Montgomery County Public Schools

Retirees Association, Inc.

P.O. Box 4367 Rockville, MD 20849-4367 www.mcpsra.org

Volume 2019-20, Issue #2

December, 2019



PRESIDENT'S MESSAGE

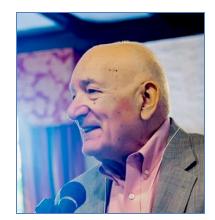
Dr. Carol Dahlberg *President - MCPSRA*

It's happened again! On October

24, another MCPSRA member was inducted into the Maryland Senior Citizens Hall of Fame (MSCHF). This year it was Michael Thornett, a former teacher and counselor at Damascus High School. Michael was recognized for his roles as a tutor and mentor of Damascus HS students through the Thor Teams Inc. that he founded in 2007. He also is active in the Faith Connections Program which is a social service organization that assists needy families in the Greater Damascus area. He certainly deserves the respect and high regard in which he is held by so many for his generosity and support. Read more about Michael on page 10. You can see previous inductees at this website: http://mschf.org

In November, the MCPSRA Board of Directors agreed to fund the purchase of 1619 Project materials for all MCPS middle and high schools. The 1619 Project is a New York Times program observing the 400th anniversary of the arrival in America of the first enslaved people from West Africa. Members of the BOD will be meeting with MCPS Social Studies Supervisor Maria Tarasuk to discuss ways in which we can work together to share and promote these materials. Also, in response, Superintendent Jack Smith wrote, "I would be remiss if I did not express my sincere appreciation to you and all of your members for your many years of service to the students of Montgomery County and your ongoing commitment to our school system and community."

Lou D'Ovidio, chair of our Political Action Committee, held a meeting of the committee to begin the process of reviewing candidates for the board of education position and the



Lou D'Ovidio

U.S.Congress. At this meeting, the "PAC

2020" members reviewed, wrote and edited oral and written questions that candidates running for election in 2020 will be asked. Subsequently, "PAC 2020" will read written responses and interview the candidates. The filing deadline is January 24, 2020. Early voting begins April 16, 2020. See page 5 for more.

I would like to recognize Juliette Trevino, our membership chairperson, for her diligence in keeping our membership rolls up-to-date. Each month she receives several reports from the Maryland Retired School Retirees Association regarding new, current and former members from MCPS. She updates and verifies her records and then provides the information for publication in our newsletter. This time-consuming undertaking helps to keep all members informed. If you have any changes to your information, please send the new information to Juliette at igtrevino@comcast.net.

--- Carol Dahlberg

Check out our website: MCPSRA.org.

MCPSRA BOARD OF DIRECTORS

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2019-20 BUSINESS MEETING/LUNCHEON DATES

Business meeting/luncheons are held four times a year at the delightful Normandie Farm Restaurant, 10710 Falls Road, Potomac, MD 20854.



Members enjoying themselves at our October luncheon.

Please note that our Business meeting/Luncheon dates for this year are:

February 20, 2020 April 23, 2020 June 11, 2020

NEW DIRECTORY COMING in 2020

We are working on a new membership directory and plan to mail it to you in the fall of 2020.

Have you moved, changed your email address, or your phone number since our last directory? Is something wrong with your listing in the current directory?

Please contact Juliette Trevino with updates and corrections. Contact Juliette ASAP, but no later than May 31 (301-460-9670 or at jgtrevino@comcast.net). Once the directory goes to the printer it will be too late to make changes.





THOUGHTS ON GIFT-GIVING

As the holiday season comes around each year, we look forward to the festive and joyful time we spend with family and close friends. We enjoy all the decorations, the delicious meals and decadent sweets, and, yes, the gifts so thoughtfully selected and given to one another. Many long hours of hard work are spent on assuring that everything turns out perfectly. Therefore, most of us will agree that the holiday season can also be a very stressful and harried time as we plan and prepare all the food for the many meals and gatherings, as well as try to budget for, shop, and wrap the ideal gift for each person on our list.

In times past, it used to be the custom to hand make, with much thought and care, each gift we gave one another whether it be a hand-knitted sweater or mittens, homemade cookies, breads, and candies, or even something you grew and canned from your garden. "Honestly," you say, "when was the last time you heard of anyone having the time to do that?!" Well, there has been a resurgence in recent years to rethink the whole idea of gift-giving not just during the holidays but throughout the year by putting more meaning and effort into the gifts we give while saving time and money, too.

Here is a suggestion that you may want to consider as you approach this season of gift-giving that may make your life much easier and add new meaning to what you receive or give as gifts. "Please don't get me anything! There isn't a thing I really need or want," I tell my children and friends. But when they insist that I give them an idea, I have requested that they make a donation in my name to a few of the local and national charities and organizations that I have selected for the good work they do for the neediest of the poor and helpless. I would like you to consider doing the same by selecting and donating to our own association's **Toolkits Project**.

Many of you have donated to this much needed and highly successful project during the sixteen years of its existence because you know it benefits needy children right here in Montgomery County. More and more individuals have chosen to send their donations in honor of or in memory of loved ones. If the donor provides the name and address of the person to whom an acknowledgement should be sent, we are more than happy to do so. Frequently we receive a heart-felt note of appreciation back from the individual or family when they hear of the sponsorship of toolkits made in their name.

Now is the time to consider making truly thoughtful holiday gifts to some individuals "who have everything," (as they say!) by sponsoring toolkits in their names. Your monetary donation is a gift that keeps on giving since the children receive the kits in July and use the school supplies in them all year long. All donations are tax-deductible. Thank you for your spirit of generosity during this holiday season and throughout the year in supporting our project.

Joan Donovan, Special Projects Coordinator

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		MCPSRA TOOL	KITS SPONSORSHIP FORM	
			il it along with a check (payable to: 13 Hilton Court, Gaithersburg, MD	dation, with
NAME:				
ADDRESS:				_
I would like to sp	onsor #	toolkits at \$10 per kit.	Donation enclosed: \$	
Optional: In mer	mory of	In l	honor of	
Send a	acknowledgemen	t to		
Solost one:	e-mail me a	rocoint at		
	e-mail me a re		o receipt is necessary	
Do NO	T include my nan	ne on toolkit's labels		

Welcome New Members

Joined in September 2019

Anne Brobby	10307 Calumet Drive, Silver Spring, MD 20901	202-256-9665
Deborah Herbst	972 Farm Haven Dr., Rockville, MD 20852	301-231-9309
Wendy L. Hoover	18545 Bowie Mill Rd., Olney, MD 20832	
Nan luculano	487 Chestertown St., Gaithersburg, MD 20878	301-706-9358
Dorian Janney	9617 Harvest Knolls Way, Gaithersburg, MD 20882	301-787-5169
Cindy McCathran	3811 Shakespeare Way, Monrovia, MD 21770-9249	301-831-3202
Elizabeth Ogwin	1801 Dellabrooke Farm Lane, Brookeville, MD 20833	301-570-6621
Maureen Raines	16 Assawoman Avenue, Ocean View, DE 19970-9296	301-641-0521
Norma F. Salmon	1101 Kirklynn Ave., Takoma Park, MD 20912	301-404-2443
Gershon C. Scott	500 Chillum Road #301, Hyattsville, MD 20783	301-270-8549

Joined in October 2019

MaryAnn Mangan Bradley	1911 Jennifer Ct., Vinton, VA 24179	703-919-9739
Laurie B. Galfond	20506 Addenbrook Way, Gaithersburg, MD 20879-4582	301-990-6461
Michelle Goldstein	10300 Gainsbourough Road, Potomac, MD 20854	301-448-5752
Laura A. Jaynes	10229 Capiton View Ave., Silver Spring, MD 20910	301-801-1840
Kimberley Sloan Watson	9346 Somersby Ct., Laurel, MD 20723	240-786-7882
Cheryl P. Wyatt	1376 Rhododendron Drive, Terra Atta, WV 26764	240-388-0374

MCPSRA Consumer Report by Reggie Ott

Your membership in MCPSRA means that you are also a member of the Maryland Retired School Personnel Association (MRSPA). As a result, you have access to the bi-monthly Consumer Connection Newsletter published by the MRSPA Consumer Education Committee which offers a full array of consumer information.

- 1. You can access the Consumer Connection Newsletter by clicking on the MRSPA website (<u>www.MCRSPA.org</u>), clicking on "Committee", and clicking on "Consumer Connection Newsletter".
- 2. If you have a **Handicapped** placard that you display in your car, be aware that they are valuable to others who are not handicapped. Incidents of placards being stolen from parked cars seems to be on the rise. So, when your **Handicapped** placard is not needed, please put it in a secure place not visible to thieves. And remember to lock your car, even when you are in a location that seems secure.
- 3. In the August/September edition of the AARP magazine, there was a brief article that highlighted the importance of protecting medical data. It highlighted the following:
 - Monitor bank and credit card accounts and insurance-benefits statements for costs you didn't incur. Act promptly to correct records.
 - Treat your insurance numbers as if they're as sacred, private and valuable as your SSN.
 - Shred any medical paperwork you don't need to retain; that includes prescription-drug labels.
 - Avoid revealing on social media any surgery, medical procedure or visit to a specialist.

Adapted from Scam Me If You Can (Portfolio-Random House/AARP) by Frank Abagnale, AARP's Fraud Watch Network ambassador.

POLITICAL ACTION!

The Maryland Primary Election is Tuesday, April 28, 2020, and our Political Action Committee (PAC) has already started working. Their goal is to select the best candidates for *Montgomery County Board of Education* and *U.S. Congress* (Districts 3, 6, and 8).

PAC volunteers are led by Committee Chair, Lou D'Ovidio. Together they will develop a set of questions to include in a candidate questionnaire, mail the questionnaire to the candidates, review candidate responses to the questionnaire, and conduct face to face interviews. MCPSRA PAC interviews all candidates who wish to be interviewed, and who could potentially earn our recommendation.

The Committee met in early November and will meet again in February. Their recommendations will appear in our April newsletter.

Get Involved!

There is an opening on the MCPSRA Board of Directors for the chair of the Public Relations Committee. Even if you are just a wee bit curious you are invited to join us at our January Board meeting to learn more about the available opening and see how much fun we have. Join us at 9:30 am on Thursday, January 2. We meet in CESC Room 110. **No pressure will be applied.**

ARE YOU GETTING YOUR NEWSLETTER AS AN EMAIL ATTACHMENT?

We are sending every issue of the Newsletter as an email attachment to all members for whom we have a working email address.

Here are the advantages of the email version:

- it's in color
- it arrives earlier than the print version, and
- if you only get the email version it saves our organization money.

If you are not getting the email version, it's because we don't have your correct email address. If you are one of these people, and if you would like to receive the color version of the Newsletter as an email attachment please send an email to MCPSRA@zoho.com. Use this same address to let us know if you want the newsletter by email only.

MCPSRA Travel Programs Spring 2020

Let's fill the bus!! The plan for upcoming Retiree Association trips is to fill the bus for each trip with MCPSRA members, adult family members and adult friends. Join us in this unique opportunity to interact with former colleagues as well as with others who may have similar interests. With that end in mind, the following trips are planned for this coming February and March, 2020.

Smithsonian Museum of Natural History, Monday, Feb. 10, 2020 9:30 am - 3:00 pm

Let's celebrate the return of the dinosaur! After five years of preparation, the 31,000 square foot Fossil Hall at the Smithsonian Natural History Museum has recently reopened permitting a closeup view of 700 fossil specimens including a 66-million-year-old Tyrannosaurus rex skeleton dubbed "The Nation's T. rex." This exhibit provides tools to interpret the past, present, and future of our Earth. Other ongoing exhibits at the museum are the Sant Ocean Hall, the Butterfly Pavilion (paid ticket), the Insect Zoo, and Geology, Gems, and Minerals. Lunch on your own at museum cafes. Activity Level: walking and standing. This trip includes bus transportation, fees, and tolls. Motor coach operator gratuity not included. Payment of \$37 due by January 2, 2020.

Celebrate St. Patrick's Day in Baltimore, MD, Friday, March 13, 2020 9:00 am - 4:00 pm

Celebrate the history of the significant Irish presence in Southwest Baltimore beginning with a tour of the Irish Railroad Workers Museum. This museum consists of two renovated alley houses which reflect the lives of the Irish immigrant railroad workers who lived there. Lunch will follow at the wood-paneled James Joyce Irish Pub. Our final Irish experience will be to visit and tour the Guinness Brewery where we will have a tasting. Activity level: Walking and standing. Trip includes transportation, admission fees, lunch, taxes and tolls. Not included is bus driver gratuity. **Payment of \$120 due by February 13, 2020.**

Mail all checks and reservations forms to: Margaret P. Brown, 6 Cullinan Drive, Gaithersburg MD 20878

Contact Nancy Sanders via e-mail: <u>NancyOSanders@gmail.com</u> or by phone at 301-963-1357 for questions.

Upcoming Trips – Save the Dates – More Specific Details in next Newsletter

Tuesday, April 14, 2020 – Commemorate Abraham Lincoln by visiting Lincoln's Cottage in Wash., DC. Thursday, May 21, 2020 – Choptank River Crab Feast Cruise.

Thursday, June 18, 2020 – Sight and Sound Theater production of Queen Esther.

REMINDERS ABOUT THE MCPSRA TRAVEL PROGRAM

1. We all travel at our own risk. When signing up for one of the sponsored trips, participants accept all liability for any loss, damage or personal injury related to that trip and hold MCPSRA, its Officers and Board harmless should any accident, injury or loss occur.

- 2. Itineraries, times and details are approximate. Changes are sometime necessary and unavoidable.
- 3. Trips are open to members, their families and adult friends.
- 4. GUESTS: On popular trips, to ensure MCPSRA members have preferred opportunity to secure reservations, guests may be limited. If you will be traveling with guests that you have invited, please make sure they read this list of reminders.
- 5. DEPARTURES: All bus trips leave from the Park-and-Ride, Georgia Avenue, Olney.
- 6. PLEASE OBSERVE THE DEADLINES FOR RESERVATIONS AND PAYMENT.
- 7. RESERVATIONS: Participants have the choice of check or credit card. Write a separate check, payable to MCPSRA, for each trip. Include the name and date of the trip on each check. Send your check with your completed reservations for each trip. Your reservation will be definite upon receipt of your deposit/full payment, whichever is required. If a trip has to be cancelled because of insufficient numbers of participants needed by the published deadline, your check will be returned to you. Credit card payments can be made by calling EYRE Tour & Travel at 410-442-1330, ext. 4. Upon receipt of registration form and check/credit card payment confirmation, the Travel Team will send an email to the participant acknowledging the booking.
- 8. REFUNDS are made if the trip is cancelled. If an individual cancels, refunds will be made only if the space can be filled.
- 9. GRATUITIES for driver and local guides are not included in the price of the trip.
- 10. QUESTIONS: Please contact Nancy Sanders, Travel Co-Chair, via email NancyOSanders@gmail.com or by phone at 301-963-1357.
- 11. MAIL all reservation forms and payment to Margaret P. Brown, Travel Co-Chair, 6 Cullinan Drive, Gaithersburg, MD 20878

	RESERVATION FO	 RM
	(one form for each tour	r, please)
TOUR		
Mailing Address		
Phone #	Cell #	E-mail
Are you traveling with oth	e No If not, guest of _ ners: Yes No nation	
Are your travel companio	ns paying independently? Yes	No If yes, please enclose that X tour fee = TOTAL PAYEMNT \$
•	payment: check OR credit card accepted for trips offered by EYRE	payment to EYRE. only. If paying by credit card, call the Tou

Department at EYRE TOUR & TRAVEL: 410-442-1330 ext. 4.

Please let us know if you have special needs or requests (seating, mobility, food allergies, medical issues). CHECKS should be made payable to MCPSRA. One check per tour, please.

MAIL all checks and reservations form to Margaret P. Brown, Travel Co-Chair, 6 Cullinan Drive, Gaithersburg, MD 20878 QUESTIONS: please contact Nancy Sanders, Travel Co-Chair, at NancyOSanders@gmail.com or by phone 301-963-1357. We welcome your suggestion, too!

In Memoriam

The following MCPSRA members have passed away:

AUGUST
Barbara S. Contrera
Ann E. Mongelli

OCTOBER
George W. Dorr
Edward H. Green
Molly A. Pirrung

SEPTEMBER
James F. Baker
James A. Convery
James W. Wheat
Geraldine Windham

Volunteers by Frieda Price

Volunteers are in demand during the holiday season and many different opportunities are available. Check out yhe Holiday Volunteering Opportunities and also Opportunities in your Community. Hopefully, you will find an activity that will be helpful to others as well as one that will be

enjoyably for you as you provide this service to others.

There is no greater feeling than your service to others

Happy Holidays to you and those you willingly serve.

	••••
MCPSRA-Henson Project Donation Form	
Please provide (print clearly) the following information and mail it along with a check (payable to: "Montgomery County Parks Foundation") to MCPSRA Treasurer, Dr. Stephen Raucher, 5515 Manorfield Rd., Rockville, MD 20853.	ı
NAME:	
ADDRESS:	

MCPSRA is Working for You!

On March 1, 2019, two of our board members (Fred Evans and Russ Wright) traveled to Annapolis to lobby State Legislators on your behalf. One of our successes was the Hospital Patient's Bill of Rights that went into effect on October 1, 2019.

The new law guarantees that all hospital patients—whether admitted, treated in an ER or as an outpatient—will receive a list of their 24 legal rights.

The law was supported by a coalition of 25 advocacy groups including the **Maryland Retired School Personnel Association (MRSPA). Our lobbying worked!**

The Maryland General Assembly provided a clear mandate for the Hospital Patient's Bill of Rights by a unanimous vote, and the bill was signed into law by Governor Hogan. What are our rights?



Fred Evans

Every patient has a right to:

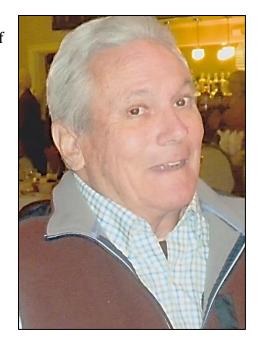
- (1) Receive considerate, respectful, and compassionate care;
- (2) Be provided care in a safe environment free from all forms of abuse and neglect, including verbal, mental, physical, and sexual abuse;
- (3) Have a medical screening exam and be provided stabilizing treatment for emergency medical conditions and labor;
- (4) Be free from restraints and seclusion unless needed for safety;
- (5) Be told the names and jobs of the health care team members involved in the patient's care if staff safety is not a concern;
- (6) Have respect shown for the patient's personal values, beliefs, and wishes;
- (7) Be treated without discrimination based on race, color, national origin, ethnicity, age, gender, sexual orientation, gender identity or expression, physical or mental disability, religion, language, or ability to pay;
- (8) Be provided a list of protective and advocacy services when needed;
- (9) Receive information about the patient's hospital and physician charges and ask for an estimate of hospital charges before care is provided and as long as patient care is not impeded;
- (10) Receive information in a manner that is understandable by the patient, which may include:
 - (i) Sign and foreign language interpreters;
- (ii) Alternative formats, including large print, braille, audio recordings, and computer files; and
- (iii) Vision, speech, hearing, and other temporary aids as needed, without charge;
- (11) Receive information from the patient's doctor or other health care practitioners about the patient's

- diagnosis, prognosis, test results, possible outcomes of care, and unanticipated outcomes of care;
- (12) Access the patient's medical records in accordance with HIPAA Notice of Privacy Practices;
- (13) Be involved in the patient's plan of care;
- (14) Be screened, assessed, and treated for pain;
- (15) Refuse care;
- (16) In accordance with hospital visitation policies, have an individual of the patient's choice remain with the patient for emotional support during the patient's hospital stay, choose the individuals who may visit the patient, and change the patient's mind about the individuals who may visit;
- (17) Appoint an individual of the patient's choice to make health care decisions for the patient, if the patient is unable to do so;
- (18) Make or change an advance directive;
- (19) Give informed consent before any nonemergency care is provided, including the benefits and risks of the care, alternatives to the care, and the benefits and risks of the alternatives to the care;
- (20) Agree or refuse to take part in medical research studies, without the agreement or refusal affecting the patient's care;
- (21) Allow or refuse to allow pictures of the patient for purposes other than the patient's care;
- (22) Expect privacy and confidentiality in care discussions and treatments;
- (23) Be provided a copy of the Health Insurance Portability and Accountability Act Notice of Privacy Practices; and
- (24) File a complaint about care and have the complaint reviewed without the complaint affecting the patient's care.

Congratulations to MCPS Retiree and MCPSRA Member Michael Thornett!

On October 24, Michael was inducted into the Maryland Senior Citizen Hall of Fame. Since his retirement in 2000, after 38 years of teaching and counseling, he has led a purpose-driven life, continually devoting his many talents and efforts in service to several nonprofit organizations that address the needs of the Damascus community, most especially one he founded in 2007 called Thor Teams, Inc.

From his many years as a high school counselor in Damascus, he knew that there are countless teenagers each year who are unable to fulfill their academic potential due to the financial and social circumstances of their families. Mike began this program by gathering together a group of retired colleagues to form a team of adults to support disadvantaged teenagers and help them fulfill their dreams. The Thor Teams initiative has evolved over the years to the incredibly successful and acclaimed program it is today. Here's how it works:



- Students receiving tutoring and mentoring two evenings a week at the Damascus Public Library.
- Speakers, such as educators, police officers, and career professionals are also invited to address the teens.
- In their role as mentors, Thor Teams volunteers assist student in searching for a college and finding the funding necessary to achieve this goal.
- Each semester students are given opportunities to participate in cultural and recreational activities that are beyond the financial possibilities of their families movies, sporting events, trips to the beach, and more.
- High school students in the program mentor younger at-risk students and also volunteer at a local soup kitchen and thrift shop.

The Thor Teams program would not have been possible without the vision and organizational skills of Mike Thornett. He continues to recruit tutors and mentors as well as drivers to transport students when required. He writes grants, secures funding from corporate sponsors, organizes and participates in a fund-raising golf tournament each spring. and is the driving force in keeping this program going and so successful year after year.

In addition to his work with Thor Teams, Mike ...

- also donates his time and talents as a treasured volunteer for a group known as Faith Connections, an ecumenical social services initiative in Damascus that assists adults and families in times of need who are dealing with a wide variety of issues and challenges that affect their lives (i.e., housing, rent, food, transportation, loneliness, and much more). He serves as the organization's treasurer and is on its Board of Directors. His leadership and compassionate service brings much needed comfort to many, many people who are suffering in his local community.
- is an active and very valued member of the St. Paul Catholic Church in Damascus where he has served on the Parish Council. Following a career in teaching and counseling at the high school level that spanned almost four decades, Mike's commitment to working with youth has continued

- by working to provide St. Paul's young adults educational, social, and recreational activities in a safe and faithful environment.
- Mike also serves his community through the many and varied philanthropic endeavors of the local Lions Club. His contributions to his club's works for the benefit of the well-being of so many people are too numerous to put into words.

INTERESTING FACTS! Contributed by Jack Hill

A dime has 118 ridges around the edge.

A cat has 32 muscles in each ear.

A crocodile cannot stick out its tongue.

A dragonfly has a life span of 24 hours.

A goldfish has a memory span of three seconds.

A "jiffy" is an actual unit of time for 1/100th of a second.

A shark is the only fish that can blink with both eyes.

A snail can sleep for three years.

Al Capone's business card said he was a used furniture dealer.

All 50 states are listed across the top of the Lincoln Memorial on the back of the \$5 bill.

Almonds are a member of the peach family.

An ostrich's eye is bigger than its brain.

Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.

Butterflies taste with their feet.

Cats have over one hundred vocal sounds. Dogs only have about 10.

"Dreamt" is the only English word that ends in the letters "mt".

February 1865 is the only month in recorded history not to have a full moon.

In the last 4,000 years, no new animals have been domesticated.

If the population of China walked past you, in single file, the line would never end because of the rate of reproduction.

If you are an average American, in your whole life, you will spend an average of 6 months waiting at red lights.

It's impossible to sneeze with your eyes open.

Leonardo Da Vinci invented the scissors.

Maine is the only state whose name is just one syllable.

No word in the English language rhymes with month, orange, silver, or purple.

Our eyes are always the same size from birth, but our nose and ears never stop growing.

Peanuts are one of the ingredients of dynamite.

Rubber bands last longer when refrigerated.

"Stewardesses" is the longest word typed with only the left hand and "lollipop" with your right.

The average person's left hand does 56% of the typing.

The cruise liner, QE2, moves only six inches for each gallon of diesel that it burns.

The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.

The sentence: "The quick brown fox jumps over the lazy dog" uses every letter of the alphabet.

The winter of 1932 was so cold that Niagara Falls froze completely solid.

The words 'racecar,' 'kayak' and 'level' are the same whether they are read left to right or right to left (palindromes). The longest palindrome is "tattarrattat".

There are 293 ways to make change for a dollar.

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DATED MATERIAL



MCPSRA Luncheon/Business Meeting NORMANDIE FARM

Gathering: 11:00 a.m.; Business Meeting: 11:30 a.m.; Luncheon: 12:00 Noon; Program 1:00 p.m.

Next Luncheon Date February 20, 2020

The MCPSRA Newsletter is published in October, December, February, April, and June. This is the December, 2019 issue.