**Basket Bingo at St. Joe's**

St. Joseph’s Parish will conduct a Basket Bingo on Friday evening, Jan. 10, 2014 in the parish hall at 11011 Montgomery Road, Beltsville, Md., from 7 to 9:30 p.m. (non-smoking). Come join us for this fun-filled event. Bingo winners will receive specialty baskets, pottery and home accessories. There will be door prizes and raffles, too! Tickets are available daily for $12 in advance at the school and parish offices or for sale at the door. Refreshments are available. Snow date is Jan. 17.

**Beltsville Author Praises God Through Poetry Collection**

BELTSVILLE, Md. — This week marks the nationwide release of author J.L. Price’s new poetry collection, “Poetry to Glorify the Father.”

In his second book, “Poetry to Glorify the Father,” Price brings readers closer to the Lord in a very simple yet powerful way. Written with the truth and honesty of God’s word, this collection of poetry is wonderful for recitals at spiritual gatherings or simply just poetry is wonderful for recitals at spiritual gatherings or simply just a reading.

**Elizabeth White Receives Distinguished Alumni Award from Professional Music Fraternity**

A piano instructor & performer, Riderwood resident’s service to others recognized

By Mu Phi Epsilon

SILVER SPRING, MD—By the time she was six, Elizabeth White had heard her mother play classical music every night after putting the children to bed. This musical influence, plus the start of lessons with a fine teacher, was the beginning of a rewarding lifelong career of performing and teaching.

Mrs. White joined the international professional music fraternity, Mu Phi Epsilon, while attending the New England Conservatory of Music in Boston.

Sixty years later via the Washington, D.C. symphony, Elizabeth White, a resident of Riderwood retirement community, displays the 2013-2014 Orah Ashley Lamke Distinguished Alumni Award presented by the international professional music fraternity, Mu Phi Epsilon. Mrs. White was lauded for embracing the organization’s service ideals.

**Scouts Go Cabin Camping**

By Gary Bauchan, Assistant Scoutmaster

At the end of each year the Scouts of Troop 1033 go cabin camping to celebrate the activities for the year. The first weekend of December, 14 scouts and 3 adult leaders went to Camp Harmison in West Virginia. The scouts enjoyed taking a walk down to the river, playing cards, Connect 4 and Jenga, watching movies and a Scouting Feast of meatloaf (recipe courtesy of Troop 230)

**Beltsville Academy News**

Beltsville Academy is pleased to announce the 2013-2014 Class of Student Ambassadors.

The Beltsville Academy Student Ambassadors Program is a student led organization that sponsors several service projects throughout the year. The goal of the program is to teach students to be role models for their peers, exhibit great student academic achievement, and be good citizens.

**Beltsville Briefs**

By Jay Williams

The principal of Beltsville Academy, Leslie Lowe, will speak at the GBBA (Greater Beltsville Business Association) at 7:30-9:00 AM. This will take place at the GBBA’s monthly morning meeting on Wednesday January 15. All are welcome to attend. See www.BeltsvilleBusiness.com for directions and details about registering for this event.

Leslie Lowe will present the full history of the school going back to 1961 and will include many details about the school of today that she can fit in. Time will continue on page 2.

**Beltsville Academy (Middle School)**

Leslie Lowe, Principal of Beltsville Academy to give presentation to the GBBA

By Jay Williams

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**Submissions Due:**

No Later Than:

**January 22**

**Paper Out:**

**February 1**
New Year’s Resolutions for Small Businesses

(StatePoint) It’s not just individuals who can benefit from New Year’s resolutions. Businesses can also use the new year as an opportunity to reflect on how to improve in the year to come. With that in mind, here is a resolution checklist for small business owners:

- Get your books in order: Make sure to update balance sheets, compile income statements and assemble cash flow statements.

- Evaluate goals: Did you meet your goals this year? What helped you achieve success? How can you improve the following year? Clearly documenting your goals and making them accessible to your staff will keep them top-of-mind. This can be anything, from bringing on a certain number of new employees to hitting a sales goal or expanding product offerings. Once you’ve set your goals, devise a plan that will get you there, with monthly or quarterly checkpoints, so you can ensure you’re on track.

- Protect data: Small businesses say that data is their most valuable asset. Are you adequately protecting it? Many small businesses only back up files once or twice a month, which can result in a tremendous loss. Cloud backup is a tremendous asset. Are you adequately backing up your files? Are you adequately protecting them? Is there a head-turning disaster? Save yourself a headache by getting a good backup plan in place.

- Back up your files: Keep your data protected in case of a disaster. Save yourself a headache by getting a good backup plan in place.

Character building needs are just as important as business needs. As you consider your New Year’s resolutions, be sure to include personal growth in your priorities.

- Get a head start: Look back over the past year and identify areas that need improvement. Then set specific, measurable, achievable, relevant and time-bound (SMART) goals. For example, setting goals related to customer service, productivity and financial management can help you remain competitive in your industry.

- Reap the benefits: As you work toward your goals, remember to enjoy the process. Take pride in your progress and celebrate your accomplishments, no matter how small.

- Stay on course: Keep your goals in mind and stay motivated. Remember, success is a journey, not a destination. By setting realistic and achievable goals, you can achieve your dreams and reach new heights.

New Arrivals


Obituaries

Mary M. Pentzer passed away December 18, 1988 as a resident of Beltsville.

Helen Lee Moses of Beltsville, passed away December 13, 1988. Robert Reeve, 40, of Beltsville was killed in a fall from a 1200 feet tower in Baltimore. Lawrence P. Cady passed away in Beltsville. He owned and operated Calverton Cleaners in the Calverton Shopping Center. Ronald Francis Darin passed away December 1, 1988.

Beltville Tops in Voter Turnout

Four out of five registered voters turned up at the November 8 General Election, according to our 21st District Delegation. However, the high turnout caused long lines at some of Beltville’s five polling places. More machines have been requested for future elections.

25 Years Ago in the Beltsville News

By Phil Whitman

Extracted from the January 1989 issue

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Thank you to the Beltsville Community for supporting the events sponsored by the Beltsville Recreation Council: Beltsville Day, Jazz under the Stars, the Community Health Fair, the Holiday Home Decorating Contest and the annual Holiday Concert. These events have been a mainstay in the Beltsville community for years and are enjoyed by many in the surrounding area.

As we begin 2014, we would like to look back and thank all of those who participated in our activities. The events provided by the Beltsville Recreation Council would not be possible without the support of the Maryland National Capital Park and Planning Commission (MNCPPC), the wonderfully supportive staff at the Beltsville Community Center and our community sponsors: Old Line Fine Wine, Spirits & Bistro, who sells our “I Heart Beltsville” t-shirts.

The Beltsville Recreation Council congratulates the Winners of the 2013 Beltsville Holiday Decorating Contest, who were present and received a prize: “Best Holiday Spirit” - 4216 Kenny Street and “Best Use of Animation” - 4608 Brandon Lane.

Meetings of the Beltsville Recreation Council are held at the Community Center on the 3rd Monday of the month at 7pm. Members of the Beltsville Community Center staff attend the meetings to help with successful coordination of planning and set up for all of the events. A calendar of events and meetings can be found on our website www.beltsvillerecouncil.homestead.com or our Beltsville Recreation Council Facebook page.

Below is a list of those who supported at least one of the Beltsville Recreation Council programs in 2013. If we excluded anyone, it was inadvertent. We sincerely appreciate everyone’s support and look forward to a great new year in Beltsville.

- Anastasia Watershed
- Audiology Unlimited/College Park Hearing Services
- Behnke Nurseries
- Beltsville Areas school bands and orchestras
- Beltsville Ballet Academy
- Beltsville Boy Scouts and Cub Scouts
- Beltsville Boys and Girls Club
- Beltsville Dahn Yoga Center
- Beltsville Fire Department
- Beltsville Girl Scouts
- Beltsville Library
- Beltsville Lion’s Club
- Beltsville Pharmacy
- Beltsville Police
- Beltsville Rotary
- Bike and Build
- Candles 4 You
- Capital Breast Care Center
- Capital Caring - Hispanic Affairs
- Captain Krunch and the Taste Brigade
- Center for Health Literacy
- Community Counseling and Mentoring Services, Inc.
- Community Fed Credit Union
- Costco
- Covington Insurance
- Cynthia A. Scott
- David Bach music
- Dee’s Gems
- Dimension Healthcare System
- District 21 Legislative team
- Dr. Sharon M. Desmond and the University of Maryland School of Public Health
- Eleanor Perina Studio of Dance
- Eleanor Roosevelt High School Dixieland Combo
- Emmanuel United Methodist Church
- First Baptist Church
- Frances Fuchs Elementary
- Good Company - 60’s and 70’s music
- Health Groove - Maryland High Point High School Dance Group
- Holly Beck DPM
- Holy Apostles Orthodox Church
- Holy Cross Hospital
- Home Visions
- Homestead Senior Care
- Hui-O Judo Beltsville
- Jack I. Price
- Joyful Motion Dance Group
- Latino Health Initiative
- Malinda Dice-Shah DDS
- M-NCPCC, Mount Rainier Center
- Nagamey
- Norman Thomas Insurance
- Old Line Fine Wine, Spirits & Bistro
- PARC
- PGC Panthers
- Physicians Care
- Potomac Adventist Book & Health Food Store
- Prince George’s County Crisis Response System
- Prince George’s County Health Dept
- Prince George’s Area Agency on Aging
- Prince George’s Community College
- Prince George’s Community Federal Credit Union
- Prince George’s County Police - Beltsville
- Project Natale
- Rite Aid Pharmacy
- Secure Medical Care
- Senator Jim Rosapepe and staff
- ShopRite Pharmacy
- ShopRite Retail Dietitian
- St. Joseph’s Catholic Church
- Terrapin Care Centers
- TESST College
- The Beltsville News
- The Billy Hedrick Band
- Touch Point
- WCCB
- Wheaton Doors and Windows
- Women’s Club Beltsville
- Young at Heart
- Zumba Fitness Dance Demonstration

The Beltsville Volunteer Fire Dept. helps Santa visit the children of Beltsville. Photos by Mariah McKenzie.
Club News

College Park Unit #217 Celebrates the Season

By Ivy Christoffers

On the day scheduled for Unit 217’s Community Children’s Christmas Party, Mother Nature decided to mix things up a little and we experienced rain and snow which caused us to hold our breath for a while, at least until the children started to arrive. Children & Youth Chairman, Angie Brinkley, and her committee organized a fun filled day for the 28 children whose parents braved the weather and brought their children out to visit with Mrs. Santa and the big man, Santa Claus. The children began with crafts, lunch and then each received a gift from Santa. Because of the inclement weather, the party was shorter than usual. Thanks go out to Miss College Park, Miss Greenbelt, Miss Montgomery County Teen, and all the little Princesses who were on hand to lend their assistance. Everyone seemed to enjoy themselves. Thanks also to the kitchen crew, led by President Mary K., for the delicious lunch.

The next upcoming event is the New Year’s Eve Party. $25 will prove to be the least expensive party admission in the area and will include a great band, snacks, food, and a Champagne toast at midnight, hats, noisemakers and door prizes. Plan to come and join Unit 217 in closing out 2013 and welcoming in 2014.

Some upcoming events to put on your new calendar are the return of “Patsy’s Honkey Tonk Torch and Twang” on Jan. 18th. They will be sharing the bill with Karen Collins and her band. It is shaping up to be a great event with free dance lessons included and it is only $10 a person. On Feb. 15th Unit 217 is very excited to welcome back Ronnie Dove’s amazing band, Doug Lester and his band will be appearing from 8:00 pm until 12:00 am. Dinner is included with the cost of admission, which is only $20. You really do not want to miss these artists, especially their sax player. There is a lot happening at the Post and the public is welcome to attend and enjoy all of these events. Where else in town can you find this quality of entertainment for such a pittance?

The College Park Unit is also looking for those qualified people in the community who would like to belong to this elite organization. God bless our troops and may God continue to bless America.

The Beltsville Young At Heart Club

Members of the Young at heart Club enjoyed their annual Thanksgiving luncheon at Savage Mill last month. New officers will be sworn in at their Christmas party. The group members hope everyone had a lovely Christmas and send the best of wishes for the coming year. Say yes to less stress and more fun. Yes to what your heart yearns for. Yes to blessings, joy and wonderful opportunities.

New Year’s Eve Celebration At The College Park Moose Lodge #453

Bring in 2014 with a big bang and party at the local Moose Lodge! The New Year’s Eve Party begins with a steak dinner served from 6-8 pm. Dance to the music of the Dixie Wind Band from 9 to 1am. This popular band plays a variety of music for your listening and dancing pleasure. In addition, noisemakers will be provided and a Happy New Year toast will be held at midnight!

Tickets can be purchased at the Lodge at a cost of $45 per person. This event is open to the public. Bring your family, friends, and neighbors and celebrate close to home. The Lodge is located at 3700 Metzerott Road, College Park, Maryland. For further information, please call 301.935.5525.

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**Rosapepe’s Report to Beltsville**

By Senator Jim Rosapepe (D-21)

Join us Sunday, January 12, to welcome 2014!

I hope you can join my wife Sheilah and me for our Welcome 2014 Celebration on Sunday, January 12, from 11:30 to 2:00 pm, at Cherry Hill Park (9800 Cherry Hill Rd) in College Park. US Secretary of Labor Tom Perez will be our special guest. Families are welcome. Please RSVP soon at www.SenatorJimRosapepe.com or call 301-441-8690.

We look forward to seeing you!

It’s time to try health care website again

It’s no secret that the national and Maryland health insurance websites have had all kinds of bugs, and too many people needing affordable insurance haven’t been able to sign up. But federal and state officials — and their tech contractors — have been working hard to fix the sites. Governor O’Malley announced last month that Maryland’s is largely fixed. The website isn’t perfect — which ones are? — but most Marylanders who need health insurance should be able to sign up. Visit www.marylandhealthconnection.gov to check it out. And please share this update with friends and family who need health insurance. If you still have problems with the site, you can call the Health Exchange at 1-855-642-8572, and they can help you over the phone. And if you still have problems, please contact us at 301-858-3141 and we’ll do whatever we can to help. We all know that nothing important is easy. And getting affordable health insurance to all our neighbors is important.

Take MARC trains to Baltimore and DC on weekends!

Delegates Barbara Frush, Josephine Peña-Melnyk, Ben Barnes, and I are very happy to report that weekend MARC service on the Penn Line has begun. Take advantage of this new service by bringing your family on a fun day trip to Baltimore and enjoying the Inner Harbor, National Aquarium, and Fort McHenry. Or take the train down to D.C. to visit the museums and other sites in our nation’s Capitol, such as the National Zoo, Smithsonian, White House, and Arlington Cemetery.

The weekend service is a direct result of the state transportation package that the Maryland legislature passed earlier this year. We worked hard to make sure it brought important improvements to our community, including expanding MARC service to the weekends on the Penn Line. Additional daily trips will be added soon to the Camden Line as well. The weekend schedule includes 9 round trips on Saturdays and 6 on Sundays. The fares will be the same as weekday service ($7 Baltimore-Washington, $6 BWI-Washington, $5, Odenton-Washington), and weekly and monthly passes will be honored.

Contact Us

As always, please let us know if there are other issues you have questions or thoughts about. And, of course, feel free to be in touch if we can be of help to you. Just email 21stDistrictDelegation@gmail.com or call 301-858-3141.

**SNOW**

continued from page 7


- **Make it Painless:** Don’t fight the wind. Whenever possible, point a snow blower’s chute downhill so that the wind helps you blow the snow. It’s usually easier to move up and down the length of a driveway, not perpendicular. In strong crosswinds, start on the upwind side and then work downhill.

- **Think ahead:** Throw snow as far into your yard as possible. Throwing snow only to the edge of a driveway or walkway will make it more difficult to remove snow during the next snowstorm.

- **Be safe:** Read and understand your operator’s manual before getting started. As you would with a lawn mower, inspect the area first and remove objects which might be picked up and thrown by the snowblower. Keep children and pets far away.

- **Be Body Smart:** Toiling away outdoors can be hard on your body, especially for older people. So give your heart and back regular breaks so you don’t overdo it. Stay hydrated and don’t overdress or you’ll quickly be soaked from sweat.

This winter, be ready to keep your home maintained, no matter what the weather blows your way.
Anyone Can Make a Difference: Ways You Can Give Back

(StatePoint) In today’s connected world, we are flooded with global news 24/7. As a result, many suffer from what experts refer to as “compassion fatigue.” But simple acts of kindness can make your community and world a better place to live. And research says it could even be beneficial to your health.

In fact, in a recent study conducted by Claremont Graduate University, people who felt empathy for a stranger experienced a release of the hormone oxytocin, which is associated with lower blood pressure, lower cortisol (stress hormone) levels, reduced pain and improved psychological well-being.

“Reaching out to a stranger benefits both people. It’s a win-win,” says Erin Healy, author of the new novel “Stranger Things,” which she was inspired to write in order to raise awareness of sex trafficking and human slavery.

Many people are loathe to forge connections with strangers and help others, due to introversion, fear, or concerns that what they have to offer might not be enough. However, Healy points out that a small change in attitude can help spur you to take meaningful action. She offers some quick tips for surmounting your hurdles and giving back:

■ Be you. Harness your talents, abilities and the resources already at your disposal to give back or raise awareness. When it comes to helping others, there’s no cookie-cutter way to do it.

■ Teach a class, buy supplies, be an advocate — it’s all about pinpointing what you can do to shine a light on an issue and help improve it, rather than getting mired in what you can’t accomplish,” says Healy. “At present, I can’t travel to India to infiltrate a brothel and pull girls out. I can’t be a live-in ‘mom’ at an aftercare home. But I can write a book. I can help to raise awareness.”

■ Shop Smart. With a little research you can better ensure your consumer dollars are not supporting companies that don’t share your values. Consider shopping from companies that donate a portion of their proceeds to non-profit organizations and foundations that support causes about which you are passionate.

■ Think local. “When I started researching ‘Stranger Things’ I was surprised to learn how many small organizations in my own city are already making efforts to aid victims of human trafficking,” Healy says. “Let your heart lead you to a local cause. You can empower yourself by helping those already doing the work.”

■ Think random. You may not have the time to make a long-term volunteering commitment, but every day presents opportunities, big and small, to show kindness to strangers when you take the time to notice them.

■ Connect with a stranger. By looking outward you gain perspective on your own troubles and realize that you have more to offer than you may have thought. Be intentional, and take time to notice those around you. As you get to know them, you’ll find yourself moved to help.


Don’t let compassion fatigue or a busy schedule keep you from giving back. There are great ways for everyone to make a difference.

Happy New Year!

Are you ready to welcome the New Year, this coming year full of possibilities, fresh opportunities to plant and let grow?

Welcome the New Year with open arms and mind!

***

(c) Ingeborg Carsten-Miller

Safe and Easy Snow Removal Tips

(StatePoint) Keeping your property maintained during and after a snowfall is crucial. But handle snow and ice safely, as some of the risk involved comes from the removal process itself — manually shoveling after a heavy snowfall can be dangerously strenuous.

Opting for a snowblower can help you avoid risk, as well as get the job done faster. If you have a larger area to clear, you’ll especially want to consider motorizing your snow removal efforts.

To help ensure a safe winter for you, your family and your guests, here are some considerations to make when dealing with snow:

■ Prevent: An ounce of prevention goes a long way. So if you’re expecting a major snowfall, consider salting before the first flake falls.

Is Your Home Ready for a Power Outage?

(StatePoint) Being prepared for winter means more than just stocking up on Vitamin C. It also means making sure your home is ready for the onslaught of cooler weather and potential power outages.

Whether it’s just windy and blustery, or there’s an ice storm or blizzard, wicked weather can cause all sorts of damage or power outages.

One of the most important things you can do to ensure a safe, happy and healthy winter is equip your home with a portable generator, which can serve as a useful backup during an emergency or when a power source isn’t available.

Don’t forget, with great power comes great responsibility. When using a generator, keep these tips in mind:

■ Always read and follow the manufacturer’s operating manual and instructions before running a generator.

■ Don’t wait: Keep up with the snowfall. Most of the time, it’s easier and faster to clear six inches of snow twice than 12 inches of snow once.

■ Use the Right Gear: Not all snowblowers are the same, so purchase a machine that’s ideal for your property. Factors such as the type of surface and size of the space you’re clearing, as well as how much and what type of snow you’re expecting all should be considered. For a free online tool that can help you identify the right snowblower continues on page 6

Power continues on page 15

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(c) Ingeborg Carsten-Miller

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JANUARY 2014 • The BELTSVILLE NEWS • Page 7

Is Your Home Ready for a Power Outage?
Kennedy, Linda Jo

Linda Jo Kennedy was born on Jan. 24, 1959 in Louisville, Ky to parents Dorothy Mae Hasenmyer and G. Dean Hasenmyer. She passed away on Dec. 16, 2013. Linda is survived by her mother, Dorothy Hasenmyer; brother, Carl Hasenmyer; sister-in-law, Maris- tela Hasenmyer; nephew, Lucas Hasenmyer; husband, Kevin James Kennedy Sr.; and children: Kevin Kennedy Jr., Pamela Kennedy, Melissa Kennedy, Erin Kennedy, Jonathan Strike, Katie Kennedy, and her dog, Spencer. Linda earned her bachelor’s degree from Illinois State University in 1980 and her master’s degree from the University of Maryland in 1983.

She did post-graduate work at George Washington University. Linda dedicated her life to enriching the lives of children as the Instructional Specialist, Deaf and Hard of Hearing Program in Prince George’s County Public Schools. A Celebration of Life was held in her honor on Friday, Dec. 20 at Celebrations at the Bay, Pasadena, Md. Linda was a bright and cheerful woman. In lieu of flowers, please consider sending a donation to Ginger Wilson, Treasurer, Maryland State Steering Committee for the Deaf and Hard of Hearing in the Memory of Linda Kennedy, 27430 Evans Drive, Marion Station, MD 21838.

Rita Gertrude Wasilewski Murray

On Sunday, December 8, 2013, Beloved wife of David F. Murray for 44 years; loving mother of Amy Weber (Robert) and Leanne Murray, Hon; stepmother of Rachel Murray, Rebecca Slobodnik (Donald) and Eileen Murray (Amy Kraft); grandmother of Leonie and David Weber, Hayley Hood, Evan and Liam Schindler, Samantha and Caroline Slobodnik and the late John Weber; sister of Joan Gardner, Bernice Martin, Bernard Wasilewski (Donna), Antoinette Meuchel (Richard) and the late Stanley Wasilewski.

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Obituaries

Kennedy, Linda Jo

Linda Jo Kennedy was born on Jan. 24, 1959 in Louisville, Ky to parents Dorothy Mae Hasenmyer and G. Dean Hasenmyer. She passed away on Dec. 16, 2013. Linda is survived by her mother, Dorothy Hasenmyer; brother, Carl Hasenmyer; sister-in-law, Maris-tela Hasenmyer; nephew, Lucas Hasenmyer; husband, Kevin James Kennedy Sr.; and children: Kevin Kennedy Jr., Pamela Kennedy, Melissa Kennedy, Erin Kennedy, Jonathan Strike, Katie Kennedy, and her dog, Spencer. Linda earned her bachelor’s degree from Illinois State University in 1980 and her master’s degree from the University of Maryland in 1983.

She did post-graduate work at George Washington University. Linda dedicated her life to enriching the lives of children as the Instructional Specialist, Deaf and Hard of Hearing Program in Prince George’s County Public Schools. A Celebration of Life was held in her honor on Friday, Dec. 20 at Celebrations at the Bay, Pasadena, Md. Linda was a bright and cheerful woman. In lieu of flowers, please consider sending a donation to Ginger Wilson, Treasurer, Maryland State Steering Committee for the Deaf and Hard of Hearing in the Memory of Linda Kennedy, 27430 Evans Drive, Marion Station, MD 21838.
Something New

It’s that time of year where resolutions abound and decrees are made. In keeping with tradition here are a few tips to help you get the New Year off to a great start.

1. Treat yourself to a new cooking utensil, pot, pan, and take note if your kitchen creations improve.

2. Expand your palette, try a new ethnic food style this year. It took me 32 years to try kimchee and I am sorry I waited so long.

3. Stop by Old Line wine shop (route 1, Beltsville, MD) and check out their French wine selection. You can thank me later.

4. Try making hot chocolate using a Theo’s Dark Chocolate bar (sold online or at Mom’s Organic Market, College Park). You will have a decadent chocolate experience.

5. Try a new type of seafood this year. Sea Urchin anyone!

6. Next time you BBQ, add additional flavor to your fare by using wood chips in the cooking process. Suggestions include: Apple, Cherry and Hickory wood

7. Make homemade ice-cream. You can start with a trusted recipe and eventually begin experimenting with different ingredients.

8. Keeping with the homemade theme, channel your inner fromager by making homemade mozzarella cheese. There are multiple recipes available even for the novice.

9. Purchase a new cookbook and utilize the new cooking tool from tip #1!

10. Start an herb garden (Benchke’s Garden can assist with this. Route 1, Beltsville, MD)

11. Create a family food legacy. Share a family recipe with someone younger. Better yet take time to make the dish together and create family memories.

12. EAT WELL in 2014!

Chat Soon.

Chow

Veggie & Fruit Smoothie

Rough Chop the ingredients below:

- 1/2 banana
- 1 apple (gala)
- Sliced ginger (small piece)
- 1 handful of washed spinach
- 4 Kale leaves
- 1/2 lemon juice
- 1/4 teaspoon cayenne pepper
- 1.5 cups unsweetened plain almond milk

Optional sweeter: 2 tablespoons of Amber agave syrup

Directions:
Blend all ingredients together until smooth. Add additional almond milk if you desire a thinner consistency.

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Beltsville Lions Annual Summary

The Beltsville Lions are deeply saddened by the recent death of Linda Kennedy, beloved wife of Lion Kevin Kennedy and mother of Kevin (“KJ”), Erin, Melissa and Katie. Linda was a wonderful person and will be sorely missed. Club members will keep Lion Kevin and his family in their thoughts and prayers.

The Beltsville Lions Club has met at the Comfort Inn in Calverton, and its predecessor the Fairfield Inn, on the first Tuesday of the month since Sept. 2002. The club has been pleased with the wonderful accommodations and outstanding support of the staff there. On Dec. 3, the club held the annual Christmas party at the Inn and everything was exemplary, as usual.

Since Jan. 2013, the club provided free vision, hearing and glaucoma screenings on nine occasions at health fairs in Beltsville, Seat Pleasant, Bethesda, Riverdale, College Park and Washington, D.C. The number of people screened at each function ranged from 10 to 135. The club was invited to participate in four of these health fairs by Maryland University School of Public Health, and in two additional cases were invited to perform screenings at local church functions. Screening were also offered at Beltsville Day and National Night Out, and the ninth outing was at the NBC4 Health & Fitness Expo in Washington, D.C.

In April, the club sponsored a walk for sight to benefit the Lions Low Vision Center at the Wilmer Eye Institute of the Johns Hopkins Medical Center in Baltimore and raised some $5,149 in donations. This was the second annual walk for sight in memory of Beltsville resident, the late Gene Hoffmaster, who keenly supported the Wilmer Eye Institute. Hoffmaster was a member of the Silver Spring Lions Club.

Quarterly blood drives were held at the Beltsville Community Center in Jan., April, July and Oct. A total of 438 pairs of used eyeglasses were collected and provided to the Lions Community Outreach Foundation in Upper Marlboro for cleaning, prescription labeling and packaging for delivery to areas of the world where they are fitted to needy persons free of charge. Many people receive their first pair of glasses through this program.

Club members participated in the annual community yard sale at Behnke’s Nursery on 27 July and a craft show at the nursery on 9 Nov. The club deeply appreciates the support of the Behnke Nursery Company that began years ago when the late Albert Behnke was an Honorary Member.

The annual banquet and silent The combination of the quality that you associate with a large commercial printer and the convenience you enjoy with a quick printer.

Business Cards • Letterheads • Envelopes Brochures • Color Copies • Mailing Services Forms • Large Format Plans Hours: Monday - Friday 8:30 am - 5:30 pm

Club News

The Beltsville Lions held their annual Christmas party at the Comfort Inn in Calverton on the evening of 3 Dec. The staff at the Comfort Inn provided first class support, which they always do.
Helpful Tips For Not Surrendering Senior Animals

Senior cats and senior dogs end up at shelters for many reasons. While some are just dumped, there are many senior pets that have lost their loving caregivers to death, a long-term care facility or financial difficulties. There are options besides open access shelters for senior pets.

Have a plan, most people have a contingency plan for their children and who gets what heirloom if something happens to them. However, they just assume that the family will care for their pet or pets. That assumption lands many pets in open access facilities. Talk to family members or friends in advance to find someone to take in your pet or will spearhead efforts to find your pet a new home. Make sure the information is conveyed in your will or trust. Offer temporary foster care.

Prince Georges County Animal Management Division, www.princegeorgespets4us.com 3750 Brown Station Road, Upper Marlboro, MD 20772, 301.780.7200

Get More Financial Power in the New Year — Money One’s 5/1 HOME EQUITY LINE OF CREDIT

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- Flu Shots
- Prostate Cancer Screening
- HIV Testing
- Women’s Camp
- Weight Loss Program

Walk-in Hours: Mon. - Fri. 9am - 7pm; Sat. 10am-4pm; Sun. 1pm-5pm

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*Annual Percentage Rates are based on individual’s credit history. Rates is tied to prime. Rate is variable and can increase up to 2% once every year after first 5 years. Lifetime maximum adjustment of 4%. Maximum 75% LTV. Floor rate is 4%. A minimum draw of $10,000 is required at time of closing. Draw period is 8 years. Other restrictions may apply. Current Money One home equity lines and home equity lines of credit are not eligible. Borrower reimburses all paid closing costs if the loan is paid off within 36 months. Federally Insured by NCUA.
Students of the Month

Character Trait: Helpful: A Helpful Student does things for others without being asked, and supports the teacher with whatever is needed.

- Mrs. Mitchell
- Ms. Geissner
- Mrs. Phelan
- Mrs. Rosenberg
- Mrs. Beversedge
- Mrs. Bonner-Knoll
- Mrs. Plue
- Dr. Lassiter
- Mrs. Rigaud
- Mrs. Soto
- Ms. Hernandez
- Mrs. Godshall
- Mrs. McRae
- Mrs. Payton
- Ms. Brown
- Ms. Crawford
- Mrs. Curtis

- Miguel Tapia
- Jirah Guevara
- Anna Le
- Eliza Blake
- Marvin Hernandez
- Melanie Henning
- Anaya Tillie
- Jennifer Nguyen
- Ryan Pennington
- Fanta Zouroukou
- Akacia Kane
- Daniela Prudencio
- Dim Cing
- Jasmine Ives
- Jestina Rogers
- Cali Graham

Staff and Students Participate in Toys for Tots!

During this season of giving and sharing, Vansville Elementary School’s Second Grade Teacher, Mrs. Bonner-Johnson, her students, and Special Education Instructional Specialist, Mrs. Barrett designed and constructed handmade “Star Shaped Medallions” to be distributed to our troops. Each student wrote words of encouragement on the back of their Medallion to express appreciation for everything our troops do while serving our Country, so that all of us may thrive in a safe environment out of harm’s way.

Vansville staff and students donate toys to the Toys for Tots Program.

Salute to our Troops! By Mrs. Hopkins, School Counselor

During this season of giving and caring for others, Vansville Elementary School’s Second Grade Teacher, Mrs. Bonner-Johnson, her students, and Special Education Instructional Specialist, Mrs. Barrett designed and constructed handmade “Star Shaped Medallions” to be distributed to our troops. Each student wrote words of encouragement on the back of their Medallion to express appreciation for everything our troops do while serving our County, so that all of us may thrive in a safe environment out of harm’s way.

Staff and Students Participate in Toys for Tots!

During this season of sharing and giving, Vansville Elementary School

Staff and Students participated in the Marine Corps Tradition of “Toys for Tots” by donating 5 boxes of toys for the needy. Mrs. Cindy Donn, SGA Sponsor and Ms. Diane Hopkins BETA Club Sponsor supervised the Students sorting and putting the toys in boxes for the Marine Distribution Center.

Beltsville $325,000

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School News
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3. How to search hassle free online for a home?
4. How much is our home worth?
5. How does it work when we sell our home?
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High Point High School News

The High Point administration and staff would like the community to be familiar with both High Point’s Five Core Operating Beliefs and our Mission Statement. The High Point SPMT (School Planning and Management Team) approved High Point’s Five Core Operating Beliefs, Mission Statement and Profile of Graduates. Both statements are on the High Point website http://www1.pgcps.org/highpoint and are listed below:

High Point’s Five Core Operating Beliefs:
Children are our business, and they come first.
Parents are our partners.
Victory is in the classroom.
Continuous improvement in teaching, in leadership, and in accountability is the key to our success.
Every member of the community shares the responsibility for successful schools.

The High Point Mission Statement
The unique, diverse student body, staff, parents, and community of High Point High School are dedicated to upholding a climate of high expectations, along with a shared vision of academic excellence. Our ultimate goal is to assist young people in acquiring the habits, skills, and knowledge that will enable them to become informed, productive members of society.

PTSA News (Parent, Teacher and Student Association)
The PTSA hosted a building renovation meeting for the community on October 8th, 2013. The PTSA was pleased that over 100 concerned parents, students, and teachers came out for this important meeting.

The PTSA launched a website (www.highpointptsa.org), a Facebook page (www.facebook.com/HPHISPTA), and a Twitter account (@HighPointPTSA) to encourage and promote better communication within the community. The website and Facebook page are currently being translated into Spanish to accommodate our Spanish-speaking parents, community members and students.

The High Point Lady Eagles volleyball team received even more good news. The Lady Eagles won the Lesley A. Cooke Scholarship Award. This award is awarded to a team that displays the best overall sportsmanship while participating in the tournament. Judges observed each school’s coaches, players, spectators, cheerleaders and pep bands and rated them from 1-10. High Point received the highest score.

The team was honored again in the Gazette on December 13. Keturah Gregory was selected for the 1st team, All-Gazette Honors and Grace Biney and Erica Kitson were 2nd team. Sumentan Sinanan and Paulan Smith made honorable mention. In addition, High Point’s coach Shirley Diggs was honored as Coach of the Year. Congratulations Lady Eagles! We look forward to your next successful season in 2014!

Congratulations goes to our honor roll students, who earned a GPA of 3.0, participated in the “All Star Dance” at High Point High School on Saturday, November 23rd. Hard-working ninth grade students were rewarded with a lunchcheon on November 25th from 1:30 to 1 p.m. in the Library Media Center. Congratulations to our students on their academic success and keep up the hard work.

ACADEMY continued from page 1

demic achievement and strengthen their desire to help individuals who are less fortunate than themselves. Previous Student Ambas-

sador Service projects have benefitted the community and abroad. Populations who have benefited from our service projects: children who are homeless & living in foster care, the elderly, military servicemen serving overseas and the residents of Haiti. The Student Ambassadors’ Program welcome any forms of donations from the community to assist in our service efforts. For more information, please contact Beltsville Academy.
Calverton Summer Music Program

By Becky Cavallo

On Dec. 17, the Calverton music department presented its Winter Concert. The show was held twice in the morning, once for the upper grade students and then again for the primary students. In the evening, the students returned to perform for parents and other family members and neighbors.

At 8:00 a.m., the stage was filled with three rows of eager, young musicians. The Beginner Band, conducted by instrumen
tal music teacher, Ms. Sabatino. The Beginner Band played three musical numbers, the classic “Hot Cross Buns”, “Au Claire de la Lune”, and “Jingle Bells”, the last of which was a favorite with the audience.

The Advanced Band, which was smaller but equally enthusiastic, performed next. On their first number, “Polly Wolly Doodle”, they showed their capability of playing both loudly and softly. The second song was the “Impe
cial March”, also known as Darth Vader’s Theme Song. That was a hit, but still paled next to the ever popular “Frosty the Snowman” (Walter Rollins).

Beginning Orchestra was also teeming with budding musicians playing the violin, viola or cel
do. Their first number was “Bar
corolle” (Jacques Offenbach), a number inspired by the Venetian gondoliers’ singing. This was fol
lowed by “Boil them Cabbage Down” and “Scotland’s Burning”

which was performed together first and then as a round.

Advanced orchestra performed “Chester” (William Billings) as their first number, one of the first songs composed in this country. “Ground Round” (Joanne Erwin) was played as a round. Their last number was the Christmas classic, “God Rest Ye Merry, Gentlemen”.

The choral portion of the program was a festive celebration of the season, directed by the chorus and general music teachers, Mrs. Arsbach and Mrs. Pinnia. The first number was “Winter Fantasy” (Jill Gallina), a partner song, which means the chorus sang both parts all the way through together, and the two parts were sung simultaneously. The Jewish tune, “Shalom Chaverim, often sung at Hanuk
dah, was next. This beautiful piece was accompanied by hand chimes. The third number performed by the chorus was “Ujima” (Stan Spottswood), a Kwanzaa song about one of the principles of the holiday. The soloist was Les

The words were inspiring, “Oh, let us work togeth
er, oh, let us help each other.” “Through the Eyes of a Child” (Teresa Jennings) featured soloist Anani Cabrera and reminded the audience that one should try to see the wonders of Christmas with a childlike faith. The grand finale was “Feliz Navidad” (José Felici
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flowers, animals, and other natural elements. They are shaped into hand-crafted, original art-forms of more than one million dazzling colorful lights that illuminate a magical winter wonderland. Open Jan. 3 – 5 at 5:30 p.m. Step into a world of dazzling lights. Evening hours are from 5:30 p.m. to 10:00 p.m. Please meet at the community center at 2:00 p.m. and Monday, Jan. 13 from 10:30 a.m. to 12:30 p.m. Free. Admission to the Garden of Lights is required. Phone: 301.206.3350. Fax: 301.206.3387. TTY: 301.445.4512. Required. TTY: 301.445.4512. to register, visit www.usna.usda.gov or call 202.245.4521.

BROOKSIDE GARDENS
1800 Gleenview Rd., Wheaton, MD 20902. Phone: 301.962.1400. The grounds of Brookside Gardens are open from the time of sunrise to sunset. Regular hours of operation for the Visitor Center are daily from 9:00 a.m. to 5:00 p.m. except for Jan. 1 and 20. Free admission to the gardens during daytime hours. A fee is charged for certain exhibits and some special programs.

MODEL G-SCALE TRAIN EXHIBIT
The exhibit continues during the day from Thursday, Jan. 2 to Sunday, Jan. 5 and during the evening from Friday, Jan. 3 to Sunday, Jan. 5 in the South Conservatory. All aboard! Don’t be left standing on the platform for this very popular holiday attraction. Once again the Washington Virginia Maryland Garden Railway Society will showcase their amazing train exhibit. Trains and trolleys roll along their tracks through evergreens, poinsettias, and other ornamental plants as they travel to town and country scenes. The exhibit is open during the regular daytime hours of 10:00 a.m. to 5:00 p.m. Evening hours are from 5:30 p.m. to 8:00 p.m. and are available at no extra cost with paid admission to the Garden of Lights.

GARDEN OF LIGHTS
Open Jan. 3 – 5 at 5:30 p.m. Step into a magical winter wonderland illuminated with more than one million dazzling colorful lights. The lights are shaped into hand-crafted, original art-forms of flowers, animals, and other natural elements. Stop by to enjoy the Garden of Lights during daytime hours. A fee is charged for certain exhibits and some special programs.

CONSERVATORY SPRING DISPLAY
Saturday, Jan. 18 to Sunday, Apr. 13. Open daily from 10:00 a.m. to 5:00 p.m. in the Conservatory.

MONTPELIER MANSION & ART CENTER

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Page 16

Bonsai Master Ducky Hong returns to Behnke’s in Beltsville to provide bonsai-making demonstrations in January.

BONSAI CALCULUS
Saturday, Jan. 25 from 10:30 a.m. to 12:00 noon. What makes bonsai make sense? How do they really hang upside down in trees by their tails and have poaches like kangaroo? Come explore the world of the bonsai in this fun hands-on program which includes a short winter hike. Ages 5 – 7.

AWESOME OPOSUMS
Thursday, Jan. 23 from 10:30 a.m. to 12:00 noon. Make some oposums awesome? Do they really hang upside down in trees by their tails and have poaches like kangaroo? Come explore the world of the oposum in this fun hands-on program which includes a short winter hike. Ages 5 – 7.

BELTSVILLE EVENTS
Please check the individual facilities for updates to hours of operation that may be affected by inclement weather, holidays, or changes in government funding.

NEW YEAR’S EVE DANCE
Thursday, Dec. 31 from 9:00 p.m. to 12:30 a.m. Bring in the New Year with our special New Year’s Eve Dance! The DJ will be our special New Year’s Eve Dance! The DJ will be

NATIONAL OATMEAL MONTH
Monday, Jan. 9 from 1:00 a.m. to 11:30 a.m. Come in and celebrate National Oatmeal Month by enjoying a morning oatmeal treat at the center. It is a family-friendly event. prime.

Babysitting and day care services are available for groups of 10 or more are available by signing up in advance. Please contact the center to check on availability.

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MONTPELIER MANSION & ART CENTER
Wow a new year, I’ll need to get used to it. I hope everyone had a nice holiday with no tears. I have received a few emails lately. One of them said I didn’t know what I was talking about on the roadside signs. The answer is go to Google and search road side signs. Read the law. I do research too. I also got a couple of emails on the fruit cake. I am not a computer genius but I am not a slouch either. But up to just a while ago I had to learn how to attach something from another file other than documents. So now if you ask for a recipe I do not need to copy it from notes but know how to attach a document, there is less chance of mistakes. Thank for your patience with me. This is for all the people who have taken my class. I said I didn’t like always using butter in all recipes. But that has changed. Butter has no trans-fat. Margarine tends to have trans-fat. I like butter as well as any one. I’ve purchased butter from area supermarkets, but I have found that Rite Aid in the Chestnut Shopping Center (Where Raulin’s Bakery is) sells the one I prefer.

I need to write and edit this blog a month in advance. My deadline for January is the 12th of December. With this said, I am writing this on the 11 of November, Veterans Day. On this day I remember a blizzard about 1989 or 1990 do you remember? Today I went to lunch at Applebee’s in Laurel. What a surprise, I was told a week ago that they were having a special menu for veterans, so I went by. I had a special menu and I chose a fried shrimp lunch for free! When it came it was full of shrimp and fries, for free! I’ve never had any one do anything like that for me, a Korean War veteran. Well enough about me. Here’s a recipe for a great cold weather day get the kids in involved.

Old Fashioned Gingerbread

In a med size bowl place 3/4 cup sugar, add 1 & 3/4 cup flour, 1 full tablespoon shortening or butter, 1/2 teaspoon salt, 1 teaspoon soda, 1 tablespoon ginger. In a cup measure put 3/4 cup hot water, add 4 tablespoons molasses, stir in the dry stuff and mix till smooth. Preset the oven to 390 degrees and bake approx. 40 minutes lightly touch top there should be no wet spots, don’t stick your finger in it wet or not. By the way Ginger will go weak. So if you had had it years, buy some new ginger.

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Reaching - Renewing - Restoring
Hebrews 10:16-25

Jesus heals the pain others can’t reach...Come and believe with us

Sunday School - 9:30 am
Sunday Worship - 10:45 am
Tuesday Bible Study - 7:30 pm

Elder Shirley M. Battle, Pastor
Elder Michael E. Battle, Overseer
5000 Sunnyside Avenue, Suite 101
Beltsville, MD 20705

You may call us: 202-359-0908
E-mail: sbattle@greaterfaithoutreachministries.com
http://greaterfaithoutreachministries.com

High Tea

In this New Year “May the Lord bless and protect you; may the Lord’s face radiate with joy because of you; may he be gracious to you, show you his favor, and give you his peace.”

- NUMBERS 6:24-26

Emmanuel United Methodist Church
11416 Center Lane Beltsville, MD 20705
301.537.7714 • office@emmanuelunmcbeltsws.net
www.emchbeltsville.com • www.facebook.com/groups/EUMCBeltsville/

Sunday Services:
9:00 am Contemporary Service
11:15 Traditional Service
10:15 am Bible Study & Sunday School for adults & children

Nursery Care is available for both services
Sign Language Interpretation at 11:15 service

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Looking for a family? Join Ours in 2014!
**First Baptist Church of Beltsville (SBC)**
4700 Odell Road Beltsville, MD 20705
301-937-7771
www.fbcbeltsville.org
Keith Holland, Pastor

Abundant Grace; Abundant Life . . .
* Abundant God!

Sundays:
- Sunday School for all ages 9:45am
- *Morning Worship* 11:00am
- *Evening Worship* 6:00pm
- Kidz Choir & Mission Kidz 6:00pm
- Youth Fellowship 6:00pm
- Adult Choir Practice 7:00pm

Tuesdays & Thursdays:
Mother’s Morning Out 8:30 – 11:30am
(For information call 301-908-9960)

**St. John’s Episcopal/Anglican Church**
at the corner of Route 1 & Powder Mill Road in Beltsville
(301) 937-4292
The Rev. Paula E. Clark, Rector

Sunday Worship Schedule
- Quiet service: 8:00 a.m.
- Family-oriented service: 10:00 a.m.
- Sunday School: 9:45 a.m.
- Between September and June

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

**QUEEN’S CHAPEL UNITED METHODIST CHURCH**
7418 Old Maltby Road, Beltsville, MD 20705
The Reverend B. Kevin Smalls, Pastor

**LIONS CLUB**
continued from page 10

**RESOLUTIONS**
continued from page 2

- Mitigate your current tax burden: Understand your tax deductions and book all deductions before the end of the year. Implement new tax strategies to mitigate your 2014 tax burden. Remember, all business models are different. Consider consulting an expert tax analyst to find out what’s best for your business.

- Be social: Explore new avenues for advertising. Social media provides an easy and inexpensive platform for gauging your customer’s desires, branding and getting the word out about your product or service.

There’s no time like the new year to reassess what’s working for your company and what isn’t. Take the opportunity to set your company up for a successful 2014.

**Share Your News!**
Send your article submissions to:
News Director
Rick Bergmann at editorbvnews@gmail.com
SERVICES
BELTSVILLE LAWN - For all your lawn and landscaping needs. We are a full service, year-round Beltsville business. We offer: topsoil and mulch deliveries, tree and shrub trimming, gutter cleaning, yard cleanup, mowing, thatching, aeration, flower bed edging and much more. Call Bill 301-455-4491. 06/14

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TAX RETURNS - For businesses/individuals. Payrolls, etc. Gerald Neumaier CPA. 301-953-1341; 301-776-6545. gncpa@verizon.net. 01/14

Carpenter, Handyman - Clogged sink & Tub Drains cleaned & snaked out. Drywall, Ceilings, Door locks, Rotten wood replacement, Wood fence repairs, Demolition, Roots & Leaks, Repairs. Gutters cleaned out, Vinyl siding, Window wraps, Down trees cut & removed, Dryer lint cleanouts. Free estimate, call Mickey 240-286-7934. 01/14

Tree and Stump Removal - Pruning, land clearing, contact Bob Berra, 301-674-3770; or 301-384-4746. 05/15

HAULING and JUNK REMOVAL - Complete Clean Out - Garages, Homes, Construction Debris, etc. Licensed, insured, free estimates. Mike Smith 301-346-0840. 01/14

Housecleaning - Housecleaning done weekly, bi-weekly, free estimates and references available. Call Brenda, 202-374-7643. 02/14


WELDING - Reasonable rates. Call Rick 301-931-3034. 07/14

WANTED - Scrap metal of all kinds - A/C units, washer/dryers, lawn furniture, etc. Free pickup in some cases. Call Speedy 301-277-1957. 01/14

FOR SALE - 2 LADDERS, one an extension and an 8 step folding ladder. $75 for both. Cash. Firm price. Call 301-937-3646.

Catering & Hall Rentals
Knights of Columbus 2809
Cherry Hill Manor
9450 Cherry Hill Road, College Park, MD

Wedding Receptions • Birthday Parties • Anniversaries • Banquets • Showers • Meeting Place Quinces/Bar Mitzvahs • Funeral Luncheons
Company Picnics with Pool Available
Country Club Atmosphere Food and Drinks

For Hall Rentals contact Enrique at 301-345-4076
For Grove Catering Contact Jay O’Hare at 202-306-7480 or pgc2809catering@gmail.com

Reach your Beltsville neighbors with a low-cost classified ad in The Beltsville News Call 301-937-7954
We wish you great health and financial success this New Year!

Experience the Credit Union difference with Prince George’s ONLY Community Federal Credit Union!

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- Better Service
- No Account Fees
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- Access to over 100,000 ATMs with our Cirrus, Star, AllPoint, and CU24 ATM Networks

It’s easy to start on your new road to financial success!

OUR BELTSVILLE BRANCH
6985 Mulikirk Meadows Dr., Beltsville, MD 20705
(Mon - Fri., 9:00 a.m. - 5:00 p.m. & Sat., 9:00 a.m. - 1:00 p.m.)

OTHER LOCATIONS
Bowie
1520 Hall Road
Bowie, MD 20721

Largo
9201 Basil Court
Largo, MD 20774

Upper Marlboro
County Administration Building
14741 Governor Oden Bowie Dr., RM-L210
Upper Marlboro, MD 20772

Apply online today at princegeorgescfcu.org
or call 301-627-2666

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