Cub Pack 1031 Scouts Sailing into a New Year

By Regina Halper

For August and September, we met in the outdoors (masks in place and socially distanced by families) On August 24, we shot off our paper rockets with our Stomp Rocket launchers and flew paper airplanes as part of Wolf elective Air of the Wolf. On September 14, we did our Raingutter Regatta. They both needed a COVID 19 adaptation. For both, we used balloon pumps instead of our mouths. No blowing up bottles or propelling the boats down the gutter by blowing on them. The pumps were our “lungs.” Scouts had a great time at both events!

For the coming year, our families will be working on achievements at home along with monthly meetings in the outdoors, but we will keep it fun. We now have no access to Beltsville Academy, so we are out in the parks and on

CUB PACK 1031 continues on page 11

Gary & Francine Bauchan Celebrate 40th Anniversary

Gary & Francine Bauchan of Beltsville, MD, celebrated their 40th wedding anniversary on Sunday, August 30, 2020. They renewed their wedding vows at the 11am Mass at St. Joseph’s Catholic Church. Gary is a research scientist with the U.S. Department of Agriculture in Beltsville. Francine is a self-employed seamstress. They have 3 children: Stephen, a computer specialist who lives in Laurel, MD; Philip, married with 2 children and a teacher at Del Barton High School in Morris-town, NJ; and Gregory, an assistant manager at Meadows Farms Nursery in Burtonsville, MD. The bride and groom were married in East Lansing, MI, at St. John’s Student Parish. Gary is originally from Wyoming, MI, a suburb of Grand Rapids, MI, and Francine is originally from Snyder, NY, a suburb of Buffalo, NY. The couple honeymooned at Disney World and returned to East Lansing where Gary received his Ph. D. and Francine her M.S. from Michigan State University. The Bauchan’s moved to Beltsville in 1982 and have lived here ever since.

Gary and Francine Bauchan celebrating 40 years of marriage

ON THE AGENDA

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Autumn’s Gift

Their floating hoards drift swiftly down
And clothe the feet of trees,
Are blown and pushed until
Their piles
Tempt children to believe
There never was a better place
For runs and jumps and dives,
While scattering these little
Sheaves
Around from side to side.
In blazing beauty as they leave
This short life they’ve been
giv’n
How precious to bring so much
Joy
To those beneath God’s Heav’n.

Beckie Hutchings
9/16/2020

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Gary and Francine Bauchan celebrating 40 years of marriage
**.neighbors in the News**

**“Hey Jude”**

*By Rev. Dr. Jalene Chase*

“Hey Jude,” released in 1968, is a song of encouragement. It was written by Paul McCartney to cheer up John Lennon’s young son Julian after his parent’s separation. I chose this song because we can use some cheering up. At times, some of the things that we hear and see seem divorced from reason and reality. Our country needs a pep talk. We need to hear that it will be alright and that we have it within us to make things better. The lyrics that stand out for me are:

- Oh-eh-oh, and anytime you feel the pain, He Jude refrain, don’t carry the world upon your shoulders. For well, you know that it’s a fool, who plays it cool, by making the world a little colder.

In my faith tradition, there is a passage that says that there is nothing new under the sun. There is another that says that there is a time for everything. We have survived wars, pandemics, political dishonesty, and economic situations before, we can do it again. And there is no better time to start than now. We must address the three pandemics of health, injustice, and economics. We must reform the laws to stop the overt acts of hate crimes and violence. We must educate people about their immature behavior over wearing a mask. We must obey home orders and social distancing so that our health can improve. I know there is more, but we cannot let the ill behavior of some ruin life for all. This is the time not to play it cool. What is happening to our nation is ruinous. I am another that says that there is nothing new under the sun. There is another that says that there is a time for everything. We have survived wars, pandemics, political dishonesty, and economic situations before, we can do it again. And there is no better time to start than now. We must address the three pandemics of health, injustice, and economics. We must reform the laws to stop the overt acts of hate crimes and violence. We must educate people about their immature behavior over wearing a mask. We must obey home orders and social distancing so that our health can improve. I know there is more, but we cannot let the ill behavior of some ruin life for all. This is the time not to play it cool. What is happening to our nation is ruinous. I can imagine that things will get worse after the election if we are not proactive now. We must pray, plan, and perform. Pray that people will start thinking about equity. Plan to put civic-minded people in office. Perform acts of kindness to bring unity to our communities. Martin Luther King, Jr., said, “Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.” At Emmanuel, we do not have the answers, but if you want to spend time with people who care, join us. We meet virtually for worship on Sunday mornings at 10 am, have Bible study on Wednesdays, and Check in to chat on Thursdays. The information can be found on our webpage www.emcgbeltsville.com or our Facebook page www.facebook.com/groups/EUMCBeltsville/. Until next time:

- Believe
- Encourage
- Trust
- Think
- Equitable
- Reform

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On my way to work, I have a 40-minute commute from McKinney, where I live, to the port of Irving, where I work, right next to a portion of the DFW International Airport. There are times I listen to music on the radio or a sports talk show. However, I have discovered a radio station, National Public Radio, NPR, that carries a lot of programs in collaboration with the British Broadcasting Corporation, BBC. I enjoy the magazine-type features that come over the station, giving an outlook to cultures of people in other parts of the world. So, in Beltsville, I am sure you can find a similar NPR station and enjoy some nice programs.

Has this happened to you? You step out your vehicle and approach a business, and just before you open the door to enter, you realize you have forgotten your face mask? It happens to me often. You open the door to enter, you realize you have forgotten your face mask. The reaction is priceless, and they have forgotten their mask.

Another day, I pulled up in the FedEx truck, went to Golden Chick next to 7-11, and bought him a meal. I also gave him some clothes I had promised, added $5, and asked him to use it for dinner. We have since created a bond, and I have mentioned this to challenge you. Next time you see someone asking for help, please stop and see if you can help them.

My green pepper tree had given me only one pepper for the year. Now it is showing many small peppers, but what has me very excited is my lemon grass. Many a night I just walk in the garden, get some fresh lemon grass leaves, and make a cup of bush tea. There is nothing like fresh bush tea. I do not know the medicinal benefits, but it tastes very good.

Next month I will tell you about a new acquaintance here in Dallas. We met at a 7-11. He sat outside on the concrete floor, quietly not bothering a soul. I went inside to buy a cup of ice because it was hot. I ended up buying two cups of ice and two bottles of water and then two slices of pizza. I paid for the stuff, put the pizza and water in a bag, and then went outside and offered them to him. We are complete strangers, two different races, but his face lit up, and I was happy I could put a smile on his face. We have since become relatively familiar.

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The Beltsville News

Obituaries

Flora Jr., Melvin Henry

Melvin Henry Flora, Jr, life-long resident of Beltsville, MD, passed away peacefully at home with his wife by his side on Friday, September 11, after a prolonged illness. He was the husband to Johnnie B. Flora, father to Melvin H. Flora, III (Kathy), Robert Flora (Terri), Michael Flora (Lisa); stepfather to Fred Brewster, Jr (April) and Keli Martin (Terrell); also survived by 14 grandchildren and 12 great-grandchildren.

Melvin followed behind his father and worked over 25 years at the Washington Suburban Sanitary Commission (WSSC) where he retired in 1985. He enjoyed spending time with his friends, golfing, watching his horses participate in races, and bowling. At home, he loved finding work on home projects or relaxing on the couch, with a cup of coffee and a cigarette, watching a game or a Western movie. While his favorite teams were the Baltimore Ravens and the Orioles, he was an avid fan of all sports; therefore, he never had a problem finding a game to watch.

Melvin is preceded in death by his parents, Melvin and Blanche Flora, and three sisters, Joyce Hardisty, Elinor Breen, and Ethel Flora.

Neighbors in the News

People continue to move to Riderwood during the pandemic

Silver Spring, MD – Linda Murray and her husband, David, reserved an apartment home in March and moved to Riderwood, an Erickson Living developed and managed senior living community in Silver Spring, MD in June. They had been living in North Carolina but wanted to be closer to family and friends.

Riderwood Personal Moving Consultant Diane Thometz connected the Murrays with moving professionals in both North Carolina and Maryland to help with everything from floor planning to packing and unpacking.

“Everyone was masked and gloved and kept their distance,” Linda says.

Isolation can be a real challenge for older adults, particularly during the pandemic. But at Riderwood, the sense of community and social support were alive and well even when in-person gatherings had to be put on hold.

Staff and resident volunteers quickly pivoted to turn the in-house TV station into a hub for information and entertainment. At the height of the crisis, Executive Director, Gary Hibbs appeared on air on a daily basis to provide critical information and updates. The TV studio staff launched a new show called Riderwood TV Live!, a live television program three times a week that focused on connecting and entertaining residents in fun ways such as trivia where residents could participate from home using their computer, tablet or smartphone.

Residents also started using technology like Zoom to hold club meetings virtually when it wasn’t safe to gather in person. Already, Linda has been able to participate in resident-run book club and the Riderwood Jewish community from the safety of her home. And, warmer summer weather meant residents were able to interact outdoors.

“It’s good because I have a garden plot so I see some people in the garden,” Linda says. “Everyone has mask on, and we’re staying away from each other, but everyone says hello.”

“A great time to sell your home”

A big question mark for many people hoping to move to Riderwood is how the real estate market has been impacted by coronavirus. Thometz is happy to report that the market is robust. Not only are interest rates very low, but Thometz says many buyers are motivated because they’re now working at home and need more space.

“Homes are flying off the shelves with multiple offers and our incoming residents are getting asking price or more,” she says. “This is a great time to sell your home.”

If you’ve been considering a move to Riderwood, Thometz says not to delay and to set up an appointment to learn about available apartment homes.

“Riderwood has great inventory so you want to miss out on,” Thometz says. “It’s been a smooth and seamless transition for residents who have moved during COVID-19.”
Statepoint Crossword: Movie Titles

ACROSS

DOWN

See Solution on page 7
Election 2020-Update

Due to the COVID-19 pandemic, Gov. Hogan instructed the State Board of Elections to send every Maryland voter an application to apply for an absentee/vote-by-mail ballot. Because of the changes at the United States Postal Service, our office has heard from many District 1 residents with concerns about this election. Many voters have recently received their ballot application, but you also can apply for an absentee/vote-by-mail ballot by visiting https://voterservices.elections.maryland.gov/OnlineVoterRegistration or texting VBM to 77788. For additional information, visit the Prince George’s County Board of Elections website, elections.myggc.us.

In-Person Voting

In-person voting will be available, but there will be a reduced number of polling places open, and there may be long lines and waits. Early voting will be available at eleven early voting sites in the county beginning Monday, October 26, and ending Monday, November 2. Early voting will be from 7 am to 8 pm each day. Early voting sites in or closest to District 1 are:

- Laurel High School 8000 Cherry Lane, Laurel MD 20707
- The Pavilion at Univ. of MD Xfinity Ctr. 8500 Paint Branch Drive, College Park MD 20740
- Eleanor Roosevelt High School, 7601 Hanover Parkway, Greenbelt MD 20770
- Northwestern High School, 7000 Adelphi Road, Hyattsville MD 20782
- Bowie State University - James Gym, 14000 Jericho Park Road, Bowie MD 20715

Election Day Voting

Election Day Voting will be available at 41 early voting sites in the county from 7 am to 8 pm. Election Day voting sites in or near District 1 are:

- Deerfield Run School Community Center, 13000 Laurel-Bowie Road, Laurel MD 20708
- High Point High School, 3601 Powder Mill Road, Beltsville MD 20705
- Laurel High School, 8000 Cherry Lane, Laurel MD 20707
- The Pavilion at Univ. of MD Xfinity Ctr., 8500 Paint Branch Drive, College Park MD 20740
- Eleanor Roosevelt High School, 7601 Hanover Parkway, Greenbelt MD 20770
- Northwestern High School, 7000 Adelphi Road, Hyattsville MD 20782
- Bowie State University - James Gym, 14000 Jericho Park Road, Bowie MD 20715

Mail-In Ballots

You will not automatically be sent a mail-in ballot, but you should have received an application to request a mail-in ballot, which you will need to fill out and send back if you want a mail-in ballot. You also can apply for an absentee/vote-by-mail ballot online (see link above). The application for a mail-in ballot must be received by October 20, but because of anticipated possible delays, it is strongly recommended that you submit your ballot application much earlier than the deadline.

Tips for Handling Your Finances During a Crisis

“Times of financial crisis can be overwhelming,” says head of Wells Fargo & Company’s Innovation Group, Lisa Frazier, who learned this lesson at a young age when her family struggled to make ends meet on the farm. “But you don’t need to navigate these waters alone. Numerous resources are available, so don’t be afraid to ask for help.”

To get a handle on your finances, consider these tips and resources from Frazier and the Federal Trade Commission and other agencies that have warned consumers to watch out for scammers exploiting the crisis. Be suspicious of messages claiming to be from creditors, employers or charities you do not recognize. Don’t respond to these emails or phone calls directly. Only contact phone numbers or email addresses you know are accurate, like the contact information on a creditor’s or charity’s website.

1. Guard against fraud. The Federal Trade Commission and other agencies have warned consumers to watch out for scams. Distinguish between legitimate and fraudulent requests.

2. Bank online. As banks and retailers adjust in-person services and hours, consider managing finances online or through mobile banking. With most digital tools, you can easily check account balances, pay bills and make transfers. Consider direct deposit of your tax refund this year, which is faster than a paper check. Digital banking may also allow you to more easily send money to family in need or to receive funds from people who may be in a position to ease your financial burden.

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FINANCES continues on page 12
Phishing Attacks

Continuing our series on security and privacy protection this month, we look at phishing. Phishing is a form of social engineering where the goal is to collect sensitive information about a person through the use of subterfuge. Normally, this is done by mimicking a company or a person through communication channels like email, text messages, or spam telephone calls. The amount of personal information that has been compromised over the years allows these perpetrators to personalize the communications making them appear authentic. Spear phishing is an attack that is targeted to a specific individual or small group of people and typically includes specific information to make the compromise seem legitimate. The information they are trying to collect includes passwords, social security numbers, bank account numbers, and credit card numbers. Sometimes phishing emails have been used to have direct payments sent to the criminals or to infect your computer with malware allowing the criminals to collect the information quietly as you use your computer or phone.

Email Phishing
You may receive an email from a bank that might even be a bank that you use. The email says your online access to your account will be blocked unless you act now and verify your credentials. They may even show the first few digits that appear on the bottom of your checks. A button says click here. When you click you are brought to what seems to be the login screen for the bank. You type in your login id and password. At this point, you have been compromised. The screen may show an “account not found” error page and ask you to log in again, in which case it redirects you to the real bank site and you log in not realizing you have already been hijacked. This is just one example of how an email phishing attack may work.

Protect Yourself
So how do you protect yourself? First make certain that your email service provides a spam filter. If you are using Gmail, Yahoo, AOL, MSN, or Outlook, these large providers will automatically recognize a lot of these emails and filter them out marking them as spam. Many email services block images and links for email senders that are not recognized. Even so a few dangerous emails will still get through.

For these, look at the full email address of the sender, not just the name. Does the part of the email address after the @ match the domain? If the email claims to be from mybank.com does the email address have @mybank.com at the end? If not, it is suspicious, don’t open it; just mark it as SPAM. Look for misspellings and grammatical errors. Most business communications are carefully reviewed before being sent. Scammers often have limited experience writing in English and typically make errors. If you see these errors, the message is suspect.

Never click on a link or image in an email even if it is from someone you know. If you recognize the business then go directly to their website by typing the URL in the browser address bar. You can also use a whole service to lookup the domain. If you are positive you know the person (remember their email may have been compromised) contact them and ask them to verify the email and then copy and paste the URL into the browser address bar. Again, do not click the link that appears in the email.

Text Message Phishing
While less common, SMS and MMS text messaging services are also used for phishing attacks. If you do not recognize the source of the message then block it on your phone. If you continue to get messages from the company claimed to be located, I labeled the email as junk mail so that any further emails from the company would immediately go to my SPAM folder.

Next month I think I will discuss phone phishing and how several scams that are operating in this area work. Until then, keep your information private, and stay safe and healthy.

Kitty Post

Beware Black Cats, It’s Halloween!
By Sallie Rhodes

October! Just the word conjures thoughts of cooler weather, ominous skies, falling leaves, and Halloween (or Samhain if you still follow the old ways.) With the old ways, come old beliefs.

One of the single biggest myths around during this time of year is that of the dreaded “Black Cat”. Some people believe these creatures are familiars for witches and minions for the Devil. While the origin of this myth is unknown, it’s been around for at least two hundred years. To this day, people fear the idea of a black cat crossing their path. Unfortunately, fear has led to the horrible mistreatment of an animal that was born the wrong color.

If you own a black cat, take precautions. If your cat is an indoor/outdoor pet, make sure they are microchipped and wearing a bright, reflective collar with tags containing current owner information. Do your best to keep your black cat inside on Halloween. Human fears are not always rational, and the abuse and often death of black cats rises during this “holiday”.

If you see an unknown black cat wandering your area, contact Beltsville Community Cats (BCC) at 240.444.8333 or hello@beltsvillecats.net. A BCC volunteer will check the situation out and develop a plan to humanely trap the cat and transport it to a vet to get spayed or neutered and vaccinated. Adult cats and older kittens are returned to where they were trapped to live out their lives without reproducing. Kittens 8 weeks old and younger are spared, vaccinated, and placed in foster care until a forever home can be found. Remember: a black cat is NO different from any other color of cats! They just have the misfortune of a few centuries of human fears and misconceptions that can complicate their lives.
Voter Information

Because of the COVID 19 virus crisis, voting this fall is going to be different. Here is up-to-date information on your options to protect your vote and your health. The State Board of Elections will also have information on how to vote: www.elections.maryland.gov.

Key Dates

Last day to register to vote online or by mail: Tuesday, October 20.
Deadline to request a Mail-in Ballot: Tuesday, October 20.
Early Voting in person: Monday, October 26 – Monday, November 2: 7:00 am – 8:00 pm
Election Day in person: Tuesday, November 3: 7:00 pm – 8:00 pm

How to vote: The safest and simplest way to vote is to request a ballot and vote by mail. But unlike in the Primary, you will not receive a ballot unless you request it. You will get an application in the mail, and you can either return it by mail or go online and request your ballot there. After you’ve received your ballot, there are three ways to vote:

1. The first option is to mail your ballot back. There will be instructions on your ballot on how and where to mail your ballot.
2. If you prefer to avoid mailing your ballot, you can drop off your ballot in a secured box during early voting. These boxes are at every voting location and are protected 24/7.
3. Finally, you can still vote in person on election day or during early voting. You can visit any polling place in your county, and please be sure to wear a mask and maintain social distancing.

Where to vote:

In your own home! Voting by mail is the best way to protect your vote and your health. If you prefer to go to a drop box or vote in person, here are the closest voting locations:
- Election day: High Point High School 3601 Powder Mill Road Beltsville, MD 20705
- Election day and early voting: Laurel High School 8000 Cherry Lane Laurel, MD 20707 or: The Pavilion at University of MD Xfinity Ctr. 8500 Paint Branch Drive College Park, MD 20740

Do you or friends need help getting unemployment benefits?

If you have still not gotten your unemployment insurance, please let us know. We will contact the right people in the Department of Labor and do everything we can to get your money ASAP.

Jobs available in Beltsville

Too many businesses are closed or have had to cut back. But others are expanding and looking for skilled workers. One of them is Eveready Rolloffs, Inc in Beltsville. They’re looking for drivers and mechanics. Their number is 301.772.7227.

Contact us

Please let me know if you have questions or concerns. Feel free to be in touch if I can be of help to you. Just email 21stDistrict-Delегation@gmail.com or call 240.712.4646.

Solving the Challenge of Math Class This School Year

(StatePoint) Math can be one of the toughest subjects to conquer, even in a typical school year. In today’s unusual learning environment, new challenges are presenting themselves to teachers and students alike. Here is how you can help your child make the grade in math, no matter where their learning is taking place:

1. Use online resources: For distance-learners, (or students who would like to reinforce math concepts at home) free online educational resources can supplement formal instruction. One unique site providing remote-learning support to educators, parents and teachers is Casio Cares. The site features free software, math lessons for K through 12 and live webinars, as well as provides a web-based calculation tool that supports the curriculum of grade levels 6 through college. Visit casioeducation.com to access these tools and learn more.

2. Encourage tailored learning: Learning into the strengths of online learning can help your student make the most of this atypical school year. While online tools like webinars, instructional videos and activities may not provide the same type of interaction as an in-person classroom experience, they do have some clear advantages: such tools appeal to digital natives, can be tailored to individual needs, offer opportunities for self pacing and can be revisited again and again as needed.

3. Get equipped: Be sure your student is equipped with a calculator well-suited to the curriculum. The affordable scientific calculators and graphing calculators available from Casio feature hundreds of functions, as well as high-definition, three dimensional displays, helping students visualize mathematical concepts for a better grasp of the material. Tutorials offering in-depth instructions for using different calculator features are available online, and can expand your child’s capabilities.

Remote and hybrid learning come with different challenges than regular classroom learning, especially when it comes to math class. However, new tools can help make this school year a success.
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Please check with individual facilities for current updates. Admission requirements may be instituted, and regular hours of operation are subject to change.

AREA EVENTS

Please contact the individual facilities regarding late changes or updates to hours of operations. Please check with individual facilities regarding admission requirements.

LAUREL–BELTSVILLE SENIOR ACTIVITY CENTER

This Activity Center continues to serve as a COVID-19 testing center. No social activities are planned at this time. Address: 7120 Conner Rd., Laurel, MD 20707, around the corner from the University of Maryland Medical Center. Phone: 301.206.3350. Fax: 301.206.3387. TTY: 301.446.3402.

LAUREL–BELTSVILLE SENIOR ACTIVITY CENTER

The grounds are especially beautiful in the fall season. Social distancing is required. Be sure to take plenty of water with you. Great for walks and photographic opportunities. Address: 10001 Scarlet Tanager Loop, Laurel, MD 20708. The entrance is accessed from Powder Mill Rd., between the Baltimore–Washington Pkwy. and Rte. 197. Regular hours of operation for the trails and grounds are: Open daily from sunrise to sunset, except for federal holidays. Free admission and free parking.

VISITOR CENTER

The building is still closed, but staff members are at work. Contact the Visitor Center for information regarding plans for reopening in the future. Main phone: 301.497.5772. Join our e-mail list by contacting timothy_parker@fws.gov. For future volunteer training (ages 18 and up), contact Diana Ogilvie at 301.497.5655 or Diana_Ogilvie@fws.gov.

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Center. Phone: 301.206.3350. Fax: 301.497.5565 or Diana_Ogilvie@fws.gov. For future volunteer training (ages 18 and up), contact Diana Ogilvie at 301.497.5655 or Diana_Ogilvie@fws.gov. Phone number: 301.504.5755. NAL is on Twitter at http://twitter.com/#!/National_Ag_Lib. See NAL.USDA.gov for more information.

GREAT SMALL GARDENS

The digital exhibit continues. Publications on different types of small gardens—such as victory gardens, school gardens, and the historical Subsistence Homestead program—are featured in the National Agricultural Library’s digital exhibit, Small Agriculture. See www.NAL.USDA.gov/exhibits/pid/small/about.

BELTSVILLE LIBRARY UPDATE

Curbside hours are now available Tuesday through Saturday. Reserve material on the online catalog and follow the instructions for making a reservation for curbside pick-up. See https://www.pgcmls.info/branch/ location/Beltsville. Address: 4319 Sellman Rd., Beltsville, next to the police station. Main phone number: 301.937.0294. Please visit our library system website at www.pgcmls.info for updated information regarding future phased reopening plans, to use our online library services, and for more information.

BELTSVILLE EVENTS

Please contact the individual facilities regarding late changes or updates to hours of operations.

NATIONAL AGRICULTURAL LIBRARY (NAL)

Staff members are at work and have assembled several digital exhibits. However, the building is closed until further notice. Address: 10301 Baltimore Ave., near Sunnyside Ave. Main phone number: 301.504.5755. NAL is on Twitter at http://twitter.com/#!/National_Ag_Lib. See NAL.USDA.gov for more information.

Tips for Fueling up for Outdoor Fall Chores

(StatePoint) Along with the fall season comes a range of outdoor chores for homeowners nationwide, from clearing trees and branches after wicked weather strikes to gathering autumn leaves. Here are a few things to consider as you go about fueling your chainsaws, leaf blowers and other lawn care equipment:

Proper Fuel Storage

If you have messy or bulky fuel containers, it’s time for an update. Proper fuel storage can make the task of fueling equipment safer, cleaner and ultimately more efficient and affordable. For starters, be sure to purchase only fuel containers approved by federal or state authorities that have a flame mitigation device (FMD) and a child safety feature. Then, consider ease of use. The best containers not only exceed recognized safety standards, they help you avoid messy, costly spills. To that end, look for a user-controlled flow valve, such as those featured on Scepter SmartControl containers. Available in 1-, 2-, and 5-gallon sizes for gasoline, diesel and kerosene, these rugged storage containers which are made of five layers of safe high-density polyethylene for long-term use, feature an innovative, hassle-free spout controlled and operated by squeezing. And, because they are stored with the spout on, hands stay clean. For usage and safety tips, check out the following tips that let you feel close and connected.

Three Technologies to Help You Feel Connected to Far Away Loved Ones

(StatePoint) When it’s not possible to be near loved ones, being connected becomes more important. Here are three technologies to feel closer to friends and family, wherever they may be:

Stream in Sync

Streaming services like Netflix are introducing new features allowing users to watch programming in sync with their friends. Whether it’s the latest episode of your favorite reality game show or a movie you’ve all been excited to see, now you can host a virtual movie night or watch-party and share your reactions to the show in a real-time chat room.

Keep the Time

A globally-minded timepiece can help you feel more connected by displaying the time of where your friends and family are located. And a Casio Edifice EQB1000 is especially informative. The watch’s main dial and date display “Home Time” (the time and date in the current location), while an inset dial at 3 o’clock displays “World Time” (the current time in over 300 major cities) in a 12-hour format. Its operations are easily managed via a connected smartphone, and its “Phone Finder” feature causes your phone to sound a tone even if it’s in silent mode.

Workout, Together

Have a gym buddy or workout partner who is suddenly remote? New tools can help you motivate one another and stay fit together, even if you are far apart. Some of the latest stationary bikes and treadmills on the market now allow you to connect to classes and coaches in real-time and have features that allow you to enjoy realistic city and countryside scenery as you sweat. Join the same class as a friend and compete against each other, or take a virtual tour of a city together.

Thanks to new technologies, the world doesn’t need to feel so big. Embrace the tools that let you feel close and connected.

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How Caregivers Can Adapt to the New Normal

(StatePoint) The COVID-19 pandemic has changed life for the 44 million caregivers in the U.S. and the people they care for, with social distancing creating new routines, concerns and challenges. To help caregivers adapt to the new normal, Judith Ursitti, who is raising a son with autism, shares these tips and insights:

- Social distancing presents new challenges. The requirements around social distancing may have excluded access to some of the activities your loved one enjoys in the community, and in some cases, getting your loved one to accept this can be difficult. However, it’s important to maintain routines and empathy by preparing for this challenge.

  “Not seeing the familiar faces of friends, teachers and therapists has dramatically increased Jack’s level of anxiety. That leads to additional anxiety for the rest of the family. It’s hard,” says Ursitti. From art projects to puzzles to bird watching, try introducing alternative activities that your loved one may enjoy and can participate in safely.

- New tools can help: While it may have been awhile since anyone in your family has gotten a barbershop haircut, it’s important to stay on top of regular hygiene, even if you aren’t leaving the house. Be sure that showers, shaving and toothbrushing don’t fall by the wayside. Not only do these routines provide a sense of familiarity, they are important for your loved one’s overall wellness, and innovative tools are making such tasks easier for caregivers.

  “A quick, efficient way for me to help Jack shave is with the Gillette TREO, which is conveniently designed for caregiver use,” says Ursitti. There have been over 4,000 razors designed for shaving oneself. As the first razor designed to shave someone else, Gillette TREO was created specifically for caregivers and their loved ones. Its award-winning, inclusive design helps protect gentle skin, offers better control and removes the need for water, so caregivers can confidently and safely shave their loved ones anywhere, even away from the sink. To learn more, visit Gillette.com/TREO.

- Take care of yourself: It can be easy to forget that there is a light at the end of the tunnel. “Try to remind yourself, especially when the anxiety is high or the situation is challenging, that it too shall pass,” says Ursitti. “Take a deep breath and encourage your loved one to do the same. And when all else fails, eat some ice cream.”

- Reaching out to friends and family is especially important right now in combating feelings of isolation and for support. Thanks to video chatting tools, it’s easier than ever to stay connected.

Caregiving is never easy, and these unusual times can make things even more difficult; however, new tools can offer you additional support.

JIVE
continued from page 3
It doesn’t have to be money. It could be food or water, or sometimes they just are in a tough spot and need some encouragement.

Next month I will dedicate “Jason’s Jive” to his story. His name is Derrick. His story reminds me of Justin, whom I met at a Royal Farms gas station in Ellis.

CUB PACK 1031
continued from page 1
The trail. We are now accepting new scouts and welcome them to the pack. Especially kindergarteners, 1st graders, and 4th and 5th graders. If you are interested in discovering the fun of Cub Scouts, please contact Regina Halper at Pack1031cubscouting@gmail.com for more information. I will post a flyer on Nextdoor and The Beltsville News Facebook page with info.

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6 Cool Ideas for Family Fun

(StatePoint) What better way to enjoy your free time than by making lasting memories with your loved ones? Whether exploring the great outdoors or making music, families can take the opportunity to spend some time together. Here are a few fun ideas to consider:

- **Play ball:** Head to a nearby park and play soccer, basketball, or baseball. Get competitive by selecting teams in advance and wearing matching colors to show your team spirit.

- **Sing-along:** Using new technology, you can take your family sing-along to the next level. Using a Casio tone keyboard, download favorite songs, print out the lyrics and have each family member sing a verse or two. You can even connect your phone to the keyboard to play music from your song library.

- **Game day:** Rainy day? No problem. Let every family member pick a favorite board game and spend the day playing each one.

- **Get outdoors:** Finding the nearest fishing hole or picnic spot is easy with a time-piece that can help you navigate the terrain. For example, Pro Trek watches provide quad sensor technology that detects compass bearing, barometric pressure, altitude, and temperature, plus an accelerometer for counting steps, all which can support your outdoor adventure.

- **Learn a skill:** From painting to picking to Portuguese, there are a range of online classes available that can help your family master a new skill right from the comfort of home. Pick something fun to learn together and get started today.

- **Movie night:** Create a movie theater anywhere in your home in an instant with a projector. The LampFree projectors from Casio provide easy set-up and high brightness, making them a good choice for a portable home theater. Just pop the popcorn and get your comfy seating arranged and you will be ready to watch your favorite movies.

With a range of indoor and outdoor activity ideas, you can make the most of your time together.

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With a range of indoor and outdoor activity ideas, you can make the most of your time together.
Everyone Can Help Stop the Spread of COVID-19, Here’s How

(StatePoint) As businesses and services reopen nationwide, the death toll from COVID-19 continues to rise, and experts warn that Americans must continue taking precautions to help stop the spread of the virus.

“In states across the country, the spread of COVID-19 is staggering and concerning. We all have a role to play in stopping the spread and protecting ourselves, our family and our neighbors,” says Susan R. Bailey, M.D., president of the American Medical Association (AMA). “The science is clear. We know what stops the spread of the virus – wearing cloth face masks, physical distancing and regularly washing hands – and it is on all of us to practice these steps. Without a vaccine for this novel virus, the only way to turn the tide and recapture a sense of normal is by working together.”

The AMA offers the following guidance and insights that can help keep you, your friends and your loved ones healthy and safe.

• Wear a cloth face mask: Take the simple steps that science has shown will help stop the spread of the virus: wearing a cloth face mask, maintaining physical distancing and washing your hands. The simplest tried-and-true methods are still the most important.

• Keep up with doctor visits: Before you decide to forgo routine care or screenings, talk to your doctor. Physicians are using telehealth services and have taken painstaking precautions to make their practices safe. Make sure you keep up with your vaccines, and don’t let something that in normal circumstances could be handled with an early visit to your physician land you in the hospital.

• Be mindful that re-opening is not the same as a return to normal: When indoors, wear a mask, even in restaurants and stores that are open. Consider dining outdoors whenever possible. Stay connected with

COVID-19 continues on page 14

Top Gifts to Show Appreciation for Teachers

(StatePoint) When it comes to showing teachers appreciation for all that they do, a personal gift is always appreciated. However, sometimes what they really want is the proper tools to help them in the classroom.

Teachers spent an average of $745 on supplies during the 2019-2020 school year, according to an AdoptaClassroom.org survey, much of which was out of their own pockets, and nearly half of all teachers said their spending has increased since distance learning began.

So, if you are thinking about giving gifts to the teachers in your life, skip the apple and consider these useful items instead:

1. With a built-in learning system and a portable frame, Casio keyboards are a good choice for music educators. Some models even have lighting key systems, making it easy for teachers to demonstrate proper finger placement while practicing social distancing.

2. From hand sanitizer to disinfecting wipes, some of the essentials needed for keeping a classroom hygienic are in short supply these days. These basics may not be glamorous, but they will help keep teachers and their students happy and healthy.

3. The latest models of projectors offer features that far exceed their predecessors of even just a few years ago and

TEACHERS continues on page 13

FINANCES continued from page 6

3. Know your credit score. Many banks and other services allow you to access your credit score online. Take advantage of this feature to ensure the information is accurate and look for areas where you can improve.

A financial coach can help you understand which money decisions will impact your score and how to preserve it as best as possible.

4. Use credit wisely. If you need to carry balances or borrow more, make a list of your current credit sources, including current balances, credit limits and annual percentage rates (APRs). Note the end date of any zero percent introductory offers. If your credit is good, consider requesting higher credit limits, which can soften the impact of higher-than-usual balances on your credit score and reinforce your safety net.

5. Seek free expert help. Feeling uncertain about which bills to pay first? Struggling to pay rent and other household needs? There is help available.

A financial coach can help you tap government benefits and other resources and get on track.

Visit the Financial Resilience Center at NationalDisabilityInstitute.org/financial-resilience-center for accessible financial health resources and to connect with a certified-financial coach with disability-related experience.

• National Foundation for Credit Counseling: Call 1-844-865-1971 or visit nfcc.org/locator to connect with a financial counselor for assistance with managing creditors or debt.

• Cities for Financial Empowerment Fund: Visit ficapublic.org/about for a list of locations in cities across the U.S. offering virtual financial counseling as a free public service.

As you take steps to protect your health, be sure to also take steps to protect your finances.
Club News

Another Successful Legacy Run for Maryland’s Sons of the American Legion

By Ivy Christoffers

Each year, a stalwart group of dedicated motorists, led by Joseph Gladden, a past nationalist commander of The Sons of the American Legion who resides in Maryland, take off for a ride over the state to raise funds for the education of the Children of our Warriors. This Legacy Run has just completed and was highly successful. Our congratulations to Gladden and his peers for their dedicated commitment to this worthwhile project year after year. The Sons of the American Legion (SAL) are very successful at raising funds for several programs. We congratulate them on their many achievements. Maryland is very proud of the fact that we have several past national commanders of the SAL and they remain active. We also have another on his way to this high office, Mr. J. D. Hall of Glen Burnie. In Maryland, the SAL is very supportive of the American Legion and The American Legion Auxiliary’s programs for which we are extremely grateful.

The remodeling of the American Legion Post in College Park is progressing day by day and we look forward to the completion sometime in October, after which we will have our annual installation of officers. The new additions to the kitchen are amazing. The lounge area is 90 percent completed, and the bar area is now under work. The offices and bathrooms are next. It makes me wonder if the library will be included in the final plans. When completed, the post home will be beautiful and a welcoming place to visit and do business.

By the time you read this column, our first virtual Annual Corporate Meeting (convention) of The American Legion Auxiliary will be history because it takes place Sept. 20. Let us hope it is successful as this may be the way of the future because of COV-ID-19. Who knows what the new “normal” will be?

Stay as safe as possible out there, keep our troops in your prayers, and enjoy Halloween as much as you can. May God bless America and bring us safely through these troubling times.

Update from The Vansville Heights Citizen Association, Inc.

By John D. Perkins, President, Vansville Heights Citizen Association, Inc.

Greetings,

During this season of uncertainty, fires raging out of control, unprecedented hurricanes, a pandemic on the attack not only on the United States but the entire world, we must all rally together to do our part in two particular areas: 1) you must complete your Census information - www.2020census.gov for specific details. It has never been an easier time to complete your census, whether online, over the phone or by mail - all without having to meet a census taker; 2) Vote. Go to Vote.org - everything you need to know is on this website. Fast, free, easy, secure...

TEACHERS

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are an invaluable tool for those teaching on site this year. In some cases, it only takes one click to enable teachers and students to delve right into the material. With Casio classroom projectors, wireless features allow educators to efficiently project their own display or select a student’s device to facilitate safe and socially distanced moderation and discussion.

4. These days, a good pair of noise-cancelling headphones with a high-quality microphone can help ensure that a teacher’s words are heard loud and clear and that nothing distracts them while conducting class over video chat.

5. Math teachers can gift themselves new tools by simply visiting Casio Cares at casio-education.com, a site providing free support, software and math lessons for K through 12, along with a free web-based calculation tool that includes graphing, geometry and statistics functionality.

Teachers are working harder than ever to provide high-quality education to students, and brand new challenges are cropping up every day. Consider finding ways to show your appreciation for their efforts which can actually help them do their job.

Beltsville News

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**CHURCH DIRECTORY**

**St. John’s Episcopal/Anglican Church**
11040 Baltimore Avenue, Beltsville, MD 20704
301-937-4292 • www.saintjohnsbeltsville.org
The Reverend Joseph M. Constant, Rector

**Come and Join Us**

**Sunday Worship Schedule**
- 7:45 a.m. – Quiet Service/Holy Eucharist
- 9:15 a.m. - Family Service/Holy Eucharist
- 10:30 a.m. – Sunday School
- 11:15 a.m.- Full Service/Holy Eucharist
- Sunday Nursery Care 9:00 a.m. – 12:30 p.m.

**Wednesday Worship Schedule**
- 12:00 Noon – Healing Service/Holy Eucharist
- 6:30 p.m. – Holy Eucharist

We are a beacon of Christ’s love offering Hospitality and sustenance to all on their Spiritual way.

**First Baptist Church of Beltsville (SBC)**
4700 Odell Road
Beltsville, MD 20705
301-937-7771
www.fbcbeltsville.org
Keith Holland, Pastor

**Recorded Services are Available on YouTube by Searching for FBC Beltsville**

**Sundays:**
- *Sunday School for all ages* 9:45 a.m.
- *Morning Worship* 11:00 a.m.
- Evening Worship 6:00 p.m.
- Adult Choir Practice 7:00 p.m.

**Wednesdays:**
- Adult Bible Study & Prayer 7:00 p.m.
- RA’s, GA’s, Mission Friends 7:00 p.m.
- Youth Fellowship 7:00 p.m.

*Nursery provided for infants to 2 years old.

**Emmanuel United Methodist Church**
Engaging Our Community
REV. DR. JALENE C. CHASE
11416 CEDAR LANE BELTSVILLE, MD 20705
301.937.7117 | 11416 OFFICE@EUMCBELTSVILLE.COM
WWW.EUMCBELTSVILLE.COM

**Zoom Virtual Worship Service on Sundays**
- 9:30 am - 10 am Fellowship and 10 am - 11 am Worship Time
- Sign Language Interpretation Available During Worship

**Wednesday Bible Study 7 pm**

**Due to COVID-19 we are not meeting in person. You can join us for digital worship by clicking on the link on our home page.**

**Proper Fuel**

While you’re updating your fuel containers, be sure to re-stock your fuel too. Keep in mind that fuel sitting unused for many months should be safely discarded, as gas components can deteriorate over time. Changing gasoline out with the seasons keeps it fresh.

Having plenty of fuel on hand is not only a key element to powering through yard work and chores, but an important part of extreme weather preparedness. During power outages and in the aftermath of storms, you’ll be able to fuel generators, chainsaws and other gas-powered equipment without worrying about your supply. So don’t wait until a storm is in the forecast to stock up on this essential.

This fall, equip your shed or garage with the fuel and fuel storage solutions you need for a safe and productive season.

**COVID-19**

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friends and family, but do so in a physically-distant and safe manner, including small outdoors gatherings where masks and hand sanitizer are used.

• Take time to clear your head and rest: With many people working from home or working under more stressful conditions, it is important to take mental health breaks. Get up and move, take a walk outside, step away from the computer, and take days or hours off from work.

As the death toll from COVID-19 continues to rise, physicians, nurses, hospital and health system leaders, researchers and public health experts want Americans to know that it is within their power to help stop the spread of the virus.

**Share Your News!**

Send your article submissions to News Director Rick Bergmann at editorbvnews@gmail.com

**CONFERENCE**

The 19th Annual Conference of the American Society of Consultant Pharmacists will be conducted in a virtual setting.

**Seattle Center – February 10-13, 2021**

To register or for more information, visit www.ascp.org.
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301-641-1092

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MOTORIZED SCOOTER AND TRAILER - One year old. Excellent condition. Also various pool supplies from discarded pool for sale. Call 301-937-0828 for further information.

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