

# The Beltsville News

## An All Volunteer Newspaper

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Beltsville, Maryland

May 2021

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

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## Cub Pack 1031 Flying Kites!

By Regina Halper

Finally, when we had a weekend where it wasn't raining, Pack 1031 was able to get outside and fly kites we had made by reusing plastic paint drop covering. The Wolf den needed to help make a kite as part of their Air of the Wolf adventure and other scouts joined in. They came out wonderfully and they flew!

All the scouts are well on their way to completing their ranks and the Lions and Wolf dens have almost finished their ranks. Great job scouts!!

On April 24<sup>th</sup>, the pack led the Anacostia Watershed Earth Day on April 24<sup>th</sup> to clean the trail by Little Paint Branch. We collected trash, bottles, and cans and

### KITES

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Scouts and parents fly their homemade kites

### NEXT ISSUE:

Submissions Due

No Later Than:

May 19

Paper Out:

May 29

### On the Agenda



Karen Coakley

By President Karen. M. Coakley

Our Next Virtual Meeting will be on Wednesday, May 19th at 7 pm. Information for the Zoom Meeting will be sent out on the Beltsville News Facebook Page & Nextdoor.com. Jason Sprouls will be our guest speaker this month to discuss Right Tree, Right Place program is a Prince George's County Department of Public Works and Transportation tasked with the associated care of trees planted in the county right-of-way. We are a community-based program and work diligently to empower our community partners to ensure that our work reflects the interests and heritage of the neighborhood.

The program has been in place for 10 years, and we have worked across all nine council districts in over 250 communities. In that time, we have removed over 16,000 high-risk trees and planted approximately 52,000 trees. The program was first started as a tree risk mitigation program; the county identified the need to immedi-

**ON THE AGENDA**  
continues on page 3

## Father-focused Program, A Father's Place, Prince George's County, Aims to Strengthen Local Children and Families

(Prince George's County, MD) – A new federally-funded program, A Father's Place, Prince George's County (AFPPGC), launched Monday to provide high-impact services to local fathers. AFPPGC aims to support, enhance, and advance responsible fatherhood throughout the County.

"There are many programs in Prince George's for mothers, but

there are very few for fathers," says Geneva Ware-Rice, Program Director for AFPPGC. "We have the opportunity to bring a program that is designed especially for fathers so that they may engage in a more productive way with their children, their spouse or co-parent, their families, their jobs, and the community."

The program's mission is to

promote fathers as the essential component to building stronger children, families, communities, and society. According to Ware-Rice, AFPPGC's vision is that fathers are up-lifted, barriers are removed, families are restored, and communities are transformed.

"Fathers play a significant role in the lives and the wellbeing of their children," says Program

Manager, Silverio Jimenez-Staton. "We know that fatherhood is a journey, and our program provides the tools, knowledge, and resources needed for fathers to strengthen their relationships, learn new parenting skills, and become financially and economically mobile."

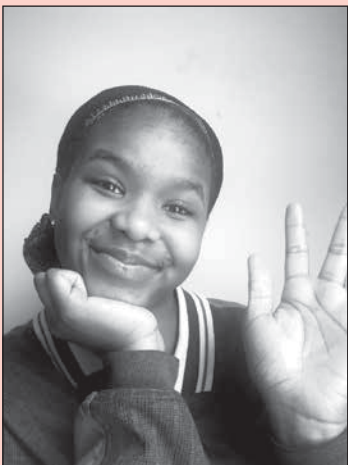
In addition to skill-based vir-

### PROGRAM

continues on page 13

## Local Teen Advocates for Global Mental Health

By Chloe Mshana



Chloe Mshana, a sixteen-year-old mental health advocate from Beltsville.

Chloe Mshana, a Beltsville teenager, has spent the past year sharing mental health reminders with the global digital community. Through her advocacy, she has improved her own mental health and helped thousands of others. She now hopes to share some of her insights with the local community.

Two years ago, Chloe was a nationally ranked debater, captain of her middle school's science bowl team, and a straight-A student. Like many people, she measured her life in productiv-

ity. Although she was extremely productive, she was mentally and physically exhausted. She began to isolate herself from her family and experience eye strain due to her continuous online research. By the end of the school year, she had lost enthusiasm for her passions. She was facing burn-out, or extreme exhaustion due to prolonged stress.

As Chloe began her freshman year of high school, she impulsively created a new Instagram account and named it @mentalitymasterpiece. Originally, this was a space for her to share fascinating facts about

human psychology. However, the pandemic changed her goals. Chloe recognized the mental health struggles many were facing due to the stay-at-home policies. Isolation from loved ones, fear of the future, and many more extenuating circumstances greatly affected people's mental health. Suddenly, this Instagram page became a space to share mental health reminders.

When Chloe was feeling stressed, she researched and shared the advice she needed to hear. She would tell others the

**MENTAL HEALTH**  
continues on page 15



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## A Letter from the News Director

Last month, the Beltsville News lost Evelyn Adkins, a close friend and our former business manager. It is hard to put into words how much Evelyn meant to all of us. I have known Evelyn since I was a child and her kindness is something I will never forget. I used to see her every Sunday during services at Emmanuel United Methodist Church, where she attended faithfully until she was no longer able to.

Evelyn sang in the choir every week among other things at Emmanuel. As busy as she was, Evelyn never missed the chance to send a birthday or Christmas card to me. She was a very special lady and will remain in our hearts. We will miss her but know that she is in a good place.

Sincerely,  
Rick

## Just A Foster Parent

**By Rev. Dr. Jalene C Chase,  
Pastor Emmanuel UMC –  
Beltsville, MD**

The phrases “Just A Foster Parent” and “Just A Foster Child” always annoy me.

Using “just” in that way minimizes the role we play, and the commitment that we make, as insignificant. It implies that we merely, only, or simply, play a small part; indicating that what we do is not important. When a child is identified as “just a foster child”, it dehumanizes them, lessens their value, and makes them feel undesirable. Those comments are counter to what we, my sister and I, believe as Christians. It is an oxymoron because it contradicts the definition of foster, which is to encourage, promote, nurture, and develop.

When our oldest niece died at 25 years old, she left two small daughters. Two years later, her

father, our oldest brother was killed. When her mother could no longer raise our grandnieces, they were put in the Foster Care System. My sister was called as part of the process. My sister and I sold our condominiums, bought a home, and committed to raising them. Kinship Care began our 17-year journey with the Child Welfare System. Over the years we have done Respite, Foster Care, and now Guardianship.

As Christians, our faith guides our decisions. That means we behave according to what is morally right and fair. We operate according to standards. We do what is right, we do want is just. It is a call on our lives. We raise, cherish, nurture, and encourage positive growth while promoting healthy development for children that we did not give physical birth to. We tell them that they are birthed from our hearts. God has plans for them, like all of God’s

creations, and expects us to treat them justly. It is a responsibility that we do not take lightly. They are God’s precious gifts to our future. They may have had a different start; it is our desire to help them work towards a great finish.

You may start hearing the term “Resource Parent” used interchangeably with “Foster Parent.” I like resource. The definition encourages me to advocate so that assets, actions, strategies, support, and revenue is available to a child(ren). With resources, a child(ren) can function effectively, with purpose, and they benefit from things their former situation may not have provided.

The Pandemics have increased the need for homes that will encourage, promote, nurture, and develop a child. Every Child Deserves A Home. If you have room in your heart and home to be a “A Just Resource Parent”, we work with a great agency. Consider calling or contacting CONCERN: 301.429.2370, CONCERN4KIDS.ORG, for information. Tell them I sent you. Blessings.



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#### Circulation

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

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and follow us at beltsville news on Instagram.  
Check out our website: [www.beltsvillenewstoday.com](http://www.beltsvillenewstoday.com)

### KITES

continued from page 1

any pandemic trash found (masks, gloves, and tissues).

For the current time, our families will be working on achievements on Zoom with our den along with monthly meetings in the outdoors, and we keep it fun! We are out in the parks and on the trail when we can, wearing our masks, cleaning our hands, and staying 6 feet apart. We hope we can be back inside in the fall.

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

## Share Your News!

**Send your article  
submissions to  
News Director**

**Rick Bergmann at  
editorbvnews@gmail.com**



## Tips on Adopting a Kitten or Cat

While getting a new kitty can be exciting, you should consider several things when selecting a kitten/cat for your home and transitioning that kitty into its new home.

It's easy to fall for kittens; they're just so darned cute! But remember that kittens require more training and attention than older cats. In addition to being spayed or neutered and vaccinated, a kitten needs to be examined for illnesses common in kittens.

Whether adopting a kitten or a cat, consider its temperament. Kitties that enjoy interacting with people do well in noisy, active households. Kittens that like human attention may not do well in a house where everyone is gone during the day. Adopting two kitties that can entertain each other while everyone is away may be best in these situations.

Families with small children should carefully consider their options before selecting a kitten or cat. Young children should be instructed on how to play with a kitty. Kittens can usually adapt quickly to kids, but some cats are afraid of or simply don't feel comfortable around children. Ask

questions before you select. Many shelter and rescue websites allow you to filter your search for a pet based on gender, age, breed, and temperament. They also can provide information on each cat's personality, including whether it is likely to get along with children or other pets.

When bringing a new kitten/cat into your home, it should initially be confined to one room with limited places to hide. This gives it time to acclimate to its new bedding, kitty litter, and scratching post(s). To build trust, talk to your kitty softly, making eye contact and feeding it small portions of food. In most cases the kitty can be released into the rest of your home in a few days. Then you can work on training it not to dash outside when a door is opened!

All of the kitties adopted through Beltsville Community Cats (BCC) are fully vetted. BCC can provide details on the best type of placement for every cat in our care. By taking the time to choose the right cat for your household, you are ensuring that your family and your new kitty will enjoy life together for many years to come.



## ON THE AGENDA

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ately remove Bradford Pear trees across the county. These trees were widely planted because they grow fast and have showy flowers in the spring. However, as they mature, they form narrow, weak branch unions (called included bark) which are known to be brittle and break apart under routine weather events. These trees pose an immediate threat to public safety and welfare, and it is our priority to remove these trees. Our second goal is urban tree canopy expansion. We replant trees where they are removed, and plant new sites where space allows. We carefully select species that are fully understood and best suited for each site, meaning, we pay careful consideration to overhead and utilities, intersections/driveways, sightlines, and any other potential site use conflicts to minimize tree conflicts now and throughout the tree's life. We identified your community through our scoping process due to the high density of large pear trees that we need to comprehensively address.

This program is most successful when we actively engage and empower communities and their leadership. That said, we are adaptable and work to best serve the community as best we can to ensure our work is well received.

A fundamental step in doing so is joining a community meeting (which you said will be the week of May 19th) and presenting our program to residents. This will be a great time for residents to get information, ask questions, and submit feedback ahead of our work in your community.

If you have a topic that you would like to discuss at a future meeting, I can be reached at 301.937.3490 or karenmcoakley@msn.com. I hope you can join us on Wednesday, May 19th at 7 pm.



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## Obituaries



Tommie Zook

### Zook, Thomas Ray "Tommie"

Thomas Ray Zook "Tommie" gained his heavenly wings on April 5, 2021 at the age of 70 after battling ALS. He was born February 2, 1951 in Riverdale, Maryland. Tommie is the son of the late Ray Zook and Helen Rhoads.

Growing up, he attended Beltsville Elementary school where he was a Sergeant in the safety patrol. He attended Beltsville Junior High School and graduated from High Point High School in 1969. He enjoyed playing youth baseball, basketball, and football.

At the age of 13, Tommie began to work in a warehouse in Beltsville for a local Plumbing and Heating company. While working several jobs throughout his youth, he became a Volunteer Firefighter at the Beltsville Fire Station Company 31. He was a volunteer for 6 years before being hired by the Prince George's County Fire Department in 1973. Tommie was promoted several times throughout his career. He began his career as a Technician and was promoted to Sergeant, Lieutenant, and then retired as Captain. Tommie retired from the Prince George's County Fire Department after a total of 30 years of public service.

Tommie continued to give back to the community which he grew up in. He coached youth Baseball and Basketball for the Beltsville Boys and Girls Club. He later coached two years for the Junior Varsity Baseball team at High Point High School.

Tommie's number one motto was "Family First". He married his wife Susan in 1977. In March of 1979 he and Susan gave birth to their son Nicholas James. He enjoyed camping in the Outer Banks, riding his Harley Davidson motorcycle, going to the beach, and working in the yard but most of all he loved his family. He has two Grandchildren, Nicholas, and Zoey, who love their Pop Pop. He loved swimming in the pool with his grandchildren at the beach house and fishing at the pond, where he taught his grandson Nicholas how to fish.

Tommie has overcome many obstacles in his life. He was diagnosed with Prostate Cancer at the age of 58, diagnosed with stage 3 Non-Hodgkin's Lymphoma at the age of 67, and then in August 2019 he was diagnosed with ALS. He was a real warrior and was a fighter and never gave up. Even with his ALS diagnosis he still put his family first.

At the age of 55, Tommie found another passion after a conversation with his son. He purchased a 2005 Harley Davidson Road King Special. His motorcycle was a part of the family that he loved oh so much. He would wake up early in the morning, drink his coffee, and shine every piece of metal on his bike. He would always talk about the one trip he took on his motorcycle to Daytona Beach Florida. He loved the feeling of the wind in his face and the freedom that he felt while riding his motorcycle. He always talked about taking another trip one day on his Harley. On April 5th, Tommie rode his Harley through the gates of Heaven finally feeling that sense of freedom that he had been longing for.

Tommie is survived by his loving wife; Susan Zook of 43 years and son Nicholas James Zook married to Tiffany Ann Zook, brothers; Frank Zook, Richard Zook (Tina), and his sister Marjorie Bang (Mike) and his two beautiful grandchildren Nicholas James Zook II and Zoey Ann Zook as well as nieces, nephews, sister-in laws and brother in-law. He was a devoted husband, father, and Pop Pop. He was the most thoughtful, caring, and compassionate man. He had a way about making everyone feel comfortable around him. He was simply the best at whatever he was doing. Tommie was the greatest husband, father, and Pop Pop!

Contributions in Tommie's name may be sent to the ALS Association DC/MD/VA Chapter at <https://www.als.org/get-involved/ways-give> or Hospice of the Chesapeake in Prince George's County at <https://www.hospicechesapeake.org/giving/>



Robert Cyrus Ridgway

### Ridgway, Robert Cyrus

After a long illness, Robert Cyrus Ridgway, died peacefully in his sleep on April 1st, 2021 at Arbor Ridge in Silver Spring, Maryland. He was born on January 27th, 1935 in Lexington, Kentucky to Doctor John and Anna Ridgway. He graduated from Eastern Kentucky University with a degree in physics and mathematics. His entire career was spent in the Underwater Systems Department of the Naval Surface Warfare Center. He was seven minutes from door to desk when he became an original owner in Calverton where he remained for 52.5 years before moving to Riderwood. Bob loved music, fixing whatever broke, and walking his corgi dogs. He was a member of NARFE chapter 422 where he was awarded the Blue Cross Blue shield distinguished annuitant award in 2017. He was a member of laurel presbyterian church where he was their representative to national capital presbytery for many years. He, along with his wife Rose, served as national skipper (president) of national Presbyterian Mariners, a family ministry organization in the Presbyterian Church (U.S.A.). He is survived by his wife of 62 years, Rose Marie Rose Ridgway, a son, David (Mary) Ridgway, a daughter, Laura Ridgway, and a granddaughter Victoria Ridgway. Services will be held at a later date and Laurel Presbyterian Church. In lieu of flowers, donations may be made to Montgomery Hospice, 1355 Pickard drive, Suite 100, Rockville MD 20850 or a charity of your choice.

### McFadden, David Harry

David Harry McFadden died on Sunday, April 4, 2021. David is preceded in death by his parents Dr. Merrill and Mrs. Nellie McFadden (Nanny), a grandson Tyler David McFadden and his beloved dog Dallas (Dallie-Girl). He is survived by his wife of 42 years Melody McFadden and his children David McFadden married to Ashley (Magill).

**OBITUARIES**  
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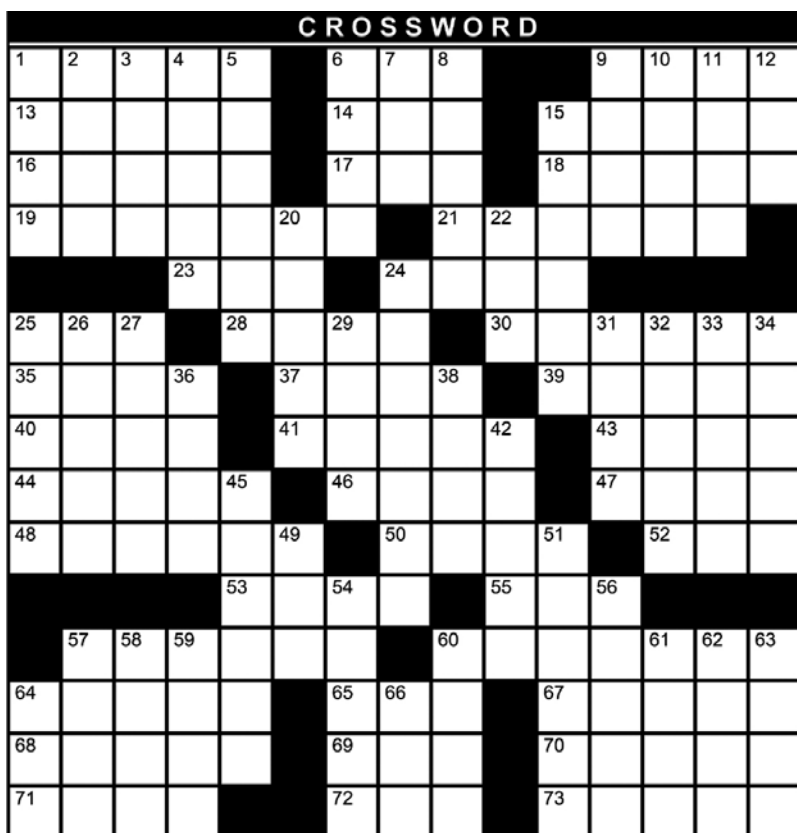
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### Statepoint Crossword: Fictional Mothers



#### ACROSS

1. Build a collection
6. Economic measure acronym
9. \*Beverly Goldberg's schmoopie
13. Use an épée
14. Neither here \_\_\_\_ there
15. Tall ancient monument
16. Daisy-like bloom
17. Much of it about nothing?
18. Commotions
19. \*She's 'Bow' to Dre in TV sitcom "Blackish"
21. \*Mother to Jo, Meg, Amy and Beth March in novel and movie
23. Before tac
24. Ripped
25. Part of Super Bowl entertainment, pl.
28. Homesteader's measure
30. \*"Game of Thrones" Lannister and mother to Joffrey, Myrcella and Tommen
35. Douses
37. Adjutant
39. Article of faith
40. Genuflecting joint
41. \*TV mother to Alexis and David, "friend" to Jocelyn Schitt
43. "Will be," as sung by Doris Day
44. Perform in a play
46. Load sixteen tons, e.g.
47. Peacock's pride
48. \*Mowgli's adoptive mother

50. Apartment
52. Skeleton in a lock
53. Part of a jousting outfit
55. Spelling competition
57. \*Mother to Carlton in "The Fresh Prince of Bel-Air"
60. "Well, I'm a-standin' on a corner in \_\_\_\_, Arizona," from the Eagles "Take it Easy"
64. Country's LeAnn \_\_\_\_
65. Hoover's agency acronym
67. Piano practice piece, e.g.
68. Church song
69. What Usain Bolt did
70. Poisonous substance
71. \*Wife to Papa, mother to Baby
72. Sum it up
73. Go on a buying spree

#### DOWN

1. Way, way off
2. \_\_\_\_ Verde National Park
3. Naysayer's favorite prefix?
4. What bloodhound is after
5. Croatia's neighbor
6. Nibble away
7. Affirmative action
8. Movie trailer, e.g.
9. Elementary particle
10. \*Claire Dunphy and Mitchell Pritchett's mother
11. Soothing lotion ingredient
12. Bell and Barker, e.g.
15. Christopher Kimball's "Milk \_\_\_\_"

20. \_\_\_\_'s razor
22. Part of a circle
24. Tiresome
25. Questioner
26. \*"Mamma Mia!" mamma
27. Do this or forever hold your peace
29. '80s band "Quiet \_\_\_\_"
31. Catch one's breath
32. \_\_\_\_ a peak
33. Bone-chilling
34. Europe's "boot"
36. Short for seconds
38. \*She played Ricky Schroder's stepmom on "Silver Spoons"
42. Defendant's excuse
45. Religious belief
49. \_\_\_\_ Khan
51. Plural of #39 Across
54. Below, prefix
56. Impede
57. "Everywhere you want to be" credit card
58. Muslim holy man
59. Plural of velum
60. \*Ellen, Scarlett's mother in "Gone with the \_\_\_\_"
61. Like the best accommodations
62. War god in Norse mythology
63. Make one's way
64. Dashboard acronym
66. \*Kunis, Hahn and Bell as "\_\_\_\_ Moms"

**See Solution on page 10**



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## From the Office of Councilmember Tom Dernoga

### Upcoming Meeting of Interest

May 10 - District Council Hearing on Former Behnke Property. The new owner of the property at 11300 Baltimore Avenue property (formerly known as Behnke Nurseries) has filed their plan to build a gas station and 7-Eleven on the section of the property facing Route 1. If you are a person of record and wish to speak, or submit testimony, you should be send your information to the [clerkofthecouncil@co.pg.md.us](mailto:clerkofthecouncil@co.pg.md.us) or faxed to 301.952.5178 no later than 3 pm on May 9<sup>th</sup>. To become a person of record, go to <http://bit.ly/MNCPPCpor>; to watch hearings live you may go here: <https://bit.ly/2QHuQS4>.

Public access to the case information is available on the Council's Legislative Zoning Information System at <https://bit.ly/3gns1Au>.

### Residential Flooding and Drainage Issues

The county has several resources and programs if you have having draining issues.

- The first is a guide for homeowners, *Residential Drainage*, which is on-line at <https://bit.ly/2QNFMxp>. The Department of Permitting, Inspections and Enforcement (DPIE) recommends property owners should educate themselves about flooding and measures they can take to mitigate damage.
- Prince George's County property owners qualify for a 25 per-



Council Member Tom Dernoga and County Executive Angela Alsobrooks at the District 1 virtual town hall in April.

cent discount on federal flood insurance. Insurance is available under the National Flood Insurance Program (NFIP) here <https://bit.ly/2QKq3iC>, which is managed by the Federal Emergency Management Agency (FEMA). Many homeowner insurance policies do not cover flood damage.

- New Homes with drainage issues can file a claim with the county within two-years of the home being built. The county holds the builder's bond during this time period. To file a complaint, complete the following form and submit it in accordance with the instructions: <https://bit.ly/3sCXcKs>
- Older homes with drainage issues may call 3-1-1 to report the issue if you believe the problem is caused by work

that the county has approved or if there is a violation. For example, a new neighbor has installed drain spout extensions that drain into your yard.

- With climate change, the county is beginning to investigate drainage issues coordinating across the Department of Environment (DoE), DPIE, and Department Public Works and Transportation (DPWT). For more information you may contact Moses Fadiran ([mfadiran@co.pg.md.us](mailto:mfadiran@co.pg.md.us)).

Finally, DPIE recently collaborated with DoE, DPW&T and Prince George's Soil Conservation District (PGSCD) on "Drainage and Flooding in Prince George's County," a comprehensive report. Access the Drainage and Flooding presentation here: <https://bit.ly/32xEedG>.

## Neighbors in the News

## Everybody Loves the Sunshine

By Rev. Dr. Jalene Chase

This song was released in 1976 by Roy Ayers and his band Roy Ayers Ubiquity. It makes me smile when I sing it. People who are into lyrics may look at the words

and ask why because it is the same words over and over again. There are no political speeches, and no fancy words, it is simply a cool song. Even the band's name is cool, "ubiquity", which means appearing everywhere simultaneously. Think about it, when we are outside with our face to the sky, arms stretched out on a beautiful sunny day, don't we want to experience it repeatedly? It is whimsical. It makes us want to let go and enjoy life. The song starts with "My life, my life, my life, my life in the sunshine. Everybody loves the sunshine" My favorite lyrics reach deep in my soul.

Feel what I feel, when I feel, what I feel  
When I'm feelin', in the sunshine

Being able to feel is important. Too often we are denied it. I have been holding onto this article since the beginning of the

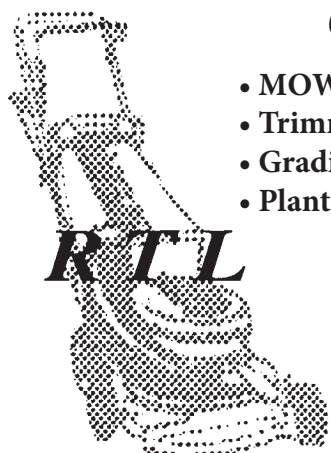
year, it finally feels right. Each month I submitted something else. January – "Dancing in the Streets". February – "God Bless America" March – "This Land is Your Land". April – "A Change is Gonna Come". Those titles were in response to the election, the Capitol Insurrection, an uptick in voter suppression laws, and the recent flurry of mass shootings. This month's submission is on the day after the Three Guilty Verdicts on April 20, 2021. As a retired police officer, I will say that every profession has those who make the job hard for others. That was his doing, and that is his verdict. The world viewed the journey of Black people presented in a 9 minute and 29-second vignette. Hearing that announcement gave me a mustard seed of hope that Lady Justice is not blind, deaf, or mute when it comes to the cries of

**SUNSHINE**  
continues on page 13

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## OBITUARIES

continued from page 4

Shelley McFadden (Jason Smith) and Christopher McFadden married to Hayley (Kline). He has 3 grandsons Chase Tyler and Zachary Christopher, Cameron Jason. Dave loved his family and friends beyond measure. He worked 42 years for the Dept of Navy, at the Naval Surface Warfare Center Carderock MD. He was one of the few that worked on every submarine in the US fleet. His job allowed him to travel both professionally and personally. He loved to work on his many cars and go out to eat with friends to many restaurants, locally and on his travels. He rode his motorcycles and often flew into places and rented motorcycles seeking adventure. Dave cherished his walks with his beloved dog Dallas. Many phone conversations were had with friends while walking her on their daily walks in the park. His number one priority was his children and grandchildren and how proud he was of them and the loving family he and his wife built. His pride extended to many other "unofficially adopted" children over the years. Dave had a gift of making friends wherever he went and will be missed beyond words.

### Sheehan, Joan Ciango

It is with great sadness and much love that the family of Joan C. Sheehan announces her peaceful passing on Saturday, March 20, 2021 due to complications from pancreatic cancer. Joan resided in both Beltsville, MD and Ocean City, MD.

Beloved wife of the late James Sheehan. Devoted mother of Kathleen, Susan, Mary Tarbrake (Kevin) and Tom (Laura). Adored grandmother of Kelsey Wright, Erin Jarboe (Chris), Tim Wright and James Sheehan. Proud great grandmother of six. Loving sister of Mary "Miggy" Margaret Burns and Celeste Kell (Richard). Sister-in-law of Joan Vorrasi and Jane Riggott (Tim). Loved by many nieces, nephews, great nieces, great nephews, and cousins. Preceded in death by her parents Peter and Mary (Rubino) Ciango, her granddaughter Marie Sheehan, and brothers in law Terrence Burns and James Vorrasi.

Joan grew up in Washington, DC surrounded by her large, close-knit, extended Italian family. She graduated with a nursing degree from Catholic University in 1962. In 1963 she married Jim,

the love of her life and they settled in Beltsville, MD. After their children were born, she volunteered and worked as a substitute teacher in their elementary school (Chestnut Hills), was active in the PTA and was the family cheerleader at every school and sporting event. She continued to volunteer, and substitute teach at Beltsville Academy when it was formed by merging Chestnut Hills and Beltsville Elementary schools and she received the Volunteer of the Year award from Prince George's County. She was close to all the staff there and continued to volunteer at the school until 2020 when it closed due to COVID-19. She and Jim enjoyed traveling, first by camping when their family was young, and then spending time with extended family in Ocean Pines, MD when her parents owned a home there. They traveled around the country when Jim took business trips for his work at the World Bank. They especially enjoyed visiting the Shenandoah Valley, several other national parks and Disney World. In 1995 Jim and Joan purchased a vacation home in Ocean City, MD where they made many new and lasting friendships. An avid sports fan, she loved going to the Washington Senators baseball games and Washington Redskins games with her father. She later became a season ticket holder for the Redskins. She also cheered on and attended games for the Maryland Terrapins basketball team, the Washington Capitals and the Boston Red Sox. As an active member of St. Joseph's Catholic Church, Joan worked on many committees and events including chairing

the annual Christmas Bazaar on several occasions. In 2007 she started a food pantry at the church and tirelessly devoted her time to shopping for it and running it until her illness prevented that. She also organized the Thanksgiving food baskets, and the Christmas Giving Tree presents and food drives. She was very close to her church family and thoroughly enjoyed her charity work. Joan's greatest joy was being with her family and making them feel special whether hosting them at holidays or the beach, or simply talking and listening to them and being part of their lives. Her loss will be felt deeply by so many.

Visitation was held at St. Joseph's Catholic Church 11007 Montgomery Road, Beltsville, MD 20705 on Saturday, March 27, 2021 from 11am to 12:15pm. A mass of Christian burial began at 12:30pm. COVID-19 restrictions require a mask or face covering and social distancing. Private entombment took place at Gate of Heaven Cemetery, Silver Spring, MD for family only.

As it is the Lenten season, in lieu of flowers the family asks that contributions be considered for the St. Joseph's Food Pantry (<https://www.stjosephbeltsville.org/>) or Shriners Hospital (<https://www.shrinershospitalsforchildren.org/shc>) which both meant so much to her. Contributions to either charity or notes of sympathy to any of the Sheehan family may be sent c/o Kathleen Sheehan, P.O. Box 1543 Beltsville, MD 20704 to be distributed accordingly.

### Smith Nolan, Eileen

Eileen Smith Nolan (Age 85)

passed away on April 2, 2021. She was born in East Brunswick, NJ to parents Joseph J. and Mary Barry Smith. She was a graduate of Georgian Court College in Lakewood, NJ.

Eileen was married to Greg Nolan for 62 years. They had one son, Patrick and his wife Marie.

Eileen was a primary school teacher for 50 years including 42 years at St. Joseph's School in Beltsville, MD.

She is survived by her Husband, Son and Daughter-in-law and brother-in-law Michael Nolan (wife Enid), sisters-in-law Veronica (Pat) Smith and Virginia Clare Nolan, and several nieces and nephews. She was preceded in death by her parents and brother Robert Smith and sister Florence Smith.

In Lieu of flowers donations may be made in Eileen's memory to St Joseph's Church in Beltsville, St. Joseph's Regional School, or St. Joseph's Food Pantry.

A Mass of Christian Burial was held on Friday April 9 at 11 am preceded by a public viewing at 10 am, both at St. Joseph's Church in Beltsville. Burial is private. Due to Covid restrictions, no reception was held. The family hopes to plan a reception at a future date post-pandemic.

### Hill, Harry D.

Harry D Hill, 61 (formally of Beltsville Md) passed away suddenly at his home in Lewes, DE on April 11, 2021.

Harry was born on March 15, 1960 in Washington DC to the late James and Mildred Hill. He graduated High Point high school class of 78 and went on to be a

sheet metal mechanic working all over the metro area. Family and friends were the most important to him and he enjoyed spending time with them whenever he could.

Growing up, he and his buddies were inseparable. He loved the outdoors and watching sports. He enjoyed fishing, crabbing, cook-outs, and campfires and especially kayaking with orphan Annie. He also enjoyed watching NASCAR racing especially Davy Allison and Mark Martin. Harry also loved the University of Maryland football and basketball teams as well as the Washington Redskins.

When he wasn't watching sports, he loved to watch Western movies, Tombstone was his favorite, and re-runs, especially Seinfeld. He was always good for a laugh, telling jokes to anybody and everyone he met. His quick wit and sense of humor will always be remembered. He was a generous person with a kind heart, always helping others, he would give you the shirt off his back.

He is survived by three Brothers, Paul Hill of Dagsboro, DE, Aubrey Doss of Waldorf, MD, James Doss of Rustburg, VA, his companion Robin L Burns of Lewes DE, his former spouse Donna Hill of Beltsville, MD, and several nieces, nephews, and friends he cherished. The most important though was his dog Annie, whom he left behind. She would not let Harry out of her sight.

A Celebration of Life will be held on Saturday, May 22, 2021 at the John B. Latimer American Legion in College Park from 4 pm to 7 pm.

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- Push the Governor to provide free testing on demand, as well as allowing Prince George's and Anne Arundel to protect our citizens from exposure and the University of MD to test all students and staff.
- Bring more vaccines to our neighborhoods, creating waitlists to simplify signing up.
- Make sure seniors and people with preexisting conditions can get vaccinated.

Protecting our incomes, jobs, and small businesses: This year we passed legislation to expand unemployment insurance for working people, help small businesses survive, help struggling

families pay rent, mortgages, and utility bills, and help the unemployed find new jobs.

Other Key Priorities

Police Reform: To protect law-abiding citizens from police misconduct and rebuild community trust for law enforcement, our police reform plan expands body cameras, boosts mental health services to help police, and overhauls officer discipline rules.

Helping our kids learn at school – and online: This has been a tough year for our kids. That's why making our schools safe, expanding tutoring to help students catch up, and ending the digital divide were top priorities for the Biden relief funds Maryland is getting.

Protecting senior citizens: To reduce strain on seniors and their families, the new telehealth law improves access to quality diagnoses, consultation, and care. We also provided \$2 million to renovate Attick Tower Senior Apartments and \$250,000 for Meals on Wheels.

Lower taxes for working families: Working families and small businesses carry too much of the tax burden. Big corporations like Amazon and Facebook pay too little. That's why we gave county governments power to cut local income taxes for working people – and why we overrode the Governor's veto of the Big Tech Tax.

Fighting Climate Change: Since clean energy is critical to protecting our planet, the legislature boosted investment in electric buses, geothermal, and other innovative technologies.

Supporting our community:

- Boosted state funds for local schools in Prince George's by \$48.8 million and Anne Arundel by \$11.4 million.
- \$8.9 million for rebuilding Route One in College Park and \$6.1 million for modernizing and expanding Route 175 in Odenton.



Senator Jim Rosapepe

isolation to reduce health disparities, addressing the COVID-19 pandemic and expanding access to care, sponsored by Delegate Peña-Melnyk, Vice Chair of the House Health Committee.

- Allowing family members safe visits to their relatives in nursing homes during emergencies like the COVID crisis, Delegate Lehman wrote the new law with rules for all nursing homes.
- Delegate Barnes, Chair of the House Education Subcommittee, worked to direct Biden Rescue Plan funds to bring kids back to school safely and end the digital divide.
- Getting vaccines to our neighborhoods, doctors and drug stores, as well as hospitals, schools, and local health departments, championed by Senator Rosapepe, member of the COVID and Vaccine Oversight Workgroups.

Please let us know if you have questions or thoughts about these or other issues. and, of course, contact us if we can be of help to you, your family or your community.

- o fix potholes and improve local roads, we approved \$14.4 million for Prince George's and \$8.1 million for Anne Arundel.
- \$2.5 million for Laurel to build transitional housing for the homeless and help them get on their feet.
- More than \$800,000 to improve the Trolley Trail and the bike paths under Route One and the CSX Tracks.
- \$5 million for flood control in the Guilford Run watershed.

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Crossword Solution from page 5

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| F | E | N | C | E |   | N | O | R |   | S | T | E | L | A |
| A | S | T | E | R |   | A | D | O |   | T | O | D | O | S |
| R | A | I | N | B | O | W |   | M | A | R | M | E | E |   |
|   |   |   | T | I | C |   | T | O | R | E |   |   |   |   |
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| K | N | E | E |   | M | O | I | R | A |   | S | E | R | A |
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| M | A | M | A |   |   | A | D | D |   | S | P | E | N | D |

Club News

Local Students Excel on Americanism Essays

By Ivy Christoffers

As in the past several years, the students of Holy Redeemer Catholic School in Berwyn Heights have excelled in the annual American Legion Auxiliary's Americanism Essay Contest. The contest is divided into 4 groups: Group I consists of grades 3 and 4, Group II consists of grades 5 and 6 and Group III consists of grades 7 and 8 while group IV is special education. This year there were no Group IV essays submitted. Our four judges for College Park Unit # 217 were from the educational field and found it a challenge to select the winners but eventually reached a decision. The first-place winners were then submitted to Southern Maryland District for further consideration and all three were again found to be worthy. Congratulations are extend-

ed to the following: Group I 1st place went to Elizabeth Whitehead who also won 2nd place in Southern Maryland District, the 2nd place was won by Ruby Nurse, 3rd place by Lucas Brewer and honorable mention went to Kyle Lewis. In Group II the 1st place went to Harold Slaughter who also won 2nd place in Southern Maryland District. The 2nd place went to Molly Smith while Josephine McAndrew took 3rd place and Mathew Robinson received honorable mention. The winners in Group III are 1st place Hebriel Muzakir who also took 3rd in the district, 2nd place went to Malaya Gage while 3rd place was won by Ella Buchanan and Amari Phillips received honorable mention. The students of Holy Redeemer School continue to excel year after year. The 1st place winners are invited to the Southern Maryland District meeting

held on April 25 to read their essays and receive their district awards. The school principle and teachers usually attend to show support to their students. We hope to soon be able to open our College Park American Legion Post home to more activities. The past year has been most challenging. We have had to cancel many of our programs and activities due to the need to stay as safe as possible. Let us pray that the worst is over and we can soon meet and mingle with our friends again. Remember, Mother's Day is coming up. and keep Memorial Day in mind and pause to honor the men and women who gave their all for our freedoms. May God bless America and keep our troops safe in their quest for freedom around the world.



# Another World Password Day

I have been writing this column for just over five years now and I have written five columns (one was in two parts) about creating good passwords. In my first password column in 2015 I suggested that passwords should be at least 12 characters long. I increased that number to 13 characters in 2019 and now I am suggesting that a safe password needs to be 15 characters long or longer. This month's column is again about passwords. I chose this month because World Password Day, a day set aside on the first Thursday of May, is observed on May 6<sup>th</sup> this year. It is supposed to remind everyone to change their passwords and generally review the security of their devices and applications.

## What's a Good password?

In general, a good password uses a mix of upper and lower case characters, digits, and symbols and is 15 characters long or longer. My advice has always been to use a clear set of rules to consistently create passwords that are easy to remember, different for each website, and hard to crack. You may choose to use a password manager, but I like to be able to remember my passwords.

I might create rules like:

Take the last three letters of the website, so Amazon would be "zon" and Facebook would be "ook".

1. Take the first and last digits of your car's license plate. I will use 45.
2. Take the symbol over the first digit, so above the 4 is \$.
3. Take the first character of each word in a phrase you will remember, a quote, or a lyric from a song, or a stanza from a poem. We will use "we all live in a yellow submarine" which becomes "waliays".
4. So far for Amazon we have zon45\$waliays. Wait, we only have 13 characters. Now we do something new and append a short word. I will use Sun and the password becomes zon45\$waliayssun.
5. Finally uppercase the first and last letters and every s so the final password for Amazon is "Zon45\$waliaySSuN" and for Facebook is Ook45\$waliaySSuN.

Of course, you should create your own rules. I wrote a detailed presentation about this method of creating secure passwords in the March and April 2015 columns which can be found online.

## Shifty Characters

These passwords are difficult to crack but are vulnerable if the passwords are exposed in plaintext by careless site operators. If people see the plaintext passwords from multiple insecure sites, they might determine the common elements and guess at the rules. An easy way to address this is to add a shift rule. Shift each letter of the site name forward or backwards in the alphabet. So if use a shift rule for Amazon of shift by 1 zon become apo and Facebooks ook become ppl. Shifting in the other direction leads to zon becomes ynm and ook becomes nnj. You can also shift further than 1 letter in each direction and even shift each letter a different amount as well.

## A New Set of Rules

In April 2019 I wrote about using dice and word lists to create hard to crack passwords for locking your password manager. I have now created a new set of rules that combine the two methods.

1. Roll a single die 10 times and right down each number that comes up giving you 10 digits from 1 to 6 in value. Let's say

the numbers are 2, 2, 5, 1, 4, 3, 5, 6, 2, 6.

2. Go to the EFF word list at [https://www.eff.org/files/2016/07/18/eff\\_large\\_wordlist.txt](https://www.eff.org/files/2016/07/18/eff_large_wordlist.txt) and look up the word found on the line with 22514. This is the word "degree". Now lookup the word at 35626. This is laundry.
3. Repeat rules 1, 2, and 3 from the ruleset in the first example giving you zon45&
4. Use the first word degree and append a \$ then zon45\$ then laundry to get "degree\$zon45\$laundry".
5. Now we will use a modified capitalization rule; capitalize the first and last letters and every letter that follows a \$. This gives us "Degree\$Zon45\$LaundrY" as our new Amazon password and "degree\$Ook45\$laundrY".

I have a new method for creating secure, easy to remember passwords coming in a future column.

## Multifactor Authentication

While you are updating your passwords, it is also a good time to enable multi-factor authentication (MFA). MFA ask for additional proof of identification by requesting that you provide a fin-

gerprint or enter in a number generated by an application or sent as a text message. I use an app on my phone called Authy. When I log into an MFA protect site Authy will generate a short one-time password (usually 6 digits) that I have to enter into the application to access it. I use MFA to access my T-Mobile, Steam, and Amazon accounts and most of my banking accounts. I have securely stored backup codes for my MFA sites that I can use to recover my accounts if my phone is lost.

## Too Long Didn't Read

World Password Day is on May 6<sup>th</sup> this year and is observed by updating your passwords and verifying your security settings. Secure passwords should now be 15 characters long. You should also add 2 factor or multifactor authentication if you are not already using it. Past articles related to password security can be found in my columns from March and April of 2015, January 2017, July 2018, April 2019, and January 2020. I keep repeating this topic because it is important! Until next month, stay safe online!

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**MAY 2021**

## Calendar of Events

Please check with individual facilities for current updates. **Admission requirements may be instituted, and regular hours of operation are subject to change.**

### AREA EVENTS

#### LAUREL-BELTSVILLE SENIOR ACTIVITY CENTER

The building is still closed for social events. Any updates to the social calendar will be posted when they are available.

#### NATIONAL WILDLIFE VISITOR CENTER

Address: 10901 Scarlet Tanager Loop, Laurel, MD 20708. The entrance is accessed from Powder Mill Rd. between the Baltimore-Washington Pkwy. and Rt. 197. Free admission and free parking. Current social distancing and face covering requirements match those of Prince George's County. All dogs must be kept on a leash 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.

#### WILDLIFE ALERT

Turtles, squirrels, deer, turkeys, and snakes are out and about on local roads and in the refuge—please be careful when driving. **Turtles are the most vulnerable because they are slower than the other animals and, at first glance, are shaped like rocks or pinecones.**

#### OWL & KESTREL

Sundays, May 16 and 30 from 1 p.m. to 2 p.m. All ages. **Registration required, call 301.497.5887.** Meet two of North America's smallest birds of prey: the American kestrel and the eastern screech owl. Both are expert hunters: the American kestrel uses its acrobatic prowess, while the eastern screech owl is a stealthy hunter.

#### TENTATIVE PLANS TO REOPEN IN JUNE

The Visitor Center building will remain closed in May, but visitor information tables will be open outdoors on weekends. Plans are being developed to reopen the Visitor Center, hopefully in early June, pending continued easing of State/County restrictions AND regional office approval. Main phone: 301.497.5772. Join our e-mail list by contacting [timothy\\_parker@fws.gov](mailto:timothy_parker@fws.gov). For future volunteer training (ages 18 and up), contact Diana Ogilvie at 301.497.5565 or [Diana\\_Ogilvie@fws.gov](mailto:Diana_Ogilvie@fws.gov).

### BELTSVILLE EVENTS

#### NATIONAL AGRICULTURAL LIBRARY (NAL)

Address: 10301 Baltimore Ave. in Beltsville. Main phone number: 301.504.5755. NAL is on Twitter at [https://twitter.com/#!/National\\_Ag\\_Lib](https://twitter.com/#!/National_Ag_Lib).

Food and Nutrition updates can be accessed at [Nutrition.gov](http://Nutrition.gov). To help protect the public from the spread of COVID-19, the National Agricultural Library building is currently closed to the public. We continue to serve our customers remotely during regular business hours. Online information products are always available at <https://www.nal.usda.gov/>. USDA continues to monitor the situation closely. We will update the operating status of NAL public facilities on our website when it changes.

#### FRANK N. MEYER EXHIBIT

In 1901, Frans Nicholas Meijer emigrated from the Netherlands to America where he became Frank Meyer. Almost immediately, Meyer went to work for the United States Department of Agriculture's Erwin F. Smith, known internationally for his groundbreaking work in bacteriology. The period from 1905 to 1908 marked the beginning of Meyer's expeditions to Asia, where he collected plants in China, Russia, and Japan, as well as other countries. During his second expedition from 1909 to 1912, he collected in Europe, Russia, and in China. From 1913 to 1915, he explored and collected plants in Russia and China. Honored the world over for his contributions as a plant explorer, Frank Meyer's work touches us all

**CALENDAR**  
continues on page 13

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#### UNDER CONTRACT!

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**\$379,900**



#### NEW LISTING!

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**\$434,000**



#### COMING SOON!

Great location, walk to elementary school, 4 level split, fenced yard, walk-out to patio from FAM RM, 4 BDRMS, 2.5 BA and so much more!

**\$517,000**

**1 BDRM, 1 BA UNDER CONTRACT, \$89,000**



Kudos to Annapolis Police Officer

This month I was going to dedicate Jason's Jive to a situation that happened in Dallas, close to where I live. I will leave that for another month as I something else popped up. A co-worker (and friend) posted a congratulatory message on social media. I read through the brief write up and thread and then realised that the officer, in an act of bravery, helped save the life of a teenager in Annapolis.

The police officer, MT, a seven-year veteran of the Annapolis Department, was nominated for an Award by her Chief of Police and she received the Award recently. The incident that led to the Award took place in March 2021.

I reached out to MT who has been kind enough to share her story. Please read on...as narrated by a Police Officer and Mother. The location is Annapolis, Maryland.

"I was on my way to secondary work; I do secondary at the Eastport shopping center. While I was driving over the bridge, I observed this young girl climbing to the other side of the bridge and her bike on the ground.

Normally people stop right on the middle of the bridge to look at the beautiful water, boats etc, but it's not normal to climb over the other side of the bridge where it's not safe. I drove by her and immediately made a U Turn on the middle of the bridge, while I let my police dispatchers know of the situation and to send me back up.

I then approached the juvenile and immediately put my right arm under her right armpit to gain control over the juvenile. At this point she was only holding the bridge with the right hand and her right hip was on the

ledge of the bridge. The juvenile was under a lot of distress and crying. I asked her of what was going on, and she kept begging and repeatedly saying " please just let me go". She advised me that she has been depressed for couple of years now and that she didn't have any reasons to live, she state that she takes medicine, but that the medication was not helping. She also stated that she was under a lot of stress and pressure because her father and siblings were in the military.

After couple of minutes of talking to her and attempting to convince her to come with me to the other side of the bridge, she finally gave in.

I remember saying to her that I have been depressed and stressed plenty of times, but that praying normally helps, I say can you just imagine how many people are going to suffer if you commit suicide.

I then related to her that I have a daughter of a similar age and that my daughter Emily actually looks a little like her. I then told her that I would die if my daughter would do something like that. I asked her, how she thinks that her mother will react if she commits suicide.

She started sobbing again, I literally started crying with her while begging her to "Please come to the other side of the bridge with me." She then looked at me with her beautiful sad eyes and say "okay". My heart dropped out of relief and joy, I remember saying "Thank You Lord", I immediately carried her to the other side of the bridge "the safe side" and sat her on the ground while holding her hands.

At this point back up officers from Annapolis Police Department and AAC Police Department responded on scene, AAC Police Department took the juvenile to AACMC under an emergency evaluation. Her parents and siblings met her at the hospital.

At one point I thought that I was going to lose grip of her, as she pulled so I could let her go. I remember saying to her, you are not going anywhere. I said to her if I have to stay here with you all day I will, but I am not letting you go nowhere.

After officers took her to the hospital, I remember sitting in my car catching my breath, thanking God for helping convince this girl & crying. I then called my daughter.

I think that nowadays parents are putting too much pressure on their children. Pushing careers on them that they don't want or forcing them to do what they think is the best thing for their kids while the kids have another agenda.

Kids are not trusting their parents to talk and express themselves. They then go to friends, friends that give them bad advice. As a parent I feel that you have to be open enough for them to trust you and come to you in case of an emergency or any situation.

We are living in a very stressful world as it is, between politics, Covid19 that has change everyone's life and routine, not being able to go to school or hang with their friends like they were used too, and many other issues, So let's not make it stressful at home."

Thanks folks and see you next month. That's the Jive!

SUNSHINE

continued from page 6

Black people. In that announcement, all people had worth. As the song repeats in my head, I want to drop everything, and just feel it.

That is the way I feel about my faith. It gets renewed on Sunday mornings when I look at the faces of people who believe in the pos-

sibilities of new mercies every day when we wake up. We are not perfect, and we live among imperfect people, we gather for encouragement knowing God loves us all. If you feel the same, join us. We meet virtually for worship on Sunday mornings at 10 am Meeting ID: 851 2578 5976 Passcode: 850888 One tap mobile +13017158592, and Bible Study

on Wednesdays. More information can be found on our webpage www.eumcbeltsville.com or our Facebook page www.facebook.com/groups/EUMCBeltsville/. Until next time:

- Fundamental
- Equity
- Elevates
- Liberates

PROGRAM

continued from page 1

tual classes, the program offers personal coaching and resource referrals. Participants will also have the opportunity to network with other dads to build a community of support. AFPPGC specifically serves fathers living in Prince George's County, as well as those who live elsewhere but have an active child support case in the County. AFPPGC is open to

fathers who are 18 years of age or older. Programming is focused on fathers with children 18 years of age or younger to impact families with children at earlier generations and help set the stage for further growth and development.

"All of what we do and why we are here is so that we can provide for our children," says Ware-Rice. "They deserve it, and in the long run, it's better for all of us."

More information can be found

on the program's website: www.afppgc.org.

AFPPGC is funded through a grant from the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Family Assistance. The services are available to all eligible persons, regardless of race, gender, age, disability, or religion.

CALENDAR

continued from page 12

every day. From apricots to wild pears, his introductions number over 2,500. For more about Frank Meyer and his expeditions, see https://www.nal.usda.gov/exhibits/speccoll/exhibits/show/frank-meyer.

BELTSVILLE LIBRARY

Check the library's current status at www.pgcmls.info/branch/location/Beltsville. Inquire about curbside pick-up. Address: 4319 Sellman Rd., Beltsville, next to the police station. Main phone number: 301.937.0294.

Beltsville News CHURCH DIRECTORY

Abiding Presence Lutheran Church 10774 Rhode Island Avenue 301-937-7646 Sunday Worship: 9:30 a.m. Rev. Jongkil Na www.APLChurch.org Come and Join Us Located in the Beltsville Professional Center

Holy Apostles Orthodox Church Come and see. A Mission Parish of the Russian Orthodox Church Outside Russia Located in Twin Chimneys Office Park 10760 Baltimore Ave, Beltsville, MD Evening Vigil: Sat. 5:00 PM Hours & Divine Liturgy: Sun. 9:40 AM All Services in English Fr. George Johnson, Rector 301-572-5738 www.holyapostlesorthodoxchurch.org

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# Beltsville News CHURCH DIRECTORY



## St. Joseph Catholic Church

[www.stjosephbeltsville.org](http://www.stjosephbeltsville.org)

Pastor: Father Robert Maro

Masses: Please contact parish office for schedule

11007 Montgomery Road  
Beltsville, MD 20705  
301-937-7183

St. Joseph's Regional Catholic School

[www.stjosrcs.org](http://www.stjosrcs.org)

Principal: Dr. Janine Bertolotti

## Emmanuel United Methodist Church

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9:30 am - 10 am Fellowship and 10 am - 11 am Worship Time  
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Wednesday Bible Study 7 pm

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



Our doors may be closed but our work in the community isn't done! If you need food, come to our DRIVE UP FOOD DISTRIBUTION on May 29 from 8:30 am to 11:00 am. *This is for anyone in need, no questions asked!*

And God said, "Let there be lights in the expanse of the heavens to separate the day from the night. And let them be for signs and for seasons, and for days and years."  
Genesis 1:14



## Vacation Bible School at the First Baptist Church of Beltsville!

It's time to get ready for Vacation Bible School (VBS) at The First Baptist Church of Beltsville. Join their team as they discover God's plans for us! VBS will be held on June 21-25 from 9 am to noon each day! VBS will be in person and it's free. Children 4 years-6th grade are welcome. You can pre-register now at <http://www.fbcbeltsville.org/vbs.cfm> or by contacting the church at [churchoffice@fbcbeltsville.org](mailto:churchoffice@fbcbeltsville.org) 301.937.7771.

## St. John's Episcopal/Anglican Church

11040 Baltimore Avenue Beltsville, MD 20704

301-937-4292 • [www.saintjohnsbeltsville.org](http://www.saintjohnsbeltsville.org)

The Reverend Joseph M. Constant, Rector

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Thursday Bible Study and Compline 7 PM via Zoom

Youth Sunday School Online via Zoom

Contact the Church office if you are interested in any of these resources

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to all on their Spiritual way.*



## First Baptist Church of Beltsville (SBC)

4700 Odell Road Beltsville, MD 20705  
301-937-7771

[www.fbcbeltsville.org](http://www.fbcbeltsville.org)

Keith Holland, Pastor

### GET READY FOR VBS PRE-REGISTER NOW

Join our team as we discover God's plans for us at Vacation Bible School

*Coming this summer in person*

June 21-25

Monday – Friday 9:00 a.m. – 12 p.m.

*All VBS events are FREE*

Children 4 years-6th grade are welcome

Pre-register online at

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or call the church office at 301-937-7771

**You are welcome to come join us for worship**

**Sundays:**

Morning Worship 11:00 a.m. in the building or virtually @fbcbeltsville.org, Youtube or Facebook

**Wednesdays:**

Adult Bible Study & Prayer 7:00 p.m. or virtually as above

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Please join us at Dunamis Worship Chapel International as we experience God's love, through fellowship, communion, and the propagation of His word for continuous spiritual growth. If you are in need of prayers, please contact us by dialing the number listed below and we'll be delighted to assist you as you grow in Christ.

**Feel free to join us in any of our scheduled services listed below**



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1st Service 9 am 2nd Service 10 am  
3rd Service 11 am 4th Service 12 pm

#### MONDAYS – FRIDAYS

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#### TUESDAYS

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#### FRIDAYS:

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## My Mom

Before my days were even one,  
God planned that I should be  
Placed deep within a woman's womb  
His image stamped on me.

Love formed and nurtured ev'ry part  
When no eye yet could see;  
Eternity grew in my heart  
As well as family.

Her voice became the very first  
One I could recognize;  
Until the moment of my birth  
Our lives were synchronized.

'Twas pain brought me to sunlight's door,  
But joy replaced alarm,  
Embraced and welcomed to be sure,  
At home within her arms.

So carefully she introduced Me to life in this earth;  
Her knees were where I learned the truth  
Of Jesus' priceless worth.

Though names, and dates, and times may pass,  
This blessing has become A special comfort  
which will last  
To have a godly mom.

Beckie Hutchings  
4/11/2021



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The Beltsville News



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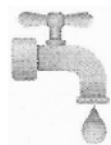
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## MENTAL HEALTH

continued from page 1

importance of taking a break: The brain needs to rest after a long day. In fact, rest itself could be productive since it is often easier to focus and make decisions with a clear head. Chloe would also encourage others to ask for help when needed. Asking for help was not a weakness, but rather a sign of self-awareness and a desire to grow. Chloe practiced self-reflection and shared advice about topics beyond stress, including the importance of boundaries, the necessity of kindness, and much more.

Although she did not realize it at the time, Chloe began to internalize these messages. Just a few months of sharing these positive messages had radically shifted her self-perception and outlook on life. She no longer viewed productivity as her ultimate purpose. Instead, Chloe allowed herself to enjoy life beyond her time spent at a computer screen. She spent hours playing with her three younger siblings, just as they did when they were younger. She was productive, but also took healthy breaks. She allowed herself to truly live.

Today, Chloe is much healthier and happier than she once was. While life is stressful at times, she now knows strategies to effectively cope. She is still learning and growing just like everyone else. Chloe takes each day as it comes and tries to learn something daily. To date, she has created over 100 mental health graphics and continues to share her daily insights on her Instagram account, @mentalitymasterpiece. Despite all that she has learned, Chloe is not a mental health professional. She encourages everyone to first seek professional help. There is absolutely no shame in asking for help. To all readers, your mental health matters. You matter.



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