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Prince George's County Opens First Government Operated Screening Clinic In Response to COVID-19

Screening clinic has limited testing capability for those meeting stringent CDC guidelines

By GINA FORD

Office of the County Executive,
Prince George's County

LANDOVER, Md. (March 27, 2020)—Prince George's County Executive Angela Alsobrooks announced today that the Prince George's County Health Department, in partnership with the Maryland National Guard, the Maryland Department of Health, and the University of Maryland Medical System, are opening a pilot COVID-19 assessment and screening location at FedExField in Landover, Maryland. The screening location will be open for limited hours on Mondays, Wednesdays and Fridays, from 10 a.m. to 3 p.m. starting on Monday, March 30. This is step one of a

larger effort to establish screening clinics where onsite testing for specific groups will take place.

"This screening site will allow us to assist those in need during this critical time, including individuals who do not have access to healthcare," said Alsobrooks. "This is truly a collaborative effort between Prince George's, the State and private entities. During these very uncertain times, it will take a team effort to pull through this pandemic."

This screening site is designed to alleviate the pressure on primary care physicians, hospitals, and health care facilities that will likely increase in the coming weeks due to COVID-19. Those who normally go to hospitals or emergency rooms to receive primary health

care, are highly encouraged to seek a telehealth appointment through the Prince George's County Health Department if they believe they have been exposed and are exhibiting symptoms associated with this virus.

"The opening of this pilot screening site represents another important step in our state's effort to respond to COVID-19 with every tool in the arsenal of public health," said Fran Phillips Maryland Department of Health Deputy Secretary for Public Health Services. "What Marylanders are seeing at FedExField is the result of thorough coordination across all levels of government and the health sector."

See SCREENING CLINIC Page A4

Lattes With Lambs Is Going Virtual This Year!



PHOTO COURTESY ACCOKEEK FOUNDATION

The coronavirus pandemic has changed a lot of people's lives, but one thing that hasn't changed is the arrival of new life on the National Colonial Farm. Each April, the Accokeek Foundation welcomes and celebrates the arrival of the new barnyard babies with a festival—the adorably named Lattes with Lambs. This year, in the service of keeping those family and friends safe, Lattes with Lambs will be on the internet. What does this mean?

- Lamb cams: watch video from the barnyard of bottle feedings and meet the new lambs and calves
- At home DIY activities: follow along at home with some of your favorite Lattes with Lambs farm activities, like shaking your own butter and dyeing wool
- A video debate between the candidates for Mayor of the Barnyard,

Nigel the Hog Island sheep and Birdie the American Milking Devon cow

- Online voting to select the new Mayor of the Barnyard
- A live online coffee café on Saturday, April 4. Brew up a fresh cup of whatever it is you like to drink in the morning and join us at 10 a.m. for a live announcement of the new Mayor of the Barnyard.

It's easy to participate! Just follow us on social media this week. We'll post links to all of the virtual content on Facebook and Twitter. Plus, we'll release some of the videos as playlists on our YouTube channel, so subscribe to make sure you never miss an update.

—Accokeek Foundation on Facebook @AccokeekFoundation
www.instagram.com/accokeek_foundation/
Twitter: Accokeek Foundation @Accokeek

Maryland Chapter of International Sorority Receives Prestigious Community Service Awards

By RACINE TUCKER- HAMILTON
Psi Epsilon Omega Chapter

PRINCE GEORGE'S COUNTY, Md. (March 27, 2020)—Psi Epsilon Omega Chapter, Alpha Kappa Alpha (AKA) Sorority, Incorporated® receives recognition at the 89th North Atlantic Regional Conference (NARC) in Hartford, Conn. on March 7, 2020. The chapter won second place 'Chapter of the Year' for large chapters and the 'Pretty is as Pretty Does—A Reflection of Sisterhood' award.

"It was such an honor to win these two very competitive awards that highlight the chapter's community service in Laurel, Bowie, and Greenbelt," said Benita Swindell, Alpha Kappa Alpha Sorority, Incorporated®, Psi Epsilon Omega Chapter President.

The 'Chapter of the Year' is a highly coveted award that recognizes chapters which have excelled in effective chapter operations, promoting sisterhood, implementation of international and local programs of service, visibility and recognition in the community and chapter growth.

"Psi Epsilon Omega Chapter exceeded this award criteria due to its strong and effective leadership and an unwavering commitment to serving the communities of Laurel, Bowie, and Greenbelt," added Swindell. "The 'Pretty is as Pretty Does—A Reflection of Sisterhood' award is so named because of the belief that what we do for others is what makes us beautiful."

Psi Epsilon Omega Chapter has won the 'Pretty is as Pretty Does—A Reflection of Sisterhood' award for two consecutive

years because of its consistency in providing impactful service to the community while also strengthening the sisterly bonds amongst its members.

The North Atlantic region of Alpha Kappa Alpha Sorority, Incorporated® includes nearly 80 graduate chapters from Connecticut, Delaware, District of Columbia, New York, Pennsylvania, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, Rhode Island, and Vermont.

Alpha Kappa Alpha Sorority Incorporated®, Psi Epsilon Omega Chapter was chartered in 2007. Since its founding, the chapter has been aggressively implementing its programs of service in the communities of Laurel, Bowie, and Greenbelt, Maryland.

A Note to Our Readers

Due to the coronavirus pandemic, The Prince George's Post will have limited staffing at our office in Upper Marlboro. **The Prince George's Post will still be published each week.** Legal ads should be submitted via email to bboice@pgpost.com. Press releases/articles should be submitted to pgpost@gmail.com.

Because all of our delivery locations are currently closed, archive PDFs of the legal and editorial sections are available online at www.pgpost.com. Thank you.

More Student Meal Sites Open

Ten new elementary school sites are opening for breakfast, lunch and a snack starting Monday, March 30, bringing the total number of student meal sites to 43.

The new meal sites are Bradbury Heights, Brandywine, Carrollton, Glassmanor, Hollywood, James McHenry, Ridgecrest, Riverdale, Robert Frost and Woodridge. Three sites have been closed due to low participation: J. Frank Dent and Longfields elementary schools and Benjamin Stoddert Middle School.

Under relaxed federal guidelines, parents may now pick up the "grab and go" meals. Parents must bring a student ID or report card with them if the student is unable to come to the site.

Meals are available from 10 a.m. to 1 p.m. School system staff will be on hand to distribute meals in the cafeteria or parking lot depending on the weather. Students may pick up the meals and snack in one visit. Parents and guardians are not required to accompany students nor are students required to show ID.

Visit <https://www.pgpcps.org/coronavirus>.

PG Co Firefighter and Detailer Offers DIY Automotive Tips to Help Protect Your Automotive Interiors Against the Spread of COVID-19

By KIMBERLY BALLARD
for Shine Right Detailing

HUNTINGTOWN, Md. (March 20, 2020)—Due to his expertise as both a career firefighter and as an IDA-certified owner and detailer for Shine Right Detailing, Josh Buckler is offering Do-it-Yourself tips for car and truck owners in the DMV area, to help them maintain a clean and sanitized environment inside their vehicle during this critical time. This is important because even though people in most states are encouraged to avoid public places as much as possible, there are going to be times when everyone needs to use their vehicle.

Medical professionals, first responders and law enforcement will need safe and healthy automotive environ-

ments; delivery services will have to deliver food and packages; and even citizens will need to go to the doctor, the grocery store and pharmacy.

"The first step to preventing the spread of dirt, germs, bacteria and allergens is through good personal hygiene, so use hand sanitizer before getting in your vehicle," said Buckler. "Seventy percent isopropyl alcohol is safe on the hard surfaces in your vehicle like plastic door panels, the console, dashboard and control buttons. You can use it on leather seats and accessories too but be sure to apply a leather conditioner to prevent damage in the future."

Bleach and peroxide, he said, will kill the virus, but they will damage car interiors,

See TIPS Page A5



PHOTO COURTESY PSI EPSILON OMEGA CHAPTER OF ALPHA KAPPA ALPHA SORORITY, INC.

(From L to R): Nicola F. Kennedy, former president, Psi Epsilon Omega Chapter of Alpha Kappa Alpha Sorority, Inc., Mary Bentley LaMar, North Atlantic Regional Director of Alpha Kappa Alpha Sorority Inc., and Benita Swindell, Psi Epsilon Omega Chapter of Alpha Kappa Alpha Sorority, Inc. President.

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Virtual Y is a new online community designed to help adults, youth and seniors to stay connected and active, even when they can't visit the Y.

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ChildWatch: Providing Help and Hope to Our Children in This Time of Great Crisis

Public officials everywhere should be holding these kinds of press conferences for children to give them the reassurance and sense of security they so desperately need in these frightening times.

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TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

I lived through an epidemic

74 years ago: San Antonio, 1946

In May 1946 I was a senior at Our Lady of the Lake High School (OLL), a Catholic girls' school in San Antonio, Texas. I was excited about graduating. My last glee club concert was coming up. Our senior play was scheduled. Our Senior Prom was planned and I'd already asked a handsome G.I. to be my escort. His name was Jack Keen.

Then polio struck! Pools closed, and schools, camps, and theaters and lots more. Panic set in.

OLL was a boarding school. Freshmen, sophomores and juniors were sent home. All seniors (boarders and day-hops like me) moved into a large room, with very high ceilings and big windows. And a bat!

I remember the screaming as that intruder swooped over our beds. Finally one of the Sisters trapped the bat between the window screen and the glass and let him out.

Our concert and the play were cancelled. The prom was cancelled (and we already had our dance cards filled out). On graduation day, we dressed in our long white dresses and gathered on stage for the ceremony, looking out at the empty auditorium. I remember calling home after graduation, and crying. I needed my family!

I don't recall how long the epidemic lasted. But World War II was winding down. Mom and Dad (who had headed the medical department at Kelly Field) piled us seven kids into a house trailer and we journeyed across country, back to our pre-War home in Saginaw, Mich.

In San Antonio that year, 85 contracted the disease and 11 died. We called it infantile paralysis and thought it was caused by mosquitos and flies. In 1949 there was another San Antonio epidemic and again in 1952. The March of Dimes charity was founded to help the many victims, countrywide.

In 1956 a vaccine was introduced and I remember getting that shot. By 1962 Dr. Albert Sabin had introduced the first oral polio vaccine.

But, I'll never forget 1946.

Just as we will never forget the coronavirus epidemic of 2020.

Morningside election 2020

The election is slated for Monday, May 4 at the Town Hall. There'll be special registration on Monday, April

6, 1 to 9 p.m., to allow those not registered to vote in the Town to do so.

Four candidates are running for two Town Council seats, currently held by Sharon Fowler and Katie Blade. Katie has chosen not to run again. As Mayor Cann says in his Letter to the Town, "We appreciate the time and energy she has given to the Town the last two terms. She will be missed."

Four longtime Town residents are running. They include incumbent Sharon Fowler, John Anthony, Dave Williams and Sheila V. Scott. I'll tell you more about them in next week's column.

Coming up in Morningside...maybe

Morningside's office is closed for now, but if you call 301-736-7440, you'll get instructions. The following activities may be cancelled, but just in case:

April 14: Town work session, 7 p.m. at the Town Hall (officially, the Morningside Municipal Center).

April 21: Regular Town meeting, 7 p.m.

May 4: Morningside Elections, 8 a.m. to 8 p.m.

May 12: Work session, 7 p.m.

May 18: New Council Members sworn in, 7 p.m.

Neighbors & other good people

Sara Dwyer, of Morningside, had a note on the Nextdoor Town of Morningside website about how deer butchered her little trees last year. She's trying to do something about it this year but says "the deer mostly just stand in the yard and stare at me."

Father Francis Bober, a priest of the Archdiocese of Washington for more than 50 years, died Jan. 24. He was associate pastor at Mount Calvary, Forestville, 1970-71; St. Mary's in Upper Marlboro, 1991-1993; and then chaplain for Prince George's General Hospital.

County Council Members were among special guests at the recent ribbon-cutting for the new Creative Suitland Arts Center, a project of Joe's Movement Emporium in partnership with the Revenue Authority of Prince George's County. The center is located at 4719 Silver Hill Road in Suitland.

Changing landscape

Mama Stella's is open for carryout ordering. For the mouth-watering menu

go to www.mamastellasrestaurant.com. The address 7918 Old Branch Avenue in Clinton. (Too bad you missed the corned beef and cabbage on St. Patrick's Day.)

The Uptown Theater in Cleveland Park has closed its doors. This magnificent art deco movie-house opened Oct. 29, 1936 with its huge screen and fresh popcorn. Perhaps you went to see 2001: A Space Odyssey in 1968 or Star Wars in 1977 or Jurassic Park in 1993 at the Uptown. My favorite was Lawrence of Arabia. I hope the owners find a way to keep this gem open.

The new MedStar Georgetown Cancer Institute opened its doors February 27 at MedStar Southern Maryland Hospital. Dr. Stephen "Eric" Rubenstein is the medical director of the Institute.

Evelyn McKeown, of Woodland Road

Evelyn Caroline McKeown, long-time resident in Morningside, died Dec. 2, three weeks before her 94th birthday. She was born in Mechanicsville.

She was preceded in death by her husband Charles J. McKeown in 2003 and her granddaughter Pamela D. Bellani. Survivors include daughter Barbara Phipps (Larry), sons E. Donald McKeown (Patty) and Wayne L. McKeown (Kimi), six grandchildren and nine great-grands.

Services were at Lee's Funeral Home with burial at Washington National Cemetery. Those desiring to honor Evelyn can send donations to the Oxon Hill Food Pantry, P.O. Box 0934, Temple Hills, MD 20757.

Milestones

Happy birthday to Walter Dimes, March 27; Robert Hay, Jr. and David Righter, March 28; Ben Surratt and Kimberly Smith, March 29; Akwete Bedewi, March 30; Sylvia Barbour and Mark Cummings, March 31; Wayne Booth, Susan Frostbutter, Douglas Mangum and James Whipple, April Fools Day; Melissa Lytton, Sophia Cordero and Bernie Saylor, April 3; Motoko Howard, April 4; Earlene Erhardt Righter, Jimmy Shipman and Kaitlin Woods, April 5; Jonathan Charters and Debbie Callison, April 8.

Happy anniversary to Antoinette and Charles Mattison on March 29; and to Walter and Fannie Dimes, their 31st on April 1.

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

WELCOME LITTLE ONE

Congratulations to my nephew Jeremy and his wife Shanelle Mitchell on the birth of their baby Jeremiah James Mitchell. Jeremy is the son of Larry and Patricia Mitchell. Jeremy is also the grandson of the late James and Ruth Turner who resided in Brandywine, Maryland.

AQUASCO FARM

Aquasco Farm is in the rural eastern part of Prince George's County. The farm is an active 840-acre agricultural site that is still farmed, following best management practices and soil conservation plans to protect the land. The Girl Scouts of the Nation's Capital lease 80 acres for primitive camping. Additionally, special areas are set aside for beagle training and specific regulations govern their use. The property is also managed for bow hunting in conjunction with land owned by the Maryland Department of Natural Resources.

The physical address is 16665 Aquasco Farm Road, Aquasco, Maryland 20608. Directions are from Route 301 in Upper Marlboro, turn onto Route 382 (Croom Road). Go 14.7 miles and turn left onto Route 381 (Aquasco Road). Go 1.1 miles and turn left onto Aquasco Farm Road. Go 1 mile to park entrance on right. Hours of Operation are from Sunrise to Sunset daily. Open for Public Hunting. Call 301-627-6074, TTY: 301-699-2544 if you need additional information.

SURRATT HOUSE MUSEUM

"Built in 1852 as a family home, tavern, hostelry, and post office, this site gained significance when the Surratt family became involved in the events surrounding the assassination of Abraham Lincoln. Guided tours are offered that include visitors' center, costumed docents, and a gift shop. Research library is available by appointment. Curriculum-based school programs are available. Off-site bus tours are offered throughout the year."

The address is 9118 Brandywine Road, Clinton, Maryland 20735. Telephone number is 301-868-1121. Visit the website at www.surrattmuseum.org.

BSU'S WINNING WOMEN

The Office of Alumni Engagement is celebrating the tremendous and extraordinary accomplishments of our phenomenal alumnae during the month of March.

Angela Dingle ('97) published "Discovering Your Girl Powers", a business leadership book based on research and

successful leaders' insights. Angela offers 10 strategies for building confidence, charisma and credibility in her book. "This book offers some great advice for tapping into leadership skills that goes beyond simply being business savvy." D. Wheeler

Angela Brock ('81) believes in leading by example when it comes to management. This native Washingtonian and Bowie State alumna has maintained a strong and welcoming business in Washington, DC since 2005. In August of this year, her Rita's Water Ice franchise will celebrate 15 years of success. "Serving happiness, community involvement, and employing our rising youth, is a passion that yields great assets."

MARLBORO NATURAL AREA

Marlboro Natural Area has over four miles of scenic woodland trails for bicycling, hiking, and equestrians. The address is 17100 Swanson Road, Upper Marlboro, Maryland 20774. Telephone number is 301-627-2270. M-NCPPC, Guide to Parks and Recreation.

YOUTH SERVICES

Youth who are Prince George's County residents ages 6-17 can get total access with a free Youth ID card. They can build skills through classes, Development program, special events, excursions and relaxing, drop-in-activities. These opportunities give youth a chance to be more successful in life by building their assets and positive experiences.

Teens also have free access to community center fitness/weight rooms with their ID cards (adult supervision is required for teens ages 13-15). M-NCPPC, Guide to Parks and Recreation.

ENTREPRENEURSHIP ACADEMY

The Entrepreneurship Academy helps students create their own business opportunities or become innovative thinkers and problem-solvers at established companies. The academy strives to become the "go to" resource for entrepreneurship among Bowie State University faculty, students and alumni. This university-wide initiative is made possible by a team of faculty. Bowie State students, alumni, businesses and donors shaping the next generation of entrepreneurial leaders.

The goals are to infuse entrepreneurial thinking across disciplines. To help Bowie State students launch businesses. To provide high school students with entrepreneurial activities.

Around the County

Don't forget to complete the 2020 Census!

Coronavirus Information

Prince George's County Coronavirus information, resources and updates, are available at <https://www.princegeorgescountymd.gov/3397/Coronavirus>

Restaurants Offering Carryout and Delivery

For a list of restaurants offering delivery or pick up in National Harbor, visit www.nationalharbor.com/dine/togo/.

Ledo Pizza is offering carryout only at all locations. Additionally, guests can get a Meatlovers, Veggie or Chicken calzone for \$5.

Metro Closed 3 Prince George's County Stations

College Park, Cheverly and Morgan Boulevard metro stations have closed indefinitely in an effort to conserve critical resources and protect the health and safety of Metro employees and the public.

—www.wmata.com

FedChoice Federal Credit Union:

Assisting With the Financial Impact of COVID-19

FedChoice Federal Credit Union, headquartered in Lanham is making members as well as federal government employees and federal government contractors aware of the various ways that we can offer them assistance if they've already begun to experience the negative impact of the pandemic. Visit <http://www.fedchoice.org/my-life/covid-center/> to find out what we're doing and also see the changes in our branch hours. Members may still call, email and chat with us during regular business hours if they need any assistance with their accounts or they may utilize our mobile app and online banking to check their accounts, pay bills, make transfers, deposit checks, etc.

—*Debbie Wright, FedChoice Federal Credit Union*

Special Health Insurance Enrollment Still Open

In response to Maryland's State of Emergency for Coronavirus (COVID-19), Maryland Health Benefit Exchange's (MHBE) created an emergency special enrollment period for uninsured Marylanders as the concern grows for the uninsured and unemployed. It is crucial that we continue to spread awareness of this special enrollment period as Marylanders face the unknown. The enrollment period is open now through Wednesday, April 15. Visit MarylandHealthConnection.gov or download the free "Enroll MHC" mobile app. Request or select "Coronavirus Emergency Special Enrollment Period." Free consumer assistance is available by calling 1-855-642-8572 from 8 a.m. to 6 p.m. on weekdays.

—*Press Officer, Maryland Health Benefit Exchange*

PGCPS to Remain Closed Through April 24

UPPER MARLBORO, Md. (March 25, 2020)—State Superintendent of Education Dr. Karen Salmon announced Wednesday, March 25 that all Maryland public schools will remain closed through Friday, April 24 as part of ongoing efforts to slow the spread of the coronavirus (COVID-19).

—*Office of Communications, Prince George's County Public Schools*

Capital Area Food Bank Announces Free Meals For Children During School Closure

WASHINGTON (March 24, 2020)—During the current COVID-19 pandemic, the Capital Area Food Bank will be serving emergency meals for children during the school closures in the District of Columbia and Prince George's County through the Summer Food Service Program. The state agency that operates the program in both regions has received a waiver to waive the congregate meal requirement, allowing children to take bagged meals offsite and promote social distancing.

Acceptance and participation requirements for the Program and all activities are the same for all regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided at the sites and time as follows:

Site	Address	Lunch/Supper Times
Danbury Youth Center	5501 Silver Hill Rd, Forestville	Mondays and Fridays, 12-1 p.m.
St. Stephen's Baptist Church	5757 Temple Hills Rd, Temple Hills	Tuesdays at 12-2 p.m.
Café at Queens Manor Garden Apartments	2706 Queens Chapel Rd, Mt. Ranier	Mondays and Fridays, 5-6 p.m.

—*Hilary Salmon, Capital Area Food Bank*

PGAAMCC Virtual Museum Tours

We're bringing the museum to you! Tune in online weekly at 11:30 a.m. for Field Trip Fridays where we will take you on a virtual museum tour of one of our exciting exhibits. Currently on display is Prince George's County resident David Cassidy's exhibit "Race, Religion & Revolt". Our virtual tours will be available on our Facebook, Instagram, and Youtube pages. To watch Episode 1, visit <https://youtu.be/7ACWIIQnTXM>.

—*Prince George's African American Museum and Cultural Center*

Help Us Transcribe From Home!

Roughly 7,000 documents are on loan to Riversdale courtesy of Calvert descendants. These invaluable resources include items like probate inventories, receipts, letters, and legal documents that help tell the stories of the Calvert family, enslaved individuals, and free workers. Members of the Riversdale Historical Society and volunteers are digitizing these items. Now, we need your help to get them transcribed! No experience is necessary and guidelines will be provided. This is a great way to engage with and support Riversdale right from your couch! Email Jennifer.Flood@pgparks.com with "Transcription Request" in the subject line to get involved.

—*Riversdale House Museum*

COMMUNITY

The American Counseling Association's Counseling Corner

Don't Take the Fun Out of Sports For Your Kids

Warmer weather is approaching and with it increased opportunities for organized outdoor sports activities. For most kids it's a chance to be active, have a good time with friends, enjoy competition and, hopefully, to have fun.

Unfortunately, some parents don't handle those sports opportunities as well as their kids. Most of us have seen news stories, or maybe even witnessed, unseemly parental behaviors at kids' sporting events, ranging from verbal abuse of referees and coaches to physical altercations between parents.

Such behavior comes when parents make their child's sporting activities so important that their emotions override their judgment and common sense. Hopefully, your reactions at your children's sporting events doesn't run to violence, but there are other indicators that help indicate if sports are playing too important a role in a family.

One such indicator is evaluating how much of the family's life revolves around children's sports. Have your children not only been "pushed" into playing sports but also to train extra hard and to excel at the chosen sport? While the child may not want to disappoint the parent and tries to meet expectations, doing so is often at a price for the child. He or she may be practicing hard, but is it at the expense of school work and other activities?

When kids try their best but end up falling short of a parent's expectations, any resulting negative or critical reaction from the parent can lower the child's self-confidence and self-esteem and can ensure that playing the sport really isn't fun.

While parents want their children to do well, it crosses a line when you find that you experience mood swings related to your child's success or failures in sports. If you reward your child when he or she has done well but criticize or tease that same child when his or her performance hasn't met your expectations, it's a sign that there may be a problem. It's also a problem when a family's schedule revolves totally around a child's sports activities, especially if it shortchanges other family members.

If you find yourself too emotionally involved in your child's sports successes and failures, and unable to change, consider talking with a professional counselor specializing in family counseling. Getting a healthy emotional balance between sports and your parenting will benefit you and your child and let your child truly enjoy his or her healthy sporting activities.

Counseling Corner is provided by the American Counseling Association. Comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org.

YMCA Launches Free Virtual Programs and Services For People Staying at Home

By LINDA BLAKE
YMCA of Metropolitan Washington

WASHINGTON (March 26, 2020)—The YMCA of Metropolitan Washington, with branches and program centers in Washington, D.C., Maryland and northern Virginia has served the Washington area for over 168 years. The YMCA of Metropolitan Washington's goal is to ensure that its programs and services remain a vital part of the community even while its doors are closed during the COVID-19 crisis.

Virtual Y is a new online community designed to help adults, youth and seniors to stay connected and active, even when

they can't visit the Y. "As the community learns the importance of social distancing, and more and more people are impacted by school and business closures due to the spread of COVID-19, we recognize the need for healthy living and youth development programs that could be accessed from anywhere," said Angie L. Reese-Hawkins, president and CEO. "Shifting to offer programs online felt like the best way to continue to live out our mission to strengthen communities."

Virtual Y is designed to help individual exercisers and families engage with the Y virtually from the comfort of home. Youth will continue to learn in a fun format even while they are away from

school. "We're excited to offer participants the same high-quality experience they expect from the programs they know and love at the Y in a digital format," said Reese-Hawkins.

Virtual Y categories currently include a Wellness Center with group exercise classes and workouts; Fit & Well Seniors exercise videos; culinary videos and nutrition information; and youth and school-age children programs. Look forward to virtual tennis and aquatics services with more program and service options (live and recorded) in April. All of these classes help support the health and well-being of the community. Classes are FREE and can be accessed at www.ymcadc.org.

The Island of Sea Women by Lisa See Is 2020 One Maryland One Book Selection

Maryland Humanities' statewide reading and discussion program enters thirteenth year

By SARAH WEISSMAN
Maryland Humanities

BALTIMORE, Md. (March 27, 2020)—Maryland Humanities is pleased to announce the selection of *The Island of Sea Women: A Novel* by Lisa See for the 2020 One Maryland One Book program. The novel follows the decades-long friendship of two *haenyeo* (female divers) from Jeju Island in Korea. The book was chosen by a committee of librarians, educators, authors, and bibliophiles in February from more than 165 titles suggested last fall by readers across the state for the theme, "Friendship." In 2019, *The Island of Sea Women* made the New York Times' list of best sellers.

"For the past 12 years, One Maryland One Book has generated frank conversa-

tions about urgent issues explored through literature—including refugees and migrants, conflicts with police, and most recently the Flint water crisis," says Aaron Heinsman, Acting Executive Director at Maryland Humanities. "I'm excited to see what new perspectives Lisa See's novel surfaces for readers."

See says: "I'm thrilled and honored that *The Island of Sea Women* has been chosen as the 2020 One Maryland One Book selection. This has been a trying year and some of us have sustained terrible losses. I'm proud of the way we've had to come together in our families, communities, and states. Books have always given me joy, solace, and courage. Now we have the opportunity to come together to have a shared reading experience. I hope the sea women that I wrote about—their physical

and emotional bravery—are as inspiring to all of you as they have been to me. I'm so looking forward to our events and meeting all of you. We're going to have fun!"

As our One Maryland One Book programming takes place in the fall, we do not as yet anticipate any impact from the COVID-19 pandemic.

One Maryland One Book is a program of Maryland Humanities. Connect with Maryland Humanities on Facebook, Twitter, and Instagram.

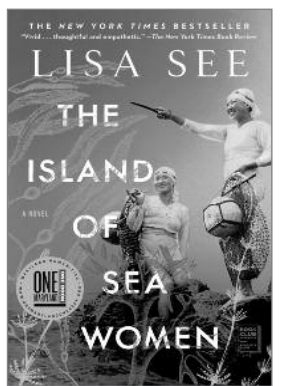


PHOTO COURTESY MARYLAND HUMANITIES

For Charles,
kayaking
offers total
freedom.

His heart
almost took
that away
from him.



Coronary bypass surgery ranked in the nation's top 10%. Charles lives to kayak... and he almost lost it all when he developed congestive heart failure and an aortic aneurysm. He was referred to Dr. Jamie Brown at UM Capital Region Health, who is also a faculty physician at University of Maryland School of Medicine. Dr. Brown and his team replaced Charles' aortic valve and restored his life.

Charles is thankful for the outstanding care he received. "This is a miracle to me. I'm back kayaking and playing with my grandchildren—which wouldn't be possible without Dr. Brown."



See Charles' story at umcapitalregion.org/evidence

Bowie • Cheverly • Laurel • National Harbor • Suitland

COMMENTARY

Marion Wright Edelman

President Emerita,
Children's Defense Fund



ChildWatch:

Providing Help and Hope to Our Children in This Time of Great Crisis

As COVID-19 spreads across our nation more communities and families need help and hope every day. Last Friday Congress passed a \$2 trillion relief package that was a critical step toward easing some of the burdens of this crisis for millions of children and families. Among its provisions, it will provide low- and middle-income earners one time cash payments of \$1,200 per adult and \$500 per child; more support for low-income renters, protections against foreclosures and evictions, grants for homelessness assistance, and temporary shelter and services for homeless youths; food assistance as more families qualify for the Supplemental Nutrition Assistance Program (SNAP); child care assistance for essential personnel responding to the outbreak and some help to other child care providers; support for local school sys-

tems and higher education institutions so they can continue to provide high-quality education; more services to prevent child maltreatment and help victims of family violence; and more unemployment insurance benefits.

But the bill still falls short of meeting the needs of all children and families, especially the most vulnerable, and making sure all families can access these supports regardless of immigration status. The Children's Defense Fund® will keep fighting for the relief all American families deserve and all of us must pitch in.

Beyond financial relief, children also will continue to need love, support, and clear, age-appropriate reassurances about what is happening and how all of the changes to daily life are designed to help keep as many people as possible safe. Some

leaders have begun holding special press conferences just for children. On March 16, Norwegian Prime Minister Erna Solberg led the way in her country, answering questions like, "Can I visit my grandparents?," "Can I have a birthday party?," "How long does it take to make a vaccine?," and "What can I do to help?," and reassuring them that all of their feelings are valid: "I know that for many children this is scary. It is okay to be scared when so many things happen at the same time."

Two days later New Zealand Prime Minister Jacinda Ardern held an event for children covering topics like how the virus is spread and how soap works. On March 17 Kentucky Governor Andy Beshear started his daily briefing with a special video for children explaining ideas like social distancing, how children can stay close to friends and family without visiting them in person, how they can make sure they're getting facts from trusted sources, and what they can do when they feel stressed, followed up this week by another video just for preschool children. He also had advice for parents: "As long as you are well, hug your children. Hug them often. It's going to help you as much as it helps them."

Public officials everywhere should be holding these kinds of press conferences for children right now to give them the reassurance and sense of security they so desperately need in these frightening times. And parents, grandparents, and other adults must continue to do all we can to be the anchors our children need in these perilous times.

I end with a prayer.

O God, Thou knowest that we cannot read, understand, or retain all we think we need to know right now.

Remember for us and understand for us what we do need to know.

O God, Thou knowest we are bone weary and worn down by the news of the day.

Be Thou our strength, energy, and perseverance.

O God, Thou knowest that our internal nerve and voice quaver unconfidently amidst all those who speak with certainty.

Be Thou our confidence and clarity and anchor.

O God, Thou knowest how scattered are our thoughts and activities that tire us out and drain our energy.

Be Thou our focus and order our words and steps to meet our children's needs.

O God, Thou knowest our dreams and hopes for the children of America and of the world and the many child dreams and hopes at risk right now.

Be Thou our and their dreamkeeper and grant them hope and help in our times.

Thank you, God, for hearing our cries as You heard Hagar's long ago.

Screening Clinic from A1

As Governor Hogan has said, we are all in this together, and I want to thank Prince George's County leaders for stepping up in this time of crisis."

"UMMS is fully supportive of this partnership for screening and testing in Prince George's County and will work in close collaboration supporting the County's Health Department," said David Marozzi, MD, COVID-19 Incident Commander for UMMS and Associate Professor of Emergency Medicine at the University of Maryland School of Medicine. "This type of site is essential in the effort to better understand how this virus is spreading, who is infected, and how to best manage the response. These sites will help primary care offices, urgent care centers, and emergency departments test individuals who do not need hospitalization."

This site is primarily a screening area that will have limited testing capabilities for those people who meet stringent CDC testing guidelines.

This site is accessible by appointment only, and the process is as follows:

***Walkups exhibiting no symptoms will not be tested. Those with prescriptions from primary care physicians or other health care providers will still need to make an appointment through the Prince George's Health Department's COVID-19 Hotline and telehealth services by calling 301-883-6627.

1. Call the Prince George's County Health Department Coronavirus hotline at 301-883-6627 to schedule an initial telehealth screening.

2. The telehealth medical professional will speak to the caller to obtain information to determine if the patient meets the CDC testing requirements.

3. If the caller meets CDC testing guidelines, they will receive an appointment time and an appointment number (from 1 to 100 ****MUST KEEP ASSIGNED APPOINTMENT NUMBER****) to go to the FedExField site on a Monday, Wednesday or Friday- they must show up at their appointment time, with their appointment number, and be able to answer questions based on their

telehealth screening.

4. Upon arriving at the testing site, the individual will receive instruction from law enforcement as to where to park and when to exit their vehicle.

5. The individual will walk to the checkpoint and give their appointment number, then they will be escorted to a tent based on their symptoms.

6. If the individual meets testing requirements outlined by the CDC, they will be escorted to the testing tent. Following the testing, the individual will be given instructions on home self-care, and social distancing.

7. Those who do not meet CDC guidelines will not be tested. Those individuals who do not meet criteria but are symptomatic will receive instructions on home self-care and self-isolation, as needed. Those individuals who are asymptomatic will receive instructions on home self-care and social distancing. The individual will then be escorted to the exit.

The clinic will be primarily staffed by Prince George's County Health Department officials with support from the Maryland Department of Health,

the Maryland National Guard, the Maryland Medical Reserve Corps, and the University of Maryland Medical System.

"This initiative is a whole community effort, and one that the Maryland National Guard could not be more proud to be a part of," said Army Maj. Gen. Timothy E. Gowen, adjutant general for Maryland. "Our Citizen-Warriors are working so hard with the other agencies to benefit the safety of our fellow Marylanders. We're in this together, we'll get through this together."

The Prince George's County COVID-19 screening site is made possible by the Washington Redskins, who offered their FedExField parking lot as the site for the screening location

"Our number one priority remains the health and safety of the communities we serve and our team," said Washington Redskins Owner Dan Snyder. "Offering safe and effective screening is important as we combat the spread of the virus, and we are proud to team up with the Prince George's County Health Department and the State of Maryland to open a testing site outside FedExField."

Marc Morial

President and CEO, National Urban League



To Be Equal:

Nation's Governors and Mayors Admirably Step In to Fill the Leadership Vacuum Left by President's Failure on Coronavirus Crisis

"We're all competing against each other. This should have been a coordinated effort by the federal government, and the national defense authorization that the president has to essentially push this manufacturing really hasn't gone into effect in any way. And, so, yes, we're competing against each other. We're competing against other countries. It's a ... Wild West, I would say, out there."

—Illinois Gov. J.B. Pritzker

When I was mayor of New Orleans, I was called upon to lead my city through troubled times. I confronted a crisis of violent crime, I worked to keep my city safe during natural disasters. I often relied on support from the Governor and the President.

One of the worst national crises in American his-

tory struck during my mayoral tenure, on September 11, 2001. As Preside of the U.S. Conference of Mayor, I was proud to support the President. I led the effort to create a National Safety and Security Plan for American Cities, including the recommendation for a Department of Homeland Security, and the federalization of airport security screens.

Now, the coronavirus pandemic has turned these traditional relationships between local, state and federal leadership upside down. President Trump appears more concerned about his reelection prospects than the rampant spread of a deadly disease, forcing the nation's governors and mayors into unprecedented roles.

On a conference call with governors, who pleaded with President Trump for help in acquiring lifesaving medical supplies like ventilators, the President told

them to find the equipment themselves—even as the federal government was outbidding the states who were trying to purchase it.

Massachusetts Governor Charlie Baker told President Trump that his state lost out to the federal government three times on purchases of critical supplies.

President Trump laughed.

As the President has faltered, governors and mayors have risen—most notably, New York Governor Andrew Cuomo, whose state has been the hardest-hit. Governor Cuomo's orderly, informative briefings—with everyone present observing recommended social distancing—stand in stark contrast to President Trump's rambling, contradictory briefings marked by misinformation and angry attacks on journalists.

A few days after President Trump stunned the public by saying, "I don't take responsibility at all" for the nation's lag in testing, Governor Cuomo firmly took responsibility for closure of non-essential businesses. "If someone wants to blame someone, blame me," he said. "There is no one else responsible for this decision."

Ohio Governor Mike DeWine was far ahead of the curve on ordering school closures and banning large gatherings to prevent the spread of the virus.

Michigan Governor Gretchen Whitmer—before a single case of coronavirus had been identified in her state—announced the creation of special task forces and developed a plan

National Guard will perform humanitarian missions across the state, such as helping mobile screening facilities, distributing food and medical supplies, ensuring resilience of supply lines, disinfecting public spaces, and supporting public safety when required. It is appropriate that FEMA fully reimburse DOD for these and related costs," the delegation wrote to the president Thursday, imploring quick approval of the support for the Maryland National Guard.

In addition to relieving the financial burden on the state, this will allow Maryland National Guard service members to get access to Tricare medical coverage, military hospital facilities, federal workers' compensation, death gratuity, GI Bill accrual, and retirement points for service.

Maryland Delegation Delivers Full Federal Funding For Maryland National Guard During COVID-19 Deployment

"During this national emergency, the federal government must bring all its resources to bear to combat COVID-19, and must offer the maximum possible protections and benefits to those putting themselves in harm's way to keep Marylanders safe."

WASHINGTON (March 28, 2020)—The full Maryland congressional delegation, including U.S. Senators Ben Cardin and Chris Van Hollen and Congressmen Steny H. Hoyer, Dutch Ruppersberger, John P. Sarbanes, Andy Harris, M.D., Anthony G. Brown, Jamie B. Raskin and David Trone, announced Saturday that the federal government will be covering the full cost of deployment of the Maryland National

Guard in support of public health and safety during the novel Coronavirus (COVID-19) outbreak. Team Maryland has been united in assuring critical federal resources are available for the state and local governments during this public health crisis.

"The Maryland National Guard forms a crucial part of the State's emergency response to the COVID-19 pandemic. The

The Prince George's Post

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Tips from A1

so he recommends a step-by-step process that follows your normal process for getting into your car to go somewhere:

“Sanitize as you go,” he said. “Using soft, microfiber towels rather than paper towels to prevent scratching, apply isopropyl alcohol to the surface to clean the door handle as you open the car door.”

“Wipe down the seat with the same cloth before sliding in. Consider how you operate the vehicle when thinking about regularly touched areas. Things like putting the keys in or pushing the start button, and operating air controls and entertainment consoles will provide a step by step process to total sanitation.

“Wipe down the seat belt, the console and dashboard and take special care to clean the steering wheel since it is perhaps the dirtiest component of all,” Buckler said.

He explains that the most touched areas of your vehicle are the door handles, steering wheel, gear shift, seatbelts, door handles and control buttons, so you can never wipe these areas down too much.

Although these steps will help you arrest germs, bacteria and allergens that can lead to the spreading of the coronavirus and other contaminants that make you sick, a professional detailer is an essential business that should be able to continue to operate throughout this national emergency.

“A professional detailing company can offer advanced sanitizing methods that have a longer-term effect,” Buckler explains. “Even during normal times, we call it a flu shot for your vehicle—steam cleaning using 300+ degree dry vapor mixed with environmentally friendly chemicals to scour your hard surfaces, vents, cupholders, door pockets and seams; and powerful suction to extract solid organisms and residual water or cleaning solution from carpet, fabrics, and headliners, will leave your interior not only fresh and sanitized, but dry to the touch.

Some detailers also provide air purification systems and antibacterial treatments that last for 60 days or more.”

For more information, contact Josh Buckler 443-624-6494; or contact PR representative, Kimberly Ballard at 256-653-4003.

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Qualified candidates will hold a Maryland State-approved security guard license. DSS offers employees many competitive benefits, including health insurance, vision and dental insurance, weekly pay, accrued paid time off, opportunities for advancement and more.

To apply, candidates should visit dunbarsecuritysolutions.com or contact Julie Schmidt at 443-318-7668.

—Lindsay Hebert, for Dunbar Security Solutions

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