

The Beltsville News

An All Volunteer Newspaper

The Beltsville News
11722 Emack Rd.
Beltsville, Md. 20705

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Winter Fun in Cub Pack 1031!

By Regina Halper

This month Cub Pack 1031 is finishing their outdoor adventures and working on Citizenship achievements!

The Wolf den is learning about finding their way and showed off their collections of treasures. The Bear Den has been learning about Beltsville history and learning home safety by making fire escape plans and emergency contact lists. The Webelos finished their Webelos Walkabout. All the dens are beginning work on their God and Country achievements.

On Sunday, December 19th we met at Beltsville Neighborhood Park and had a "Jingle Bell/candy cane" race, told Christmas jokes and made ornaments. We hope everyone has a happy and healthy Christmas.

If you are interested in discovering the fun of Cub Scouts, please contact Regina Halper at Pack-1031cubscouting@gmail.com for more information. We are a family



Pack 1031 Scouts Getting ready for a Candy Cane Jingle Bell race!

scouting unit. We hike, bike, go interesting places and learn about nature and do service. 95% of our scouts earned their rank this year!

We are still being cautious, we meet weekly (either virtually or in person in the outdoors), stay arm's length apart and wear our masks

and we keep it fun! Our active den leaders are 100% vaccinated and most of our scouts too!

NEXT ISSUE:
Submissions Due
No Later Than:
January 19
Paper Out:
January 29

On the Agenda



Karen Coakley

By President Karen M. Coakley

Groups of 10 or more Drivers racing up and down highways and local roads has become a major issue in our area. Drivers who pass in the emergency pull-out lanes on the side of highways then zigzag from left to right cutting off everyone and anyone in their path. This is not just a Beltsville problem, this is a regional problem and the fines and penalties currently on the books are a slap on the wrist. Twice in the past 7 months roads in the Beltsville area have been closed down for the stunt drivers to do their tricks.

My concerns are what happens to the fire department and the police who are trying to respond to a situation that could be life threatening. Like the rest of us, they are stuck in traffic until the stunt drivers decide to depart. I have seen many posts and complaints on Nextdoor and other social media sites. Unfortunately, the current laws and penalties are totally inadequate to deal with the problems. Delegate Mary Lehman is working on legislation to add stiffer penalties and fines.

ON THE AGENDA
continues on page 2

Beltsville Briefs

The Beltsville Young at Heart Club

by Lois Hamilton

I think a good time was had by all at our December 16 meeting. We know that with the new fears about the virus, some of us are hesitant to get together. We do wear masks and social distance and have hand sanitizer if needed.

The entertainment was good this month, as well as the cupcakes. Many were joyous for winning the 50/50 and raffle items. Our January meeting has a couple who sings oldies, but goodies, with humor. In February, "Elvis will be in the house." The business meeting starts at 11:15.

We hope you'll come at 11 am and join our friendly group at the Beltsville Community Center.

If you have questions, call 301-498-9736. Blessings to you and yours this season of the year.

Thanksgiving Service Project at the Beltsville Adventist Community Center

On November 23, the Beltsville Adventist Community Center (BACC) and volunteers from the community came together to participate in a joint service project. Those participants included our Prince George's County District One Councilman, Tom Dernoga, his office staff, volunteers from Beltsville SDA Church, and the Department of Corrections. Together they prepared 550 Thanksgiving Turkey baskets to be distributed to low-income households in Prince George's District 1. These households had signed up with a variety of community-based organizations, so they would be able to experience the food and joy this season brings. Each household received a bag with a 14-pound turkey and another bag with all the ingredients for a full Thanksgiving dinner. The food was purchased with money obtained from a grant given to BACC by Councilman Tom Dernoga and At-Large Council



Community members prepare Thanksgiving Baskets for the community at the Beltsville Adventist Community Center.

Member, Calvin S. Hawkins, II for this special service project. We want to thank everyone who participated in this wonderful and necessary project. Because of you, five hundred and fifty households were able to eat a meal worthy of the holiday season's purpose.

The food was then taken to

the areas listed below by other volunteers that had been contacted by District one staff members.

- Laurel Lakes Seniors
- Eisenhower Middle School
- Calverton Elementary School

THANKSGIVING
continues on page 2

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Letter to the Editor

Dear Mr. Bergmann:

Thank you for publishing the letter from L. R. Tokarz in the December issue of Beltsville News. The writer expressed concern that, by supporting cats in the wild, Beltsville Community Cats (BCC) is contributing to an overpopulation of cats and a decline in the bird population.

As a resident of Greenbelt, the writer may not be aware that BCC was incorporated to establish a Trap/Neuter/Vaccinate/Return program in Beltsville. Since 2019, BCC has trapped, spayed/neutered, and vaccinated **890 cats** in the Beltsville area! Of that number, roughly half (457 cats) were returned to their original locations. The remaining 433 were young kittens or socialized adult cats that were placed with foster families to be socialized and prepared for adoption into forever homes.

On average, a fertile female cat (queen) has her first litter when she's six months old. As Mr. Tokarz pointed out, a queen can have up to three litters a

year, with an average of four kittens per litter. That's 12 kittens per queen, per year. Six months later, the "newborn" kittens begin reproducing, and the cycle continues! With help from residents of and businesses in Beltsville, who assist BCC in locating and trapping free-roaming cats, we have and will continue to significantly reduce the feral cat population in our community.

It is the dream of Beltsville Community Cats that someday, there will be only a small population of community cats in Beltsville. We want almost every cat to be a housecat with a family that loves it or a sterilized community cat with a caretaker who provides for its daily needs. Until that time, we plan to look after the kitties that aren't lucky enough to have someone to watch over them, and to make sure those kitties are sterilized so they can no longer reproduce.

Sincerely,
 Bobbie Deegan

THANKSGIVING

continued from page 1

- Selborne House (Seniors citizens)
 - Park View Seniors (Seniors citizens)
 - Frances Fuchs Early Childhood Center
 - James E. Duckworth Regional Center (Elementary School)
 - Patrons For Peace
 - Buck Lodge Middle School
 - Laurel Advocacy and Referral Services
 - Bond Mill Elementary School
 - James Harrison Elementary School
 - Oakland Elementary School
 - Cherokee Lane Elementary School
 - Laurel Elementary School
 - Deer Field Run Elementary School
 - Vansville Elementary School
 - Montpelier Elementary School
 - Beltsville Academy
 - The District 6 Police - Explorers
 - Beltsville Adventist Community Center
 - Other households in Laurel Area
- Beginning in 2016, BACC was granted \$5,400 for this Thanksgiving

ing service project which initially fed 300 households. Each meal is designed for a family of up to eight people and includes; a turkey, stuffing, bread, vegetables, gravy, cranberry sauce, mashed potatoes, and sweet yams and rice. Today that amount has increased to \$20,000 to feed 550 households. We are grateful for the partnership and generosity of our local government community leaders and their staff.

BACC is a 501-3-c tax-deductible charity that strives to increase its ability to be a force for health and wholeness to the people in this community. You can find more information about the services BACC offer by visiting the website at MYBACC.ORG.

The Beltsville News

An All Volunteer Newspaper

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Editor Emeritas: Sally Ehrle

Staff Listings

Managing Editor/News Director: Rick Bergmann
 Advertising Manager: Ted Ladd Business Manager: Ted Ladd
 Senior Copy Editor: Bryant Davis Circulation: Carolyn Scarcia

Supporting Staff Members: Jim Butcher, Ivy Christoffers, Karen Coakley, Bryant Davis, Rebecca Hutchings, Jason Inanga, Mariah McKenzie, Lynne Miller, Elizabeth Olson, and Nancy Thrush.

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14,000 copies published monthly; 10,000 mailed in the 20705 zip code (total saturation) and 4,000 pick up copies available at the Beltsville library, community center, selected stores, and churches.

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 (<https://www.facebook.com/groups/300944563420364/>)
 and follow us at beltsville news on Instagram.
 Check out our website: www.beltsvillenewstoday.com

ON THE AGENDA

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Please join our virtual meeting on Wednesday, January 19th at 7:00 pm. Delegate Lehman has been rescheduled from her November presentation. The Zoom Meeting information will be posted on Nextdoor.com and the Beltsville News Facebook page: <https://www.facebook.com/groups/BeltsvilleNews/>

If you are looking for the actual paper copy of the Beltsville News you can pick one up at Giant, WaWa, Beltsville Library, Beltsville and Vansville Community Centers, Fairland Aquatic/Gymnastics Center, Fairland Ice Palace and Lax Wine and Spirits and Remington's to name a few places if you would like a subscription please contact Ted Ladd at 301-937-6796 tedladd02@aol.com or karenmcoakley@gmail.com

The weather is getting colder DO NOT leave your car unattended to warm up, you may return to find your car stolen. If you have a community concern I can be reached at 301-741-7672

The Truth About Community Cats and Birds

Although cats are both predators and prey, they have a reputation for being lethal towards birds and small mammals. The truth is, when it comes to blaming free-roaming, community cats for declining bird populations, the facts do not support the claim. Avian



populations are impacted much more by human activity than by predatory cats.

Birds are equipped with anatomical skills to evade their natural predators. Since they are not easy to catch, predatory cats target the weak or injured birds and small mammals. Humans, rather than cats, are responsible for the changing environment resulting in the loss of natural habitat, spread of mosquito-borne diseases, introduction of food chain toxins, micro-plastic and lead contamination, and pesticide usage. Additionally, millions of birds die annually from fractured skulls when they fly into glass windows.

Our environmental impact is monumental and trumps the predatory/prey relationship that exists between cats, birds and small mammals. To help birds, environmental and conservation efforts must become more widespread. At the same time, humane methods, including trapping, neutering, vaccinating, and returning (TNVR) adult cats and rescuing young kittens need to be employed to control and reduce the population of free-roaming, community cats.

Beltsville Community Cats (BCC) has been successfully using humane strategies such as these for almost 3 years now. As of

December 1, 2021, BCC volunteers have trapped just under 900 cats and kittens (457 were released to field and 433 were taken into foster homes, socialized to people, spayed/neutered, vaccinated, and adopted into forever homes). There is significant evidence that BCC's efforts have had a positive impact on the free-roaming cat population in Beltsville. Consequently, we see no reason for bird-enthusiasts to oppose TNVR groups like BCC.

As an all-volunteer organization, BCC needs your help. If you see free-roaming cats in your neighborhood or if you would like to volunteer for BCC, please call 240-444-8353 or email hello@beltsvillecats.net. We currently need more foster homes. BCC is always in need of donations to cover the cost of spay/neuter surgeries and vaccinations. Tax-deductible donations can be mailed to BCC, PO Box 942, Beltsville MD 20704, or you can visit BCC's website and donate through PayPal or Venmo (<https://www.beltsvillecats.net/donate>). View the cats/kittens BCC has available for adoption at <https://www.petfinder.com/member/us/md/beltsville/beltsville-community-cats-md506/>.

A Good New Year Promise

Just as the night sky glistens
With fire from the sun
And darkness flees, its shadows
Play peek-a-boo and run;

A new year seems to promise
The power to bring change,
O'ercome a few bad habits,
Or break loose from some chains.

However, only mercy
From God Who reigns above
Can set us free from burdens
Which compromise our love.

Because He is our Maker
He knows our frailties;
His kindnesses are given
To guide us to our knees.

In humble adoration
We see His master plan,
Beyond imagination:
God came to us as man.

So close, mankind could
touch Him,
Yet, what a mystery!
Through Him we have been
given
Faith for eternity.

Behold, the Son Who's risen!
Seek Him, His words hold fast;
For wisdom from the Heavens
Will lead us in right paths.

Beckie Hutchings
12/07/21



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Your digital footprint during the holidays!



By Dr. Kandis Boyd

Every time a person posts to a social media site, their information is stored, traced, and analyzed. For example, I remember sending an email to a friend about apples and suddenly pop up ads started showing up on my computer and in the margins offering discounts on Apple computer products. In this case I was referring to a different type of apple, but the computer assumed I was referring to laptops. This is an example of how your digital footprint can be used by others. Some people aren't aware that artificial intelligence and machine learning have advanced to this level. To some, this customizable online experience is refreshing and to others it's a clear invasion of privacy. No matter your stance on this issue, it's important to understand what your digital footprint is and how it affects you both personally and professionally.

Everyone has a digital footprint. It's a public record of what websites you've visited and what statements you have made via social media. For some, a digital footprint is needed to build a brand or to gain recognition. For example, athletes, artists, and entertainers with a high number of followers are sought after to market products. These 'social influencers' have used their digital footprint to build a brand, shape people's thoughts, and craft posts and statements that incite discussion. A digital footprint can form a pattern of thought and highlight a person's beliefs, motivations, and support

for a cause.

There's no way to eradicate your digital footprint, but you do have the power to monitor and address inaccuracies. Here are a few tips on how to make your digital footprint as positive as possible.

1. Conduct a search on your professional name, personal name, and nicknames. Use various search engines to understand the full depth of your digital footprint.
2. If there is inaccurate information or unfavorable statements, contact the website owner and request that they adjust or remove the content.
3. Set up a Google Alert to send you information anytime your name is used in online content.
4. Limit who can see you by sending information and online posts to pre-screened contacts and friends.
5. Clear cookies with your information. Cookies are small data files that can capture personal information about you. Anything that you post online has the potential to be copied and redistributed so think carefully before you post or sign into a website.
6. Delete profiles you don't use. Unsubscribe to newsletters and blogs you don't read. Most social media and online websites provide the option for you to opt out at any time.
7. Use login and passwords that are unique to every web-

FOOTPRINT
continues on page 15

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A Safer New Year

I believe that the New Year is a great time to improve your security posture, so with that in mind I have a few suggestions that everyone can apply both at home and in their business or workplace.



Use HTTPS Everywhere

The HTTPS protocol is the secure version the HTTP protocol used on the web. HTTPS encrypts the content sent between a website and the browser so it can't be intercepted and read by someone else. Many websites support using the secure protocol but will respond insecurely if you do not request the HTTPS security. Many modern browsers support a setting

to force all requests to use HTTPS by default. In Firefox this can be found the settings menu under privacy & security under the HTTPS-Only Mode setting. Selecting "enable HTTPS-Only Mode in all windows" will make web requests in HTTPS the default. The setting in Chrome the setting is found under privacy and security, security, advanced, "Always use secure connections". While you are here, also click, "use secure DNS" for even more security.

Use Secure DNS

DNS is the domain name service for the Internet. It converts user friendly names like google.com to numbers (called IP addresses) that are used to send messages between computers on the Internet. By default, DNS has no security and anyone listening to the traffic (like an ISP) could see which web sites you are visit-



ing. Today there are two ways to protect against this; DNS Security (DNSSEC) and DNS over HTTPS (DoH). These are two different approaches for the same goal. DNSSEC can be configured on the router to protect everyone on the LAN or on each individual computer or browser.

DoH is more commonly configured on the browser itself. On Chrome the "use secure DNS" setting from the previous section will set the browser to use DoH. In Firefox use "Settings, Network Settings, "Enable DNS over HTTPS." By default, this will also point the browser to use Cloudflare as the DNS provider but this can be changed by the setting that follows. <https://doh.familyshield.opendns.com/dns-query>

More information about OpenDNS for families can be found here: <https://www.opendns.com/home-internet-security/>



DuckDuckGo

Search Safely

I am sure we have all encountered the situation where we

search about something private and personal like information about a disease and then we are followed by ads related to that search for weeks. This is because most search engines make their money by selling targeted ads. DuckDuckGo is a search engine that protects your privacy. It uses Bing for the actual search but your information is never sent to Bing or shared with anyone else and can't be used to target ads. DuckDuckGo can be found at DuckDuckGo and can be used as the default search engine in most browsers.

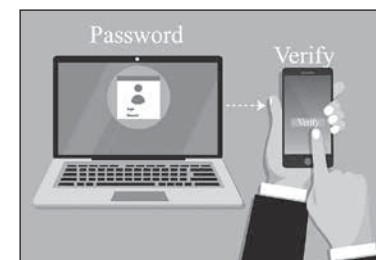


Change Your Passwords

Good secure passwords should be changed annually. I always like to do this with the New Year. Another choice is World Password Day in May. Today a "good" password uses a mix of upper- and lower-case characters, digits, and symbols and is 15 characters long or longer. Passwords should also be different for each website or system you access. Some good suggestions on how to create strong passwords that are easy to remember can be found in some of my previous columns found at these links; <https://www.beltsvilleneewstoday.com/post/tech-sense->

another-world-password-day, and <https://www.beltsvilleneewstoday.com/post/tech-sense-time-to-change-your-passwords>.

I also recommend using a password manager to securely store passwords. Lockwise is a password manager that is now built into the Firefox browser and Key-Pass (found at <https://keypass.info>) is a free and open source (FOSS) password manager.



Use Multi-Factor Authentication

Passwords and usernames are no longer enough to protect your accounts. Many sites now support technology where an additional factor required. This may be a telephone verification sent by text or voice message or a one-time passcode (OTP) generated by a phone application, or a fingerprint verified by an on-device sensor. In general, any of these methods are better than nothing, however phone calls and text messages can be intercepted negating their value from a security perspective.

I use a free product called Authy (<https://authy.com>). I prefer Authy because it is easy use on multiple devices and is easy to backup and restore. There are other free from the likes of Google and Microsoft that can be used as well.

Secure Your Files

Our final New Year's tip is to secure your important files. In general, there are two aspect to this; first use a tool like 7-zip (<https://7-zip.org/>) to compress and encrypt your import files, then copy the files onto an external thumb-drive or USB hard-drive. Files like tax return related papers, financial statements, and medical records should be protected from anyone that might have access to your computers and should be backed up in case the computer fails or is lost or stolen. An alternative is to back these files up to the cloud using a service like Google Drive or Microsoft's One Drive. I prefer encrypting before I move the files to the cloud to minimize the risk that someone may be able to view my files in the cloud.



Happy New Year

I am writing this as we wrap up 2021, maybe one of the worst years ever. I am wishing for a happier and more secure 2022 for all of us. Happy New Year!

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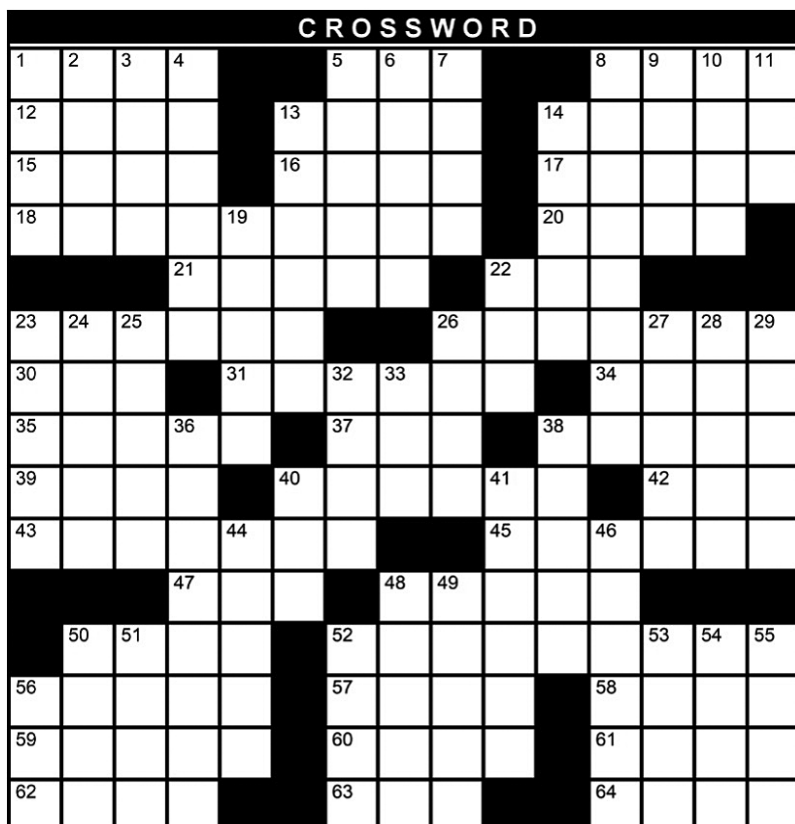
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Statepoint Crossword: Winter Fun



ACROSS

1. Rope fiber
5. Mai ____
8. Russia's Terrible one, e.g.
12. "What ____ Happened to Baby Jane?"
13. Tattled
14. Actress Reed
15. Internet share-able
16. Inwardly
17. Black tropical hardwood
18. *Winged impression in winter
20. Home of the Hawkeyes
21. Investigative report
22. Chicken or this?
23. Not dense
26. Early-day supercontinent
30. Afternoon shut-eye
31. Even though
34. Picture on a coat
35. Anti-seniors sentiment
37. Jean of Dadaism
38. Crewneck alternative
39. Half-man, half-goat
40. Arm cover
42. Victoria Beckham ____ Adams
43. Lacking sense of moral standards
45. Flying high

47. Often part of disguise
48. Queen-like
50. Wood file
52. * ____ Plunge
56. Secret stash
57. Damien's prediction
58. Not at work
59. Opposite of cation
60. Abbreviated seconds
61. Precedes stated rank
62. Moon pull
63. *Like toddy or cocoa
64. Trans-Siberian Railroad city

DOWN

1. Shortens pants
2. Like fair share
3. Short for memorandum
4. Antebellum
5. Polynesian kingdom
6. Ten-pin establishment
7. Bucolic poem
8. *Ride on runners
9. *Winter building material
10. Tolstoy's Karenina
11. R&B Charles
13. *Glittery decor
14. Condescend
19. Indian black tea
22. Nibble

23. Big mess
24. Like a Druid, e.g.
25. Celery, technically
26. *Snowman's corn cob accessory
27. Are not
28. Wedding singer, e.g.
29. Questioned
32. *Snow ____, ammunition
33. * "But I heard him exclaim, ____ he drove out of sight..."
36. *Winter walking aid
38. Type of consonant
40. Actors' grp.
41. a.k.a. strict vegetarians
44. Mature, as in fruit
46. Like Silas of "The Da Vinci Code"
48. Young Montague
49. Decide at the polls
50. Jasmine of "Aladdin"
51. Turns blue litmus red
52. #42 Across, once
53. Cheese from Netherlands
54. Contributions to the poor
55. Stink to high heaven
56. *Arctic ____, snowmobile brand

See Solution on page 10



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Prince George's Community Federal Credit Union Holiday Decorating Contest

Congratulations to holiday decoration contest winners!

December always seems to be the most wonderful time of the year in Prince George's County. Not only is everyone in high spirits but it's a great time to enjoy the festivities of the season.

Prince George's Community Federal Credit Union joined in on the festivities of the season with its first annual Holiday House Decorating Contest. Since the pandemic has impacted so many people in the community, the credit union wanted to bring some happiness to residents and celebrate the spirit of the holiday season.

The holiday decoration contest highlighted homes adorned in lights and festive holiday embellishments. All winners received a gift card and access to credit union membership.

Congratulations to this year's winners and many thanks to our volunteer judges!

Prince George's Community Federal Credit Union membership is open to anyone who lives, works, volunteers, worships or attends school in Prince George's County. For more information about the organization or to become a member, visit PrinceGeorgesCFCU.org/More, scan the QR code or call 301.267.2666 today!



Above left: 1st Place

Above right: 2nd Place

At left: 3rd Place

At right: Scan this QR code to learn more about Prince George's Federal Credit Union



Kids Discovery Center

Looking for something to do with your child that is fun, educational, and challenging? Join us at the Kids Discovery Center in the lobby of the National Wildlife Visitor Center! Each month, a new wildlife theme will engage children ages 3 – 8 and parents using a variety of parent-led, hands-on activities to learn about nature.

A Thank You for Joining Us! packet filled with additional home activities will be given to each child at the conclusion of their session.

Pre-register by calling our front desk at 301.497.5760 to reserve a 35-minute

time slot for you and your child (please limit reservations to 2 time slots per child and adult per day). Parents are required to work with their child at each of the parent-led activities. Time slots available are 9 a.m. to 9:35 a.m., 10 a.m. to 10:35 a.m., 11 a.m. to 11:35



Kids Discovery Center Photo by Barrie Hersh-kowitz

a.m., and 12 noon to 12:35 p.m. The theme for January is What is Torpor? The theme for February is Tree/Bush ID in Winter. The theme for March is Frogs & Toads.

What Has Been and Is Going on at Maryland Farms Condominiums

We received the following letter in response to a submission from residents of the Maryland Farms community in our August 2021 edition.

An uncomplimentary article about Maryland Farms Condominiums (MFC) recently appeared in the Beltsville News. This is my response to the article.

Mr. Ed Sohrabi has been the President, Board of Directors for MFC, for seven years. Among the first projects he did was to repair the MFC sign at the entrance, which had been vandalized. The Board had gotten an estimate of \$3200 to replace the sign. They were not happy and requested a second estimate. Then the Board changed; Mr. Sohrabi became President. He personally took on the sign project, measured and cut the lettering and made the sign

look like new.

Asbestos was detected in a building railing. Ed Sohrabi had all the railings pressure cleaned at a high pressure and then had the railing painted. The railings were tested and found free of asbestos.

The building interior stairs were in bad shape. Ed Sohrabi had the stairs reinforced with steel and welded.

The interior stairwells were carpeted and look brand new.

A secure entry door system was installed. Back doors were secured. The call box at the door entry connects to each unit, so guests and unit owners can enter the building safely and securely.

An extensive camera system was installed. Cameras were installed in the 45 buildings and throughout the entire property. The cameras have been helpful in reducing vandalism and crime.

New gutters, downspouts and fascia boards have been installed.

The entire parking lot has been repaved with asphalt.

New roofing is being installed on all buildings. This may take a year or more to complete.

We have good management and staff.

Ed Sohrabi is a builder by trade and knows MFC inside and out.

These improvements have cost MFC a great deal of money. It should be noted when Ed Sohrabi became President, there was \$1,200,000 in reserves. Reserves rose to \$4,000,000 and most remains.

Instead of criticizing Ed Sohrabi and the Board of Directors, we should be appreciative and thankful.

*Dave Hogan
Past President of eight years*

A Healthy Homemade Soup to Jumpstart the New Year

(StatePoint) When sweater weather arrives, there's nothing quite as comforting as a pot of something savory and delicious simmering on the stove.

As you turn to hearty soups this winter, having the right seasonal staples means you'll be well on

your way to having piping hot meals on the table, quickly and hassle-free.

Keep your pantry and fridge stocked with essential ingredients like onions, carrots and celery, along with a collection of earthy, zesty spices and versatile, all-pur-

pose seasonings. You'll also need a rich and all-natural stock handy, such as Kitchen Basics Unsalted Chicken Stock. Simmered all day with chicken, vegetables and McCormick herbs and spices, this

SOUP
continues on page 7

From the Office of Councilmember Tom Dernoga

Updates on the Beltsville Agricultural Research Center (BARC) Development Projects

Three major development projects are in the works for the BARC, and Prince George's County, within the following years. We have done our best to keep residents aware of these projects through our weekly eBlasts, social media platforms, and town halls. If you would like to receive similar news please email or call us at our contact information below.

1. The Bureau of Engraving and Printing (BEP) Replacement Currency Production Facility

The BEP is an older facility built in the 1990's. The BEP wishes to improve their facility to support the country's current needs mostly with currency redesign efforts and updated anti-counterfeit security features. Instead of renovating their building in Washington DC, they are moving to Prince George's County, using about a 100-acre site from the BARC, on 5601-5699, Odell Road. This action was certified on October 8th, when the U.S. Department of Treasury released their record of decision approving the new facility. Construction on this site is planned to begin during 2022, and there is currently no expected date of when it will be completed. Local environ-

mentalists are still opposed and are considering options.

2. U.S. Food and Drug Administration's (FDA) Muirkirk Road Campus

The FDA has a campus on Muirkirk Road, known as the Muirkirk Road Campus (MRC). As of now, the FDA activities are relatively simple, retaining a lot of open land with small buildings that are estimated to staff up to 300 employees. Currently the FDA is processing a Master Plan that proposes to lay out MRC's next 20 of development. FDA claims that this plan is a cost-effective way of improving the campus by creating more buildings for office space and parking lots, so as to adapt to the expected increase of on-site employees reaching 1,800 within the next twenty years. These relocations are planning to improve the campus' physical, cultural, environmental, historic, transportation, and regulatory conditions. The public review period for the environmental impact statement passed this summer, and the proposed Master Plan is currently awaiting a National Capital Planning Commission (NCPC) hearing. If it continues through the legal process with little setback, it is expected to be finalized and signed in late 2022.

3. The NCPC BARC Building 434 Renovation and Additions

Last, the NCPC is seeking to renovate one of BARC's barns. The NCPC is planning on turning BARC's building 434, at 6900 Powder Mill, into a poultry quarantine house. This place will contain quarantine spaces for turkeys, so they can be kept in a controlled environment before going to research labs. This will renovate the existing barn while adding two new wings to it. The new building will be used to hold office space, restrooms, mechanical spaces, storage space, foot washing stations, and mechanical services. This project was finalized by the NCPC in February. A construction date has not yet been announced.

For more details on these development projects, please insert the following link into your URL browser to view the person of contact corresponding to the project and project websites with the most current information: <https://bit.ly/BARCdev>

Contact Us

Please keep in touch. Email us at councildistrict1@co.pg.md.us or call 301.952.3887. Se habla Español. Follow us on Facebook, Twitter, and Instagram: @Tom-DernogaD1

SOUP

continued from page 6

deeply flavored stock can bring a burst of savory warmth to countless dishes. It's low on sodium so it's a good-for-you start to many delicious meals beyond soup, like rice, sauces, and more.

To help you embrace the colder weather, try a recipe for a hearty classic loaded with tender veggies, chicken, egg noodles and robust flavor that puts this stock -- aka "liquid gold" -- front and-center. Yep, you guessed it, Savory Homemade Chicken Noodle Soup. Nostalgic and nourishing, all you need is 10 minutes of prep time and 20 minutes cooking on your stovetop.

Ingredients:

- 2 tablespoons vegetable oil
- 1 cup chopped yellow onion
- 1 cup chopped carrots
- 1 cup chopped celery
- 2 tablespoons McCormick Garlic, Herb and Black Pepper and Sea Salt All Purpose Seasoning
- 1/2 teaspoon McCormick Ground Turmeric
- 1 pound boneless skinless chicken breast

- 2 cartons (32 ounces each) Kitchen Basics Unsalted Chicken Stock
- 2 cups uncooked medium egg noodles
- 1/2 cup frozen peas

Instructions:

1. Heat oil in large saucepan on medium heat until shimmering. Add onion, carrots and celery; cook and stir 3 minutes or until softened. Stir in seasoning and turmeric; cook 30 seconds until fragrant. Add chicken and stock. Bring to boil. Reduce heat; simmer, covered, 15 to 20 minutes until chicken is cooked through and tender.

2. Transfer chicken to medium bowl; shred using two forks. Set aside. Stir noodles into broth; cook 6 minutes or until tender. Return shredded chicken to saucepan. Gently stir in peas. Sprinkle with parsley to serve, if desired.

For more great ways to warm up this season, visit mccormick.com/kitchen-basics. During the short, dark days of winter, healthy soups like this will feed your body and warm your soul.

Neighbors in the News

Prince George's County School to Return to Virtual Learning

By Rick Bergmann

It's no secret that the Omicron variant of Covid is having a major impact in our area. The first 3 cases were reported on December 12 and more cases soon followed. As of December 15, nearly 3% of all new cases were attributed to omicron. While Governor Hogan has ruled out statewide lockdowns, Prince George's County Public Schools is taking steps to stop the spread in its buildings due to a sharp increase in cases across the county.

On December 17, Prince George's County Public Schools CEO Dr. Monica Goldson made the surprise announcement that all schools were returning to virtual learning beginning Monday, December 20. This came one day after 3 schools were moved to virtual learning because of a sharp increase in cases.

According to the email send out from Goldson's office "In light of the stark rise in COVID-19 cases throughout our school system, all students will transition to virtual learning, effective Mon-

day, December 20 through Thursday, December 23. Winter Break will proceed as scheduled, Friday, December 24 through Friday, December 31, and virtual learning will continue Monday, January 3 through Friday, January 14. In-person learning will resume Tuesday, January 18, following the Dr. Martin Luther King Jr. holiday; students in the K-6 Virtual Learning Program will return Monday, January 31."

Goldson stated that she made this decision after having daily contact with the Prince George's County Department of Health. Her email to the community stated "The increased positivity rates have significantly challenged the ability to do so, causing anxiety among many school communities and disruption to the school day."

According to Gov. Larry Hogan in an interview with Fox News on December 19, Covid hospitalizations are "up about 150% over the past two weeks." That is an eye-opening number for those who believe that we are done with Covid. In the final line of CEO Goldson's email to the community

she writes "I strongly encourage all of you to take every precaution against COVID-19, follow social distancing protocols and get vaccinated." Sounds like solid advice for everyone, not just those with children in public schools.

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- Professional Counseling

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- Food Supplement (FS)
- Medical Assistance for Families & Children (FAC)
- Maryland Children's Health Program (MCHP)
- Recertify—(Redetermination) - Dropoff documents
- Other DSS Emergency Assistance





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Rosapepe's Report to Beltsville

Join me, my wife Sheilah – and UMBC President Freeman Hrabowski – Sunday, January 9, to welcome 2022!

I hope you can join my wife Sheilah and me for our 2022 Winter Brunch on Sunday, January 9, from 11 am to 1 pm, at The Laurel-Beltsville Senior Center (7120 Contee Road, Laurel). UMBC President Freeman Hrabowski is our special guest. Families are welcome. Please RSVP soon at www.WinterBrunch.com. We look forward to seeing you!

Booster shots available in Beltsville

Eligible Beltsville residents can sign up to get the COVID 19 Booster shot today. Locations include the CVS and Walgreens Pharmacy on Route 1 in Beltsville. To sign up for an appointment, visit mypygc.us/COVIDVaccine.



Senator Jim Rosapepe

State Legislative Session Starts on January 13

The Delegates and I will be back at the 2021 Maryland legislative session starting January 12th. After 2 years of zoom hearings

and remote voting, we are excited to be back in Annapolis – masked and vaxxed up.

Your input is still critically important, so we will be available via Zoom, phone, or email. And you can follow the action at mga-leg.maryland.gov.

Please let us know your opinions on issues of concern and contact us with any questions. And, of course, feel free to be in touch if the Delegates or I can be of help to you. Just email 21stDistrictDelegation@gmail.com or call 301-858-3141.

Contact us

Please let me know if there are other issues you have questions or thoughts about. And, of course, feel free to be in touch if I can be of help to you. Just email 21stDistrictDelegation@gmail.com.

Jason's Jive

By Jason Inanga

Compliments of the holiday season to you. By God's grace we have made it to the end of another year, filled with its mix of fun and challenges. We have a lot to be thankful for.

I am going to dedicate this Jive to my African heritage, specifically Nigeria, where my late father, Professor Emeritus E. L. Inanga is from. My mother, from St. Kitts in the Caribbean is a retired music teacher and some of her former students are now big musicians in their own rights.

So, I am going to comment on the success of the global exposure to Nigerian culture, as conveyed through the vehicle of music. Older generations will be familiar with the likes of musician and social critic, Fela Anikulapo-Kuti, whose style of music paved the way for what has emerged as Afro Beats, which is apparently the new rave. I listen to Sirius XM Radio in my car and a current popular hit, "Essence," by Wizkid/Tems, has taken over the airwaves. He just had a series of concert in

London with about 20,000 people in attendance, each night. The younger generation of Nigerian musicians have exposed the world to Afro Beats music and of course they are reaping financial rewards for their craft. Sadly, the government for the most part has not been able to appreciate the influence of this aspect of culture, to promote tourism and other economic gains, or even to promote the arts. We cannot all be lawyers

JIVE

continues on page 14

New Year's Resolutions You'll Actually Keep

(StatePoint) It's no secret that many people wait for a new year to commit to implementing better habits. They'll start eating more vegetables next week, they'll cut out wine with dinner next month, and they'll use their gym membership next year. These are things you've heard before, and likely even things you've said yourself. So how do you make resolutions you'll stick to?

Declutter. Have you ever intended to use a free weekend to clean and organize and then felt defeated by the enormity of the task? If you resolve to declutter, start with one room a month, slowly working your way through your space.

Celebrate with friends. Ever get so busy with commitments



(c) Jacoblund / iStockPhoto.com

that you forget to celebrate those who mean the most to you until a special occasion comes around? Celebrating at these times is certainly nice; but imagine how your loved ones would feel if they knew you were going out of your way to connect with them and celebrate an ordinary day?

With SmashUps from American Greetings, you don't have

to wait for a birthday or holiday to send a personalized message to friends. These customizable ecards allow you to send greetings celebrating, encouraging and congratulating, any time. Start the year by sending one friend or family member a SmashUp each week. You can even schedule them so you'll never miss a moment. You'll likely make their day and feel pretty good for the rest of yours, too.

Create a sleep routine. Many people realize just how worn out and tired they are at the end of the year. When holiday breaks arrive, they may find themselves more inclined to relax and sleep than to celebrate. Starting in 2022, create

RESOLUTIONS

continues on page 13



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Crossword Solution from page 5

H	E	M	P			T	A	I			T	S	A	R				
E	V	E	R			T	O	L	D		D	O	N	N	A			
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Obituaries



Ellen DeGeorge

DeGeorge, Ellen G.

Ellen DeGeorge, age 80, passed away November 19 after a brief illness. Born in Washington, DC, to Thomas and Iona Blake, Ellen was a long-time resident of Beltsville, and was living in retirement in Stella, NC when she passed. Along with her business partner, the late Eugene Brewer, she established Brewer and Marshall Opticians in 1977 and was later joined in the business by her son, David Marshall, who continues the business at the original Beltsville location. Ellen graduated from Walter Johnson High School in 1959 and studied for, and attained, her optician's license at Northern Virginia Community College. She worked for PEPCO as a clerk typist and in several optical retailers before partnering with Mr. Brewer. Ellen was especially successful in fitting eyeglasses for special needs children and her store was, and is, the "go to" referral for several prominent ophthalmologists. Ellen also supported eyewear donations to the Lion's Club. Her business was favorably reviewed in the

Washingtonian and the Washington Post's Consumer Checkbook multiple times, a tradition her son David continues. Ellen was an adroit crossword puzzler, often defeating the Washington Post's best efforts to obscure clues, and she was a steady consumer of mystery novels. Her passing leaves a tremendous void in the hearts and lives of those close to her, and her kindness, love, compassion, and gentle spirit are irreplaceable. She is survived by her husband, Thomas DeGeorge, her son David, daughter Kimberly Plumb, stepson Robert DeGeorge, and sister Martha Beach, along with six grand and great-grandchildren. Please consider a donation to the American Diabetes Association in Ellen's memory.

Nordling, Robert Clifford

Robert Clifford Nordling born in New Orleans, LA to Robert William Nordling, Jr. and Mary Becnel Nordling. Robert attended Resurrection of Our Lord Catholic School, New Orleans, LA; Holy Family Catholic School, Jackson, MS; and St. Raphael Catholic School, New Orleans, LA, where he learned the basics of his Catholic faith, as well as from his mother, father, and grandmother.

In 1980 Robert graduated from Robert E. Lee High School in Midland, TX. He attended Holy Trinity Seminary and the University of Dallas in Irving, TX, where he received his B.A. in Psychology and two years of Graduate Studies in Theology.

In 1995 Robert returned to New Orleans, LA where he founded

companies involved in education software development and Network consulting. That same year until 2005, Robert joined the faculty of the New Orleans Center for Science and Math (NOCSM). There he started one of the first Microsoft Academies at the high school level. During this time, he and a co-teacher created companies to provide further work opportunities and network opportunities for their high school graduates.

In 2005, Hurricane Katrina destroyed the New Orleans School system. From 2005 until his retirement in 2021, Robert found a second home at Glasgow Middle School in Fairfax County Public Schools in Virginia as a technology coach and here created the Curiosity Shoppe, an innovative program to teach students critical thinking skills through mechanical puzzles, games, and STEM activities.

Guiding his life's work was the desire for students to discover the beauty, truth, and goodness of God's creation and to find a profession to contribute more beauty, truth, and goodness through whatever profession they decided to pursue.

Robert is survived by his father, Robert W. Nordling, Jr.; his twin brother, Dr. William J. (Claudia) Nordling. He is preceded in death by his mother, Mary Virginia Becnel Nordling.

In lieu of flowers, donations are requested to the St. Joseph Food Pantry in Beltsville, MD or any other food bank serving the poor. www.borgwardtfuneralhome.com

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Neighbors in the News

Riderwood Residents Contribute \$488,670 to Hourly Staf' for a Job Well Done

Over 1,112 employees receive gift from 2021 Staff Appreciation Fund

Silver Spring, MD -- Residents of Riderwood, an Erickson Senior Living community in Silver Spring, Md, recently made the holiday season a bit merrier for the community's staff by generously contributing more than \$488,670 to the 2021 Staff Appreciation Fund.

The annual Staff Appreciation campaign is an opportunity for Riderwood residents to thank the hourly employees who consistently go above and beyond to provide a variety of services that enhance the daily lives of residents.

Throughout the year, Rider-

wood residents make gifts to the Fund by contributing to fundraising efforts. Each holiday season, the funds are then distributed among Riderwood's eligible employees, which include dining associates, security officers, maintenance workers, housekeepers, and medical and nursing assistants—just to name a handful.

At a festive holiday event on December 7, residents had the opportunity to express their appreciation directly to employees. Riderwood employees received a handmade card by the Riderwood Love Notes, a resident

group, along with a prepacked cookie.

More than 1,112 employees were celebrated and received a distribution from the Fund this year.

"I want to thank our residents for their generosity and for recognizing Riderwood's dedicated employees," said Executive Director Gary Hibbs. "The Staff Appreciation Fund is a wonderful opportunity for residents to give a gift to the employees who mean so much to them."



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JANUARY 2022

Calendar of Events

Remember that all venues may change or cancel events based on the current health situation in Maryland. It's always a good idea to call ahead before going to an event.

AREA EVENTS

LAUREL-BELTSVILLE SENIOR ACTIVITY CENTER

Masks are required. Contact the center for updates. Membership is free for Beltsville residents who are 60 years old or older. Regular hours of operation are: open Monday – Friday from 8 a.m. to 5 p.m., open Saturday from 8 a.m. to 2 p.m., closed Sunday and most major holidays. Address: 7120 Contee 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 SENIOR FRIENDSHIP CLUB

The Laurel Senior Friendship Club (LSFC) will meet on Wed., Jan. 12 at 10:30 a.m. The meeting room doors open at 9:30 a.m. We will have a business meeting and musical entertainment. Interested people can contact the LSFC office for more details on Monday, Wednesday, and Friday from 10 a.m. to 12:30 p.m. at 301.206.3380.

COLLEGE PARK AVIATION MUSEUM

Address: 1985 Cpl. Frank Scott Dr., College Park, MD 20740. Phone: 301.864.6029. TTY: 301.699.2544. *Masks are required indoors.* See CollegeParkAviationMuseum.com for more information. Regular hours of operation are Tuesday – Sunday from 10 a.m. to 4 p.m. Closed Mondays, most major holidays, and some special events. Cost: \$5/adults, \$4/seniors, \$2/children, free/age 1 and under.

AFTERNOON AVIATORS

Wed., Jan. 26 from 2 p.m. to 3 p.m. Join our educators as we investigate a range of STEAM topics, and explore the multidisciplinary field of aviation. After a quick lesson about aviation, participants will be able to put their newfound knowledge to the test with a hands-on activity. This program will be offered every 4th Wednesday of each month at 2 p.m. and is FREE with museum admission. Afternoon Aviators is ideal for learners 8 – 12 years of age.

NATIONAL WILDLIFE VISITOR CENTER

Address: 10901 Scarlet Tanager Loop, Laurel, MD 20708. The entrance is accessed from Powder Mill Rd. between the Baltimore–Washington Pkwy. and Rt. 197. Free admission and free parking. **Current social distancing and face covering requirements match those of Prince George's County.** All dogs must be kept on a leash (no longer than 6 feet) for their own safety as well as that of other visitors and wildlife. Regular

hours of operation for the trails and grounds are: Open daily from sunrise to sunset, except for federal holidays.

THE BUILDING AND BOOKSTORE

The Visitor Center building is open Tuesday – Saturday from 9 a.m. to 4:30 p.m.; closed on Sunday, Monday, and federal holidays. The bookstore is located inside; it is open Wednesday – Friday from 11 a.m. to 4 p.m. and Saturday from 10 a.m. to 4 p.m. when the building is open. 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 301.497.5565 or Diana_Ogilvie@fws.gov. **The registration phone number is 301.497.5887.**

FOR YOUR DOG: BARK RANGER TRAINING!

Sat., Jan. 8 from 2 p.m. to 3 p.m. **All ages, registration required.** Does your dog enjoy walking the trails at Patuxent? Bring your dog to our new BARK Ranger training and upon completion your dog can monitor the trails as a certified BARK Ranger. (*Participating youth must be accompanied by an adult.*)

OWL & KESTREL

Offered on two dates: Sun., Jan. 9 and Sun., Feb. 13 from 1:30 p.m. to 2:30 p.m. each day. **All ages, registration required.** Meet two of North America's smallest birds of prey: the American Kestrel and Eastern Screech Owl. Both are expert hunters: the American Kestrel uses its acrobatic prowess, while the Eastern Screech Owl is a stealthy hunter. The program will be inside the Visitor Center.

LET IT SNOW!

Tue. – Sat. from 9 a.m. to 4:30 p.m. each day throughout January. All ages, no registration required. Snow, sleet and freezing rain! What's the difference between them? How are they formed? Learn more about winter precipitation and the water cycle through interactive displays, games, and crafts for all ages. On display in the Visitor Center lobby area.

BECOME A JUNIOR WILDLIFE RANGER

Offered on two dates: Sat., Jan. 29 and Sat., Feb. 19 from 1 p.m. to 3 p.m. each day. Ages 6 – 12, **registration required.** Join a Refuge Ranger to explore five nature related activities. Complete your Junior Wildlife Ranger activity booklet and earn a JWR badge!

SAVE THE DATES: WHO WAS HERE?

Tue. – Sat. from 9 a.m. to 4:30 p.m. each day throughout February. All ages, no registration required. Be a wildlife detective! Animal tracks in freshly fallen snow tell a story. Can you

identify who made the tracks? Can you figure out what they were doing? Learn more about identifying animals from the clues they leave behind through interactive displays, games, and crafts for all ages. On display in the Visitor Center lobby area.

SAVE THE DATE: LIKE A LICHEN

Sun., Feb. 12 from 1:30 p.m. to 3 p.m. You know the fauna, you know many of the plants, but do you know the lichen? These symbiotic fungi and algae live on trees and rocks in our forest. Learn to identify some of their species on this short nature walk.

BELTSVILLE EVENTS

NATIONAL AGRICULTURAL LIBRARY (NAL)

Address: 10301 Baltimore Ave. in Beltsville. Main phone number: 301.504.5755. **NAL is on Twitter at http://twitter.com/#!/National_Ag_Lib.** Due to COVID-19, the NAL building remains closed to the public. We continue to serve our customers remotely during regular business hours. Online information products are always available at NAL.usda.gov. Food and Nutrition updates can be accessed at Nutrition.gov. Get MyPlate nutrition information for babies and toddlers via the free Amazon Alexa app. To learn more, visit www.myplate.gov/myplate-assistant.

BELTSVILLE LIBRARY

Address: 4319 Sellman Rd., Beltsville, next to the police station. For more information or updated COVID-19 protocols, call the main phone number 301.937.0294 or see www.pgcmis.info/location/Beltsville. With *limited capacity*, the Beltsville Library is open to the public for full browsing, with computer use and curbside service by appointment. Current hours of operation are Mon., Thur., and Fri. from 10 a.m. to 6 p.m.; Tue. and Wed. from 12 noon to 8 p.m.; Sat. from 10 a.m. to 5 p.m.; and Sun. 1 p.m. to 5 p.m. Closed most major holidays. Study rooms are open. Ask about renting meeting rooms. *The library is not able to accommodate group visits from child or adult care services at this time, including but not limited to pre-schools, daycare, or camps.* We ask for your continued support as we strive to keep everyone safe while welcoming you back to the branch.



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The Beltsville News

2021: A Year Full of Memories at Riderwood

Silver Spring, MD -- Ralph Waldo Emerson once wrote, "Write on your heart that every day is the best day of the year." Residents and staff at Riderwood, an Erickson Senior Living community in Silver Spring, Md., did just that—utilize every day to create memorable moments. Here are the top 10:

1. Early, successful vaccinations

Beginning in January, residents and staff members were able to receive COVID-19 vaccinations through multiple well-orchestrated vaccine clinics held at the on-site CVS. "Since the onset of the pandemic more than 12 months ago, our team has worked diligently with residents, their families, and local health officials to help safeguard the well-being of everyone who calls Riderwood home," says Executive Director Gary Hibbs. "I'm proud of the exceptional results we have achieved by working together. We could not have reached this important landmark without the professionalism of our partners at CVS and Adventist HealthCare, the unwavering commitment of our staff, and the resilience of our residents."

2. Safe return to activities

Community members were happy to get back to their favorite on-campus activities, after more than 96% of Riderwood residents received the vaccine. The garden club's annual open house and quilt show; Earth Day walk; pickleball tournament; performances by the Acousti-Cats, Riderwood's resident ukulele band, and live music patio parties are just a few of the events enjoyed after Riderwood reached its high vaccination rate.

3. Parading through campus

This year, Riderwood residents put on their creative thinking caps and celebrated with each other

by participating in parades. On Memorial Day, various departments decorated golf carts and paraded through campus—the Veteran's Legacy group determined the winning float. Later in the summer, community members joined with friends and neighbors alike to enjoy the community's LGBTQ+ Pride parade.

4. Celebrating diversity

Riderwood's diversity, inclusion, and belonging committee paid tribute to different groups throughout 2021 in an effort to enlighten, entertain, educate, and build awareness of cultures and customs. In honor of the 51st celebration of LGBTQ (lesbian, gay, bisexual, transgender, questioning/queer) Pride Month, the organization hosted a parade, movie events, and lectures during June. Also, that month, the African American history club coordinated a Juneteenth celebration to commemorate the emancipation. In late 2021, Riderwood recognizes Native American Heritage Month with a variety of educational opportunities.

5. Record number of new residents

Given the uncertainty that surrounded 2020, many people who planned a move to Riderwood were forced to postpone. Although plans were rearranged, these future residents recognized the safety net available to community members at Riderwood. As a result, a record number of prospective residents visited the community, with the vast majority either joining the priority list or moving to Riderwood this year.

6. Hot real estate market

Throughout the year, the Washington, D.C., metropolitan real estate market remained red-hot. With the help of Erickson Realty and Moving Services partners, Rider-

wood's personal moving consultants helped hundreds of new residents move to the community, using in-person visits and online technology to help clients stage their home for sale, downsize, and create a packing/moving plan.

7. Providing for students

This year, a record-breaking 89 Riderwood employees received a Scholars Fund scholarship. Studying nursing, psychology, computer science, and business, 20 of these scholarship winners are high school seniors embarking on their college career. The remaining 69 scholarships were awarded to employees already working toward their degrees. "We are all so proud of this group of remarkable students," says Resident Life Manager Fiona Divecha.

8. Generosity knows no bounds

In addition to funding the scholarships, generous community members donated to Riderwood's

RIDERWOOD
continues on page 15

Beltsville News CHURCH DIRECTORY

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HAPPY NEW YEAR'S TO ALL!

RESOLUTIONS

continued from page 10

a sleep schedule and stick to it. By sleeping enough each night, you'll likely wake up feeling refreshed, ready to take on commitments and energized to do more of the things you enjoy.

Read a dozen books. Setting overly ambitious goals can be a downfall for New Year's resolutioners. Create small, realistic goals for a better chance of really sticking to them. For example, if your resolution is to read more, make it your goal to read one book per month. By tying a number and timeline to your goal, you'll feel a sense of pride when you accomplish it and be motivated to continue.

Make meals at home. Many

people start the year with the intention of "eating healthier," but don't define what that means and get off track fast. You might start by committing to cooking dinner at home once a week. After a long day of work, ordering in or eating out can be tempting, but by committing to cooking once each week, you'll save money and likely eat more healthfully. It can also be a fun activity to look forward to with your spouse, roommate or children. The same can be said about your morning coffee. Instead of making a daily stop at Starbucks, find a coffee you love and make it at home.

With smart strategies, you'll be able to see how your new habits have become a normal part of your daily routine by the end of the year.

Beltsville News CHURCH DIRECTORY



St. Joseph Catholic Church

www.stjosephbeltsville.org

Pastor: Father Robert Maro

Masses: Please contact parish office for schedule

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www.stjosrcs.org

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**All the darkness
in the world cannot
extinguish
the light of
a single candle.**

~ Francis of Assisi

JIVE

continued from page 10

and doctors or bankers. Other professions make the world go round. More and more, this genre of music is growing in popularity. You have the song, "Jerusalem" from South Africa that took the world by storm with dance challenges all over the world. Go on YouTube in your spare time and you can see what I am talking about.

Similarly, the African movies have grown in popularity on Netflix and other related services. "The Wedding Party," was such a huge success on Netflix, that a sequel was done. There are many others like, **FINE WINE, CASTLE and CASTLE, NAMA-TSE WAHALA, ISOKEN and WHEN LOVE HAPPENS...** among many others. These movies have propelled the African Culture in ways respective governments have not been able to.

When I lived in the Caribbean, the movies became very popular and were a big rave. Viewers could not keep up with the weekly releases on DVD. **BLOOD SISTERS**, a movie based on how a mother showed favoritism to one child over the other, created that avenue for the growth of these movies. But through these movies, lots of folk got exposed to the African culture, saw modern images of Africa and above all, these movies produced in regular English, showed that the arts, once encouraged, can bring gainful employment to people, and also serve as avenues of cultural exposure, globally.

The sad part in all this is that many African countries do not take proper advantage of this, to promote the arts locally, thereby creating jobs for people. Props have to be built, costumes made and much more.

I write all this to simply create an awareness for you my dear reader, to explore other cultures from the comfort of your home. Corona has tried to keep people from travelling, but from your home, you can literally explore the world. Nollywood movies, Ghalollywood, Bollywood – there is a lot going on out there. To my Indian friends, there is a popular movie on Netflix, **THE BIG DAY**, which basically is an immersive look at Indian Weddings. I was honored to meet the film producer, Fariz Arif Ansari, in Dallas, a few months ago, while he was here for the South Asian Film Festival. I will feature a conversation with him, in one of my 2022 columns.

As I wrap up, I will include a few more interview type Jives with people, in 2022. I hope to have things spiced up for you next year, so you hear more from others, not just me.

Have a great Christmas and a blessed new year. Please stop and say a prayer for someone out there who is in need. **THAT's THE JIVE!**

Classifieds • Call 301-937-6796

FOOTPRINT

continued from page 3

site and social media platform. Login and passwords are strong when they contain a mixture of symbols, numbers, and letters and are at least 10 characters long. Login and passwords should not be easily identifiable - for example avoid using your name, birthday, family/relative's names, or other easily obtainable information.

8. Avoid using public computers or public Wi-Fi carriers.

9. Log out of websites/social media platforms once you've finished using them.

10. Ensure cell phones have unique passwords and facial recognition. Cell phone apps allow you to 'find your phone' and to 'delete data' if the device is lost. Remember that your digital footprint should be a positive and accurate reflection of you. Use your digital footprint to your advantage to help others get to know you as well as to promote and highlight your thoughts and interests. A positive digital footprint can have long lasting effects, so choose your words carefully.

RIDERWOOD

continued from page 13

Benevolent Care Fund. The Fund, one of the community's biggest philanthropy efforts, provides support to residents who, despite careful planning, outlive their financial resources. The fund allows for residents experiencing financial adversity to continue living at Riderwood in their apartment home, among their friends, receiving the care that they need.

9. Eating well

Following a year of in-home dining options, Riderwood reopened all nine campus restaurants, offering a wide menu selection. Throughout the year, restaurant menus changed monthly to offer regional and seasonal favorites.

10. Let us entertain you

Community members were able to enjoy high-quality performances from award-winning musicians once again in 2021, thanks to the hard work and dedication of the resident-run performing arts council.

This past summer, Jeff Harnar, award-winning Broadway cabaret singer, and Alex Rybeck, pianist, director, arranger, and composer, impressed residents with a concert at Riderwood's Encore Theater. Also, this summer, Riderwood's Purple Lady Productions hosted several musicians and performers, including Anamer Castrello, Gustavo Ahualli, Suzanne Lane, and Steven Myles.

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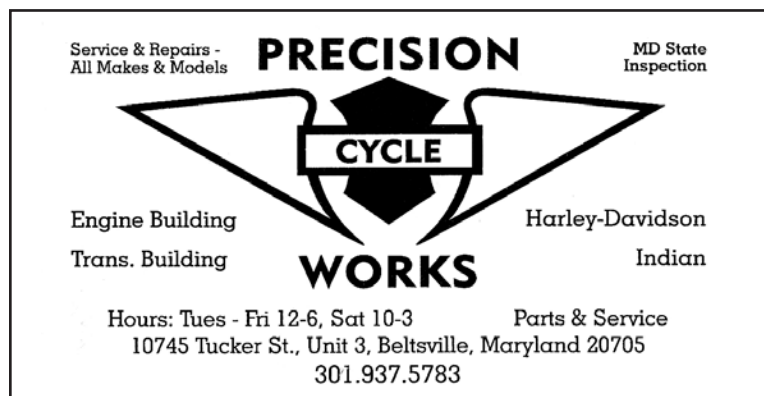
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