Beltville Native Serves aboard One of the Navy's Most Versatile Combat Ships

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

SAN DIEGO – A 2008 Eleanor Roosevelt High School graduate and Beltville, MD, native is serving in the US Navy as part of a crew working aboard one of the country’s most versatile combat ships.

Petty Officer 2nd Class Oyinkansola Otukoya is a culinary specialist serving aboard USS Fort Worth based in San Diego.

A Navy culinary specialist is responsible for the food service for the ship. “I’ve learned over the years that the success you experience is directly correlated to the effort you put into it,” said Otukoya.

The ship’s technological benefits allow for swapping mission packages quickly, meaning sailors can support multiple missions, such as surface warfare, mine warfare, or antisubmarine warfare.

Designed to defeat threats such as mines, quiet diesel submarines, and fast surface craft, littoral combat ships (LCS) are a bold departure from traditional Navy shipbuilding programs. The LCS sustainment strategy was developed to take into account the unique design and manning of the unique design and manning of the ships.

The March Citizen’s Association meeting will be on Wednesday, March 21, at 7 pm. We meet at Beltville Academy. We will discuss two development issues. The first will be a proposed redevelopment for the commercial building at Route 1 and Prince George’s Avenue, where Sam’s Barbershop is currently a tenant, as well as the land between the commercial office building and the detached single-family homes on Prince Georges Avenue and Harford Road. Also, there is a proposal to build a Restaurant Depot on Konterra.

Tip O’Neil once said, “politics are local...” 2018 is one of those years. Beltville will definitely see a change in elected officials. Term limits will bring a new county executive, state’s attorney, and council member for District 1. We have two new at large county council seats. Delegate Barbara Frush has announced her retirement. The Beltville, Calverton, and Vanvliett Heights Citizen’s associations along with the Greater Beltville Business Association will sponsor a candidate forum in March, April, and May. The March forum will be held on Tuesday, March 27, from 6–9

Beltsville CrossFit Celebrates Grand Opening

Open to All from Kids to Legends 55+

William McCoy and Marissa McCoy—husband and wife founders of Beltville CrossFit—are gearing up to celebrate the gym’s grand opening. At 12:00 pm on March 3, 2018, Beltville CrossFit will open its doors to the public. This exciting community event will feature food, drinks, games, a raffle, and a Workout of the Day (WOD) for all ages!

Beltville CrossFit is the result of countless hours of work and dedication from William and Marissa. Driven by their love of CrossFit and the desire to build a place where their community could come together, the couple has opened a gym that strives to be inclusive of the Beltville community. “It wasn’t easy,” says William, “we were driven to do this because we see CrossFit as a community building tool. It’s funny, people who would have never met or associated with each other end up meeting and becoming friends through CrossFit”.

Beltville CrossFit has unique programs designed to serve their members at any stage of life. Programs include:

- **CrossFit Kids**: Ages 3-12, CrossFit Kids emphasizes good movement throughout childhood and adolescence
- **Fundamentals Class**: Within 2 weeks you will learn all of the movement needed to safely and effectively perform CrossFit workouts
- **LegendFit**: For adults 55+, CrossFit workouts

Beltsville CrossFit continues on page 3

**CROSSFIT continues on page 3**

Cub Pack 1031 Celebrates Cub Scouting

Cub Pack 1031 celebrates the anniversary of scouting this month with their blue and gold dinner. Cub Scouting began in 1930 and has been changing in the past four years with a new outdoor focus. Also, this year, scouts allowed kindergartners to join. In the fall, we will welcome family scouting with girls being allowed to join their brothers and friends in the pack.

The pack has been busy. Scouts and families met on January 20 to clean up trash and debris from the playground and parking lot.

**PACK 1031 continues on page 2**

**Pack Pinewood Derby winners and their cars**

**NEXT ISSUE: Submissions Due No Later Than: March 21 Paper Out: March 31**
at Beltsville Academy as part of a delayed Martin Luther King Jr. Day of service. After the cleanup, we met at the committee chair’s house to roast hot dogs and marshmallows.

On January 27, the pack held its Pinewood Derby at Beltsville Community Center. Our kindergarten Lions raced Lego cars just for fun. The Wolf Den had a wonderful time racing their cars with Luke F - 1st, Portland R - 2nd, and Cristian C - 3rd. The Bear’s fastest cars were Jason K - 1st, Antonio W - 2nd, and CJ F - 3rd. The Arrow den winners were Matthew F - 1st, Flavio C - 2nd, and Cyris B - 3rd. The Arrow den winners were Justin G - 1st, Kevin K - 2nd, and Oliver S - 3rd. The grand prize winners were Luke F - 1st, Justin G - 2nd, and Matthew F - 3rd. Congratulations to all the racers who learned how to finish their Pinewood Derby cars and prepare them for the race.

On February 4, Scout Sunday was held at Saint Joseph Catholic Church where Matthew F and Jake T earned their Parvuli Dei Religious Emblem awards. All scouts who attended church in uniform in February earned a Scout Sunday patch.

Each year, the pack has activities including camping, hiking, its annual Pinewood Derby, and campfires all year long. We also do participatory citizenship along Little Paint Branch Trail, our toy drive, and Scouting for Food. Along the way, we learn responsibility, play games, and have tons of fun.

Later this year the pack will be opening our unit to families with girls who are interested in participating in Cub Scouts. If you are interested in discovering the fun of Cub Scouts with your child, please contact Regina Halper at Pack1031CubScouting@gmail.com for more information.
Who Are the Explorers?

Did you know the Beltsville Police supports the largest post of explorers in the state of Maryland? So who are these explorers? They are local young men and women who have chosen to direct their future by participating in this outstanding program.

We hear all too often of young people committing crimes and displaying violent and disrespectful behavior. The explorers, Post 600, led by our own Corporal Kenneth Hibbert, Beltsville Police Station, are making a conscious choice to direct their current and future lives to achieve their educational, civic, and career goals.

Officer Hibbert and other leaders encourage each explorer to make positive accomplishments and choices. Explorers are steered toward achieving success, making responsible choices, and becoming positive leaders. This effort from our local police includes frequent communication with parents and schools including monitoring grades. It is important to note some of these young adults are studying to become attorneys, business leaders, and teachers.

The Beltsville explorer program is the only post in our state to have junior investigators, ages 10–12, as well as explorers, ages 13–20. Those who have graduated high school may go on to college and become advisors to help the younger explorers. They set a wonderful example of the importance of continuing one’s education.

It is our explorers you may have seen working at National Night Out, Toys 4 Tots drives, and Christmas in April, to name a few activities. They also help with neighborhood cleanups and beautification projects on the homes of our seniors.

So many hours go toward leading these explorers. However, what is really needed is our financial help. In addition to expenses throughout the school year, as many as 20 explorers would like to attend an annual out-of-state law enforcement conference and competition. Please mark your calendar for March 21, 2018. TJ’s of Calverton will donate 20% of total sales to Prince George’s County Explorer Post 600. Dine in or carry-out sales count toward the fundraiser. Come and meet some of the current explorers who will be there to greet guests. Please show your support for this wonderful program. Corporal Hibbert may be reached at Kchibbert@co.pg.md.us or 717.579.5908 for questions or additional information.

Bonnie Bartel
301-343-8887
Call, Text or Email me for an appointment
Bonsoburi@aol.com
Image Hair n Things
10611 Montgomery Rd
Beltsville, MD 20705

Explorer’s Night Out
March 21, 2018
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Calverton Shopping Center
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www.tjsocalverton.com - to view menu

Please present this flyer with your order. Please refrain from coupons or discounts so more dollars go to the explorers.

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High Shine

If you find yourself shuttering against the thought of high gloss walls take a gamble on gloss anyway. You will be pleasantly surprised by the versatility that comes from high shine. The shine will reflect light as it bounces off the walls, giving a traditional four feet wide entry hallway a more spacious feel. A great color for the hallway is Benjamin Moore’s Rich Cream. When mixed in a high gloss finish it will look invitingly creamy and blend easily with other hues in adjacent rooms. Another area that always looks amazing in a high shine is the dining room ceiling. Typically deeper shades such as Bevere Proter and Tyler Reige create more atmosphere than lighter colors. When it comes to gloss though, light colors are just as warm, especially when applied to a ceiling. Try experimenting with a dining room ceiling. A pale blue-green like Ocean Air will create an illusion of a sky overhead. Ocean Air is a safe color that can be paired with almost every other color from mocha to creamy white.
Residents and staff attended the grand opening celebration of the bistro at Riderwood, an Erickson Living retirement community in Silver Spring, MD.

“What an exciting day at Riderwood for both residents and staff,” said Gary Hibbs, executive director, Riderwood. “The new Wye Oak Bistro is named after the famous Maryland Wye Oak Tree. Everyone has worked so hard to make this day happen, and it was wonderful to see residents enjoying the bistro immediately following the event!”

The new bistro features a display kitchen concept that provides residents and guests the opportunity to engage with the culinary team preparing their lunch or dinner. The restaurant features freshly prepared bistro-style favorites including burgers, salads, sandwiches, and flatbreads. The event featured comments from Executive Director Gary Hibbs, Director of Dining Services Jeff Kimbell, and the resident advisory council chairperson.

The bistro will be open daily for lunch and dinner 11:30 am–7:00 pm.

Charlita Ablakwa
Attorney at Law

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Fun Ways to Help Kids Enjoy Math, Science and Art

(StatePoint) Science, technology, engineering, arts and mathematics (STEAM) concepts are especially important for young minds. While these are among the most challenging school subjects, at home, these topics can be brought to life through play.

“Children should be encouraged to endlessly explore their creativity and be provided outlets to continuously discover through creative play,” says Hiu Lee, senior VP of Horizon Group USA, a leader in the creative DIY marketplace.

Consider these items that allow children to put real-world science theories to the test while learning fun facts along the way.

**Lab Work**

A kid’s activity kit gives little scientists an opportunity to start creating. With the Project MC² Lip Balm Lab, kids can create single- or multi-layer lip balms. This kit includes all of the ingredients required, plus kids can decorate the finished product with science-themed stickers.

**Chemistry Connection**

Transform your kitchen into a scientific laboratory with the 40 fun and interactive experiments and simple chemical reactions found in the Discovery Extreme Chemistry Set. From creating temperature reactions to testing your taste buds, these hands-on experiments are great for parents and kids to do together. Create liquid ice, work through color-changing ltimus experiments, create creepy, crawly, slimy worms and more to show children just how connected to chemistry the world around them is.

**Science That Glows**

Illuminate your child’s knowledge by combining simple chemistry with glowing power. With the Think Box Glowing Science Lab, kids can explore the basics of chemical compounds and reactions, while creating their own glow-in-the-dark toys and science experiments. The kit includes a ball mold, glow-in-the-dark power ball crystals, zinc sulfate, baking soda, citric acid, guar gum, sodium tetra borate, resealable bags, glow-in-the-dark paint, a mixing stick and a fun poster with instructions.

**Bath Time Bubbles**

Mix together compounds, add color and shimmer, and create a molded bath bomb in the shape of your choice with YOUniverse Galactic Bath Bombs. Once you have made your creations, pop them into the bath tub and watch as they fizz and bubble.

By giving kids the tools they need to explore the world around them, you can make the most of play time.
Robert Henry Cohen
Cohen, Robert Henry

Robert Henry Cohen, age 90, a native Washingtonian who raised his family in Beltsville, MD, passed away on February 5, 2018. Bob was preceded by his wife of 60 years, Lela Mae Cohen. He is survived by his children, Lynn Lee Rice, Arlene Britt, and Kelly Lee Spence. He is also survived by 14 grandchildren and 12 great-grandchildren.

Bob was a veteran of WWII and served in the Navy during that time. He founded General Glass Corporation in 1952 and remained involved in the business, which still thrives today. At his request, donations may be made to Wounded Warrior Project, or donations to a veteran charity of your choice would be appreciated. Memorial service was held at Borgwardt Funeral Home, 4400 Powder Mill Rd., Beltsville, MD, on Thursday, February 15, at 7 pm. Arrangements.

Margaret S. Conrad
Conrad, Margaret S.

Margaret S. Conrad, age 86, a daughter of the late Hurshel P. and Annie Sanker, was beloved wife of the late John N. Conrad, devoted mother of Antoinette C., Trudy A., and Patrick F. of Beltsville, MD; John T. (Suzanne) of Winchester, VA; Della M. (Tony) of Glenelg, MD; and 15 grandchildren, and many nieces and nephews. Memorial contributions may be made to St Ann’s Infant Home, 4901 Eastern Ave., Hyattsville, MD 20782 or St. Francis of Assisi Catholic Church. Memorial arrangements were handled by Borgwardt Funeral Home.
5 Weight Loss Tips from a Woman Who Lost 128 Pounds

(StatePoint) Sometimes the best advice comes from someone who’s been there, done that. So, if you’re working towards losing weight, why not consider the wisdom of someone who faced this challenge, and did so with great success?

Morgan Root, an Army veteran, found that after the birth of her second child, the scale kept going up instead of down. Determined to make a change, Morgan committed to losing weight and shed an inspiring 128 pounds. Here are her tips to help you lose weight:

• Make your excuse your motivation. When you flip your excuses into your motivation, it’s amazing how much you can accomplish. Always remind yourself of why you started and what your motivation is when things get tough. “For me, my kids used to be my excuse for why I couldn’t work out or make myself a priority, but now they’re my motivation,” says Root.

• Find a weight loss plan that works for you. Finding a plan that works for you is so important to fuel your weight loss goals and create sustainable success. “Being in the army, I was used to structure. As a result, I turned to Nutrisystem, which provided the framework I needed to help me lose the weight,” says Root, who is also a busy mom. “Having portion-controlled meals delivered to my home made it easier. My favorite food is the Margherita Pizza. I could eat pizza when my kids had pizza and didn’t have to think about counting, measuring or weighing anything. It was a win-win!”

• Increase your water intake. Water is so important to your overall health, so invest in a new water bottle and drink up! A study found that when people drink six cups (48 ounces) of cold water, they increase their resting calorie burn by up to 50 calories per day. Water also helps you feel full and potentially eat less. Sometimes when you think you are hungry, you are actually just thirsty. Aim for 64 ounces per day.

• Change your rewards and comforts. When something good happens in life, we often reward ourselves with food, and when something bad happens we comfort ourselves with the same. Find other ways to reward yourself, like buying something new. Comfort yourself by taking a bath or long shower. Chances are, you’ll forget about wanting that food.

• Get moving. Being active not only benefits your weight loss journey, it can also clear your head and will help you feel better overall. Aim for three 10-minute exercise sessions daily. Do a quick workout video before work in the morning.

Morgan Root, an Army veteran, after dropping 128 pounds.

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Author, Being My Mom’s Mom and Refreshment for the Caregiver’s Spirit

During this seminar, Loretta provides caregivers with practical tips, tools and activities for lifting their spirits and uncovering their joy through the toughest challenges of caregiving.

The first 10 people to RSVP will receive an autographed copy of Loretta’s book Refreshment for the Caregiver’s Spirit.
Tech Sense  By John Bell

Windows Security Tour

I frequently use a topic I call “low-hanging fruit” when I speak at events and meetings. These present-ations tend to be about effectively using the security tools you may already have in place. Of course, many people do not know about tools that are readily available to them. I thought I would take this month’s column and pro-vide a tour of the security and privacy tools that can be easily accessed by the typical Windows 10 computer users and describe some of the things to look out for as well. This column will focus on Windows 10 Home Creators Edition because that is what most new home computers are using today.

Login

When you start a Windows 10 computer, it opens a screen to collect login information for an individual user. Each user on a Windows computer is identified by their login credentials and has a separate area on the computer to store files associated with that login. Windows Home provides two methods of logging in. One method uses a Microsoft account, and the other is a “local” login. By default when you add a user to Windows, Microsoft attempts to force you to use a Microsoft account. Microsoft prefers this because it informs it every time you log in to a network connection. I personally prefer to log in privately. To create a local account, go to Settings | Accounts | Family and Other People | Add Someone Else to This PC. The dialog will prompt for an email address or phone number. This is to set up a Microsoft login account. Instead, look for the small text at the bottom left that says “I don’t have this person sign-in information” and click the link. Now, it will prompt you to provide information to create a new Microsoft account. This is still not what we want, so look for the “Add a user without a Microsoft account” near the bottom and click on that link. The next dialog says “Create an account on this PC.” This creates a user account that is tied to the computer and not to Microsoft. At this point, you can enter a username and password. If you choose to enter a password, then a password will not be required to log in when you start the computer.

Account Types

When Windows lists an account, it also shows the “Account Type.” Windows Home has two account types by default: standard and administrator. A standard account can’t install software and is better protected from malware. Most people should use a standard account as their default login. However, before you change the account type, make sure you have at least one administrator account. I normally create an administrator account to install software and make configuration changes on my PC. I only use that account for these things.

Anti-virus and Malware Protection

Microsoft has provided Windows Defender built-in virus protection for several years now. This product has languished at the bottom of the reviews for similar products but recently has started to be recognized as a credible tool. If Windows detects that no other anti-virus product is installed, it will normally automatically enable Defender. Defender is updated regularly to help it detect new threats as they are discovered. Defender scans the PC for malware in the background while you are working and more aggressively when it detects the computer is idle.

You can also request Defender to scan your computer if you suspect there may be an issue. You can right-click on a file or folder and ask Defender to scan the individual files or folders. This is very useful if you download files from the Internet. Microsoft provides some special scanning tools, Defender Offline, and the Microsoft Safety Scanner as an external or standalone scanning tool that can be used from a utility boot disk to scan a PC that is disabled by malware.

The Windows update process is also involved in protecting your computer. Monthly, Windows update installs a custom tool, the Malicious Software Removal Tool (MSRT), and scans the computer looking for prevalent threats and then tries to remove them. This process happens even if you are using a third-party anti-virus program like Norton or McAfee.

SCAM Warning

There are two computer scams that are very prevalent right now that I want to call out. The first is a telephone scam. A call comes in, and the caller typically claims to be from Microsoft tech support or some other technical support orga-nization. The caller states that they have detected a problem with your computer, such as an infection or virus, and they want to help you remove it. These are ALWAYS scams mostly originating from India. Simply hang up and do not listen to them, do not give them remote access to your computer, and do not give them a credit card in any form. They will also blast an annoying alarm sound. Do not call the number. Simply shut down the computer and reset it. The second is a variation on the first. You are browsing the Internet, and all of the sudden a large, typically flashing red block appears stating you have been infected and you should call the number listed for help in removal. The ad may also blast an annoying alarm sound. Do not call the number. Simply shutting down the computer and restarting it is the best thing to do. If you would like to learn more about some other anti-virus products, I recommend some of the programs mentioned in this month’s column.

Next Month

I will continue the tour of Windows security features and look at Windows firewall and backup and recovery features.

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WEIGHT LOSS

continued from page 7

morning, take a conference call on-the-go at lunch and take your dog for an extra walk around the neighborhood when you get home. No matter what, always aim to be active for at least 30 minutes a day. By the end of the week, you’ll have burned as many as 200 extra calories per day.

For more tips to help you on your weight loss journey, visit leaf.nutrisystem.com. A weight loss journey is never easy, no mat-
OTUKOYA
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LCS and its associated mission modules.

According to Navy officials, the path to becoming an LCS sailor is a long one. Following an 18-month training pipeline, sailors have to qualify on a simulator that is nearly identical to the ship. This intensive and realistic training pipeline allows sailors to execute their roles and responsibilities immediately upon stepping onboard.

“Every single day our LCS surface warriors prove they are the best and the brightest—and let me tell you, they love their ships,” said Capt. M. Jordan Harrison, commander, Littoral Combat Ship Squadron ONE. “LCS are fast, agile, maneuverable, and the minimal crew manning affords leadership and qualification opportunities you won’t get anywhere else in the Navy. Visit one of our ships, and you will see ensigns and chiefs at the helm because that is just how highly trained and talented and motivated our officers and sailors are in the LCS community.”

As one of 70 crewmembers for one of the Navy’s newest ships, Otukoya explained they are building a legacy that will last beyond their lifetimes. Crewmembers know how important it is for the Navy to develop new war-fighting capabilities to continue their success on the world’s oceans. Otukoya’s proudest accomplishment was reenlisting two times.

Through innovative planning, the design of systems, and crew requirements, the LCS platform allows the fleet to increase forward presence and optimize its personnel, improving the ability of the Navy to be where it matters, when it matters.

“The Navy has taught me the importance of personal accountability,” said Otukoya. “The best part about serving here is the people I work with. Their attitudes are the best I have seen in the Navy, and they have a take-on-anything-challenge attitude.”

Reminder: Join Us in Annapolis on March 5

Delegates Barbara Frush, Josefine Peña-Melynky, Ben Barnes, and I work hard to keep in touch with Beltsville residents and help you understand what Maryland’s state government is doing and how it can help you and your family. We attend the Beltsville Civic Association and other community meetings, visit local churches and schools, and host mobile office hours at local grocery stores. Now, we’d like you to visit us in Annapolis at our annual reception for 21st-District residents.

It’s Monday evening, March 5, from 6–8 pm in rooms 170 and 180 of the Lowe House Building, near the State House. We’ll have food, fellowship, and information on legislative issues of concern to our communities.

RSVP online at www.21stdistrictdelegation.com or call 301.858.3141 for details, questions, and information on parking. We’ll also have buses going from College Park and Laurel—contact our office, we’ll give you the information on it—and ride, don’t drive! Share this invitation with friends and neighbors. We look forward to seeing you.

We Want to Hear Your Views

The 2018 Maryland legislative session continues through March and ends on April 9. Delegates Barbara Frush, Josefine Peña-Melynky, Ben Barnes, and I are working to pass a balanced budget while protecting education, public safety, and help for seniors and the unemployed. If you have concerns on these or any other issues before this year’s legislature, please contact us at the email address or phone number below.

After April 9, we’d be pleased to attend one of your organization’s (homeowner or tenant association, business, church, or other group) upcoming meetings to report to your members on the legislature’s actions, discuss local issues of concern to you, and answer your members’ questions. Please let us know if you would like to schedule a mutually convenient date. If so, we request that you provide a few dates and times that would work out by contacting rosapepe.liaison@gmail.com or 301.858.3141.

Free Tax Return Preparation for Seniors and Low-Income Residents

If you need help preparing your tax return, learn about the IRS Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs. VITA program: If you make $52,000 or less, IRS-certified volunteers can inform you about tax credits for which you may qualify and prepare a basic tax return with electronic filing.

TCE program: If you are 60 years of age or older, you may qualify for free tax help from IRS-certified volunteers who specialize in issues unique to seniors.

There are thousands of locations across the United States where you can get free tax help through the VITA and TCE programs. For help, call 800.906.9887.

Contact Us

Please let us know if there are other issues you have questions or thoughts about. And, of course, feel free to be in touch if we can help you. Just email 21stDistrictDelegation@gmail.com or call 301.858.3141.

OTUKOYA
continued from page 1

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"My father needed to sell his home, and he needed the most proceeds to walk away with from the sale. We had interviewed over several real estate agents, but I did not feel or see the value and most of all, they were not there for him. Then finally, we met Cindy...

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Founding Overseer & Associate Pastor

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Guyana, South America
Convener

Rev. John Goddard
Love Faith & Hope Ministries, Intl.
United States of America
3-20-2018

Rev. Ruth Lee
Lighthouse Ministries Intl.
Guyana, South America
3-21-2018

Rev. Dr. Barry Black
82nd US Senate Chaplain
United States of America
3-22-2018

Apostle Colin Eseboom
Dominion Deliverance Min.
Toronto, Canada
3-23-2018

Rev. Dr. Shelton Wood, Jr.
Light Institute For Empowerment
Maryland United States of America
Convener

Featuring: The Praise Warriors, AJ Ryan, Living Sacrifices of Praise Dancers, Lighthouse United Voices Little Beacons of Light Choirs, Parade of Flags, 1st Decade Awards & Recognitions and so much more …

Celebrate with us

Our 10th Anniversary Service & 1st Decade Awards Ceremony

March 25, 2018 — (doors open) at 2PM

10727 Tucker St. Beltsville, MD 20705 • www.LHMIinc.org • 301-477-1074
American Legion Family Leaders Visit Maryland

By Ivy Christoffers

The annual Polar Bear Plunge by the American Legion Family was recently held at Sandy Point State Park in Annapolis with members of The American Legion, The American Legion Auxiliary, The Sons of the American Legion, and our junior members all dipping into the very frigid, 34-degree water on a day that was 38 degrees. That takes a special fortitude and dedication to raising funds for Special Olympics. By the latest count, we have raised over 2.47 million dollars for this worthy cause. There are over 7,000 Special Olympians who will benefit from our efforts.

There are four districts that have students entered into the annual oratorical contest: Southern Maryland, Western Maryland, Baltimore, and Southeastern Shore. Not to be partial, but we are in the Southern Maryland District. These students are always amazing in their speeches, knowledge, and delivery. We were honored to hear one of our own winners at our state convention last year, a very impressive young lady. The national competition will be on the American Legion website April 13, 14, and 15. We wish everyone well.

Our judges had a difficult time choosing winners of our Americanism Essays from the nearly 200 that were submitted from our local schools, but they finally made their decisions. My thanks to Principal April Lee of Hollywood Elementary School for providing the four judges. The school did not enter any essays, so there was no conflict of interest. Next year, we will need to find other judges because these teachers vow they will take part in 2018-2019. Not a problem: the more schools that take part in 2018-2019, the better.

The National Commander of the Sons of the American Legion visited Maryland in January, and we had a great visit to Ocean City. The National Commander of The American Legion, the first woman to ever hold this position, will be here on March 16, 17, and 18 with a banquet held in her honor at Harry-White-Wilmer Post #82 on March 17.

Our National American Legion Auxiliary President, Diane Duscheck, will be making her official visit to Maryland March 3, 4, and 5, and we have a full schedule planned for her, even a visit to our state senate on the evening of March 5. There, she will be recognized from the floor. During her stay, Diane will spend time with our juniors in Berlin assisting with their projects, attend a banquet in her honor on Saturday night at Greenbelt Post #136, and take part in a attending a nationalization service, visiting Hopkins Children Center in Baltimore, and visiting many veterans and members of the Maryland Legion Family. Special dinners are planned where we can showcase our great Maryland food. We look forward to having a great visit and perhaps gaining a pound or two from really good food.

The Southern Maryland Day for God and Country will be held on March 11 at The Southern Maryland Youth Camp in Cheltenham. This is where we pay homage to all veterans from all conflicts and honor the four chaplains who gave up their lifejackets to four men on the sinking ship Dorchester, thus sealing their fate. This is always a very moving program and should not be missed.

Everything at the post home in College Park remains the same: our weekly bingos, our very busy dinner, and our Friday and Saturday nights. The night before the 5k, our Friday night dinner/dances, Monday night shot-gun bingo, the two Blog’s Park dances each month, the availability of renting our large hall for your special function, lunches served each weekday cooked by Chef Brian, and a welcoming atmosphere at all times. If you are looking for an extended family and are a qualified veteran or member of a veteran’s family, check us out. As you can see, we are very active and dedicated to our veterans, our youth, and our community.

As we enter this very busy spring season, we extend our best wishes for a happy and blessed Easter. May God continue to bless our great country and keep our troops safe as they serve in the fight for freedom in this world.

St. Joseph’s 5K Race Slated for April 21

Start training now for the 5th Annual St. Joseph’s Regional Catholic School 5k race and one mile fun run! The race will be held at the school located at 11011 Montgomery Road, right here in Beltsville, at 8:00 a.m. on April 21, 2018.

Free Pasta Dinner the night before at the school is included in the cost of registration. More details on the USA Track and Field certified course, and details on how to register can be found here: https://stjos5k.org/

The Beltsville Young at Heart Club

President Lois Hamilton put on a very nice Valentine party. We have a good refreshment committee lead by Carol Kosydar with helpers Iris Gorman and Joan Lewis. There are many standing committees that need to be filled, and the president could really use some help. Some members are on more than one committee. Young at Heart trips are planned by Shirley Denell. She has a list ready for this year, and we will let you know about them in future articles. A friend is someone you can count on even if you are down for the count.
Hello, neighbors!

The Splish Splash Beach Bash will include music, food, and games for all ages. The event is scheduled for March 10 at the College Park Moose Lodge located at 3700 Metzerott Road, College Park, MD 20705. The bash runs from 10 am to 7 pm and is open to the public. Tickets are sold at the door for $30 or $25 if purchased in advance. Call 301-935-5525 to reserve your spot.

Music, Music, Music at the College Park Moose Lodge

The College Park Women of the Moose #1262 are proud to present an exciting charity event titled the Splish Splash Beach Bash on March 10 at the College Park Moose Lodge. It is a benefit for Mooseheart Child City.

Mooseheart Child City takes children who come from an unstable homelife, cares for them, schools them, and helps them find scholarships to college at no expense to their parents. The children need our help! This event is for them. If we can help only one no expense to their parents. The children need our help! This event is for them. If we can help only one child have a better life, then it will be all worthwhile!

The Splish Splash Beach Bash will include beach food (home-cooked full dinner with dessert), some beachy music from The Fabulous Second Band to listen and dance to, and beach decorations. The Fabulous Second Band is the award-winning band that was voted best local band five years in a row by three organizations and the community, five judges from a broad range of organizations, and the community, including the USDA, WSSC, the Beltsville Library, The Riderwood Community, and other interested Beltsville residents, generously donated their time and talents. This year’s fair was an outstanding success.

The annual science fair was held at Beltsville Academy in early February. This year’s fair was a combined event for both elementary and middle school students. More than 450 projects were submitted, which is the most projects ever for the school. More than 20 first-place winners were chosen in 10 different categories from third to eighth grades. Four students will represent the school in county competition this spring. Twenty-five judges from a broad range of organizations and the community, including the USDA, WSSC, the Beltsville Library, The Riderwood Community, and other interested Beltsville residents, generously donated their time and talents. This year’s fair was an outstanding success.

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Downsizing or Relocating? CALL ME TO LIST YOUR HOME. Interest Rates are Still Low! CALL ME TO HELP YOU BUY. Interested in Renting? I HANDLE THOSE, TOO. Experienced, Credentialed, and Local

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Wondering What Your Home is Worth?
Calverton Elementary School Partners with the Community to Provide Support for Students

By Judith Pollock, Professional School Counselor

Prince George’s County Schools’ mission is to “provide a great education that empowers all students and contributes to thriving communities.” The mission cannot be realized when students lack the basic necessities for achievement. In order for students to be successful and prepared for learning, they must have their basic needs met. One of the responsibilities of professional school counselors is to work with staff to identify the needs and to connect families with resources in the community.

At the beginning of each year, local organizations enter the school with an abundance of supplies. For many years, the Beltsville Adventist Community Center (BACC) and Delta Sigma Theta Sorority, Inc., enter the building before the students arrive, with backpacks overflowing with pencils, crayons, glue, and other school supplies. They do this to ensure all students get off to a great start to the school year. Supplies are distributed at the beginning of the year and available for replenishment as the need arises. Because of the generous donations of our partners, families do not have to worry about how they will provide supplies for their children.

The Women’s Club of Beltsville works during the holidays to support our families. For many years, members have been instrumental in helping to provide nutritious meals during the Thanksgiving and Christmas holidays. To assist in this effort, Calverton Student Government Association (SGA) sponsored a food drive. All food items collected were donated and distributed to families in the Beltsville area. Through this experience, SGA students learned about the importance of giving back. It is our belief that when children work in their communities the lessons are invaluable. It teaches them a sense of responsibility, and ultimately, they are responsible for the well-being of their communities. It also sends the message that they can make a difference in the lives of those less fortunate than themselves.

The Christmas Experience, a local nonprofit organization that partners with schools to provide a total Christmas experience, helped to lighten the load for families at the school. Those selected to participate were asked to complete applications to identify the needs and ensure that special gifts were provided for each child. They were then invited to the school to pick up their gifts, which included a decorated Christmas tree, a turkey and other holiday fixings, and individually wrapped gifts for each child in the household. To engage the students during this time and afford them the opportunity to participate in developing strong community partnerships, we say thank you as we recognize we can’t do the work alone. For the generous donations of our partners, we say thank you as we work together to ensure that all the students in Prince George’s County Schools graduate career and college ready.

The Christmas Experience, Inc. works to make holidays memorable for the entire family. The children’s faces told the story as they were invited to the office to receive the new winter gear. At Calverton, we are committed to developing strong community partnerships because we recognize we can’t do the work alone. For the generous donations of our partners, we say thank you as we work together to ensure that all the students in Prince George’s County Schools graduate career and college ready.

Members of Swing Phi Swing, Inc. donate winter coats to the students at Calverton.

School staff pose with school supply items donated by Delta Sigma Theta Sorority, Inc.
CALENDAR OF EVENTS

MARCH 2018

Please contact the individual facilities regarding late changes or updates to hours of operations, especially during holidays or inclement weather.

MONTELPIER MANSION & ART CENTER
9650 Muirland Rd., Laurel, MD 20708.
Phone: 301.377.7171. TTY: 301.699.2544.
E-mail: montelpiemansion@parkso bmp.com; Self-guided tours of the mansion: Thur. – Tue. from 11 a.m. to 3 p.m. Cost: $5/ adults, $4/seniors, $2/children ages 5 – 18, free for ages 4 and under. The mansion is closed on Wednesdays and some holidays. The grounds are open from dawn until dusk every day of the year and access is free. Call the Mansion for more information.

DISCOVERING THE MEN OF THE 25th UNITED STATES COLORED TROOPS
The exhibit continues through Sun., Mar. 11. Open when the mansion is open. Free with regular admission.

SAVE THE DATE: MONTELPIER FESTIVAL OF THE ARTS
Sun., Apr. 28 from 10 a.m. to 4 p.m. – rain or shine! Indulge your senses. Whether you need to relax or rejuvenate, this festival has something for everyone. Free admission.

1. Blaat-in-the-Past: the hands-on history playground for kids
2. Family art activities
3. Garden of Earthly Delights – Tue. from 11 a.m. to 3 p.m.
4. Live animal exhibit
5. Live music
6. Over 70 areas to explore, including gardens, trails, and a boxer-powered mall!
7. Tea served in the elegant East Wing
8. Indulge your senses.

These public programs are designed for ages 3 – 6 for $2/child.

WILDLIFE IMAGES BOOKSTORE & BLUE HERON BOOKS
Address: 6813 Ammendale Rd., Vansville. Phone: 301.206.3350. Hours of operation: Mon. – Tue. from 1 p.m. to 9 p.m., Wed. – Fri. from 9 a.m. to 9 p.m., Sat. from 9 a.m. to 5 p.m., and Sun. from 12 noon to 4 p.m. Contact the center regarding classes and events for March. Membership is free for Beltsville residents who are age 60 or older.

BELTSVILLE SENIOR CENTER
ACTIVITY CENTER
Regular hours of operation: Mon. – Thur. from 8 a.m. to 4 p.m., Fri. from 8 a.m. to 12 noon, and Sat. from 9 a.m. to 12 noon. Cost: $5/person. Contact the center for more information.

BELTSVILLE COMMUNITY CENTER
Library is located at 10301 Baltimore Ave., near Sunnyside Ave. Parking is free. Main phone number: 301.504.5775. NAL is on Twitter at http://twitter.com/#National_Ag_Lib. See NAL USDA.gov/visit for more information.

BELTSVILLE NURSERY GARDEN CENTER
11300 Baltimore Ave. Please call 301.937.1110, ext. 0 or see Belhine.com for more information and events for March.

BELTSVILLE YOUNG AT HEART CLUB
Join us at the Beltsville Young at Heart Club on the 1st and 3rd Thursday of each month at 11:15 a.m. Members must be at least 55 years old. Visit us three times and become a member. We have speakers, entertainment, trips, 50/50, bingo, plus light refreshments. Questions? call Laa at 301.498.9736.

BELTSVILLE WOMEN’S CLUB
Meets at 8 a.m.

BELTSVILLE LION’S CLUB
Monthly meetings are held at the Franklin County Recreation Community Center, 1773 Old Baltimore Pike, Beltsville, MD 20705 located in the Van’sville Park. The association meets on the second Monday of each month.

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Lenten and Easter Activities at Emmanuel UMC

The most important season in the life of the church is Lent. This is the season that allows us to reflect on the final days of Jesus Christ and what they mean. Emmanuel UMC is holding many activities and special events for everyone in the Beltsville community. The first day of Lent was February 14. Ash Wednesday, Emmanuel celebrated with a special Wednesday service that was held at Queen’s Chapel UMC.

On Saturday, March 24, there will be a community Easter egg hunt on the lawn with games, crafts, refreshments, and a visit from the Easter Bunny. The hunt is for children 2–12 years of age. March 25 is Palm Sunday and the beginning of Holy Week. Emmanuel will be presenting its annual Easter cantata, a celebration of the Lenten season through a musical program performed by the choir and praise band ministries. This is an awesome worship experience that begins at 10 am, and the entire community is invited to attend.

Thursday, March 29, is Maundy Thursday or Holy Thursday. Emmanuel will hold its traditional Holy Thursday service to remember the Last Supper. This is a very moving and informative service. It will be followed by the annual Seder meal tasting, a chance to experience the foods of the traditional Jewish Seder meal as well as a time to meet the members and attendees of Emmanuel.

Good Friday is the day in which the church remembers the death of Jesus. On Friday, March 30, at 7 pm, there will be a Tenebrae or dark service. This service brings to life the final hours of Jesus’ time here on earth. It is a soul-stirring service that you don’t want to miss.

Finally, on Sunday, April 1, join Emmanuel as it celebrates the joy of the Resurrection! There will be 2 services, the 9 am contemporary and 11:15 traditional. Sunday school for the young ones and Bible study for the adults will take place from 10:15–11am! Emmanuel hopes your family can join this joyous occasion.

Unless otherwise noted, all events will take place at Emmanuel United Methodist Church, 11416 Cedar Lane, Beltsville, MD 20705. You can find out more information by visiting the church website at www.emmanuelbeltsville.com or calling the church office at 301.937.7114.

Upcoming Events at the First Baptist Church of Beltsville

The First Baptist Church of Beltsville (FBC), 4700 Odell Road, Beltsville, MD 20705, will be having a community Easter egg hunt on Saturday, March 24, from 10:00–11:30 am for ages 2–12. There will be games, refreshments, and lots of fun as you celebrate the real reason for Easter, Jesus! We hope to see you there!

Mark your calendars because vacation Bible school is coming July 16–20! It will run from 9am–noon and is for children 4 years through 6th grade. This year FBC wants you to be a team player as you have fun learning about Jesus through lessons, crafts, music & some friendly competitions. They can’t wait to make you part of their team! The best part is that it’s free! For more information, you can call 301.937.7771 or email churchoffice@fbcbeltsville.org.

ON THE AGENDA continued from page 1

p.m. at Martin Luther King Jr. Middle School, 4545 Ammendale Road, Beltsville, MD. Here is a list of the speakers for the March forum: council District 1 candidates Tom Dernoga and Craig Moe, county council at large seats candidates Calvin Hawkins, Geron Levi, Juanita Culbreath-Miller, Mel Franklin, Karen Toles, and Jonathan White, and candidates for sheriff Anthony Ayers, Dave Grogan, Melvin C. High, Sylvestor E. Jones Sr., Percy Reeder Sr., and Kendall Wade.

The April forum will feature candidates for state delegates; we elect three. The candidates are Chike Anyanwu (R), Ben Barnes (D), Matt Dernoga (D), Mary Lehman (D), James E. McDowell Jr. (D), Joseline Pena-Melnyk (D), Fernando Raffucci (D), Bren-cis Smith (D), and Ray Ranker (I). Maryland senate candidates James Rosapepe (D) and Lee Havis (R) will also be there.

The May forum will feature candidates for county executive and state’s attorney. Watch future issues of The Beltsville News for details.

If you have a community concern or question, I can be reached at 301.937.3490 or karenmcoake-ly@msn.com.

Please join us on March 21 and March 27 for the candidates’ forum and bring a friend.

QUEEN’S CHAPEL UNITED METHODIST CHURCH
7410 Old Muirkirk Road, Beltsville, MD 20705
The Reverend William E. Butler, Senior Pastor

YOU ARE INVITED TO WORSHIP WITH US ON SUNDAYS AND DURING THE WEEK

Sunday Worship Celebration begins at 10:00 a.m. Communion Service every first Sunday 10:00 a.m. Worship service at 10:00 a.m.; Men’s Bible Class 8:45 a.m. Weekly Prayer Service Wednesdays 6:30 p.m. Bible Study Wednesdays 10:30 a.m. & 7:00 p.m. “Off the Hook” Young Adult Bible Study, Tuesdays 7:30 – 9:00 p.m.

New Teen Study (Ages, 12-18) Open Bible Discussion Beginning Wednesday, March 7, 2018 – 7:00-9:00 p.m. First & Third Wednesdays

Women’s Ministry Presents
“The Slabtown District Convention” A one act comedy written by Nannie Helen Burroughs Saturday, March 24, 2018 – 2:00 – 4:00 p.m.

Holy Week Services
“The Seven Sins That Nailed Jesus to the Cross” Tuesday – Thursday, March 27 – 29, 2018 – 7:00 p.m. nightly

Plan to worship with us Easter Sunday, April 1, 2018
Sunrise, Service at 6:30 a.m.
Regular Morning Service & Communion at 10:00 a.m.

Rooms available for banquets, workshops, & conferences, long or short term rentals
Church Administrative Office – (301) 210-9038
Web Site: www.queenschapelumc.org E-mail: secretary@queenschapelumc.com
Check us out on Facebook & Twitter
Cedar Lane has held annual Easter Egg Hunts for decades, and it will continue that tradition this year on March 24 at 10 am.

There will be games and Easter crafts for children from 10–11 am. Then, a visit from the Easter Bunny will kick off the egg hunt at 11. The Easter egg hunt is open to children from 2–12 years old. Children may bring their own basket, or they will be provided with a bag to collect their eggs. In case of inclement weather, the hunt will take place in the church’s education building. Emmanuel is located at 11416 Cedar Lane, Beltsville, MD 20705. For more information, you can contact the church at 301.937.7114 or through email at office@eumcbeltsville.com. Check out the website at www.eumcbeltsville.com.

St. Joseph’s 5th Annual 5k

St. Joseph’s Regional Catholic School will hold its 5th annual 5k race and 1-mile fun run at 8 am on Saturday, April 21. The race starts at the school and runs through the neighborhood down Sellman, past the Beltsville Community Center, down the path through the Little Paint Branch Park, up to Montgomery Rd, and back to the finish line in the school parking lot. The 5k course is certified by USA Track and Field; the course certification number is MD14003SJ. A pasta dinner the night before on Friday, April 20, is included in the price of the race registration. Go to stjos5k.org for more details.

St. Joseph’s to Host Community Art Show

St. Joseph’s Catholic Church in Beltsville, MD, will host its fifth annual community art show on Saturday, April 28, 6:00 pm–9:30 pm and Sunday, April 29, from 8:30 am–2:00 pm in the parish hall at 11007 Montgomery Road. This free event is open to everyone in the community. Refreshments will be available. Come and enjoy the art of local residents and the company of your neighbors.

If you are interested in displaying your art, we are accepting entries for this nonjuried show from those 16 years of age and older. Entry deadline is April 13. All those interested in providing artwork for the show should contact the church office at stjosartshow@gmail.com or www.stjos.org/Community_Art_Show to download an entry form. This show is for artists of all skill levels, and we invite all members of the community to show their work.

Abiding Presence Lutheran Church
10774 Rhode Island Avenue
301-937-7646
Sunday Worship: 9:30 a.m.
Rev. Jongkil Na
www.APChurch.org

St. John’s Episcopal/Anglican Church
at the corner of Route 1 & Powder Mill Road in Beltsville
(301) 937-4292
The Reverend Joseph M. Constant, Rector

Emmanuel UMC
Beltsville, Maryland
A Vibrant Multicultural Church Sharing the Light of Christ with all People
Pastor Jacob Young, PhD
11416 Cedar Lane Beltsville, MD 20705
301.937.7114 • office@eumcbeltsville.com
www.eumcbeltsville.com
www.facebook.com/groups/EUMCBeltsville/

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

Easter Activities and Worship
- Community Easter Egg Hunt
  Saturday, March 24, 10:00 - 11:30am
  For children 2-12yrs
- Palm Sunday Cantata Service
  Sunday, March 25, 11:00am
- Maundy Thursday Service
  March 29, 7:00pm
- Easter Sunday Services, April 1
  Sunrise - 6:30am
  Easter Worship Service - 11:00am

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SERVICES

RING CLEANING SERVICE - Small family owned business catering to you and your household needs. Friendly, reliable and trustworthy. Reasonable rates and flexible hours. Licensed and insured. Free estimate with appointment. Call Delores at 301-442-5032 or 240-280-1451. 07/18

TAX RETURNS - For businesses/individuals. Payroll. Gerald Neumaier CPA. 301-953-1341; 301-776-6545. gncpa@verizon.net. 01/19

HAULING AND JUNK REMOVAL. Complete Clean Out - Garages, Houses, Construction Debris, etc. Licensed, insured, free estimates. Mike Smith 301-346-0840. 07/18

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