

The Beltsville News

An All Volunteer Newspaper

Vol. 71, Number 8

Beltsville, Maryland

August 2023

Cub Pack 1031 Hiking Thru Summer!

By Regina Halper

Cub Pack 1031 has moved to summertime mode. We have been hiking on the trails in the area and seen a lot of wildlife! Deer in a field, cricket frogs (that are tiny but noisy and all through the woods at the Patuxent Wildlife Refuge). We also saw a beaver and his tremendous beaver lodge and two Northern Mole Kingsnakes. The pattern will make you step back and check for “red next to black- friend of Jack.”

This week we launched rubber band planes which the scouts found lots of fun! You can find lots of variations on how to do them online. It was the perfect time to teach potential energy and kinetic energy-- and aiming down field!

If you are interested in joining Cub Scouts, contact Regina Halper at Pack1031cubscouting@gmail.com for information. We are a family scouting unit. We learn outdoor skills, citizenship, STEM, nature, camp two times a year and do service. We meet during the school year at Beltsville Academy

CUB PACK 1031
continues on page 4



Pack 1031 Looking at a huge beaver lodge at Cash Lake!

NEXT ISSUE:
Submissions Due

No Later Than:

August 23

Paper Out:

September 1

On the Agenda



Karen Coakley

By Karen Coakley

The Annual Police National Night Out will be held on Tuesday, August 1st from 6 -8 pm at Chestnut Hills Neighborhood Park in Front of Beltsville Library.

There will be a Family Movie Night on Friday, August 4th at 8:30 pm sponsored by MNCCP-PC and Prince George's County Police Division.

Summer Vacation Safety Tips: Stop your mail and newspapers or have someone pick it up! Leave a few lights inside your house on timers! Make arrangements to have your grass cut.

Car Safety Tip: Car Thieves are watching. Car theft and air bags theft continue to be a problem in the surrounding area. Lock your car and remove valuables when you get out of your car. When you are at a gas station pay attention to your surroundings and lock your car. Think about buying a “Club” and putting it on your steering wheel when you are not in the car. At night, park in a lighted area at home and in parking lots. When you're driving leave space between you and the car in front of you and give yourself room to get away if you need to.

You can contact me at Karenmcoakley@gmail.com

Beltsville Briefs

The Beltsville Young at Heart Club

by Lois Hamilton

I sincerely hope the “kid’s Camp” at the Beltsville Community Center are enjoying this HOT summer. I’m not a fan of the heat.

I’m really looking forward to resuming our monthly meetings of the Beltsville Young at Heart starting in September. Third Thursday, (Sept. 21) at 10:30 am at the Community Center at 3900 Sellman Road.

We’ll have our usual activities with refreshments (Carol Kosadar is back), a 50/50 chance to win some cash, trips you can sign up for if interested, our Way & Means table with “cheap” treasures. We will be entertained by

BRIEFS
continues on page 10

Greenbelt native serves aboard U.S. Navy warship in Mayport

By Mass Communication Specialist 1st Class James Green, Navy Office of Community Outreach

MAYPORT, Fla. - Petty Officer 1st Class Drew Ables, a native of Greenbelt, Maryland, is serving aboard USS Winston S. Churchill, a U.S. Navy warship, operating out of Mayport, Florida.

Ables, a 2013 graduate of Eleanor Roosevelt High School, joined the Navy nine years ago.

“I joined the Navy to pursue a career that is challenging, rewarding and has good benefits,” said Ables. “I joined at the age of 18, and right off the bat, I was in charge of million-dollar equipment, which is stressful and at the same time very rewarding.”

Today, Ables relies upon skills and values similar to those found in Greenbelt to succeed in the military.



Petty Officer 1st Class Drew Ables. Photo by Mass Communication Specialist 1st Class Bryan Niegel, Navy Office of Community Outreach

“Growing up, I learned to always stay humble and never think you are better than anyone else,” said Ables. “I treat everyone with respect. We are

all humans, so I treat everyone I come across that way. I’m not above anyone.”

These lessons have helped Ables while serving in the Navy.

Winston S. Churchill is a guided-missile destroyer that provides a wide range of warfighting capabilities. The destroyer is a multi-mission ship that can operate independently or as part of a larger group of ships at sea. The ship is equipped with tomahawk missiles, torpedoes, guns and a phalanx close-in weapons system.

More than 300 sailors serve aboard Winston S. Churchill. Their jobs are highly specialized, requiring both dedication and skill. The jobs range from maintaining engines to handling weaponry along with a multitude of other assignments that keep the ship mission-ready at

NAVY
continues on page 14

Beltsville News: Blast from the Past

(From the Beltsville News issue of August 2013)

By Ted Ladd

Anthony W. Kotula, Ph.D.: Phi Tau Sigma Special Recognition Award Recipient

Anthony W. Kotula, Ph.D., Supervisory Research Food Scientist, Meat Science Laboratory, Agricultural Research Service, U.S. Department of Agriculture (retired) was the 2013 recipient of Phi Tau Sigma Special Recognition Award.



Anthony W. Kotula, Ph.D.: Phi Tau Sigma Special Recognition Award Recipient (picture from Aug. 2013 edition)

The Honor Society of Food Science and Technology was founded in 1953 at the University of Massachusetts and has members throughout the United States and many foreign countries.

Anthony W. Kotula, Lifetime Member of Phi Tau Sigma, epitomizes this concept by contributing to the revitalization of Phi Tau Sigma in important and significant ways.

Conyers Named Associate Dean for Equity, Diversity, and Inclusion at University of Maryland School of Nursing

Assistant professor will serve as primary advisor on operational and strategic goals related to diversity



Yvette Conyers

Baltimore, Md. – Jane M. Kirschling, PhD, RN, FAAN, the Bill and Joanne Conway Dean of the University of Maryland School of Nursing, has appointed Yvette Conyers, DNP, RN, FNP-C, CTN-B, CFCN, CFCS, as associate dean for equity, diversity, and inclusion. She is the second individual to hold

the position; the inaugural associate dean for equity, diversity, and inclusion was appointed in 2016 and at that time it was the first such position on the University of Maryland, Baltimore campus. UMSON's students, faculty, and staff have become increasingly diverse over the past decade, and fully half of its student population now comprises those from traditionally underrepresented racial and ethnic groups.

In this role, Conyers serves as the primary advisor to UMSON's Dean, senior academic leadership team, senior administrative team, and Diversity and Inclusion Council on operational and strategic goals related to equity, diversity, and inclusion. Additionally, she oversees UMSON's diversity and inclusion initiatives and partners with colleagues across the University of Maryland, Baltimore, and Universities at Shady Grove locations to promote and execute efforts related to diversity and inclusion. Conyers also holds a faculty appointment as an assistant professor, teaching excellence tenure track, in the Department of Family and Community Health.

Conyers joins UMSON from the George Washington School of Nursing in Washington, D.C., where she served as a clinical associate professor. Earlier, Conyers served as an assistant professor of community/population and public health nursing at the St. John Fisher University Wegmans School of Nursing in Rochester, New York, and as a co-director of the accelerated bachelor's program for non-nurses and an assistant professor at the University of Rochester School of Nursing, also in New York.

"I look forward to Dr. Conyers' future contributions to the School of Nursing," Kirschling said. "I

CONYERS

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The Beltsville News

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Circulation

Hard copies may be picked up at more than 50 locations in greater Beltsville, including the Beltsville Library, Wawa, Beltsville Community Center, Spicknall's Farm Market, schools, churches, restaurants and more. Many receive a monthly pdf of the paper via e-mail at no charge. To receive copies by email, go to www.beltsvillenewstoday.com, and enter your e-mail address.

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Kitty Post

Beware of Dehydration in Cats

By Sallie Rhodes with Assistance from AI



Dehydration can have grave consequences for cats! As a result, it is important to understand the potential impact of dehydration and take necessary precautions to prevent it. One immediate effect of dehydration is a decrease in energy levels. Dehydrated cats become lethargic and may show a lack of interest in their usual activities. They may also experience a decrease in appetite. As water is essential for the proper functioning of various bodily systems, dehydration can disrupt the cat's metabolism, making them less efficient at absorbing nutrients from their food.

Dehydration can also cause urinary issues in cats. When cats are dehydrated, their urine becomes more concentrated, increasing the risk of bladder inflammation, urinary tract infections, and the development of urinary stones. Dehydrated cats may have difficulty urinating, increased frequency in urination, or even blood in their urine. These symptoms can be painful and uncomfortable for a cat, eventually leading to more severe health complications if left untreated.

Outdoor cats are more likely to become dehydrated than indoor cats because outdoor cats have more exposure to heat, direct sunlight, and physical activities, which can quickly lead to fluid loss. Cats lose water through evaporation, panting, and sweating through their paws.

Heatstroke is a severe heat-related illness that outdoor cats are particularly susceptible to if they become dehydrated. When a cat's body temperature rises above the normal range due to excessive heat exposure, it can result in multiple organ failures and be life-threatening. Some signs of heatstroke in cats include excessive panting, drooling, fast heart rate, vomiting, and even seizures. It is essential to recognize these symptoms and take immediate steps to cool down

the cat, provide fresh water, and seek veterinary assistance.

You can check for signs of dehydration by gently pinching a cat's scruff – the loose skin between their shoulder blades. If the skin slowly returns to its normal position, the cat is adequately hydrated. However, if the skin takes longer to revert, the cat may be dehydrated, and immediate steps should be taken to hydrate it.

Preventing dehydration in outdoor cats requires proactive actions from their caretakers. Since not all free-roaming cats have access to fresh water sources, providing access to fresh and clean water every day is essential. Water bowls should be placed in shaded areas and regularly checked and refilled. Providing shelter and shade for outdoor cats can also help prevent dehydration. These structures protect cats from direct sunlight and excessive heat, helping to regulate their body temperature and minimize fluid loss.

In cases where dehydration in outdoor cats is severe or persistent, veterinary attention should be sought. A veterinarian will assess the cat's hydration status, administer fluids if necessary, and provide tips on how to manage the cat's hydration levels moving forward.

In conclusion, dehydration can have detrimental effects on all cats, especially outdoor cats. It is crucial to be aware of the risks and take pre-emptive measures to prevent dehydration. Provide access to fresh water; make provisions for shade and shelter; monitor the cats' hydration levels; and avoid excessive heat exposure.



Bonnie Bartel

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- Maryland Children's Health Program (MCHP)
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Summer Time Blues

The summer of 2023 will best be remembered for the sweltering heat. In the design world though, well-known local designers, Michael Richards and Valerie Kabelac of Will's Decorating in Hyattsville are exuberantly celebrating the sudden industry-wide rejuvenation of cool shades of blues, injected into the newest selections of wallpaper and fabric patterns. According to Michael, "exciting shades of blues have been ever-present in Benjamin Moore's fabulous paint palette, but you could not find any coordinating blues in bedding, wall coverings or drapery fabrics over the last two years, until recently. As a result, my clients were unable to update their rooms if they were using blue tones."



Michael Richards and Valerie Kabelac

Not anymore though. Over the last three months, many fresh, vibrant shades of not only blues, but also striking introductions of greens and yellows can easily be found.

Stop by Will's Decorating to peruse the latest summertime blues and other color trends in-home fashions. Will's has been the one stop design shop for custom draperies, valances, reupholstery, Hunter Douglas blinds, wallpaper, flooring, Benjamin Moore paint, artwork, mirrors and furniture accent pieces for 49 years. Their experienced designers, Michael and Valerie, offer personalized design consultations and are delighted to assist you in formulating and implementing a design plan that will bring "WOW" into your home. Call 301.937.6100 today and make an appointment to get started on your design project.

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CUB PACK 1031

continued from page 1

for our den meetings. In the summer we will be out and about in the parks learning about nature, STEM, doing service, and hiking outdoors.

Interested in helping support our pack? We are asking the com-

munity to help us raise money to cover the increased cost of scouting by purchasing Papa Johns Fundraiser cards. Watch out for us in the community selling them. Annual Council fees went from \$67 to \$162! Please support us when we contact you about helping us out.

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Rosapepe's Report to Beltsville

New Property Tax Credit for senior citizens

In 2009, we helped pass a state law allowing the County to cut property taxes for senior citizens, starting at age 65.

We're pleased to report that Councilmen Tom Dernoga and his colleagues voted to use this law to create a new tax credit for seniors (65 and over) if they've lived in their home for at least ten years and its value is no more than \$500,000.

The first deadline to apply is October 1, 2023. For more information go to <https://www.prince-georgescountymd.gov/426/Property-Taxes> or call the County's Treasury service at 301-952-4030.

New Senior Housing Assistance Pilot Program Launches July 28

The Prince George's County Council enacted Council Bill 42-2023, the Senior Housing Assistance Pilot Program Act. This bill provides financial assistance in the form of a one-time rent payment, mortgage payment or property tax payment.

To be eligible, residents must be 65 years or older, have lived in the County for at least 5 years, and have an income equivalent to or less than the 40% AMI. Additional information can be found by contacting your County Councilmember. The bill will go into effect on July 28, 2023.



Senator Jim Rosapepe

WSSC is Helping County Residents Get Current

WSSC's Amnesty Program has been extended to July 31. Act now to find out if you are eligible for late fee waivers and bill credits. Visit wsscwater.com/getcurrent for more information.

COVID Call Center Services

MDGOVAX Call Center Services are transitioning to 2-1-1 Maryland. Marylanders can still receive information and referrals regarding COVID-19 resources by calling 2-1-1 or texting your zip code to 898 211.

Beltsville Community Center Offers Adult Classes

The Beltsville Community Center is nestled in a wooded area with a walking trail; workout room; soccer and baseball fields; as well as a children's playground. Adults of all ages can enjoy classes throughout the year. For those who want to keep moving, a sampling of the classes includes Tai Chi, Judo (beginner and advanced), Yoga and Zumba. For more information call (301) 937-6613.

Legal Assistance Available for Veterans

The Homeless Persons Representation Project, Inc (HPRP) offers legal assistance for homeless or low-income veterans with service-connected ability benefits, non-service-connected pensions, and discharge upgrades. Learn more about HPRP's programs and services by calling 410-685-6589.

Contact me

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 or call 410-841-3141.

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The brevity of days we own.
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Awaiting plans of joy we pant,
For time at first seems slow,
But soon, too soon, the hours fly
Away before we know.
In ages past those of renown
Have written of our plight,
And even our own sages say
With sorrow all must die.
Young hearts are wise if they sit still,
Constraining energies
To meekly learn the will of God,
His purpose and to seek,
Not ev'ry hunger or each urge,
Of which some may be good,
Instead eternal entities
Where life is understood.
Our Maker knows where treasure lies,
His storehouses o'erflow,
Enriching with His priceless words
Giv'n to us long ago.
Do justice in your daily ways,
Love kindness as you talk,
Be humble, fear the Lord, and pray,
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We need to see His face
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From Him in His embrace.

Beckie Hutchings | 7/10/2023

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Statepoint Crossword: Finish The Lyrics

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	
13					14			15				
16					17			18				
	19				20		21	22				
			23				24					
25	26	27		28		29		30	31	32	33	34
35			36		37		38		39			
40					41			42		43		
44				45		46				47		
48					49		50		51		52	
					53		54		55		56	
57	58	59	60					61			62	63
64						65	66			67		68
69						70				71		
72						73				74		

ACROSS

1. *"Back in ____ I hit the sack"
6. Lavatory, abbr.
9. Arctic floater
13. Revered Hindu
14. Three, to Caesar
15. Poison ampules, e.g.
16. Neckwear option
17. *"Sometimes it's hard to be a woman, giving ____ your love to just one man"
18. Most populous country
19. *"It's going down, I'm yelling ____"
21. *"Sugarpie honeybunch, you know that I ____"
23. Act on IOU
24. Spanish sparkling wine
25. Mel ____, Giant Hall-of-Famer
28. Garbage in, garbage out, acr.
30. *"If everybody had an ocean ____ the U.S.A., then everybody'd be surfing"
35. Less than average tide
37. All's opposite
39. ____, Wind & Fire
40. Gas station brand
41. Bottom-ranking employee
43. *"The future's not ours to see, que ____"
44. ____ Coffee, whisky drink
46. African river
47. Part of a sweatshirt, sometimes
48. ____-____-tat, drum roll

DOWN

1. Undergarment
2. Catalog
3. Fungal spore sacs
4. "____ at the bit"
5. Soldier's knapsack
6. Pinocchio, e.g.
7. Be unwell
8. Pancho's last name
9. Like certain print
10. *"Here's a story of a lovely ____"
11. Assortment
12. Genesis twin
15. Fast and lively, in music
20. Giving a once-over

22. Spermatozoa counterparts
24. Reassert
25. *"Believe it or not, I'm walking ____"
26. Sailor's cry: "____ firma!"
27. Like an implied agreement
29. *"You're here, there's nothing I fear, and I know that my heart will ____"
31. Possible allergy symptom
32. Black and white treats
33. Leather razor sharpener
34. *"Will the real Slim ____ please stand up"
36. Well-mannered Emily
38. Adult elvers
42. Live it up
45. Mooring rope
49. Though, shortened
51. Another name for papaw
54. Below, prefix
56. Be a slowpoke
57. Jellies' seeded cousins
58. A-bomb particle
59. Sheltered nook
60. Was aware of
61. Gives a hand
62. Lotus position discipline
63. Censor's target
66. *"I'm friends with the monster that's under my ____"
68. Salon offering

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See Solution on page 10

Rare Dinosaur Fossils Discovered at M-NCPPC, Department of Parks and Recreation, Prince George's County Dinosaur Park

First of its Kind Found in Maryland since 1887

LAUREL, Md. – M-NCPPC, Department of Parks and Recreation, Prince George's County paleontologist and volunteers discovered the largest theropod fossil in Eastern North America during a dig experience program at the Dinosaur Park on April 22, 2023. Additional fossils found nearby

elevate the Dinosaur Park's classification to a "bonebed." The term "bonebed" is used by paleontologists when bones of one or more species are concentrated within a geologic layer. This is the first dinosaur bone bed discovered in Maryland since 1887.

"Finding a bonebed like this is a

dream for many paleontologists as they can offer a wealth of information on the ancient environments that preserved the fossils and provide more details on the extinct animals that previously may have only been known from a handful of specimens," said JP Hodnett, M-NCPPC, Department of Parks

and Recreation, Prince George's County Dinosaur Park Paleontologists and Program Coordinator. "Most paleontologists have to travel across the country or go overseas to find something like this, so having this rare find so close to home is fantastic!"

Hodnett made the initial discovery and classified the 3-foot-long shin bone as a theropod, a branch of the dinosaur family that contains carnivorous dinosaurs such as Tyrannosaurus rex. His initial hypothesis of this fossil is an Acrocantosaur, the largest theropod in the Early Cretaceous period, estimated to measure about 38 feet long. Acrocantosaur teeth have been previously collected from Dinosaur Park.

"Dinosaur fossils are exceptionally rare in the eastern US, and among these only Maryland has produced dinosaurs from the Early Cretaceous Period. Typically, only one or two bones are found at a time, so this new discovery of a bonebed of fossils is extremely important. It is certainly the most significant collection of dinosaur bones discovered along the eastern seaboard in the last hundred years," said Matthew Carrano, a paleontologist with the Smithsonian.

University of Maryland Paleontologist Thomas Holtz, the first to verify the theropod discovery at the park, said "The dinosaur site at Laurel is by far the most important dinosaur dig site in America east of the Mississippi. It is historically significant, as it was one of the first dinosaur fossil sites found in the U.S. More importantly, it gives us insights into the diversity of animals and plants at a critical period in Earth's history."

The first fossil found in the bonebed was a four-foot-long limb bone encased in ironstone of a large dinosaur, the identification is unknown at this time. Additional ancient plant and animal fossils found between 2018 to present include:

- Priconodon, a large, armored dinosaur, teeth, osteoderms, and vertebra
- Sauropod (Long Necked plant-eating dinosaur, 60-70 feet long), possibly Astrodon, one tail vertebra.
- Ornithomimid, ostrich-like dinosaur, ankle bone, claw, and a vertebra
- Large theropod, possibly Acrocantosaur, 3-foot-long shin bone from a 35+ foot long meat-eating dinosaur.

- Deinonychus, a bird-like predatory dinosaur and larger Velociraptor-relative, tooth
- Small tyrannosaur, early T. rex relative and first evidence of this group in Maryland, potential oldest in Eastern North America, tooth.
- Small theropod (coelurosaur), chicken-sized meat-eating dinosaur and distant relative to T. rex, thigh bone.
- Crocodile, tooth.
- Turtle, multiple shell segments and limb bones, possibly more than one individual.
- Stingray, oldest North American fossil representative, 2nd oldest globally, tail barb.
- Coprolites- fossilized animal poops.
- Large freshwater clam.
- Large, carbonized conifer wood log segments.
- Carbonized seed cone clusters.

"This discovery marks an extraordinary milestone in the field of paleontology and opens a window into the ancient world and species that once roamed this land millions of years ago," said Peter A. Shapiro Chairman of The Maryland-National Capital Park and Planning Commission. "We are proud of our dedicated team of experts at the Department of Parks and Recreation, Prince George's County and their ongoing efforts in preserving and studying our natural heritage."

The Dinosaur Park located in Laurel, Maryland is a property of the Maryland-National Capital Park and Planning Commission (M-NCPPC). M-NCPPC, Department of Parks and Recreation, Prince George's County provides a variety of educational experiences where the public can assist Dinosaur Park staff and be paleontologists for a day. Fossils found at the park are 115 million years old (Early Cretaceous period), occurring approximately 50 million years before the Tyrannosaurus Rex. The area represents what remains of an Early Cretaceous period river and wetlands, similar in environment to the Patuxent River Park in Upper Marlboro, Maryland today.

The fossils found will be excavated out of the field and will be cleaned, examined, and cataloged into the Department's Museum system. To learn more about Dinosaur Park and its programs visit pgparks.com.

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NNO 40
YEARS
NATIONAL NIGHT OUT
2023

NATIONAL NIGHT OUT
August 1, 2023
6:00 PM to 8:00 PM

PRINCE GEORGE'S COUNTY POLICE DEPARTMENT
Beltsville Division VI
4321 Sellman Rd, Beltsville



With the help of our Beltsville and Laurel community partners, Prince George's County Police Department - Beltsville Division VI will be hosting our popular National Night Out event again this year! It is scheduled for August 1, 2023 from 6:00 PM to 8:00 PM at our station located at 4321 Sellman Road, Beltsville.

We are partnering with numerous other federal, state, and local public safety agencies for the event and will have free food, games, demonstrations, displays, and a wealth of community resources for everyone. Come on out and join us!

From the Office of Council Chair Tom Dernoga

Pre-Application Neighborhood Meeting for Proposed Development

A development has been proposed for the subdivision of the Beltsville Costco properties into one lot for the relocation and expansion of the Beltsville Costco Fuel Facility. A neighborhood meeting will be held, in accordance with M-NCPPC guidelines, on Wednesday, August 9, at 6:45 PM at St. John's Episcopal Church to discuss this project in greater detail with the community.

Rare Dinosaur Fossils Discovered at Dinosaur Park

Last month, M-NCPPC Department of Parks and Recreation in Prince George's County announced an incredible discovery at Dinosaur Park in Laurel. Local paleontologists and volunteers uncovered a portion of a large carnivorous dinosaur shin bone, also called a theropod tibia. It is the largest theropod fossil discovered in Eastern North America. Experts believe the three-foot shin bone belongs to an Acrocanthosaurus, the largest theropod in the Early Cretaceous period – about 38 feet long!

Dinosaur Park provides educational experiences for dinosaur enthusiasts and allows visitors to participate in paleontological activities. It is home to fossils around 115 million years old, dating back to the early Cretaceous Period, pre-dating the Tyrannosaurus Rex by 50 million years.

This discovery is significant for the state of Maryland and paleontological research, elevating the park to what's known as "bone bed" status, the first of its kind in Maryland since 1887. Notably, the park is also known for housing *Astrodon Johnstoni*, the largest species of dinosaur found east of the Mississippi River, also known as the Maryland State dinosaur.

Dinosaur Park Open House

During the 1st and 3rd Saturdays of each month, M-NCPPC Dinosaur Park hosts an open house for visitors of all ages to participate in scientific discovery. From June to September, the hours are 10 AM to 2 PM. From October to May, the hours are 12 PM to 4 PM. More details are available at bit.ly/DinosaurParkInfo

New Superintendent for Prince George's County Public Schools

Last month, the County Council met with Mr. Millard House II, the new Superintendent for Prince George's County Public Schools (PGCPS). Prior to his selection, Mr. House implemented several initiatives aimed at improving stu-

dent achievement as the Superintendent of the Houston Independent School District (HISD) in Houston, Texas, including the expansion of early childhood education programs, the implementation of data-driven instruction, and the creation of specialized programs to support students with diverse needs. He also worked to improve teacher retention and recruitment and oversaw the development of a strategic plan

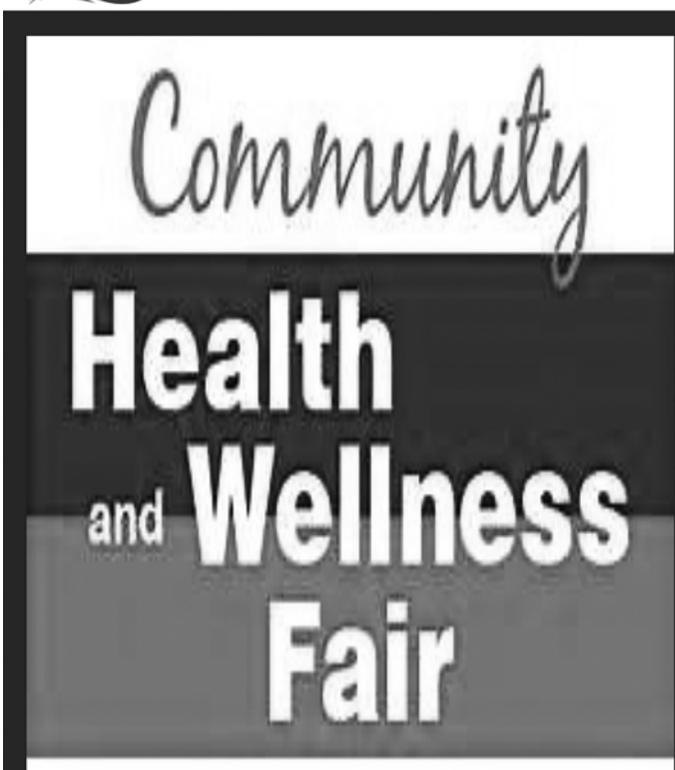
for the district. We look forward to collaborating and together working to improve our local schools.

Contact Us

Please keep in touch. Email us at councildistrict1@co.pg.md.us or call 301.952.3887. Se habla Español. On parle Français. Follow us on Facebook, Twitter, and Instagram: @TomDernogaD1



Council Chair Dernoga and the District One Team celebrating the 4th of July.



Bring your walking shoes and join us for a one (1) mile walk on Saturday @ 10:00 a.m. to kickoff the Health Fair, weather permitting.



Saturday, August 12, 2023

10:00 a.m. - 3:00 p.m.

FREE & Open to the Community

Queen's Chapel United Methodist Church

7410 Old Muirkirk Road

Beltsville, Maryland 20705

Rev. Dr. William E. Butler, Pastor

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- Kidney Screenings
- Vision Screenings
- Community Health Support, Education and Resources
- NARCAN Training
- Massage Therapy (*Chair or Hands*) @ 11:00 a.m. - 1:00 p.m.
- Gospel Line Dance @ 12 noon
- Zumba Gold Aerobics @ 1:30 p.m.

And more

FOR FURTHER INFORMATION

CONTACT: sondrastev@aol.com



Joint partnership with Residents for a Better Beltsville, Maryland Transportation Authority Police Department and Prince George's County Police Department



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BRIEFS

continued from page 1

Melissa Christenson again. We truly enjoyed her singing at our May meeting, and know she'll get us off to a delightful fall season.

I hope to see some new faces

along with our usual members; bring a friend to see what we have to offer. Questions, call me at 301-498-9736; leave a message if needed and I'll get back to you.

The Women's Club of Beltsville

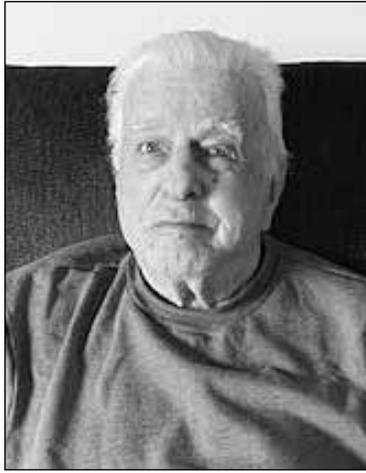
By Karen Coakley

The Women's Community Club of Beltsville celebrated the 4th of July at the Calverton Citizen's Association Celebration! We passed out "Ice Pops" to help everyone stay cool. The Police Explorers from Beltsville Division VI Color Guard presented the Flags to open the festivities. Join us on Tuesday, August 1st to celebrate Police National Night in front of the Beltsville Library.



The Women's Community Club of Beltsville celebrated the 4th of July at the Calverton Citizen's Association Celebration!

Obituaries



Richard Paul Coates

Coates, Richard Paul

Richard Paul Coates passed away on June 25, 2023 (age 90) at home. He is survived by his wife of 51 years, Catherine Coates, son Robert Coates, daughters Stacey Puryear and Antionette. Grandfather of Kinston & Marley Coates. Richard was born on Dec. 24, 1932 in Pittsburg, Pa. He worked various jobs as a teenager before enlisting in the Army and serving in Korea during the Korean War. After his military time, he worked for over forty-five years as a meatcutter, at A&P. In 1975 Richard and his family moved to Beltsville, MD where they resided for 50 years.

Richard was an avid bike rider and could be seen riding for hours throughout the surrounding communities daily. He was a very devoted father and family man and always enjoyed spending time with his family and grandchildren. He will be sorely missed by all.

Harrison, Barbara Ann

We are sad to announce that Mrs. Barbara Ann Harrison, 77, of Beltsville, Maryland, passed away on Friday, July 7, 2023, at the White Oak Medical Center in Silver Spring, Maryland.

Barbara was known for her friendly and sincere smile and welcoming spirit. She deeply loved her family, husband, children, and grandchildren, and was always there for them with a listening ear and supportive advice. Barbara loved spending time with family and friends, whether in person or on the phone, was her kids'



Barbara Ann Harrison

biggest cheerleader and loved to spoil her grandchildren. Through the way she dealt with her personal health challenges over the latter portion of her life while almost always remaining positive, while relying on her faith, she demonstrated the true meaning of optimism and perseverance. She will be missed greatly by her family and friends.

Born Barbara Ann Klein on April 5, 1946, in Frederick, Maryland, she was the daughter of the late Alvin and Annabel Klein. She was a graduate of Frederick High School, and subsequently graduated from the University of Maryland in 1971, with a Bachelor of Science degree in Home Economics. After college, Barbara worked for the Environmental Protection Agency in Washington, D.C. Subsequently, she worked at the U.S. Department of Health, Education and Welfare (HEW), where she worked in the Public Affairs department.

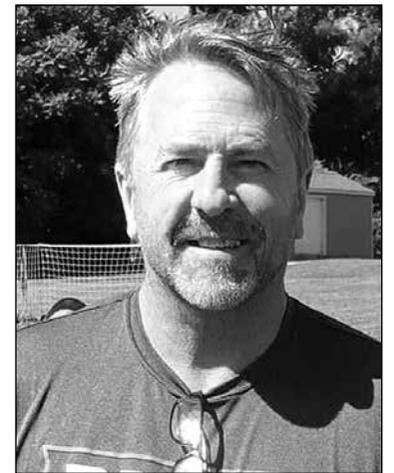
In June of 1974, Barbara married John R. (Jack) Harrison, and they settled in Beltsville, Maryland. They have two children... son, John K. Harrison, and daughter, Kristina R. Harrison (now Kristina Wiggins). After being a working parent for much of her career, she retired from the Federal government (HEW) with more than thirty years of service. Barbara was also a member of the Evangelical Lutheran Church and the American Legion Auxiliary.

Barbara is survived by her husband, Jack Harrison of Beltsville, Maryland; her son, John K. Harrison and his wife Jessica Harrison and grandson Theodore J. Har-

ison of San Francisco, California; her daughter, Kristina Wiggins and her husband Justin Wiggins and grandsons Noah H. Wiggins and Eli J. Wiggins of South Berwick, Maine; brother-in-law Richard M. Harrison, his wife and her sister-in-law Chrissie Harrison of Hampstead, Maryland, and their children, Laura Streiker and her husband Jerry Streiker, Glen Harrison and his wife Kaitlin Harrison, and Nathan Harrison.

She was preceded in death by her parents, Alvin and Annabel Klein, and her brother, Stephan F. Klein.

Memorial Services were held on Monday, July 17, 2023 from 2:30 to 4:30 pm at Stauffer Funeral Home, 1621 Opossumtown Pike, Frederick. In lieu of flowers, memorial contributions may be made to the National Multiple Sclerosis Society.



Robert "Bobby" Wayne Langway

Langway, Robert Wayne

Robert "Bobby" Wayne Langway, 63, was a deeply loving father, grandfather, brother, uncle, son-in-law, brother-in-law, and friend. Bobby was born in Washington D.C., raised in Silver Spring, Maryland, relocated to Beltsville, MD and later to Edgewater, MD. He worked for Bowman Distribution/MSC for 33 years. Bobby passed away on Sunday, July 9, 2023.

He is survived by his wife, Kim, son, Troy (Cathy), daughter, Brittany, grandson, Blake, brothers, Harry, Jr. and Paul, many nieces, nephews, and close relatives. Bobby was predeceased by his parents, Helen Johnson and Harry Langway, Sr.

Bobby was the epitome of selflessness - much of his spare time was spent fixing things and helping his relatives, friends, and even strangers. He had a passion for coaching sports, classic rock, corvettes, playing guitar, singing karaoke, playing trivia, and most importantly spending time with his family. Bobby never passed up an evening walk with Kim and the family dog, Boots.

A celebration of life was held at Borgwardt Funeral Home on July 15, 2023. Memorial donations in Bobby's honor may be made to the American Heart Association.

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Crossword Solution from page 5

B	L	A	C	K		L	A	V		F	L	O	E	
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Back to School 2023

Another August and another school year. Welcome to our annual Back to School Edition of Tech Sense. The last two years we have transitioned from the pandemic years where school was totally dependent on technology to something that more closely resembles what we had before the pandemic. The exception is that now students, parents, and teachers are more familiar with technology, the technology has become a more embedded part of our education system. At least for the learning institutions in our region. So, let's take a look at back to school for 2023.

Laptops and Desktops

A common question I get is about the computers for school, should they be laptop computers or desktop computers. My answer before the pandemic was desktops for elementary and middle school but consider laptops for high school students who will likely benefit from the portability and definitely laptops for college students. My reasoning is that I prefer to protect younger children by having them working in a common space where what they are doing can be observed. Today it is more likely every child needs a computer to use, and they all need it at same time. They also need cameras, microphones, and sound. Right now, Laptops priced well so I am ready to suggest laptops for everyone.

Create a Study Area

I do not like the idea of children behind a closed door with their computer. I believe that children should use computers but out in the open where they can be seen and heard. As they get older and more experienced the rules can be relaxed. I also suggest using a service like OpenDNS (www.opendns.com) a free service that protects your family from things you don't want to see.

Windows versus Chrome Book

Ok, I didn't include Apple or Linux computers here because neither are common in the K-12 group. Many schools are using Chrome Books for younger kids because Chrome Books are easier to maintain and give the schools and parents more control over the computer. They are also less costly when your child decides to throw it down the stairs. Make sure your school supports Chrome Books first. As the child approaches High School, Windows becomes more necessary.

Tablets

Tablets are great for kids of all ages. My 3-year-old granddaughter even has a tablet. A tablet can be made nearly indestructible and there is a lot of good educa-

tional programming for kids of all ages. You can also let your children watch pre-approved movies and shows and listen to approved music. Most have options to keep the children off the internet and out of the stores, limiting these features to the parents. If allowed the children can even call their grandparents or get an approved list of friends and family.

Tablets are not typically used in schools, but they are a great learning tool for everybody. College students may find them useful for notetaking (I do). Also, I find tablets useful for reading and watching movies when I travel. Currently the Samsung Galaxy series and the Amazon tablets are the best values I see. Amazon tablets are limited to purchases on the Amazon store. Buy a protective case for the tablet, some are specifically designed to protect the tablet from young children.

Printers

Many learning environments have replaced turning in paper with emailing or uploading assignments as a PDF document. There are still times where you simply must print something out. There are services where you can pay to have a document printed but they can be expensive. I still find myself using printers regularly. In general, there are three types of printers: the ink jet, the laser, and the all-in-one.

The ink jet is often the least expensive, but beware: many companies make their money by selling ink at outrageous prices. I find that I can no longer recommend HP printers because they will actually periodically update their code to prevent the printer from printing with less expensive ink essentially breaking the printer, so it is useless. I do not recommend ink jet printers that combine the three-color inks into a single tank or cartridge. When you run out of one color you must buy all three adding to the cost. I prefer an ink jet that has separate tanks for each color, this way I only need to change the used-up ink. Some printer companies now offer printers that allow easy refilling of the tanks.

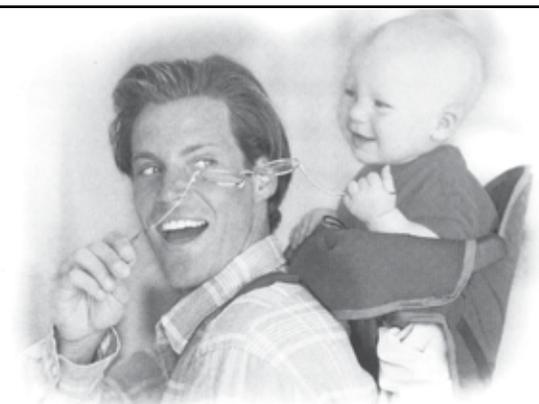
Laser printers are the most reliable and least expensive, printing thousands of pages per print cartridge. Most laser printers only print in black and white, but the quality is very high.

All-in-one printers are mostly ink-jet printers with other features like document scanning, copying, and even fax capabilities. Look for these printers with separate tanks just like an ink jet and avoid HP. Brother has been a reliable brand for me for both laser and ink jet printers. I am also a fan of Canon ink jet printers.

Other Stuff you may need

Let's not forget mice, keyboards, microphones, headsets, and USB memory. I prefer a Bluetooth mouse for laptops. All modern laptops have Bluetooth built in and using a Bluetooth mouse means you don't have to waste a USB port for the mouse. Even if you are using a laptop, it is nice when at home to be able to use a full-size keyboard. Headsets allow you to listen to sounds from your computer without disturbing anyone else. USB memory is still a good way to backup your computer.

Well, I am running out of space. Please enjoy the rest of your summer while it lasts.



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PG County, MD Market Statistics June 2023

Sold Summary

	Jun 2023	Jun 2022	% Change
Sold Dollar Volume	\$357,998,207	\$397,457,623	-9.93%
Avg Sold Price	\$446,851	\$430,202	3.87%
Median Sold Price	\$425,000	\$415,000	2.41%
Units Sold	808	944	-14.41%
Avg Days on Market	20	15	33.33%
Avg List Price for Solds	\$443,616	\$423,549	4.74%
Avg SP to OLP Ratio	100.7%	101.7%	-1.01%
Ratio of Avg SP to Avg OLP	100.3%	101.7%	-1.42%
Attached Avg Sold Price	\$369,633	\$337,696	9.46%
Detached Avg Sold Price	\$498,885	\$494,257	0.94%
Attached Units Sold	325	386	-15.80%
Detached Units Sold	482	558	-13.62%

Notes:

- SP = Sold Price
- OLP = Original List Price
- LP = List Price (at time of sale)
- Garage/Parking Spaces are not included in Detached/Attached section totals.

STILL A GREAT TIME TO SELL YOUR HOME!

COLLEGE PARK AVIATION MUSEUM

Address: 1985 Corporal Frank Scott Dr., College Park, MD 20740. Phone: 301.864.6029. Fax: 301.927.6472. Regular hours of operation: Open Tuesday – Sunday from 10 a.m. to 4 p.m. Closed Mondays and major holidays. Some events may have special hours of operation. Cost: Adults/\$5; Seniors/\$4; Children/\$2 (1-year-old and under, free). The museum exhibit area highlights 10 unique aircraft and objects relating the history of early aviation at the College Park Airport. Please contact the museum regarding additional activities and updates to COVID-19 protocols.

AUGUST 2023

Calendar of Events

EGG DROP CHALLENGE

Sat., Aug. 12 from 11 a.m. to 3 p.m. Splat or survive? Explore the engineering design process as you construct an egg-protective device to save your egg from breaking from a 20-foot fall. Come challenge yourself and win prizes! Ages 8 – 18. Cost: \$5 per participant.

LAUREL-BELTSVILLE SENIOR ACTIVITY CENTER

Masks are optional. Contact the center for updates. Membership is free for

Beltsville residents who are 60 years old or older. Closed on Sundays and most major holidays. Contact the center for updates to hours of operation and current COVID-19 protocols. 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. Maryland Relay 7-1-1 for customers who are deaf, hard of hearing, or have a speech disability.

LAUREL SENIOR FRIENDSHIP CLUB (LSFC)

Our next meeting will be Wed., Aug. 9 at 10:30 a.m. The meeting room doors open at 9:30 a.m. We will have a short business meeting and the musical duo of Cheryl & Dan Devio will entertain us. Every Tuesday Bingo: 12 noon each Tuesday (doors open at 11 a.m.); fee for cards, NO admission fee. Interested people can contact the LSFC office for more details on Mon., Tue., Wed., and Fri. from 10 a.m. to 12:30 p.m. at 301.206.3380.

NATIONAL WILDLIFE VISITOR CENTER

Main phone: 301.497.5772. 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*. See the Friends of Patuxent website for more information at <https://friendsofpatuxent.org/>.

THE BUILDING, ART GALLERY, & BOOKSTORE

Contact the Visitor Center for updates. Main phone: 301.497.5772. Join our e-mail list by contacting timothy_parker@fws.gov. More information can be found at www.fws.gov/refuge/patuxent. The Visitor Center and the art gallery are open Tuesday – Saturday from 9 a.m. to 4:30 p.m.; closed on Sunday, Monday, and federal holidays. The art gallery is adjacent to the bookstore. **The featured artist for August 2023 is Annie Strack, who specializes in mixed media.** The bookstore is open Tuesday – Friday from 11 a.m. to 4 p.m. and Saturday from 10 a.m. to 4 p.m.

POLLINATORS IN A POT

Sat., Aug. 5 from 2 p.m. to 3:30 p.m. All ages, registration required. How do you create a wildlife home in the limited space of a patio or deck? Join in on this informative session and adopt a native plant grown at the USGS Bee Lab.

JUNIOR WILDLIFE RANGER

Sat., Aug. 12 from 10 a.m. to 11:30 a.m. Ages 6 – 10, **registration required.** Join a Refuge Ranger to explore 5

nature-related activities. Complete your Junior Wildlife Ranger (JWR) activity booklet and earn a JWR badge!

BARK RANGER TRAINING

Sat., Aug. 12 from 2 p.m. to 3:30 p.m. All ages, **registration required.** Does your dog enjoy walking the trails at Patuxent? Bring your dog to our BARK Ranger training. Upon completion your dog can monitor the trails as a certified B.A.R.K. Ranger. (Participating youth must be accompanied by an adult.)

EASY BUTTERFLY-HABITAT GARDENS

Sat., Aug. 12 from 2 p.m. to 3:30 p.m. All ages, **registration required.** Learn how to provide basic habitat for attracting common native butterflies and birds to your yard. In this class we will look at on-line resources available to help you invite more wildlife to your yard. Some free native plants may be available.

FAMILY FUN: WELCOME WILDLIFE TO YOUR YARD

Fri., Aug. 25 and Sat., Aug. 26 from 10 a.m. to 1 p.m. each day. All ages, no registration. As houses and shopping centers continue to replace wildlife habitat, the birds, bugs, and animals need to find new places to live. Why not welcome them to your back yard? You don't need a big yard— even a small balcony can provide a mini habitat. Come learn various ways to attract and help wildlife, while you enjoy hands-on activities, games, and crafts. There will be something for everyone! This is a drop-in program: come when you wish and leave when you're ready.

EVENING WILDLIFE HIKE AT CASH LAKE

Sat., Aug. 26 from 5:45 p.m. to 7:45 p.m. Ages 12+, **registration required.** Take a leisurely hike around Cash Lake led by former Refuge Manager Brad Knudsen as we look for wildlife and learn about their habitats and refuge management. Bug spray and binoculars recommended. Enjoy a beautiful sunset over Lake Redington.

KIDS DISCOVERY CENTER

Tue. – Sat. at 9 a.m., 10 a.m., 11 a.m., and 12 noon. Duration: 35 minutes, each session. *Registration is strongly recommended.* Activities are designed for: 1) Children ages 3–9, with parent/guardian in attendance; 2) Young Special Needs populations, with adult support; and 3) Young English-language-learners, with adult support.

Older siblings are encouraged to join with parents and work with their younger siblings to help them understand and complete the activities.

The theme for August is **Timber!** Who likes rotting trees? Whether birds, mammals, insects, or vegetation like rotting trees best, is anybody's guess!

MONARCH MAGIC!

The Monarch butterflies are back and the Monarch Magic Center is open Tue.

– Sat. from 9 a.m. to 4:30 p.m. See these amazing creatures and their various stages of development from eggs to caterpillars to butterflies. *If you would like to join our Monarch Team and help us support these beautiful, magical wonders of the sky, please call Barrie, or leave a message with your phone number at 301.497.5772.*

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. We continue to serve our customers remotely during regular business hours. Online information products are always available at NAL.usda.gov and Nutrition.gov. Get MyPlate nutrition information for babies and toddlers via the free Amazon Alexa app. To learn more, visit www.myplate.gov/myplateassistant.

BELTSVILLE LIBRARY SUMMER EVENTS

The library will be closed on Mon., Aug. 7 for Staff Day. Address: 4319 Sellman Rd., Beltsville, next to the police station. The main phone number is 301.937.0294. TTY: 301.808.2061. Ask a Librarian telephone reference: 240.455.5451. Regular 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 on most major holidays. Contact the library for updates and late changes. See www.pgmls.info/location/Beltsville for online services.

PROGRAMS FOR CHILDREN AND FAMILIES

READY-2-READ PRESCHOOL STORYTIME

Mondays at 10:30 a.m. for ages 3 to 5 years old.

SPANISH READY-2-READ STORYTIME

Thursdays at 10:30 a.m. for ages 3 to 5 years old.

FAMILY MOVIE

Wed., Aug. 9 from 4 p.m. to 6 p.m. Come see *The Goonies*.

SUMMER MEALS

The program will go through **Fri., Aug. 11.** For ages up to 18 years old. Come receive a free lunch. Available Mon.–Fri. at 1 p.m.

STEM-TASTIC BALLOON CAR CHALLENGE

Tue., Aug. 15 at 5 p.m.

SUMMER READING PROGRAM

Prince George's summer reading program will go through **Thur., Aug. 17.** All ages. Register in person at the branch or online at <https://www1.pgmls.info/summer>. Prizes available while supplies last.

POKEMON GO AND DRAW

Sat., Aug. 26 at 12 noon.



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 4509 Romlon #302 **\$222,500**

TOWNHOMES:

11314 Clearbrooke Court **\$324,900**
 7328 Calico Rock Landing Road
\$430,000

DETACHED HOMES:

4408 Tonquil Place **\$476,000**
 4602 Josephine Avenue **\$500,000**
 13134 Oriole Drove **\$525,000**
 10420 43rd Avenue **\$525,000**
 10503 Woodleigh Court **\$690,000**

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Good Times in the Great Outdoors at Riderwood

“Adults over 70 who spend time outdoors experience fewer sleep difficulties and enjoy improved mobility to perform daily activities,” according to the Journal of Aging and Health. “Time outdoors also lowers blood pressure, reduces stress, improves mood and focus, helps in healing, and supports graceful aging.”

Erickson Senior Living offers safe, accessible outdoor environments

that encourage residents to get active and socialize, enhancing their overall well-being.

At Riderwood, the Erickson Senior Living community in Silver Spring, Md., residents reap the many benefits of time spent outdoors by connecting with friends and participating in an array of activities.

“Having an array of outdoor amenities is a key component to driving resident activity and maximizing their well-being,” says Resident Life Manager Christopher Taydus. “There is so much to do outside on our campus.”

Walk in the park

With 120 acres of scenic green space, Riderwood boasts a wide range of flowering trees and plants, well-maintained walking trails, and several ponds.

“I am a regular walker,” says resident Henry Heilbrunn. “Every morning, throughout the four seasons, I look forward to a walk around campus. The three miles I track, all within the beautiful, gated campus grounds, go by quickly.”

Henry notes that, most days, he passes neighbors walking their pups, golfers practicing their swings, and bocce and pickleball players in action.

Resident Sulocha Fernandopulle appreciates the flora and fauna she strolls by on her walks around campus.

“I enjoy all the outdoor walking paths,” she says. “Riderwood has two lakes with walking paths around them. The path around



Resident Jack Hessler, president of the Riderwood Bocce Club

well-being amenities and services to residents in its communities across the country.

At Riderwood, funds were used to refresh the dog run and expand the outdoor recreation center to include new pickleball courts, a putting green, and a driving range.

Resident Jack Hessler, president of the Riderwood Bocce Club, utilizes the two bocce courts from mid-April to mid-Novem-

ber.

“Bocce is a perfect activity for many retirees because it requires no exceptional athletic ability,” says Jack. “Everyone gets in some great exercise while enjoying fresh air and the wonderful outdoor ambience that Riderwood provides. Lots of people just show up and play when they can.”

He adds, “The fact that bocce is an activity my wife Elaine and I can do together is a bonus!”

Al fresco options

After a busy day of soaking up the sun, residents relax and dine al fresco at the bistro in the Town Center Clubhouse and at the pub in Lakeside Commons Clubhouse.

“And even in the colder weather, residents gather around the firepits on the patio of our Wellness Center to enjoy s’mores and hot cocoa,” says Taydus.

“Throughout the year, you’ll find numerous residents participating in a variety of outdoor activities,” he adds. “Outdoor campus-wide events include our annual Harvest and Summer Festivals, which feature live music, food trucks, arts and crafts, a photo booth, and a petting zoo.”

Get outside!

Thanks to resident-led efforts and investments in outdoor spaces, an increasing number of Riderwood residents are finding ways to spend time outside, which is proving to be an integral part of their active, worry-free lifestyles.

Mallard Lake is rustic and always hosts some kind of wildlife. Blue herons are frequent visitors, as are red-winged blackbirds. We often see Canadian geese and deer at the end of the path, too.”

Gardens galore

Green thumbs appreciate the Riderwood Garden Club, which tends to 168 garden spaces—some of which are fairy, rose, and bonsai themed. Home-grown vegetables, flowers, and herbs are generously shared among neighbors.

“I enjoy gardening for many reasons,” says resident Mary Chor, president of the Riderwood Garden Club. “Gardening is a stress reliever. It’s an opportunity to be creative and experiment, a fun way to exercise while spending time with like-minded people, and, my favorite, the chance to get some dirt under my nails!”

Even those who do not tend to a garden space, like spending time among the harvest.

“Walking through the community gardens is delightful, as there is something growing all the time,” says Sulocha.

Sporting fun

For those with a competitive spirit, softball is just the beginning of Riderwood’s long list of outdoor activities.

Last year, Erickson Senior Living provided a multimillion-dollar investment through its Well-Being Fund to support the addition of enhanced health and

of the Common Ground Health African American Health Coalition, seeking to address structural inequities that result in poor health outcomes using an upstream approach, examining and addressing root causes, rather than symptoms, to improve long-term outcomes and decrease health care costs. She is the recipient of several awards, including the Rochester Business Journal Power 100 (2022, 2021); the Greater New York City Black Nurses Association Nurse Educator Award; and the University of Rochester School of Nursing Mary Dombeck Diversity Enhancement Faculty Award. Conyers was recognized

nationally with her selection as a 2022 American Association of Colleges of Nursing Diversity Leadership Institute Fellow.

Conyers earned a Doctor of Nursing Practice degree and a Family Nurse Practitioner post-master’s certificate from St. John Fisher College; a master’s in nursing education from Roberts Wesleyan College in New York; a Bachelor of Science in Nursing from the University of Rochester; and an Associate of Applied Science degree in nursing from Monroe Community College in New York. She began her role at UMSON on June 5.

City of College Park named “Banner City” once again by MML

July 11, 2023, College Park MD – For the twelfth year in a row, the City of College Park has been named a “Banner City” by the Maryland Municipal League (MML). The designation recognizes the municipalities’ elected and appointed officials as MML’s most engaged members. The City earned the designation by its officials’ attendance at MML conferences and local chapter events; membership on the MML Board and committees; and outreach to schools to educate students about local government.

City of College Park Mayor Pro Tem and MML 2022-2023 President Denise Mitchell was also recognized during the conference. During the opening ceremony, Mayor Pro Tem Mitchell received the Key to Ocean City by Ocean City Mayor Richard Meehan in recognition for her dedicated work as MML President. At the Closing Ceremony, Governor Wes Moore awarded Ms. Mitchell a Governor’s Citation in apprecia-



Mayor Pro Tem Mitchell with Governor Wes Moore during the MML closing ceremony, photo credit by the Executive Office of the Governor

tion of her outstanding services. Congratulations Mayor Pro Tem Mitchell!

Beltsville News

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Masses: Please contact parish office for schedule

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Director: Mrs. Helene H. Stever
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www.stjosrcs.org

Principal: Mrs. Erin Meunier

Masses: Sat Vigil 5:00pm, Sun's 8:30am*, 11:00am;
Mon, Wed-Friday 8:00am; Wed 2:15pm**; and 1st Sat's 8:00am

*The Mass on Sunday 8:30am is also live streamed, connect with us on Flocknote for the link. ** The Mass on Wednesday at 2:15pm is only when School is open.

CONYERS

continued from page 2

know that she will build upon the strong foundation of our past work and help lead us forward as we continue our efforts to promote equity, diversity, inclusion, and respect for our students, faculty, staff, and all those who interact with the School of Nursing.”

Conyers brings a strong commitment to community engagement, having served as the founding president of the Rochester Black Nurses Association, a chapter of the National Black Nurses Association, and as the co-chair

Beltsville News CHURCH DIRECTORY

NAVY

continued from page 1

all times, according to Navy officials.

With 90 percent of global commerce traveling by sea and access to the internet relying on the security of undersea fiber optic cables, Navy officials continue to emphasize that the prosperity of the United States is directly linked to trained sailors and a strong Navy.

“Our mission remains timeless - to provide our fellow citizens with nothing less than the very best Navy: fully combat ready at all times, focused on warfighting excellence, and committed to superior leadership at every single level,” said Adm. Mike Gilday, Chief of Naval Operations. “This is our calling. And I cannot imagine a calling more worthy.”

Serving in the Navy means Ables is part of a team that is taking on new importance in America’s focus on strengthening alliances, modernizing capabilities, increasing capacities and maintaining military readiness in support of the National Defense Strategy.

“The Navy engages in all areas of warfare, and has a presence all around the world,” said Ables. “Our ability to meet those obligations is our greatest trait.”

Ables and the sailors they serve with have many opportunities to achieve accomplishments during their military service.

“I’m most proud of maintaining my discipline and motivation for my nine years of service,” said Ables. “This gives me the self-confidence that I can finish my career the same way.”

As Ables and other sailors continue to train and perform missions, they take pride in serving their country in the United States Navy.

“Serving in the Navy makes me feel accomplished and fulfilled with my career,” said Ables. “I know that I am doing good things.”

Ables is grateful to others for helping make a Navy career possible.

“I would like to thank anyone out there who has provided me with support over the years,” said Ables. “There are too many people out there to name however, they know who they are.”

“I am excited to be at the halfway point of my career,” added Ables. “It is exciting to know that I am at the top of the hill and ready to go down.”

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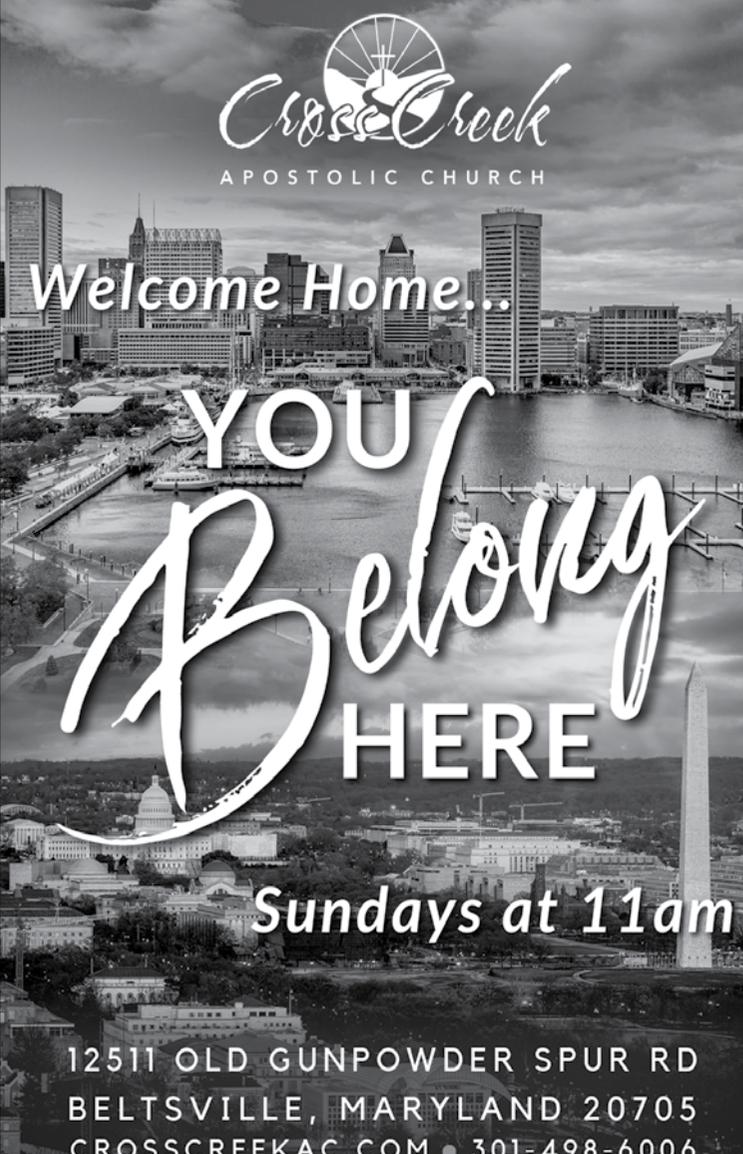
To view services online:
Go to <https://www.facebook.com/StJohnsZionParish/Live/>

Other services online via Zoom: Wednesday Noonday;
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Contact the Church office if you are interested in any of these resources



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Sunday Morning Hybrid Worship 10 AM
All In-Person Attendees are encouraged to wear a mask
Both in-person and virtual worship are closed captioned
Zoom details can be found on our website
You can also watch the live stream on our Facebook page.

What's Happening † Worship Sundays at 10 am (in-person & virtual)
† Food Distribution Saturday, Aug. 26: 8:00 11:00 am

And now these three remain:
faith, hope and love.
But the greatest of these is love.
1 Corinthians 13:13

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Evening Worship	6:00 p.m.

Wednesdays:

Adult Bible Study & Prayer	7:00 p.m.
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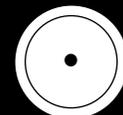


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Jason's Jive By Jason Inanga

My apologies for an unexplained absence last month. I had a lot of extra responsibility put on me, without notice and a challenge against time emerged. Thank God, I was able to deliver.

I will share some of what happened: as most of you know, I work with FedEx Express (23 years). Prior, I had worked in the Public Relations and Marketing industry for about five years, something I combined with being a journalist (read tv news nightly and also wrote for a daily newspaper in the Eastern Caribbean). In April 2023 I released the first-ever newsletter for my station, and then my Managing Director made contact with me to start one for The District, which I gladly accepted to do. Therein lies the challenge of coordinating information for 23 stations. The Inaugural issue was released on June 30 and has been positively received. So, I am literally back into my media roots. Got a digital camera and lens (www.keh.com) and external flash (www.mpb.com). If you ever want to get into digital photography, those are very good sites to get used and relatively new cameras and equipment.

I want to congratulate Nick

Ashman, a product of the Beltsville community, on his new role as a commercial airline pilot. Next time you board a plane, listen well and you just might hear his name, welcoming you on board. Nick is the first son of Chris and Andrea Ashman, two stalwarts in the Beltsville Community. They have been very active members of the Beltsville SDA Church on Ammendale Road, working with the young people in many ways. Every year, as a member of the Beltsville Pathfinder Club, Nick would go around with his peers, knocking on doors to interact with you, to collect canned goods for the Beltsville Broncos Pathfinder Club. You helped to create and sustain a fine and very respectful young man, so on his behalf, I want to thank the Beltsville Community for their role in molding him. I am hoping to have a more in-depth interview with him for our next issue of Beltsville News. If you ever board an aircraft being flown by him, please be sure to give him a fist bump and tell him you are from Beltsville. He flies for SkyWest Airlines --- which handles the regional routes for Delta, American, and United. He operates the CRJ 200, 700, and

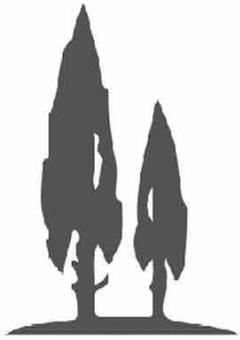
900. Meanwhile, the Texas Heat is not playing at all. Never imagined I would say I am used to working in 114-degree heat, which cools down to 100 degrees around 8 p.m. Key to this is to dress appropriately, pace yourself, and stay hydrated. The other thing I have started doing is consuming sea moss gel daily. It is all natural and it helps to keep me energized. I take it in its natural form and again it works wonders. Two years ago, when I drove from Dallas to Beltsville, I did the drive in 18 hours and 47 minutes. I consumed two tablespoons of sea moss prior to setting out. I stopped three times for gasoline and drove ten hours straight before stopping for a 40-minute nap. My trip was also lengthened by the traditional traffic on I 66 at night. My return journey, without sea moss in my system, took about 24 hours. Read up more about this superfood online and if you do decide to try it, make sure you are using the gel, specifically an all-natural one.

That's The Jive this month. Have a great August and stay healthy. When last did you check your blood pressure? Exercise?

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