee.

"The sooner we get organized for group action, the more effective we can become," Diggs said.

By 1971, the number of Black members of Congress had risen from nine to 13, and the Committee members decided to formalize their organization, and the Congressional Black Caucus was formed.

The group immediately butted heads with then-President Richard Nixon, who refused to meet with the members. They interpreted his refusal as a broader rejection of the interests of all Black Americans, and responded by boycotting Nixon's State of the Union Address. "We now refuse to be part of your audience," Rep. William Lacy Clay, Sr., wrote in a letter to the President.

The CBC was responsible for the anti-apartheid Free South Africa Movement that brought worldwide attention to the human rights abuses of the racist South African state. The longest civil disobedience movement in U.S. history, it led to the enactment of the Comprehensive Anti-Apartheid Act of 1986, which imposed sanctions against South Africa and set preconditions for lifting the sanctions that would apartheid. President Ronald Reagan's veto of the legislation was overridden, the first foreign policy veto override in the 20th Century.

The National Urban League has maintained a long and productive partnership with the CBC since its inception. As noted in the official House of Representatives history:

The legislative agendas of African-American Members in the post-1970 era reflected the diversity of their committee assignments and the range of interests within the general membership of Congress. Most sought to advance a broad progressive legislative agenda supported by advocacy groups such as the National Urban League and the National Association for the Advancement of Colored People (NAACP)—extending voting rights protections, improving educational and economic op-

portunities, fostering urban renewal, and providing access to better health care.

While the CBC has enjoyed much closer and better relationships with Presidents since landing on Nixon's infamous "Enemies List" in the 1970s, the group has clashed with the current occupant of the Oval Office.

A few months after his inauguration, members delivered a 130-page rebuke of his policies on criminal justice, voting rights, education, health care and other issues.

Many CBC members boycotted President Trump's 2018 State of the Union Address following his disparaging comments about African and Caribbean nations. Those who attended wore kente cloth to show solidarity with Africa.

Today, CBC membership stands at 54 after the loss of Elijah Cummings, the largest number in history. Four of the House of Representatives' Standing Committees are chaired by CBC member: Bobby Scott, Education and Labor; Maxine Waters, Financial Services; Bennie Thompson, Homeland Security; and Eddie Bernice Johnson, Science, Space and Technology. CBC Member Jim Clyburn holds the position of House Majority Whip, the number-two-ranking office in the chamber.

As the current administration continues working to dismantle civil rights protections and deny the vote to people of color, the work of the CBC is more important than ever. In honor of the legacy of Elijah Cummings and John Conyers, we must continue to support the CBC's mission and recognize its leadership.

Marion Wright Edelman

President Emerita, Children's Defense Fund



ChildWatch:

Acting to End Child Poverty

"We've had 20 years of presidential debates, and we have never talked about the violence in America of child poverty. We have got to begin to talk more eloquently and persuasively and urgently about doing the things not just to make sure fair taxes are paid by people on the top, but that we deal with the moral obscenity of having the highest levels of child poverty in the industrial world."

—Senator Cory Booker, October 15 Democratic presidential debate

The Children's Defense Fund has been standing with 18-year-old Beat the Odds® scholar Israel Glenn in calling for a presidential debate question

about child poverty. It's been 20 years since presidential candidates have been asked in a debate how they would solve this urgent crisis. Israel started an online petition demanding this question be asked because he doesn't want another generation of children to experience the burdens of hunger, homelessness, and instability he did. More than 30,000 people and five presidential candidates have joined him and during the last presidential debate Senator Cory Booker spoke up to agree. The fact that the United States has one of the highest child poverty rates in the industrialized world is a moral obscenity and profound threat to America's future. It's time to ask all those running for president and

public office at every level what steps they will take to end it.

Senator Booker's plan for "Ending Child Poverty in America and Creating Opportunity for All" would expand the Child Tax Credit; create a "child allowance" for families with children; strengthen the Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps); provide universal free school lunch to help eliminate child hunger; reform Temporary Assistance for Needy Families (TANF) to help more children and families escape poverty; and tackle child and family homelessness. It also would ensure jobs pay enough to keep families out of poverty and expand affordable child care for working families.

Senator Booker says: "Eliminating poverty isn't just a moral calling; we all lose when not everyone can participate in our economic growth. Our children will be the leaders of the future, and the workforce powering the global economy. A recent report by the National Academies of Sciences, Engineering, and Medicine found that child poverty costs us as much \$1 trillion each year—or 5.4 percent of GDP—driven by higher crime rates, worse health outcomes, and lower earnings among poor kids after becoming adults. Every dollar spent today combating child poverty saves us \$7 down the road."

Senator Booker isn't the only candidate seeking to solve this moral and economic crisis. Senator Kamala Harris' "Children's Agenda" would issue an Executive Order to End Child Poverty and establish a Federal Interagency Working Group to coordinate federal action as part of a plan to cut child poverty 50 percent in her first term. She too would protect and strengthen existing safety net programs, provide middle class and working families a tax credit to address the rising cost of living, and fight to close the pay gap to cut poverty for children with working mothers. Several other candidates have plans to tackle pieces of the child poverty crisis by raising the minimum wage, making child care more affordable, and more. Many of their proposals are similar to those outlined in CDF's Ending Child Poverty Now report. We are waiting to hear every presidential candidate's plan for ending child poverty.

After the last debate, New York Times columnist Nicholas Kristof cheered Senator Booker's mention of child poverty onstage, saying, "Those kids can't vote, so they need us to vote on their behalf. Bravo!" We must continue speaking up for children in this election and putting the issues that impact them front and center. Let's all keep talking about child poverty and demanding urgent action because children only have one childhood and it is right now.

At Symposium, Van Hollen Calls Efforts to Ignore Climate Change "All Nonsense"

By NORA ECKERT
Capital News Service

COLUMBIA, Md. (October 30, 2019)—Maryland Sen. Chris Van Hollen on Wednesday stressed the urgency of understanding climate change and dismissed Trump administration efforts to ban the term as "all nonsense."

The Democrat, a member of the Senate Appropriations Committee, told the University Space Research Association's inaugural Earth From Space Institute symposium that climate change should be a regular part of the federal government's conversations, especially regarding the budget.

The two-day symposium, titled "Making Communities More Resilient to Extreme Flooding," brought together scientists from around the world to brainstorm ways to salvage areas that are hardest hit by flooding and to prevent future damage.

"On Capitol Hill, they say we have a lot of commotion but not necessarily a lot of forward motion," Van Hollen said. "But here you're working on very important efforts and projects for the United States and other parts of the world."

Van Hollen expressed his frustration with how some of his colleagues in Congress discuss climate change—or rather, ignore it—citing reports that some federal departments

had banned using the term.

"This is all nonsense. We have to protect the integrity of the scientific enterprise," he said emphatically.

"There are a lot of people in Congress who totally have your back," the senator said. "We will be the first to call out any efforts to penalize scientists."

Van Hollen said he's worked to do just that, bringing lawmakers' attention to space-based, national and local methods to combat climate change.

Many in attendance said the senator is a strong ally of the scientific community. USRA President and CEO Jeffrey Isaacson called him someone who "fights to protect scientific integrity in government," and "a champion of science." "We have a leader in Washington who actually knows NASA acronyms," exclaimed Miguel Roman, the founding director of URSA and the symposium.

Van Hollen has been an outspoken advocate for NASA's Goddard Space Flight Center in Greenbelt, Maryland, and noted its importance in informing natural disaster response efforts.

"With a changing climate we can expect more disasters, more extreme weather, and we'll need to use this data more and more from our satellites and space-based instruments to address challenges in

our communities," the senator said.

Van Hollen also highlighted the cleanup of the Chesapeake Bay and rebuilding towns after flooding, such as Ellicott City, which has been hammered with two catastrophic floods in the last four years.

Officials and residents have debated the utility of rebuilding the downtown and Van Hollen said decisions must encompass sustainable infrastructure and "resilient" rebuilding.

"It only makes sense from a taxpayer point of view...that you're building it to last," he said.

In Maryland, Van Hollen said the disappearing islands in the Chesapeake and the danger to cities on the Bay is in the front of his mind while developing the budget.

He said he fought back against proposed cuts on several programs, such as the carbon monitoring program, that work to combat climate change and its effects. These programs will continue to receive funding in the next budget and some will even receive more funds than the previous budget, he said.

Van Hollen said he hopes the United States rejoins the Paris Climate Accord, which subsequent speakers pointed out Howard County joined earlier this year, making it one of the only counties in the nation to do so.

Prince George's County Department of Social Services Kicks Off Health Insurance 2020 Open Enrollment

By RYAN PINKNEY
PG County Department of Social Services

DISTRICT HEIGHTS, Md. (November 1, 2019)—Prince George's County is gearing up for year seven of open enrollment for health insurance under the Affordable Care Act (ACA) that begins Nov. 1 and continues through Dec. 15, 2019. This year, there is only a 45-day turn-around for residents to enroll. Prince George's County wants to make sure that everyone who is eligible gets covered. Uninsured and under-insured residents 18 to 64 years of age may be eligible.

While the uninsured rate in Prince George's County has declined over the past six years, there are approximately 45,000 people who are eligible for insurance, but remain uninsured. Open enrollment is the primary means for individuals to enroll in health insurance.

"Just having health care isn't enough. Having a card isn't enough; it is also access to services," says County Executive Angela Alsobrooks. "Having health insurance is critical to achieving optimal health. Not having health insurance creates daunting challenges for individuals and families that can last many years. Our goal is to encourage residents to get covered now."

The Maryland Health Connection (MHC), the state's official health insurance marketplace, provides private plans for health and dental insurance. Residents can benefit by getting tax credits or discounts. Nine out of ten Maryland residents, who enroll, qualify for lower costs. Residents, who qualify for Medicaid, are able to enroll year-round for health plans.

The Department of Social Services (DSS) serves as the lead agency in Prince George's County to provide outreach, education and enrollment services to residents. "We want to be able to reach people throughout the community," says DSS Director Gloria Brown Burnett. "In Prince George's County, we are united in providing the critical

connection services. To do this, we've had to create a County network, which continues to be beneficial in reducing the uninsured rate in Prince George's County."

Through its Prince George's County Health Connect Program, a consumer assistance organization under MHC, a network has been created. Its partnership includes the local DSS sites; the Health Department, and community based-non-profits, which together provide an access network designed to break down some of the barriers that inhibit enrollment.

Bi-lingual, in-person assistance is available at all of the Department of Social Services (DSS) sites in Hyattsville, Temple Hills and Landover; as well as two storefront locations, at La Union Mall in Langley Park, and the newest site at the Penn Station Shopping Center in District Heights. Visit www.pghealthconnect.org or call 301-927-4500.

The Prince George's Post

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Calendar of Events

November 7–November 15, 2019

2nd Annual Green Bowie Veterans Day 5K

Date and Time: Saturday, November 9, 2019, 8–10 a.m. *Check-in starts at 7:30 a.m. Opening events are at 8 a.m. and the race will begin promptly at 8:30 a.m.*

Description: Join us for the 2nd annual Green Bowie Veterans Day 5K! This fun run and walk will promote wellness in our community, promote sustainable practices, and most of all will honor the many veterans who call Bowie home. Our 5K course is certified by the USATF as an exact 5K and meanders through beautiful parts of our city. Children and four-legged, well-behaved friends are welcome. **This event is free and comes with an event t-shirt, but registration is required.**

Cost: FREE!

Ages: All ages are welcome

Location: Bowie Town Center (15606 Emerald Way, Bowie, MD 20716) fountain/parking lot behind Five Guys

Contact: 301-809-3044

Nature Hike—Fall Foliage

Date and Time: Saturday, November 9 and Sunday, November 10, 2019, 1 p.m., 3 p.m. both days; Depart from visitor center. Description: Explore the natural wonders of Piscataway Park with a guided trail walk led by an educator. Identify plants and animal life, learn about wild edible plants, or explore the changes in the Potomac River landscape over time. This weekend's guided nature hike is Fall Foliage. Discover why trees change colors while taking in the beauty of the forests of Piscataway Park in the fall.

Cost: \$5/person or Free for AF members

Ages: All ages are welcome

Location: Piscataway Park, 3400 Bryan Point Road, Accokeek, MD 20607

Contact: 301.283.2113; info@accokeek.org

Open Houses—Equines for the Military

Date and Time: Saturday, November 9 and Tuesday, November 12, 2019, 3–5 p.m.

Description: The Healing Farm, a PATH member center in Upper Marlboro, is excited to announce the kick-off of our Equines for the Military programming. Services specifically for active-duty service members and veterans will be offered free of charge at The Healing Farm through the Spring of 2020!

Cost: Free

Location: The Healing Farm, 14611 Saint Thomas Church Rd., Upper Marlboro, MD 20772

Contact: Nicole Kurtz, director, at farmerkurtz@aol.com, or 240-417-0981, or visit our Facebook page: <https://www.facebook.com/missnicolehbk/> to RSVP, or for more information.

Meet Florence Nightingale: The Lady with the Lamp

Date and Time: Saturday, November 9, 2019, 4–5:30 p.m.

Arrive early; limited seating

Description: Most know Florence Nightingale as the brave heroine of the Crimean War, or as the founder of professional nursing. Did you also know she was a successful writer and statistician? Learn about the real Lady with the Lamp, and join historian and author Christine Trent as she portrays this famous woman.

Cost: Free!

Ages: All ages are welcome

Location: Surratt House Museum, 9118 Brandywine Road, Clinton, MD 20735

Contact: 301-868-1121; TTY 301-699-2544

St. Martin's Day Lantern Festival

Date and Time: Sunday, November 10, 2019, 3:30 p.m.

Description: Led by volunteer Birgit Meade, the St. Martin's Lantern Day Festival is one of CPAE's most successful annual events. On the second Sunday in November, families come to make paper lanterns and then walk with them in the twilight while singing traditional songs of St. Martin's Day.

Cost: Free, Pay As You Can donation

Location: St. Andrew's Episcopal Church Parish Hall, 4512 College Ave, College Park, MD 20740

Contact: 301-927-3013, info@cpae.org

Afternoon Tea: AWOL

Date and Time: Wednesday, November 13, 2019, 2–3 p.m.

Description: Members of this versatile, a cappella vocal quartet are active-duty service members serving in the Army, Navy and Air Force. They focus on celebrating men's quartet music from modern arrangements of classic barbershop songs to widely acclaimed arrangements of American folk standards. These seasoned professional vocalists enjoy a diverse array of musical education and performance experience in the Washington, DC-area to include the Washington National Opera, the National Symphony Orchestra, and the Baltimore Symphony Orchestra, as well as their highly acclaimed active-duty performances.

Cost: \$20/person

Ages: All ages are welcome

Location: Harmony Hall Arts Center, 10701 Livingston Road, Fort Washington, MD 20744

Contact: 301-203-6040; TTY 301-699-2544

Underground Railroad: Bazaar Under the Stars

Date and Time: Friday, November 15, 2019, 5–10 p.m. Also Friday, November 29 (Black Friday/Winter Motherland), Friday, December 13

Description: Chocolate City Rocks and Prince George's African American Museum and Cultural Center (PGAAMCC) have teamed up to produce the DMV's 1st ever "Underground Railroad: Bazaar Under the Stars", a festive spirit of shopping, celebration and diaspora vibes, featuring a curated selection of vendors, food, and crafts in the museum's outdoor pavilion. Designed to be a vibrant and lively destination where people can pick up a bite to eat, enjoy a bit of retail therapy, and jump start the weekend with neighbors, future friends and fellow County residents.

Cost: \$5 entry fee (includes) raffle ticket; no charge for ages 15 and under: www.eventbrite.com/e/underground-railroad-bazaar-under-the-stars-tickets-77148644673.

Ages: All ages are welcome. No one under 15 years of age will be admitted without an adult

Location: PGAAMCC's Outdoor Pavilion, PGAAMCC, 4519 Rhode Island Avenue, North Brentwood, MD 20722

Contact: 301-809-0440

OUT on the TOWN

Monarch Preschool College Park Holds 'Fall Harvest Funfest'

COLLEGE PARK, Md. (October 28, 2019)—Monarch Preschool College Park, a new preschool opening in College Park in February 2020, will hold "Fall Harvest Funfest" from 10 a.m. to 1 p.m. on **Saturday, November 9, 2019** at College Park United Methodist Church at 9601 Rhode Island Ave. in College Park, where the preschool will be located.

The outdoor family event will feature arts and crafts, yoga, face painting, music and dancing and other family activities.

Founded by The Children's Guild, a nonprofit child-serving organization, Monarch Preschool College Park will open to children ages 3 to 5 and serve 120 children in an 11,400-square-foot renovated space in the church. The preschool will be open year-round with high-quality, project-based learning and a full-day program including before- and after-school care.

"Fall Harvest Funfest" will take place weather-permitting. For more information, visit monarchpreschool.com or Monarch Preschool's Facebook page or email engage@monarchpreschool.com.

Monarch Preschool College Park, an affiliate member of The Children's Guild Alliance, a nonprofit organization serving children, families and child-serving organizations, will be a year-round full-day preschool program serving 120 children ages 3 to 5. (monarchpreschool.com)

—Andrew Aldrich, for Monarch Preschool

Youth Justice Reform Symposium

We want to break the school to prison pipeline.

UPPER MARLBORO (October 29, 2019)—Join the State's Attorney Aisha Braveboy, Council Member Calvin Hawkins, School Board Member Joshua Omolola and the students and faculty at Bowie State University for a discussion regarding youth justice reform. The State's Attorney and other stakeholders will discuss policies around youth justice reform, ways to end the school to prison pipeline and diversion. The discussion will include youth justice policies ranging from diversion, to improving public safety, collaboration between stakeholders in the system and better outcomes for our youth.

Local high school students will also participate in this important event. They will discuss what youth justice reform looks like to them and how they believe they can have a meaningful impact on these reforms.

The event will be held **Friday, November 15, 2019** from 9 a.m. to 12 noon. While the event is free and open to the public, if you would like to attend, RSVP at www.eventbrite.com.

We hope to see you there as we discuss this important topic!

Location: Bowie State University—Student Center, 14000 Jericho Park Road Bowie, MD 20715

For more information, contact: LaKeecia Allen at 301-952-4416 or lrallen@co.pg.md.us.

—State's Attorney for Prince George's County Maryland

Go Green!: Annual Trash to Treasure Fair at Watkins Regional Park

By PRESS OFFICERS

Prince George's County Department of Parks and Recreation

RIVERDALE, Md. (October 28, 2019)—Join The Maryland – National Capital Park and Planning Commission, Department of Parks and Recreation for our annual Trash to Treasure: Green Craft Fair at Watkins Nature Center, located in beautiful Watkins Regional Park. Explore local crafters and artists who create treasures made from at least 50% recycled, organic, fair trade or sustainable-harvested materials.

WHAT: Annual Trash to Treasure Green Craft Fair

WHEN: **Saturday, November 9, 2019**, 10 a.m.–4 p.m.

WHERE: Watkins Nature Center, 301

Watkins Park Drive, Upper Marlboro, MD 20774

COST: FREE, All ages are welcome

Each year, 380 million tons of plastic is created worldwide, and as the plastics market continues to increase, many analysts predict production could quadruple by 2050. More than 75% of plastic materials are discarded after one use. Many of them end up in our oceans and waterways, harming wildlife and spreading toxins.

The Green Craft Fair not only has upcycled items for sale including jewelry, candles, wood carvings, paintings, and more, but fair-goers can learn about ways to get involved in the community and create recycled crafts with members of local non-profit and environmental groups.

The event will feature food vendors, face

painting, a kids craft table, and more! While you're there, you can also purchase a raffle ticket and win one of several items donated by our vendors, if you're feeling lucky! Or donate unwanted books at the Book Exchange Booth.

The Department of Parks and Recreation delivers an award-winning park system through progressive, innovative leadership and a commitment to the community and the environment in Prince George's County. For more on the Department of Parks and Recreation, visit www.pgpr.com and stay connected on Facebook, Twitter, Flickr, YouTube, and Instagram. The M-NCPPC Department of Parks and Recreation encourages and supports the participation of individuals with disabilities in all programs and services.

Upcoming Event

The Sweetest Taboo: Marriage & Cohabitation Among Maryland's Enslaved Communities

Date and Time: Sunday, November 17, 2019, 1:30 p.m.

Description: Maya Davis of the Maryland State Archives presents her talk, focusing on the cohabitation practices and policies relating to enslaved men and women in Maryland. It will also highlight the marriage

laws that impacted enslaved couples, including those at Riversdale.

Cost: Free!

Ages: All ages are welcome

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

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

Harriet Set to Open in Birthplace of Maryland Icon, Select Cities on November 1

Movie Will Open Nationwide on November 15

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, Md. (October 30, 2019)—Harriet, the first full-length movie about Maryland's most famous conductor on the Underground Railroad, w[as] released on November 1, 2019 by Focus Features. Moviegoers can see Harriet in major cities such as New York, Los Angeles, Chicago, as well as many locations across Maryland, including Cambridge—the birthplace of Harriet Tubman—at Cambridge Premier Cinemas. The movie opens nationwide on November 15.

"The life and legacy of Harriet Tubman is well-known by Marylanders, and we are excited to know that her story of heroism, courage, and sacrifice will be shared with others," said Governor Larry Hogan. "I encourage all citizens to visit the Harriet Tubman Underground Railroad Scenic Byway, the Harriet Tubman Museum and Education Center, and other sites in Dorchester County to see where her story began."

"We are excited that Harriet Tubman's story has been brought to the big screen," said Maryland Commerce Secretary Kelly M. Schulz. "Through this film, people all over our country and the world will get to see the important role that Maryland played in her life and in her efforts to lead many brave men, women, and children to freedom."

"I was thrilled to learn the details of this major feature film about Harriet Tubman, and anticipate that movie-goers will be inspired to learn more about the

woman called the 'Moses of Her People.' Visitors are flocking to see the places that shaped her life that are on the Harriet Tubman Underground Railroad Byway," said Liz Fitzsimmons, managing director of Maryland's Division of Tourism & Film. "As they traverse the same fields, forests, and marshes that Tubman did, visitors truly understand why Maryland is considered The Most Powerful Underground Railroad Storytelling Destination in the World."

The movie has received critical acclaim following its premiere at the Toronto International Film Festival in September. The film's director Kasi Lemmons thanked Maryland, the citizens of the Eastern Shore, the descendants of Tubman, and the Harriet Tubman Organization.

"People should be thrilled to know that there is a Harriet Tubman Underground Railroad State Park and a Harriet Tubman Underground Railroad Scenic Byway so that filmgoers who want to learn more about this amazing woman can come to Maryland to witness where her story began," said Lemmons.

To assist visitors in identifying the authentic Underground Railroad sites in Maryland, the following materials are available:

Harriet Tubman Underground Railroad Byway Driving Tour Guide: In 1849, Tubman traveled by night and hid by day as she self-liberated, making her way from Maryland through Delaware and into Philadelphia. This comprehensive guide (available in print

and as an audio guide) directs travelers through landscapes that appear much as it did to Tubman and her family.

Maryland's Underground Railroad Network to Freedom Guide: Maryland is the state with the most documented successful escapes on the Underground Railroad—reflected in a robust collection of 81 sites in the National Park Service National Underground Railroad Network to Freedom Program.

Network to Freedom Film: Maryland's Underground Railroad history includes famous leaders in addition to Harriet Tubman. This new nine-minute

film is available for viewing at any of the state Welcome Centers and streams online at www.visitmaryland.org/network-to-freedom.

Maryland African-American Heritage Travel Guide: Inside the guide, readers will discover the compelling stories of entrepreneurs, lawyers, judges, doctors, writers, teachers, clergy, performers, and sports figures. Programs, walking tours, cruises, audio guides, and annual festivals are also conveniently listed.

The travel guides will be widely distributed at state Welcome Centers, local visitor centers, and select museums and attractions. They may be viewed online at www.visitmaryland.org/brochure or a free guide can be mailed by calling 1-800-719-5900.



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Based on the thrilling and inspirational life of an iconic American freedom fighter, **HARRIET** tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Her courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

