

The Beltsville News

An All Volunteer Newspaper

The Beltsville News
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Beltsville, Md. 20705

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January 2023

Cub Pack's Doing Service and Campfire Cooking!!

By Regina Halper

Cub Pack 1031 went stargazing and looked at the planets at Schrom Hills Park in Greenbelt. They saw Jupiter and its moons, Saturn and its rings and Mars! They also saw Pegasus, the Pleiades star cluster, Cassiopeia (the big W in the winter sky) and Cygnus!

We are looking forward to our first Holiday party in the school cafeteria! We enjoyed hot Chocolate at the Beltsville Academy Christmas party at the beginning of December. It was nice to join them. We look forward



Webelos Scouts test their 1st Aid knowledge playing Chutes and Ladders

to holiday skits and hearing the scouts play Jingle Bells. We weren't able to do the obstacle course last month so it will be a Holiday obstacle course to help the Webelos complete their Stronger, Higher Faster requirement. The Webelos checked their knowledge of First Aid safety by playing a Chutes and Ladders game. The Arrow den is finishing on their Into the Wild and Outdoorsman pins.

It is not too late to join, just contact Regina Halper at

CUB PACK 1031
continues on page 12

NEXT ISSUE:

Submissions Due

No Later Than:

January 18

Paper Out:

January 28

On the Agenda

Beltsville Briefs

The Beltsville Young at Heart

By Lois Hamilton

We're hoping at Beltsville Young at Heart that 2023 will be a healthy and prosperous year for all of us. Our January 19 meeting will

be our regular meeting at 11:00am at the Beltsville Community Center, 3900 Sellman Avenue. Our entertainment will be "Rearview Mirror" and of course we'll have some "goodies" for you to enjoy

BELTSVILLE BRIEFS
continues on page 2



Maryland Crime Victims' Resources Center honors Hogan for advocating for victims

Governor Larry Hogan Honored with Lifetime Achievement Award

ANNAPOLIS, MD -- Forty years ago, the Stephanie Roper case made headlines and the Roper family began advocating and making changes for victims' rights across the nation. Since its inception, Maryland Crime Victims' Resource Center, formerly the Stephanie Roper Committee, has serviced thousands of victims with services ranging from referrals to legal representation and accompaniment. This year, MCVRC created the Roberta Roper Lifetime Achievement Award and Governor Larry Hogan was one of the first recipients.

Unfortunately, Governor

Hogan was unable to attend MCVRC's 40th Anniversary Gala in October, but MCVRC was able to personally thank him for his continued support and advocacy during his career and tenure as governor of Maryland on Monday, December 12. MCVRC was able to present their award along with a painting done by artist Krista White. Governor Hogan was honored, particularly knowing the plight of the Roper Family and what it stands for to Marylanders.

Since 2015, Gov. Hogan has directed more than \$345 million

HOGAN
continues on page 15



Karen Coakley

By President Karen M. Coakley

"I want to thank everyone who decorated the homes this year for the holidays. You made the "Season Bright." While we are limited on where we can go and who we can be with. We could drive around Beltsville for some holiday cheer. I am enjoying your decorations!

A detailed site plan for a portion of the Behnke's property will be presented at our January virtual/call in meeting. We will have our virtual/call in meeting Wednesday, January 20th at 7:00 pm. Bossi a Planner/Coordinator with the Urban Design Section of MNCPPC and the owner will discuss the proposed 7-11/Gas Station. The owners of the 7-11 currently located in the Garrett Cove Shopping Center would move a couple blocks south on Route 1. The 7-11 would be at the corner of Howard Avenue and Route 1, the former site of Behnke's Florist shop. The Behnke's property

ON THE AGENDA
continues on page 1



Thank you to Santa and the Beltsville Volunteer Fire Department for visiting all of the children in Beltsville. The residents truly appreciate all you do! Photo by Gloria Darlington.

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Beltsville News: Blast from the Past

(From the Beltsville News issue of January 2009)

By Ted Ladd

Vansville Community Center Grand Opening

On December 8, 2009 the Vansville Community Center celebrated its Grand opening with a gymnasium dedication honoring Joseph L. Briscoe. Joseph

Briscoe served as the Vansville Heights Citizen Association President for more than 60 years. He saw the need for an elementary school in the Vansville area and worked tirelessly for over 20 years to see this dream come to pass. While many were involved in the effort, it was Mr. Briscoe's driving force that helped make it a reality.

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Winter Trout Stocking Begins in Maryland Waters 'Preseason' Stocking to Make Room at Hatcheries

The Maryland Department of Natural Resources (DNR) has begun stocking more than 300,000 trout in Maryland waters. This early "preseason" stocking of a few fish in impoundments will be done to reduce density at DNR's hatcheries and create available space outdoors for young trout to grow.

The annual stocking program will be completed in three bursts – preseason from now through February 2023, and then two rounds of spring stocking, March 6–24, and April 3–28. All stocked locations that fall under a closure period will be announced prior to opening day on March 25, 2023.

Website, email bulletin, and social media updates will be provided for all open locations once stocking is complete. Anglers may



Maryland Department of Natural Resources photo

also call 800-688-3467, and press option #1 to get a recorded weekly update (usually updated on Fri-

days) when stocking is in process.

Trout anglers are reminded that regulations for brook trout are now in effect requiring catch-and-release in all put-and-take trout areas and all waters east of Interstate 81. Anglers should take time to properly identify brook trout — which are not stocked by the department — when fishing in catch-and-release waters.

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Office calling HOURS:
 Mon through Thurs
 9 am to 4:30 pm

We are celebrating our tenth year of operation

The Beltsville News

An All Volunteer Newspaper

PUBLISHED BY THE BELTSVILLE-VANSVILLE DISTRICT CITIZENS' ASSOCIATION INC.

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Circulation

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

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

BELTSVILLE BRIEFS

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as refreshments.

Our winter policy is that if the P.G. county schools are closed, we will not meet. As senior citizens we know the risks that snow and ice can have on our driving and walking, but we'll meet again as regular on the third Thursday of the month. We hope to see some new faces in the new year.

"Believe you can and you're halfway there." T. Roosevelt

Beltsville Author announces new Poetry Book

Beltsville author J. L. Price latest book of poetry is now available for purchase. The book is titled "Poetic thoughts and convictions" This book is modestly priced at 7.99. It can be purchased through Amazon.com and Barnes and Nobles.Com. J. L. will also deliver the book to Beltsville residents if interested. His contact number for purchase is 301 651 4064.

Share Your News!
 Send your article submissions to News Director Rick Bergmann at editorbvnews@gmail.com



Grateful Shed

All cats shed dead hair to release natural oils in their skin, some more than others and for various reasons. Grooming/brushing is recommended to prevent skin irritation.

Most cats go through a shedding cycle twice a year, usually in the spring and fall. In the spring, shedding helps remove the cat's heavier winter coat. In the fall, shedding prepares the cat for the growth of its winter coat. An indoor cat's shedding cycle may be affected by exposure to air conditioning, heat, and artificial lighting, causing continual shedding. A cat's breed can impact its shedding. Long-haired cats (Maine Coons, Persians, Ragdolls, etc.) tend to shed more than short-haired cats.

Other factors such as the quality of the food the cat gets can result in unnatural shedding. Cats need balanced diets that include high-quality, nutritionally complete food to promote healthy skin and coat. Stress and age can also affect a cat's shedding. Cats that are stressed, scared or nervous will shed more. Older cats may not groom themselves as much as younger cats, resulting in increased shedding and matted fur. And finally, a pregnant or lactating cat will shed more as a result of hormonal changes.

While shedding is normal, the appearance of bare patches, irritation, and/or redness on a cat's skin is not normal and can be a sign of illness. In such cases, a veterinarian may need to check for a skin infection or parasites, and/or perform laboratory tests (blood work and/or urinalysis) to check for diseases. Looking at the pattern and distribution of the hair will determine if the hair is being shed or is breaking off.

There are several potential health conditions that may be the cause of a cat's unnatural shedding, including parasites such as mites and fleas; allergies to certain foods, household products, or toxics; skin infections caused by bacterial/fungal infections; dis-



eases caused by malfunction of the kidney, liver, thyroid, or adrenal glands; and cancer. In addition, stress and anxiety can cause excessive licking and chewing.

The following tips can help keep shedding under control.

- Feed a nutritionally complete, veterinary-recommended diet.
- Use a veterinary-recommended product to control parasites year-round, even if your cat does not go outdoors.
- Keep your cat hydrated by making sure fresh water is always available.
- Try to reduce the stress in your cat's environment by providing a place where it can retreat and feel secure. Provide things like food puzzles and enrichment toys to keep their minds and bodies active.
- Use a veterinary-approved brush or comb to groom your cat regularly. Incorporate treats into the process to keep your cat happy and tolerant.
- Cats that need extra help with their fur (older cats or domestic long-haired cats) may need to be taken to a professional groomer for a trim.
- Cats with stress issues that cause excessive shedding may need to be taken to a veterinary behaviorist.
- Sweep and vacuum daily, and regularly wash your cat's bedding.

Excerpted from an "Adopt A Pet" Blog by Sam Gilbert, VMD, from the University of Pennsylvania.



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From the Office of Council Member Tom Dernoga

Council Member Dernoga to Chair County Council

On December 6, the Prince George's County Council elected District 1 Council Member Tom Dernoga as the Chair of the County Council for the 2023 Legislative Year. This will be Councilman Dernoga's third time serving as Chair of the County Council, having served as Council Chair in 2006 and 2010. He also served as Vice Chair of the Council in 2005 and 2009. Council Member Dernoga's tenure on the Council has been noted for his leadership on environmental, historical, and agricultural preservation issues and smart growth. Wala Blegay, Council Member for District 6, was elected as Vice Chair to serve alongside Council member Dernoga. They are committed to bringing government to the People.

Future Council Sessions and How to be Involved

The Prince George's County Council will begin County Council meetings and County Council Committee meetings in January 2023.

The Council will focus on essential opportunities for prioritizing and addressing key concerns of residents through policy and legislation, with County and business, labor, and nonprofit community leaders, as expressed



Newly elected County Council Leaders Chair Tom Dernoga and Vice Chair Wala Blegay

in the Council's People's Agenda – open government; service delivery; protecting the environment; smart and quality community development; supporting working families; increasing opportunity for local minority development; and access to quality healthcare.

In the past, County Council and Committee sessions have been held on Tuesdays and Thursdays. That is likely to continue, but residents may watch sessions live and submit testimony during the appropriate hearing here: (<https://bit.ly/CountyCouncil-Video>) come January 2023. Watch our first Council Session from December 6, 2022, here: (https://bit.ly/Dec6_22CouncilSession).

Snow and Ice News

During a snow and ice event, we ask you to wait 48 hours after the precipitation has stopped to call 311 or 301-883-4748 to report

emergencies or concerns about roadway conditions/snow removal.

When a snow emergency is declared, the Prince George's County Department of Public Works and Transportation (DPW&T) is responsible for providing "passable" conditions on a network of more than 1,900 miles of county-maintained roadways to ensure the safety of residents and travelers. You may view the Public Snow Event Suite here: <https://bit.ly/SnowCitizenInsight>.

You are responsible for clearing the snow from your driveway. Shoveling your driveway after the road has been plowed is best to avoid having driveways blocked by snow plowing operations. Unfortunately, DPW&T does not have the resources available to unblock driveways.

If you have a driveway, use it. A parked car in the driveway means less area to shovel later. If on-street parking must be used, cars must be parked on the even-numbered side of the street during snow operations. Failure to do so could result in a fine and/or towing.

Contact Us

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

Achieve New Year's Resolution Success with Helpful Planning Tools

(StatePoint) The new year is often a time to set new goals. However, statistics show that very few people are successful in keeping their resolutions. Why? Likely, because they don't have a realistic, long-term plan. And, as Ben Franklin said, "If you fail to plan, you are planning to fail."

This year, create "SMART" goals—as in Specific, Measurable, Achievable, Relevant and Timely. Here are a few ideas on how to set yourself up for success with some of the most common New Year's resolutions.

1. Focus on Fitness

According to a survey of adults who made a New Year's resolution, the most popular goal (48%) was to exercise more. The best way to stick to it is to do something you enjoy. So whether it's running, biking or yoga, find a way to make it fun. That might mean purchasing new workout clothes or equipment or finding a friend to join in to socialize with and to keep you going. Just remember to start slow, track your progress and you'll soon be getting fit in your favorite way.

2. Connect with Family and Friends

With busy schedules, staying connected with friends and family can be difficult. Resolving to keep in touch can be easy though, thanks to new digital tools. Luckily, a subscription service like [AmericanGreetings.com](https://www.AmericanGreetings.com) allows

you to send a variety of digital greetings for any holiday or occasion. To ensure you keep in touch, the personalized greeting cards can be pre-scheduled for delivery by email up to one year in advance or can be sent via text or social media. Plus, you can even include a gift card. Best of all, one subscription unlocks access to the entire American Greetings' online library, including SmashUps video greetings, Creatacard digital cards, and Pics & Wishes multi-media messages. Subscriptions are \$6.99 per month or \$29.99 per year.

3. Improve Finances

If improving your finances is one of your goals, the best place to start is to track your previous year's expenses and categorize them. You might be shocked how those daily lattes or online impulse buys add up! Then, find a financial system that works for you. This could be as simple as a spreadsheet outlining and recording your set expenses and discretionary funds; or syncing your data to your online accounts utilizing a budget-tracking app. Once your system is in place, you'll be able to find areas for improvement and set new financial goals for the future.

4. Get Organized

Getting organized is always a top resolution for the new year—and managing your schedule is a simple way to relieve stress and improve productivity. Start by outlining your daily, weekly or monthly commitments with a planner or online calendar. Google Calendar, for example, is a free option that allows you to view and color code appointments by category. Plus, by recording and prioritizing your responsibilities, you'll also be able to see your free time, so you can make time for things you enjoy.

5. Make Time for Mental Health

In addition to improving physical fitness, managing mental wellness should be at the top of the resolution list. According to Mental Health First Aid, Americans cited enhanced self-confidence (64%), increased productivity (67%), and increased happiness (71%) as the top benefits of mental self-care. So, start your year by adding "mental break" moments to your daily and weekly schedule (maybe on your new calendar). Self-care can be anything from meditation and sleep, to cooking or reading, as long as it helps you decompress, unwind and find your mental zen.

New Year's resolutions can feel overwhelming; but by using available tools to plan ahead and keep you on track, you'll have realistic ways to achieve your goals.

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Statepoint Crossword: Winter Fun

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	
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63					64	65			66			67
68						69				70		
71						72					73	

ACROSS

1. Make change
6. Used in combination to denote the middle
9. *Ammo material
13. Star_____
14. The "place with the helpful hardware folks"
15. Neutral shade
16. Orderly arrangement
17. Romanian monetary unit
18. Button on electrical outlet
19. *Frosty's nose
21. *Gingerbread Man, e.g.
23. Drench
24. What a willow did?
25. Famous song by The Jackson 5
28. Cone-shaped quarters
30. *Snow mover
35. A bit of water
37. Pakistani language
39. Measured in knots
40. Tatted fabric
41. *"A Visit from St. Nicholas" poet
43. Tropical edible root
44. Paintings in Orthodox church
46. Not swim or swum
47. Frozen puddle accident
48. Small skullcap
50. Dresden's river

52. Captain's turf
53. Drop of sorrow
55. "Slippery" tree
57. *Frozen spike
60. *Three-horse sleigh ride
63. Words to live by
64. Caviar alternative
66. On D'Artagnan's hat
68. Group of wives
69. Boiling emotion
70. Furnish with a fund
71. Travelers' stops
72. Poetic "even"
73. Buy second-hand

DOWN

1. Agha, alt. sp.
2. Artist Chagall's first name
3. Poet Pound's first name
4. Draws close
5. Fungus damage (2 words)
6. Shake's cousin?
7. *_____ fishing
8. Two, in cards
9. Station finder button
10. Not final
11. Curved molding
12. Kind of nurse
15. Bouillons
20. Laudanum ingredient
22. Saturn's wife

24. As opposed to widow
25. Impromptu
26. Emergency pedal
27. *Hot treat
29. Major-leaguers
31. Prefers
32. Butcher shop offering, pl.
33. Ghostlike
34. Parkinson's drug
36. Philadelphia's Ivy League member
38. Russian mountain chain
42. *Fireplace glob
45. TV offering
49. Reef fish
51. Kind of bride
54. Eagle's home
56. Hundred Acre Wood creator
57. A Flock of Seagulls' 1982 hit (2 words)
58. European Council for Nuclear Research, acr.
59. Bad day for Caesar
60. Not quite an adult
61. Spiral-horned African antelope
62. Singer-songwriter Tori
63. Tai's partner
65. Miner's bounty
67. Female sheep

See Solution on page 11

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Obituaries



Sonja Behnke Festerling

Behnke Festerling, Sonja

Sonja Behnke Festerling lost her long battle with Alzheimer's disease at age 89 on the morning of December 9, 2022. Our beloved wife, mother, grandmother, daughter, sister...she will be missed.

Born on September 7, 1933, to her parents, Albert and Rose Behnke, Sonja grew up in Beltsville, Maryland, with her brothers at the Behnke home on the grounds of Behnke Nurseries, the nursery that her parents started in 1930. During her childhood, Sonja made friendships that she kept throughout her life. For many years a group of her girlfriends would get together for long weekends to "solve all the problems of the world," as she would say.

Life was a stage for Sonja, and she had that million-dollar smile that made people want to be around her. Sonja graduated from the last and best senior class of Greenbelt High School in 1951 before they closed their doors. After completing high school, Sonja went to NYC and attended the Academy of Dramatic Arts, creating many more friendships along the way. From there, Sonja relocated to Hollywood, California, in the mid-50s. She eventually returned home with her two

children, where she taught modeling at a top agency in Washington, D.C. A few years later, Sonja returned to work full-time at Behnke Nurseries.

Sonja met the love of her life, Joachim (Joe) Festerling in 1968, a nurseryman from Germany, while he was working at Behnke's. They got married in 1972 and moved to West Friendship, Maryland, where her husband started Lindenhof, his wholesale nursery. Together they enjoyed going to auctions, filling their home with many treasures they found along the way.

Sonja had many roles at Behnke Nurseries and became President of the company in 1995 until she retired. You would find her most often working with her African Violets or helping customers, rather than being in the office. She also was in charge of advertising for the nursery. Sonja started the Christmas Shop in the late 1960's by convincing her father that a few German decorations would sell. The Christmas Shop became one of the only Christmas Shops in the area. Sonja was proud of all the people over the years that worked with her at Behnke's. She empowered so many high schoolers with the opportunities of growth, independence, and development.

During this time, she was also a member of the Beltsville Rotary Club for 25 years, where she served as the first woman President of the group. Sonja embraced the Rotary ideals and truly lived in that manner. She served in every leadership role in the club at least one time and took on important responsibilities at the district level. Every year you would find Sonja ringing the Salvation Army Bell at Behnke's as a member of the Rotary. Giving back to the community was something she loved to do, and like in every role she took on, she did so with the same level of cheerfulness and positivity.

During Sonja's life, she enjoyed traveling around the world with her husband, mother, grandchildren and friends. Always up for an adventure, one of her last trips was to Antarctica, where she marched with the penguins. A theater and arts enthusiast, Sonja loved attending live shows, as well as watching all the old classics on TV. She found enjoyment and peace in gardening, reading, and daily word games.

Sonja is survived by her husband, Joachim (Joe) Festerling; her two children, John Peter Thompson and Stephanie Fleming, and son-in-law Jonathan Fleming; her two grandchildren, Steven Fleming and Jaimie Shirokobrod, and three great grandchildren, Aaron and Zoe Shirokobrod, and Robert Fleming; her siblings, William Behnke and Albert H. Behnke and her two sisters-in-law, Ele Behnke and Cathy Behnke. In addition, Sonja had many nieces and nephews. Her parents, Albert and Rose Behnke, and older brother Roland Behnke, predeceased her.

A celebration of Sonja's life will be held at a future date. Per Sonja's wishes, the family has requested no flowers. Instead, look around and enjoy all that nature has to offer. Cut a bouquet of flowers and enjoy them in your home.



Carol Myles

Myles, Carol

Carol Myles was born in Sibley Hospital in Washington DC on December 17, 1946, to Francis and Muriel Neagle. She had two older brothers Denny and Tommy. At the age of 2 she and her family moved to West Lanham Hills in Prince George's County. She went to Sacred Heart Grammar School in Washington DC and was a graduate of Elizabeth Seton

High School in Bladensburg, MD in 1964.

She married Thomas Myles on December 5, 1981. They have two children, Sheri and Dave, 5 grandchildren (Sarah, Lauren, Becca, Ian and Brendan) and one great grandchild, Piper.

Carol worked as an executive secretary in the marine engineering industry for 30 years, after which she was the parish secretary at St. Joseph's Catholic Church in Beltsville, MD for 5 years and then 5 years as secretary for religious education.

She and Tommy enjoyed watching movies, traveling within the US to places like Florida, Dutch Country Pennsylvania, Vermont and the Smokey Mountains. They went on a church trip to Italy in 1993. They were very active in their church doing various volunteer activities.

In Lieu of flowers donations can be made to her favorite charity, St. Jude's Children's Research Hospital.



Earl Lawson Nealis

Nealis, Earl Lawson

Earl Lawson Nealis of Beltsville, MD passed away on Monday, December 5, 2022. Born in Augusta, WV on October 2, 1927. Beloved husband of the late Ruth Easton Nealis. Survived by Letha (Terry) Nealis Cope, Frederick, MD, Jane Nealis, Beltsville, MD, and James Nealis, College Park, MD. Viewing was held at Borgwardt Funeral Home, 4400 Powder Mill Road, Beltsville, MD on Monday, December 12, from 2-4 and 6-8 p.m.

Graveside service was held at Ebenezer Cemetery, Rte. 50, Romney, WV on Wednesday, December 14, at 12 noon. He served during WWII and Korea and was active in political affairs,

was a 70-year member of the American Legion, College Park, MD, and Beltsville United Presbyterian Church for many years.

Memorial donations may be made in lieu of flowers to the American Legion, Post 217, 9218 Baltimore Avenue, College Park, MD 20740.



Doris Virginia Humphrey

Humphrey, Doris Virginia

Doris Virginia Humphrey passed into eternal life on December 13, 2022 after a brief illness. She was born on March 28, 1930 to William Wallace Wood and Esther Bizgia Wood in Beltsville, MD. She had 10 siblings that predeceased her.

Doris spent most of her life as a homemaker where she enjoyed cooking, baking, and making crafts with friends. She loved taking care of her husband and her 3 children. She briefly worked at USDA and Goodall's Hardware Store in Beltsville in her pre-marriage years.

She leaves behind to mourn her a loving husband Robert T. Humphrey whom she was married to for 74 years. Her children, Gary W. Humphrey (Loriann), Donald M. Humphrey (Lynn) and Sherry A. Ventura (Wilson). She has 4 wonderful grandchildren, Shahn (Molly), Justin, Donny Jr. (Ashlie) and Travis Humphrey. She also loved her 2 great grandkids, Jack and Addie. She also leaves behind many nieces and nephews.

Donations may be made to the Hospice of the Chesapeake or Emmanuel United Methodist church in Beltsville, Maryland.

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ON THE AGENDA

continued from page 1

is in the CM zone (commercial miscellaneous). Just an FYI, the townhomes that were previously proposed are not moving forward. The detailed site plan is scheduled

to go before the MNCPPC Planning Board on February 4th.

Winter Car Safety Tip: car thieves are watching so on those cold winter mornings DO NOT leave warm your car unoccupied while warming up.

Please send me your email

address to receive the login information for our January Citizens Association Virtual Meeting. Details will be posted on the Beltsville News Facebook page and Nextdoor.com. I can be reached at 301-937-3490 or karenmcoakley@msn.com.

Rosapepe's Report to Beltsville

Join us and Congressman-Elect Glenn Ivey at our January 15th Winter Brunch

I hope you can join my wife Sheilah and me for our 2023 Winter Brunch in January. We will be joined by Congressman-Elect Glenn Ivey. The Brunch will be on Sunday, January 15th between 11 am-1 pm. It will be held at the Konterra/Truist Corporate Building at 14401 Sweitzer Ln Laurel, MD 20707. Go to SenatorJimRosapepe.com for details and to RSVP. Families are welcome. We look forward to seeing you!



Senator Jim Rosapepe

Reminder: Health insurance deadline: January 15

Delegates Peña-Melnyk, Barnes, Lehman, and I want to be sure all working families are able to sign up for affordable health insurance. Despite all the proposals in Congress to repeal the Affordable Care Act (ACA), it's still in effect. Now -- through January 15 -- is the time to learn about coverage -- and other ways to save money on health insurance. Open enrollment runs until January 15. Be sure to enroll or change plans by visiting www.marylandhealthconnection.gov or call toll-free 1-855-642-8572.

Meal Delivery for Senior Citizens

The Prince George's County Senior Nutrition Program's mission is to promote the meal program, nutrition education, as well as social, recreational, and educational opportunities for older

adults. The Senior Nutrition Program has two components: The Home-Delivered and Congregate Meal programs. Each meal served meets at least one-third of the Recommended Dietary Allowances for older adults and follows the Dietary Guidelines for Americans. The Home-Delivered Meal program provides meals to homebound older adults within the community, with the intent of assisting the resident with remaining in their own home. A hot meal is delivered to the older adult's door five days a week. The Congregate Meal program serves hot nutritious meals to seniors in a congregate setting such as senior centers, religious facilities, senior housing and community centers. Congregate program participants may be provided transportation to the local nutrition sites and eligible seniors are able to take part in the lunch program and have access to recreational and educational programs.

To be eligible for the Senior

Nutrition Program, an individual must:

- Be a Prince George's County resident
- Be at least 60 years of age, or have a spouse that is 60 year of age and attends Senior Nutrition Program

If you have questions about COVID tests or vaccines, call the COVID-19 Health Hotline (301) 883-6627 or visit <http://health.mypgc.us/coronavirus>

Home Energy Bill Assistance

The Office of Home Energy Programs (OHEP) provides bill assistance to income-eligible households in the State of Maryland to make their energy costs more affordable and to help with the prevention of loss and the restoration of home energy services. The Office of People's Counsel encourages anyone who is behind on their utility bills to not wait to receive a turn-off notice and apply for assistance. OHEP has recently started its new program year and released the new application. Visit their website to learn more.

Merry Christmas!

My wife Sheilah joins me in wishing you and your family a Merry Christmas and a great New Year!

Contact us

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



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Resolve to Protect Your Finances and Your Family in the New Year

(StatePoint) After a holiday season spent racking up credit card bills, many Americans consider making financial resolutions in the New Year. However, now is the perfect time to not only reevaluate your saving and spending, but also commit to creating a more holistic financial plan designed to protect your finances and your family.



(c) kazuma seki / iStock via Getty Images Plus

Consumers are seeking stability and preparedness in today's uncertain economic environment, according to a recent Consumer Sentiment Tracker study by Lincoln Financial Group. With ongoing inflation and market volatility, 56% of respondents cited protection from risk as being most important to them. When

it comes to thinking about their finances, people said they have the greatest interest in protecting their family (39%) followed by their income (26%).

"Our research reinforced the importance of financial solutions that can help consumers navigate

through market cycles and protect their loved ones," said David Berkowitz, president, Lincoln Financial Network, Lincoln Financial's wealth management business. "People are not only concerned about having enough to pay their bills, but also saving for retirement and preparing for the unexpected. It's important to have a well-rounded financial plan that can address those risks, protect assets and create positive outcomes for today's families."

To achieve a stronger financial future, don't neglect your finances in 2023 — instead, add a little TLC (Talk, Learn, Com-

PROTECT
continues on page 15

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The Browser Part 3

So here we come to the final part covering the web browser in this "Using our Tools" series. This month we will cover Search Engines, Home Pages, Add-ons and Extensions.

The Search Engine

Search Engines may not seem to be an integral part of the web browser but in most modern browsers the search engine is used to automatically find what you are looking for if you didn't correctly enter a URL in the address field. Chrome, Firefox, and Safari all use Google as the default search engine. This isn't an accident, Chrome is of course maintained by Google, but Mozilla, the creator of Firefox and Apple are paid by Google to be the default search engine. This is valuable to Google because the search engine sees everything typed into the address bar and then everything selected in the search results. The Microsoft Edge browser defaults to using Microsoft Bing as its default search engine.

It is easy to change the default search engine by going into settings and selecting search. This will allow you to choose another search engine as the default. The primary alternatives are Bing, Microsoft's search engine, and DuckDuckGo, a search engine that provides privacy for your searches. Yahoo is also listed on Chrome and Edge, but needs to be added to Firefox. A quick search will show the answer if Yahoo is needed on Firefox. Firefox allows use of different engines without changing the default. Just click on the address bar before hitting enter and a pulldown search menu will appear with the other choices of available search engines.



Because the search feature exposes your search and browsing information to the search engine the browsers usually provide an option to disable these features when using private browsing. It is also possible to remove search engines that you don't want to appear when you have a choice of search engines.

Home Pages and New Pages

The "Home" page is the page appearing in the browser when you first start the browser. Like the search settings this will vary between browsers and is configurable. Chrome uses the Google

but I tend to turn all of that off. Edge provides a very busy page with news, and weather and menus leading to places that Microsoft believes you may want to visit. Their page is somewhat similar to the MSN, AOL, or Yahoo start pages. However, like Firefox the Edge Home Page can be configured from within the browser, adding and removing some of the content on the page.

Home pages are easily changed in all of the browsers, so if you prefer clean and crisp Google Search page just set the home page to <https://www.google.com> no matter which browser you are using. Or you may prefer <https://yahoo.com> or <https://aol.com>.

There is a separate but closely related feature called the New Page. This is the page that appears when you ask for a new tab to be created, often by clicking the plus to the right of the rightmost tab on the browser. The New page may be set to be the same as the home page, a different web page or in the case of Firefox an internal page that is somewhat customizable.

If you know a little HTML it is possible for you to create your own home and new pages and store it as a file on your computer. Change the settings to point the Home and New page files and you will see your own customized page each time you start your browser or open a new page.



search page as the home page by default. Mozilla has a lightweight home page as well that provides a Google search box and some information about Mozilla. It has a feature where frequently used pages will form a grid below the search box, making it easy to revisit them. It can optionally show a lot of other information,

Add-ons and Extensions

Add-ons and Extensions are programs that have been built to give the browser extended capabilities. In this section we will cover some popular extensions, but there are thousands of them so we will just look at some of the categories and mention a few of the best extensions. The most popular extensions have been written and rewritten to work on multiple browsers. It is my belief that Chrome has the most extensions because Google has provided an environment to run applications like Google Docs in the browser and they have enhanced the browser to support this.

Security and Privacy Extensions

There are a number of extensions that add additional security and privacy features to the browser. uBlock Origin and Adblock Ultimate are both respected ad blockers, preventing most advertisements from showing up in your browser. They can be enabled or disabled for individual sites and the can have the effect of speeding up the browser because it doesn't have to deal with ads you don't want to see. These programs also attempt to stop web trackers and malware attacks.

Google of course is not happy with ad blocking, so they are slowly trying to remove the features from their browser that the extensions depend on. They are planning to provide a less annoying ad experience for their browser. So far this hasn't been successful, and Google has pushed the deadline back again and again. I used Adblock Plus for years

and switched to uBlock Origin a couple of years ago. I find both extensions work well for me (but only use one at a time).

There are also several password manager extensions that remember your passwords for you and fill in the forms automatically. Some of these are tied to other security products or standalone password managers like Norton and LastPass. Kee is a product that is both free and Open Source. Firefox created a password manager but has now built it into Firefox.

Themes and Colors

Themes and color extensions allow you to customize the appearance of your browser to suit your own tastes. Personally, I don't use these on my browser, but I know many who do enjoy it. Themes exist for favorite TV shows, games, products like cars, and artistic themes.

Shopping

In the shopping area the most popular tools seem to be around price comparison and coupon clipping. In the DC Metro area, we regularly see commercial for the Capital One Shopping App, which is a coupon clipper. There is also an Amazon Shopping Helper by Amazon.

Final Words

I am out of space so let me add some final words. The browser has a lot of capabilities that we have barely touched on. Hopefully, you have learned a few new tools that will help you get better use from the browser as the New Year begins. I wish everyone a Happy, Healthy and Prosperous New Year.

Resolving to Get in Shape in 2023? Don't Forget Your Feet

(StatePoint) While you may want to tone your abs, glutes and triceps in the new year, there's one often-overlooked area of the body that deserves your attention too: your feet!

"A lot of people hit the gym or dust off their home exercise equipment in January," says Danielle Butto, DPM, FACFAS, a board-certified foot and ankle surgeon and a Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS). "But without proper precautions, a new exercise routine can cause foot and ankle injuries that could sideline you just as you're hitting your stride."

According to ACFAS, here's what to know as you follow through on your resolution to get fit:

Common Injuries

- Don't play through the pain of an ankle sprain. Avoiding treatment can not only cause further damage to the ligaments which may

take much longer to heal or possibly require surgery, but you may be overlooking a more serious injury -- a stress fracture.

- A stress fracture may feel like an ankle sprain at first, but you'll notice additional warning signs, such as swelling without bruising, and pain even during normal activities or when touching the area. If you have any of these symptoms, have your foot and ankle evaluated by a foot and ankle surgeon as soon as possible.

- Pain or swelling around your Achilles tendon after a workout could be indications of Achilles tendonitis. Untreated, a stretched or strained Achilles tendon may worsen over time, leading to stiffness and fatigue in your injured leg. Worse yet, untreated Achilles tendonitis could result in a ruptured tendon requiring surgery and a rehabilitation of sev-



FEET

continues on page 14

(c) kazuma seki / iStock via Getty Images Plus

Neighbors in the News

Last month, I erroneously included the wrong picture with this article. We are running it again with the proper picture. I apologize to Ms. Anita Dunn.

—Rick Bergmann, News Director

Riderwood Residents Find the Key to a Healthy, Happy Life

Silver Spring, MD - Staying on the go is nothing new for Anita Dunn, a resident of Riderwood, an Erickson Senior Living community in Silver Spring, Md.

"Before coming to Riderwood, I lived a very active life in Florida," she says. "I spent my time enjoying three or four activities a day, including a variety of clubs, tennis, and travel. It was important to me to move to a community where I could enjoy the same active lifestyle, and Riderwood has exceeded all my expectations."

Taking advantage of Riderwood's amenities and resources, which are designed to support all facets of well-being, Anita says she is happier - and healthier - than she would have been had she stayed in her former home.

Jumping in

It's easy to explore your interests and make friends at Riderwood, thanks to the wide range of clubs and activities, which reflect the community's diversity.

"When I moved in, I made the decision to jump in with two feet," says Anita. "I made a list of activities that interested me. I joined the pickleball group, played mah-jongg and canasta, and joined the 1940s Club. I meet new people at each activity I attend!"

Anita also enjoys taking classes at Riderwood's new state-of-the-art fitness and aquatics center several times a week. The two-story, 25,000 square-foot center boasts a large studio for personal and group training, a pool, a pickleball court, and a flex space for dancing and other activities.

A holistic approach

Riderwood's pastoral ministries staff helps residents foster spiritual wellness by creating opportunities for worship within 20 different faith and spiritual traditions. Each week, a variety of faith-based groups provides services for residents, as well as their family and friends.

As an active member of Riderwood's Jewish community, Anita attends Friday night services, study groups, and special holiday events.



"The Jewish community at Riderwood is very active and inclusive," she says.

Riderwood residents - including Anita - enjoy access to the on-site medical center, staffed with full-time, certified professionals that specialize in senior health care. "I appreciate the convenience of the medical center," says Anita.

Further supporting the wellness of the Riderwood community, this year, Erickson Senior Living provided a multimillion-dollar investment, through its Well-Being Fund, to support the addition of enhanced health and well-being programs and services to residents.

Incorporating findings from the company's research partnership with Harvard University and the Benson Henry Institute (BHI) for Mind Body Medicine at Massachusetts General Hospital, these additions are designed to enhance the physical, emotional, and social well-being of residents.

"Through the Well-Being Fund, we are able to apply evidence-based research to further enhance the programs, amenities, and services available to better enable residents to achieve optimal health outcomes," notes Dr. Margaret Kimbell, vice president of community living for Erickson Senior Living.

Seeing the investment

Thanks to this investment, residents at all Erickson Senior Living communities now have greater access to tools and strategies that support resilience and overall health and well-being. Examples include Wellbeats, a new fit-

ness app which allows residents to participate in on-demand and live exercise, yoga, and meditation classes from any location.

At Riderwood, the fitness centers recently received new, state-of-the-art equipment, including a smart mirror and Echelon fitness bikes.

"The Well-Being Fund also helped us certify two of our fitness staff members in Rock Steady Climbing, a boxing program specifically for people with Parkinson's disease, as well as the corresponding equipment such as gloves, wraps, and punching bags," says Fitness Manager Paula Butler.

The Well-Being Fund is also supporting renovations to a number of Riderwood's indoor and outdoor amenities, including meditation spaces, the dog park, and the outdoor recreation center that will feature a new putting green and driving range.

Looking ahead

As she looks forward to the New Year, Anita feels energized by the amenities and activities that are designed to help her reach her personal wellness goals.

"I am unbelievably happy with my decision," Anita says. "I live a very social life that includes as many people and activities as I can fit into my day. Everything I need is right here - from friendly neighbors and delicious restaurants to the wonderful medical center and staff. And my children are all happy that they no longer have to worry about me, should I become ill. They know I'm well cared for here at Riderwood."

Riderwood Staff Appreciation Fund Brings Good Tidings to Hourly Staff

Residents contribute \$394,789 to thank employees for their hard work

Silver Spring, MD - Smiles of staff members at Riderwood, an Erickson Senior Living community in Silver Spring, Md., are shining brighter than tinsel this holiday season, thanks to residents' generous donations to the 2022 Staff Appreciation Fund (SAF).

Each year, Riderwood residents contribute to the SAF as a way of recognizing the community's hourly employees, who work diligently to provide them an industry-leading level of service.

The funds are then dispersed among Riderwood's eligible employees, which include dining associates, security officers, maintenance workers, housekeepers, and medical and nursing assistants—all of whom are more than merry year-round.

In 2022 alone, Riderwood

residents contributed \$394,789 to the SAF and staff members are eager to share their gratitude.

At a "red carpet" event on December 6 that decked the halls, residents had the opportunity to express their appreciation in person.

The spirit of the tight-knit community, bolstered by this teamwork and residents' desire to give back, doesn't go unrecognized by Riderwood leaders.

"At Riderwood, we genuinely care for one another, and I think our residents' generosity is a reflection of that," says Philanthropy Manager, Maria Aghguigian. "Our employees work hard to provide a true maintenance-free lifestyle, and residents realize how much better their lives are because of it."



The Residents of Riderwood are very thankful for the staff.

Crossword Solution from page 5

A	M	E	N	D		M	I	D		S	N	O	W		
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A	R	R	A	Y		L	E	U		R	E	S	E	T	
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FACING THE NEW YEAR

How does one face tomorrow
With hope, if in today
One's heart is filled with sorrow
Because of yesterday?

Our frame's too weak to carry
The burdens of this life,
E'en strong men find it scary
To lift beyond their might.

But there is One inviting
All weary souls to come
And put their cares and strivings
Upon His precious Son.

Who has already borne them
Compassionately when
He died to solve sin's problem
Which is the bane of men.

This new year we are facing

Has no pow'r greater than
Whatever we are placing
In Jesus ' nailed scarred hands.

For ev'ryone forgiven
Is freed to now rejoice,
As peace for those who listen
Guides them to know His voice.

Beckie Hutchings
12/14/2022

Calendar of Events

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



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AREA EVENTS

COLLEGE PARK AVIATION MUSEUM

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

LAUREL-BELTSVILLE SENIOR ACTIVITY CENTER

Masks are optional. Contact the center for updates. Membership is free for Beltsville residents who are 60 years old or older. Closed on Sundays and most major holidays. Contact the center for updates to hours of operation and current COVID-19 protocols. Address: 7120 Contee Rd., Laurel, MD 20707, around the corner from the University of Maryland Medical Center. Phone: 301.206.3350. Fax: 301.206.3387. TTY: 301.446.3402.

LAUREL SENIOR FRIENDSHIP CLUB (LSFC)

We will have our next meeting on Wed., Jan. 11, 2023, at 10:30 a.m. The meeting room doors open at 9:30 a.m. We will have a short business meeting, installation of the 2023 Officers, and John Bell of *The Beltsville News* will speak on *Tech Sense*.

- Every Tuesday Bingo: 12 noon each Tuesday (doors open at 11 a.m.); fee for cards, NO admission fee.
- Save the Dates: On Feb. 8, we will have the singing duo *Rearview Mirror* and on Mar. 8, a CAM Physical Therapy speaker will speak on fall prevention and balance.
- Contact the LSFC office for more details on Monday, Wednesday, and Friday from 10 a.m. to 12:30 p.m. at 301.206.3380.

NATIONAL WILDLIFE VISITOR CENTER

Main phone: 301.497.5772. Address: 10901 Scarlet Tanager Loop, Laurel, MD 20708. The entrance is accessed from Powder Mill Rd. between the Baltimore–Washington Pkwy. and Rt. 197. Free admission and free parking. Current social distancing and face covering requirements match those of Prince George's County. All dogs must be kept on a leash (no longer than 6 feet) for

their own safety as well as that of other visitors and wildlife. Regular hours of operation for the trails and grounds are: Open daily from sunrise to sunset, *except for federal holidays*. See the Friends of Patuxent website for more information at <https://friendsofpatuxent.org/>.

THE BUILDING, ART GALLERY, & BOOKSTORE

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

KID'S DISCOVERY CENTER

Tuesday through Saturday: *Pre-registered parent/child teams* are invited into the Center on the hour, from 9 a.m. to 12 noon for a 35-minute, fun-filled session. Activities are age-appropriate for children ages 3 – 8 (no children under the age of 3 years old). Call our front desk at 301.497.5760 to make your reservation. Winter themes are:

- *January: Maryland's Visitors.* Many animals call Maryland home, but who uses Maryland as a waystation while heading south for the winter? Learn about some of Patuxent's visitors as you complete fun activities and beautiful crafts.
- *February: Deer.* Did you know that deer can see better in the night than they do in the day, and that white-tailed deer use their tails to signal danger to other deer? Find out more amazing facts about deer as you enjoy over a dozen hands-on activities.

WINTER BIRD WALK, SNOW OR SHINE

Sat., Jan. 14 from 9 a.m. to 10:30 a.m. All ages, no registration required. Join Ken Cohen for a walk to discover the birds that call Patuxent home for the winter. We hope to observe ring-necked ducks, white-throated sparrows, hermit thrush, and many other species. Meet inside the Visitor Center at 9 a.m. *This walk is planned to progress snow or shine, but if we cannot walk outside, we will explore the many birds inside the Visitor Center.* Bring your binoculars and dress warmly!

MEET AN AMERICAN KESTREL

Sat., Jan. 21 from 1 p.m. to 1:30 p.m.

All ages, no registration required. Come meet an American Kestrel. In this informal show-and-tell time, see what makes the American kestrel an expert at hunting in meadows.

WELCOMING CREATURES TO YOUR BACK YARD

Sat., Jan. 21 from 2 p.m. to 3 p.m. All ages, **registration required.** Learn how to provide basic habitat for common native creatures in your yard. What foods are best in winter? In this class we will look at on-line resources available to help you plan to attract and see more wildlife.

FAMILY FUN: WINTER WILDLIFE

Fri., Jan. 27 and Sat., Jan. 28 from 10 a.m. to 1 p.m. each day. All ages, **registration required.** In cold weather, most of the animals at Patuxent continue going about their business as usual. Even when we don't see the animals themselves, we can tell which ones have been here—and maybe what they were doing—from the footprints and other things they leave behind. Come learn about local winter wildlife through hands-on activities, games, and crafts for all ages. *This is a drop-in program: come when you wish and leave when you're ready.*

BELTSVILLE EVENTS

NATIONAL AGRICULTURAL LIBRARY (NAL)

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

BELTSVILLE LIBRARY

Address: 4319 Sellman Rd., Beltsville, next to the police station. The main phone number is 301.937.0294. TTY: 301.808.2061. Ask a Librarian telephone reference: 240.455.5451. Regular hours of operation are Mon., Thur., and Fri. from 10 a.m. to 6 p.m.; Tue. and Wed. from 12 noon to 8 p.m.; Sat. from 10 a.m. to 5 p.m.; and Sun. 1 p.m. to 5 p.m.; closed on most major holidays. Contact the library for updates and late changes. See www.pgcmils.info/location/Beltsville.

CUB PACK 1031

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Pack1031cubscouting@gmail.com for information. We are a family scouting unit. We learn outdoor

skills, citizenship, STEM, nature and doing service. We look forward to having another fantastic year! We are back in Beltsville Academy for our den meetings. And happy to be meeting in our usual place

and learning about nature, doing service and hiking in the outdoors. We are mask optional and still cautiously progressing toward regular meetings.

I will start off with a brief story. A medical doctor friend of mine in Dallas, recently met a young man from Venezuela, Franklyn Miguel. He had passed through the USA and was going back to Mexico to try and complete his medical school. As of the time of typing this, my doctor friend had launched a Go Fund Me for him, to assist him to realize his goal of \$5,000. So far, \$1,275 has been raised.

Please click on <https://gofund.me/9255db3f>. You can read more about him and if you have the ability, kindly help him. I don't have enough space to go into details but thank you very much for that.

I have done a little research on the history of January. Celebrating the New Year is typically the first holiday on the calendar, but it has not always been this way. Around 700 B.C. January replaced March as the first month of the year. Numa Pompilius, a Roman King, is credited with revising this and adding two months. Many religions continued to celebrate the new year on either March 25th or December 25th, according to their church calendars. In 1582, Pope Gregory developed the Gregorian calendar and most of the world came around to observing January 1, as the beginning of the New Year. January takes its name from Janu, the Roman deity of beginnings and endings. January is the second month of winter in the Northern Hemisphere but in the Southern Hemisphere, it's



summer.

As we get ready to start 2023, let us prepare for the challenges it will bring. This year, I would like you to commit to doing a lot more reading on global issues and national issues.

We are in for a challenge in 2023. I have been following with interest, the developments in the Netherlands with farmers. The Netherlands plans to halve nitrogen emissions by 2030. To this end, the government there is trying to shut down 3,000 farms, to meet climate goals. The government there are plans by the government there to conduct forced buyouts of 3,000 farms, which is hoped will help in cutting down nitrogen emissions in half, to meet the country's climate goals. The government has allocated 24.3 billion Euros, to finance these agricultural reforms. The protests are characterized by Dutch livestock farmers using tractors to block roads and occupy spaces. Do a google search to read up more about this and how it will impact the food supply chain in Europe.

Now for something interesting,

I discovered recently, that every day is a celebration of one event or another. A google search of 'National Day Calendar' will turn up some interesting details. January is designated National Soup Month, National Slow Cooking Month, and National Braille Literacy Month.

February is National Cancer Prevention Month, National Embroidery Month, and National Weddings Month.

In March, we got Developmental Disabilities Awareness Month, National Cerebral Palsy Awareness Month, National Brain Injury Awareness Month, and more.

There is an option when you click on the National Calendar link to narrow down the search by days and weeks. Have fun doing this research and see how much of this you can share on your individual social media platforms.

As I prepare to wrap up, thank you for being with us this year. Please take time during this festive season to remember the less fortunate. Help somebody where you can, donate to a soup kitchen or see how you can help. Get a small pot and plant a seed or two of some herbs or vegetables and enjoy the pride of eating something you grow and nurture, especially if you have never done this before. Enjoy your holidays and have a blessed and prosperous 2023.

Beltsville News CHURCH DIRECTORY



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www.stjosephbeltsville.org

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Masses: Please contact parish office for schedule

Adult, Youth and Children Faith Formation
reled@stjosephbeltsville.org

Director: Mrs. Helene H. Stever
St. Joseph's Regional Catholic School
www.stjosrcs.org
Principal: Mrs. Erin Meunier

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

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

New Year's Resolutions for Business Owners

(SPM Wire) New Year's resolutions aren't just for individuals and families. Businesses can benefit from them as a method to reflect and set themselves up for improvements in the months ahead.

Here are a few ways small business owners can get their enterprises on a better track in the new year:

- Hit the books smarter: Get your records in better shape by making sure to put in effect a process of checks and balances, whereby at least two sets of eyes hit your books every month or at least every quarter. Now is also the time to update balance sheets, generate income statements and compile cash flow statements.

- Be more positive: Foster a more positive work environment for in-house employees, as well as those who work from home or

frequently are on the road for your business. Encourage real feedback and actually listen to what employees have to say. Be kind and encourage kindness among team members.

- Be goal oriented: Evaluate the past year and be honest in asking yourself if your business met its goals. Clearly define new ones and make sure your entire team knows what these goals are. Create a plan with measurable benchmarks and with regular staff check-ins where your team honestly reviews monthly, quarterly and yearly goals together. Define goals and create a platform for your entire team to transparently benchmark their successes and failings.

The new year is the perfect time to reassess your company and to set it up for increased success in 2023.

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Beltsville News CHURCH DIRECTORY

FEET
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eral months.

- Heel pain that lasts for more than a day or two, or worsens when you stand after sitting for an extended amount of time, may be plantar fasciitis. This common condition is a result of inflammation of the tissue extending from your heel to your toes. If caught early, your foot and ankle surgeon can recommend at-home conditioning. In late stages, plantar fasciitis is harder to treat and takes longer to resolve.

Prevention Tips

The good news? Many injuries are preventable. Foot and ankle surgeons offer five tips to help you keep your feet and ankles healthy:

1. Be smart. Consider consulting a personal trainer at first to ensure you're practicing good form, and to increase the duration and intensity of your workouts gradually and safely.

2. Stretch. Incorporate mobility and stretching into your fitness regimen, particularly before and after workouts.

3. Be footwear aware. Wear properly-fitting athletic shoes that support the arch of the foot, provide heel cushioning and are designed for the exercise in which you're engaged. These measures can help you avoid plantar fasciitis and neuromas. Wear cotton or non-slip socks to help prevent painful blisters, which can become infected and cause more serious issues, especially if you have diabetes.

4. Guard against bacteria. Sweaty shoes, public showers, exercise equipment and the pool deck are breeding grounds for fungus, viruses and bacteria. Wear water shoes in public areas, and after workouts, and get your feet clean and dry quickly.

5. Book an appointment. Foot and ankle pain isn't normal. It signals a problem that needs to be evaluated, diagnosed and treated by a specialist who fully understands this part of the body. To find a foot and ankle surgeon near you, use the "Find a Physician" search tool at FootHealthFacts.org.

"When you exercise, your feet and ankles do a ton of work holding you up and absorbing the shock of each step you take," says Dr. Butto. "So, as you kick off your new fitness routine, don't forget to protect them."

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To view services online:
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Contact the Church office if you are interested in any of these resources



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Zoom details can be found on our website
You can also watch the live stream on our Facebook page.
For where 2 or 3 gather in my name, I am there.

What's Happening

- † Worship Sundays at 10 am (in-person & virtual)
- † Bible Study Wednesdays at 7 pm (virtual)
- † Food Distribution Saturday, January 28: 8:00 - 9:30 am for seniors and 9:30 to 11:00 am for the general public.

There's always a seat for you at Emmanuel. Consider visiting us in 2023. You are welcome anytime.
"I was glad when they said to me, "Let us go to the house of the Lord!"
Psalm 122



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PROTECT

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mit). Resolve to create a robust financial plan using these three tips from Lincoln Financial:

1. Talk about it. Financial conversations play a crucial role. Be transparent with your loved ones about financial priorities so you can set expectations and work toward your shared financial goals. Initiate ongoing discussions to stay on track with everything from saving for retirement to paying for a long-term healthcare event, which can happen suddenly and be very costly. Also, consider talking to a financial professional who can help identify solutions that best meet your individual needs, as well as drive better outcomes. Lincoln's research found those who work with financial professionals are more likely to prioritize retirement savings (26% vs. 10%).

2. Learn more about tax-deferred investments. Life insurance can be more than just a death benefit, with some types of policies offering income replacement for unforeseen events. It can also protect your financial security from the impact of taxes, market volatility and longevity. It's not just for individuals and families either, but businesses too. Also, consider diversifying your portfolio with an annuity, which can provide protected growth and monthly lifetime income to help cover expenses in retirement and ensure you have a stream of income.

3. Commit to maximizing your workplace benefits. Look into supplemental coverages like disability, accident and life insurance that may be available through your employer. Solutions like these protect against unexpected events that can disrupt your ability to provide for your family or drive you into additional debt. If you have an employer-sponsored retirement plan, make sure you are contributing and getting a match, if offered. Tap into any financial wellness tools offered at work to help provide you with an accurate picture of your holistic financial situation and lower stress.

Visit www.lfg.com for more tools and resources. With a robust plan, you can help ensure a solid financial future for you and your family.

HOGAN

continued from page 1

to support Maryland crime victims, which includes his recent \$35 million funding to protect victim service providers from devastating VOCA federal cuts. This important funding supports a range of services including direct advocacy, case management, crisis and hotline support, counseling, support groups, court and hospital accompaniment, legal representation, shelter, transitional housing, and forensic medical exams.

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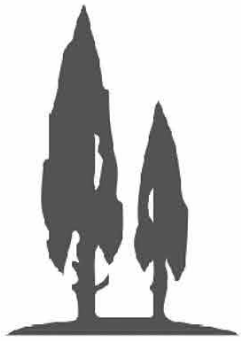
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