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 24th, the pack led the Anacostia Watershed Earth Day on April 24th to clean the trail by Little Paint Branch. We collected trash, bottles, and cans and passed out flyers to spread awareness on the trail.

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-Staten. “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-

KITES

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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 productivity. 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 burnout, 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 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 challenges she had faced and how she had overcome them. She shared the advice she needed to hear.

MENTAL HEALTH

continues on page 15

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

On the Agenda

Karen Coakley

By President Karen, M. Cookley

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 and across 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-
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. We 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 grandchildren, 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 more information. Tell them I sent you. Blessings.

KITES

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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 Pack101cubscouting@gmail.com for more information.

The Beltsville News

Publisher by The Beltsville Urban District Civic Association, Inc.

Contents

News: Rick Bergmann, editorbnwes@gmail.com, 8 Center Street, Laurel, MD 20723. Enclose self-addressed stamped envelope if photo is to be returned. Accepted material may be edited. Letters to the Editor on local topics are encouraged. Names may be withheld upon request.

Advertising: 937-6796 Ted Ladd, 11722 Emack Rd., Beltsville 20705 • tedladd02@aol.com

Subscriptions: Send $15.00 to Carolyn Scarcia, 11007 Emack Rd., Beltsville 20705

Distribution: 937-7765 (other) Carolyn Scarcia

Editor Emeritus: Sally Ehle

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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.

Please join our Facebook page (https://www.facebook.com/groups/300944563420364/) and follow us at beltsville news on Instagram.

Check our website: www.beltsvillenewsoday.com

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Est. 1959

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Send your article submissions to News Director Rick Bergmann at editorbnwes@gmail.com

The BELTSVILLE NEWS • MAY 2021

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Tips on Adopting a Kitten or Cat

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

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 karencoakley@msn.com. I hope you can join us on Wednesday, May 19th at 7 pm.

ON THE AGENDA continued from page 1
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. 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.

Tommie has overcome many obstacles in his life. He was diagnosed with Prostate Cancer at the age of 59, 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 longed 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, sisters-in-law 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 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 and his brother in-law David Ridgway who was always there when needed.
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.
26. Homestreader's measure
30. **Game of Thrones” Lanister and mother to Joffrey, Myrcella and Tommen
31. Douses
32. Adjust.
39. Article of faith
40. Genuflecting joint
41. *TV mother to Alexis and David, “friend” to Jocelyn Schitt.
42. Defendant’s excuse
43. “Will be,” as sung by Doris Day
46. Load sixteen tons, e.g.
47. Peacock’s pride
48. *Mowgli’s adoptive mother
50. Apartment
58. Muslim holy man
60. *Ellen, Scarlett’s mother in “Gone with the ____”
63. Make one’s way
64. Dashboard acronym
65. ____ Khan
66. *Kunis, Hahn and Bell as “____ Moms”
67. Piano practice piece, e.g.
68. Church song
72. Sum it up
73. Go on a buying spree

DOWN
1. Way, way off
2. ____ Verde National Park
3. Nay'sayer’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.
13. Christopher Kimball’s “Milk ____”
14. Perform in a play
15. “Everywhere you want to be” credit card
16. Like the best accommodations
17. ____’s razor
18. Part of a circle
19. Tiresome
20. Questioner
21. *Mamma Mia! mamma
22. Do this or forever hold your peace
23. ’80s band “Quiet ____”
24. Church song
25. Questioner
26. ____’s razor
27. To do this or forever hold your peace
28. Croatia’s neighbor
29. “80s band “Quiet ____”
30. Catch one’s breath
31. Soothing lotion ingredient
32. ____ a peak
33. Bone-chilling
34. Europe’s “boot
35. Croatia’s neighbor
36. Short for seconds
37. Religious belief
38. *She played Ricky Schroder’s stepmom on “Silver Spoons”
39. ____ Khan
40. Church song
41. ____’s razor
42. Defendant’s excuse
43. Religious belief
44. ____’s razor
45. ____’s razor
46. Dashboard acronym
47. ____’s razor
48. ____’s razor
49. ____’s razor
50. ____’s razor
51. Plural of #39 Across
52. ____’s razor
53. ____’s razor
54. ____’s razor
55. ____’s razor
56. ____’s razor
57. ____’s razor
58. ____’s razor
59. ____’s razor
60. ____’s razor
61. ____’s razor
62. ____’s razor
63. ____’s razor
64. Dashboard acronym
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67. ____’s razor
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71. ____’s razor
72. ____’s razor
73. ____’s razor

See Solution on page 10
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 send your information to the clerkofthecouncil@co.pg.md.us or faxed to 301-952.5178 no later than 3 pm on May 9th. To become a person of record, go to http://bit.ly/MNCCPCpor; to watch hearings live you may go here: https://bit.ly/2qHu6Q4.

Public access to the case information is available on the Council’s Legislative Zoning Information System at https://bit.ly/3gm1Au.

Residential Flooding and Drainage Issues

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

- The first is a guide for homeowners, Residential Drainage, which is on-line at https://bit.ly/2QNFpMx. The Department of Permitting, Inspections and Enforcement (DPIE) recommends property owners should educate themselves about flooding and measures they can take to mitigate.
- Prince George’s County property owners qualify for a 25 percent 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 home-owner 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 (DPW&T). For more information you may contact Moses Fadiran (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/32xEdG.

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 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 feeling in, 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
OBITUARIES
continued from page 4
Shelley McFadden (Jason Smith) and Christopher McFadden married to Hayley (Kline). He has 3 grandchildren 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 life 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 peacefulling 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 McFadden (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 Erin Jarboe (Chris), Tim Wright and Tim Riggott (Tim). She was preceded in death by her parents and brother Nolan, and several nieces and nephews. She was preceded in death by her parents and brother Nolan, and several nieces and nephews. She was preceded in death by her parents and brother Nolan, and several nieces and nephews.

She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She was born in East Brunswick, NJ to parents Joseph J. and Mary Nolan. She died on April 2, 2021.

She was a graduate of Georgian Court College in Lakewood, NJ.

She 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 was preceded in death by her husband, Son and Daughter-in-law and brother-in-law Michael Nolan (wife Erin), 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.

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 graduat 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 Erin), 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.

Harry D.

Harry D Hill, 61 (formally of Beltsville Md) passed away sud- denly at his home in Lewis, 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 wherever he could.

Growing up, he and his buddies were inseparable. He loved the outdoors and watching sports. He enjoyed fishing, crabbing, cookouts, and campfires and especially kayaking with orphan Annie. He also enjoyed watching NASCAR racing especially Dasy 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 anyone 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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Vaccination on demand: Help for working families

Fighting the virus: It’s been our top priority for the last year to:
- 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 Attek 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 our health 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.
- $5 million for flood control in the Guifford Run watershed.

We worked together on all these initiatives:
- Enacting groundbreaking legislation 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.

Rosapepe’s Report to Beltsville

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 1 and 2, Group II consists of grades 3 and 4, Group III consists of grades 5 and 6 and Group IV 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 and for further consideration and all three were again found to be worthy. Congratulations are extended 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 Hebril Muzakir who also took 3rd in the district, 2nd place went to Malaya Gage while 3rd place was won by Elia 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 attempt 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 6th this year. It is supposed to remind everyone to change their passwords. I keep repeating this topic because it is important! Until next month, stay safe online!

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 “wallyays”.
- 4. So far for Amazon we have zon45walays. Wait, we only have 13 characters. Now we do something new and append a short word. I will use Sun and the password becomes zon45walaysSUn.
- 5. Finally, uppercase the first and last letters and every letter that is not a capital, making sure your ruleset in the first example applies hard to crack passwords for locking your password manager. I have now created a new set of rules that combine the two methods.

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 and look up the word found on the line with 2514. 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 follow “s”. 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 fingerprint 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.

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 you use a shift rule for Amazon of shift by 1 zon becomes apo and Facebooks ook becomes ppl. Shifting in the other direction leads to zon becomes ynn and ook becomes mjj. You can also shift further than 1 letter in each direction and even shift each letter a different amount as well.

World Password Day is on May 6th 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  •  The BELTSVILLE NEWS  •  Page 11
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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 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 her.

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.

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That is the way I feel about my family. That is how I live my life. That is the way I want others to live their lives. That is the way I want to leave this world.

Program continued from page 1

For more about Frank Meyer and his introductions number over 2,500. The exhibit can be found at https://www.nal.usda.gov/exhibits/specoll/exhibits/show/frank-meyer.

Program continued from page 1

Tuition classes, the program offers personal coaching and resource referrals. Participants will also have the opportunity to network with other dads to build a community. 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. “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.

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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.”

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Our lives were synchronized.
So carefully she introduced
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.

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 4-6th grade are welcome. You can pre-register now at http://www.fcbeltsville.org/vbs.cfm or by contacting the church at churchoffice@fcbeltsville.org 301.937.7771.

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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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**HELP WANTED**

**AMERICAN HOME CENTER, INC.**

BELTSVILLE, MD  
301-220-1144

Window/Door Installer - full time  
- year-round – salary based on experience.

Requirements  
• Legal to work in USA  
• Valid driver’s license  
• 1 year experience

Benefits  
• Health/life Insurance  
• Retirement Plan  
• Vacation/Holidays

**MENTAL HEALTH**

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importance of taking a break: The brain needs to rest after a long day. In fact, rest itself could be produc- 
tive since it is often easier to focus and make decisions with a clear head. Chloe would also encour- 
age 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 kind-
ness, 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 posi-
tive messages had radically shifted her self-perception and outlook on life. She no longer viewed productivity as her ultimate pur-
pose. Instead, Chloe allowed her-
self 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 effec-
tively 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.
WE ARE HIRING

We are hiring for the following positions at our Beltsville Location

- Crane Operator
- Crew Leader
- Ground Laborer

Excellent Pay & Benefits
Must have Valid Driver’s License
CDL License a Plus
Drug Free Work Place

301-595-2827
Service@AdirondackTreeExperts.com
www.AdirondackTreeExperts.com

Licensed Tree Experts
Maryland Tree Experts License #769
Fully Insured - TCIA Accredited

FREE ESTIMATES | 24 HOUR EMERGENCY SERVICE

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