

The Prince George's Post



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Ashley Challenger



Nelson Menjivar

Comcast NBCUniversal Awards \$95,000 in Scholarships to 38 Maryland High School Seniors

Leaders and Achievers Scholarship Program Recognizes Students' Achievements Both In and Out of the Classroom

By SAVANNAH ISNER
Comcast

BALTIMORE (July 28, 2020)—Comcast NBCUniversal today announced it has awarded approximately \$95,000 in scholarships for the 2020–2021 school year to 38 Maryland students as part of its annual Leaders and Achievers® Scholarship Program. Students are selected for their outstanding community service, academic performance, and leadership skills. The award, funded by the Comcast NBCUniversal Foundation, is a one-time, \$2,500 scholarship to be used toward undergraduate education-related expenses. Since 2001, more than \$34 million has been awarded to about 30,000 high school seniors across the country as part of the Leaders and Achievers program.

"All of us at Comcast are honored to recognize the amazing achievements of our Leaders and Achievers scholarship winners in Maryland," said Mary McLaughlin, Senior Vice President of Comcast's Beltway Region. "These students excel in academics

and are leaders in the community and among their peers. They are a great representation of our future, and we are proud to help them further their education."

"Congratulations to each of these students for receiving a Leaders and Achievers scholarship for serving as leaders in their communities and for their academic achievements," said Maryland School Superintendent Dr. Karen B. Salmon. "I'd also like to thank Comcast for helping support the educational future of our Maryland students."

Comcast, in partnership with Dr. Salmon, created a congratulatory video (<https://beltway.comcast.com/2020/07/28/comcast-nbcuniversal-awards-95000-in-scholarships-to-38-maryland-high-school-seniors/>) and shared with all its Maryland scholarship winners. Additionally, several students shared their excitement around attending college in the Fall—to hear directly from them visit: <https://beltway.comcast.com/2020/07/28/hear-from-our-maryland-2020-leaders-and-achievers-scholarship-recipients/>

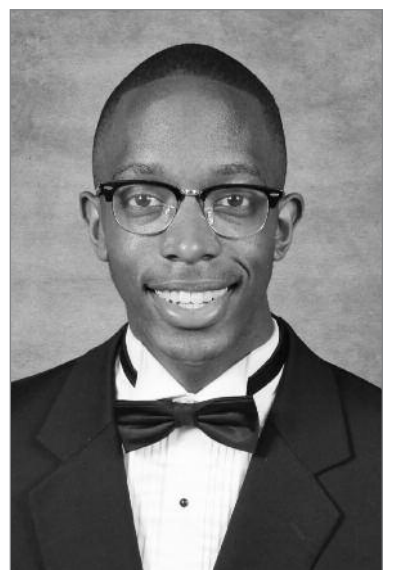
The Comcast Leaders and Achievers Scholarship Program recognizes high school seniors for their community service, academic performance, and leadership skills. These scholarships are provided to give young people the opportunity to continue their education to better compete in tomorrow's workplace. Applicants to the Comcast Leaders and Achievers Scholarship Program must demonstrate academic excellence, commitment to community service, and outstanding qualities in character, integrity, and leadership.

2020 Comcast Leaders and Achievers® Scholarship Recipients from Maryland
Prince George's County list of recipients:

- Ashley Challenger of Surrattsville High School
- Nelson Menjivar of International High School at Largo
- Zahir Muhammad of DeMatha Catholic High School
- Brandon Talla of Eleanor Roosevelt High School



Brandon Talla



Zahir Muhammad

Temple Hill Road Bridge Closes for Approximately 14 Months as New Bridge Is Built

By PAULETTE L. JONES
Prince George's County Department of Public Works and Transportation

LARGO, Md. (July 29, 2020)—The Temple Hill Road Bridge is closed to traffic and will undergo a complete redesign and reconstruction over the next 14 months. The bridge located over Pea Hill Branch in Clinton, Maryland, failed under the intensity and severity of a storm, resulting in its closure. A detour is in place to assist vehicles with alternate travel routes.

Prior to the closure, funding had been allocated for the bridge's reconstruction as one of several Capital Improvement Projects (CIP) in Prince George's County. Both Washington Gas and Pepco have already begun performing utility relocation work so that construction can begin in August. The project's estimated date of completion is Fall 2021.

The County is dedicated to making roadways safer for all users and the new design includes safety elements that consider drivers, pedestrians and cyclists. To improve vehicular safety, the new bridge will be higher, larger and wider, with an added 36 feet to its length and 68 feet to its width. Pedestrians will be accommodated along a new sidewalk and cyclists along wide shoulders that tie in with the roadway approaches to the bridge. Additionally, roadway lighting will be included to increase visibility. This approach is part of the Vision Zero Prince George's strategy to utilize engineering to help eliminate traffic-related fatalities in our County.

Detour Information:

Cars should use Plata Street, Old Branch Avenue, and Piscataway Road (MD 223).

Trucks are directed to Kirby Road, Old Branch Avenue, and Piscataway Road.

More information on the Temple Hill Road Bridge Replacement Over Pea Hill Branch project, visit: <https://www.princegeorgescountymd.gov/DocumentCenter/View/30210/Temple-Hill-Rd-Bridge-Repl-over-Pea-Hill-Branch>

For Mums We Stand Campaign, Assisting Young, Single Mothers Affected By COVID-19, Successfully Concludes After Reaching 93 Families

By MARK VON EISENBURG
Hearts of Empowerment

ARLINGTON, Va. (August 3, 2020)—Nonprofits Hearts of Empowerment, Empowered Mums, and the Humble Path Foundation have successfully concluded their For Mums We Stand campaign, which provided food and hygiene supplies to young and single mothers in the DC, Maryland and Northern Virginia areas over 12 weeks. The campaign launched on Mother's Day with the goal of assisting 50 different families dealing with the adverse effects of COVID-19. At the campaign's end, \$8500.00 was raised. These funds supported 93 families—with overwhelmingly positive impact.

In response to the campaign's initial success, Landon Collins of the Washington Redskins joined the effort, partnering his own nonprofit, the Humble Path Foundation, to assist in fundraising. The groups served mothers in low income neighborhoods who are suffering employment difficulties exacerbated by COVID-19 that don't have appropriate means to provide for their children.

"This is a great blessing. It's a huge help since we are not working at the moment, especially for the kids because they are home all day. Due to the effects of COVID-19, we can't go out, it's scary because [we] can go out and get sick. It's taken away our ability to work," explained Onix Hernandez, an aid recipient.

Beneficiaries were largely LatinX and other persons of color, who collectively are at heightened risks for contracting COVID-19 due to employment difficulties and suffering worse outcomes due to health and lifestyle disparities. Hearts of Empowerment continues to identify these gaps in care and source like-minded groups to make small, positive impacts to communities affected by them. This is the third COVID-19 Campaign that the organization has developed and completed. For more information and to get involved, please visit <https://heartsofempowerment.org/covid19>.

The Humble Path Foundation is a nonprofit organization that focuses on assisting youth by rebuilding their communities and instilling the importance of education, physical activity and social interaction. Landon Collins aims to remind youth that their futures are not determined by their surroundings, but by their drive and focus.

Empowered Mums is a nonprofit organization that supports mothers in communities by providing essential support through wellness groups, education, and bonding activities.

Hearts of Empowerment is dedicated to

helping other charities raise awareness for their mission and maximize their fundraising potential through crowdsourcing, event planning, and strategic marketing.



PHOTOS COURTESY HEARTS OF EMPOWERMENT

For the past 3 months volunteers have assisted this campaign by doing weekly grocery shopping for the mothers who are being assisted.



Every Sunday, the partnering organizations have visited mothers to ensure they have the resources needed for their household and loved ones.

INSIDE

College Park Academy Celebrates Distance Learning Success and the Graduation of Its Second Senior Class

While the pandemic left traditional learning institutions scrambling, CPA's 660 middle and high schoolers were able to transition to remote learning without significant disruptions.

Community, Page A3

ChildWatch: The Final Words of Our Hero, John Lewis

"In my life I have done all I can to demonstrate that the way of peace, the way of love and nonviolence is the more excellent way. Now it is your turn to let freedom ring."

Commentary, Page A4

MedStar Southern Maryland Hospital Center Awarded for Sustainability Efforts

The Partner Recognition Award is given to health care facilities that ... become more sustainable and have achieved progress in areas such as waste reduction, renewable energy adoption, food purchasing and mercury elimination.

Business and Finance, Page A5

PGCMLS Summer @ Your Library Prize Pickup

Fight Lyme Disease

An Outdoor, Safer Way to Raise Funds to Beat Cancers

Summer Fun on and Around the Water
Summer, Page A6

Doctor Offers Advice on Boosting Immune System to Help Beat COVID-19

Caring for the Continuum of Life 2020: A Virtual Healthcare Symposium

Face Covering Do's and Don'ts
Health and Wellness, Page A7

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Morningsiders vote to fill two Council Seats with longtime residents

They came by foot or by mail to cast their votes in the annual Town Election on July 27. Because of COVID-19, Election Day had been moved from May 4, the first Monday in May, to July 27, the last Monday in July.

John Anthony and Dave Williams won the two Council Seats, defeating Sheila Scott and incumbent Sharon Fowler.

As for a little background on the new Members:

John Anthony moved here in 1968 when he was eight. He's married to Ruth and they have three children and four granddaughters, most of who live in Morningside. John previously served on the Council and as Vice Mayor in the 1990s.

Dave Williams was born and grew up in Morningside, part of the Williams family which has lived in the Town for four generations. He is married to Lori and has other family also living in the Town. He was a longtime member of the Morningside Sportsmen's Club which sponsored Santa's annual food drive.

The new Council Members will be sworn in on Monday, August 10, at 6:30 p.m. in the Town Hall.

Virginia Rosch, who loved African violets

Virginia Rosch, 97, longtime Morningsider, recently of Brentwood, died July 17. She was born in Washington, daughter of Elsie and George Jack, and graduated from McKinley High School where she met her future husband, Matthew Rosch.

In 1945 she married Matt and in October 1946 they moved to Morningside. Son Wayne remembers the exact date because it is etched in concrete at their Pine Grove Dr. home.

Virginia worked at the Navy Yard but as Carol and Wayne came along, she left her job to be home with her family. Among her activities, she helped with Cub Scouts and the Ladies

Auxiliary of the Morningside Volunteer Fire Department.

Matt served as Morningside Mayor in 1954-55, and then joined the Morningside Police Department. In 1960 he became chief, a position he held until his sudden death in 1976.

Virginia was proud to be present in May 1998 when the new Morningside town hall was officially named the Matthew P. Rosch Municipal Center.

She is survived by her daughter and son-in-law Carol and Charlie Tucker, son and daughter-in-law Wayne and Lee Rosch, two grandsons and seven great-grandchildren. A graveside service was held at Fort Lincoln Cemetery on July 18.

Virginia will forever be remembered for her beautiful African violets.

Mayor wears many hats

Benn Cann is president of the PGCMA (Prince George's County Municipal Assn.), which makes him vice president of the MML (Maryland Municipal League). And he's serving his second term as treasurer of the MMA (Maryland Mayors Assn.). And, oh yes, he's also Mayor of Morningside.

Neighbors & other good people

Karen Rooker, former Morningside mayor and now clerk-treasurer, will help you with your Census form. She's already helped several people like you, or unlike you (one applicant had eight people living in her house). Call her at 301-736-2300.

Bob and Edythe Neale, longtime Morningside residents, are both deceased. But if they were still with us we could help them celebrate their 75th anniversary on Aug. 15.

Father William Goode, of the Washington archdiocese, recently celebrated his 60 years as a priest. Among his assignments was as senior priest at St. John the Evangelist Parish in Clinton.

Two locals have graduated from Quinnipiac University, in Hamden, Conn.: Elroy Murray, of Oxon Hill, re-

ceived an M.S. in Business Analysis; Shawn Torres, earned an M.S. in Interactive Media and Communications.

Shred Day & Food Drive, Aug. 15

Bring canned food to support local food banks, and that will entitle you to shred up to three (3!) boxes of documents. This Shred Day and Food Drive will be held at the First Baptist Church of Camp Springs, 6936 Allentown Rd., in Camp Springs, Friday, Aug. 15.

Sponsored by Building a Better Community, a project of Camp Springs Civic Association, Inc.

Virus report

I'm still here, shut in. But got to Mass on Sunday at St. Philip's. Just finished "American Dirt" and "Born a Crime." Two good reads. (What are you reading?)

There have now been 86,285 coronavirus cases in Maryland and 761 are new. Maryland deaths are 3,378 and 20 are within the last day.

Gov. Larry Hogan has expanded the state's mask requirement, continuing into August.

Changing landscape

- The Temple Hill Road Bridge is closed to traffic for complete redesign and reconstruction over the next 14 months.

- The main administration building at the University of Maryland has been named in honor of State Sen. Thomas V. "Mike" Miller Jr. who grew up in Clinton and graduated from Surattsville High School.

- Boli's restaurant has opened at a new location in District Heights, 6338 Marlboro Pike. They have carryout and delivery. Call 301-420-2300.

- County State's Attorney Aisha N. Braveboy attended the ribbon-cutting ceremony for the grand opening of the new Children's National Hospital Prince George's County Regional Outpatient Center in the Woodmore

See **MORNINGSIDE** Page A3

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

BARACK OBAMA ELEMENTARY SCHOOL

Barack Obama Elementary School in Upper Marlboro, Maryland was the first school named after the 44th President of the United States in 2009 while the school was under construction. Several schools across the nation have been renamed after the President, but the Prince George's County school in Upper Marlboro holds the "first" distinction. August 24, 2010 Barack Obama Elementary School opened its doors in Upper Marlboro, Maryland, for the first time. The school is being touted as being an environmentally friendly "green" school and is located at 12600 Brooke Lane (Wikipedia). The Principal is Dr. Megan Ashworth and Vice Principal Ms. Brittany Pace Walker. "To the staff and students, hoping that everyone will stay safe and have a good school year from your Substitute Teacher", Mrs. Johnson.

VOTE BY MAIL

The Prince George's County Board of Elections encourages everyone to vote by mail considering the COVID-19 pandemic. Request a Vote by Mail Application for the November 3, 2020 Presidential General Election. You can text "VBM" to 77788 to receive the application on your cell phone.

SMITH VIDAL LITERACY & LANGUAGE CENTER

Make an Online Appointment. Schedule or view your online appointments. The Writing Center is now 100% Online. Yes, we are still here for you. In keeping with Bowie State University's movement to online education as a preventative response to the spread of the Coronavirus, the BSU Writing Center will only be offering online tutoring. Online tutoring will be live/real-time and will be booked at the same online website.

While a few things might be new, such as our remote live/real-time tutoring sessions. Much remains the same at the Writing Center, such as: the same friendly faces, the same flexible hours, the same online website, and the same great feedback.

Learn more about our new online sessions: The Writing Center at Smith Vidal Literacy and Language Center helps students become more effective and confident writers. Our goal is to engage the University community in conversations about writing. Growth and learning are the intended outcomes for each conversation.

Our writing consultants can assist you through all stages of the writing process with any type of writing task. Whether you are concerned with organization, development, formatting, documentation style or other conventions, we can help. Our consultants, however, will not edit or revise your documents;

you are ultimately responsible for your own writing.

What we offer: One-on-one online tutorials (live/real-time), small group sessions, group workshops, short in-class visits, writing and grammar resources.

We help students: Understand writing assignments, overcome writing challenges, development and research essay topics, document research essay topics, document research in MLA and APA styles, become more confident and effective writers.

Tutoring Sessions: Sessions are by appointment and last up to 50 minutes. Sessions will only be as successful as the amount of effort you put into them. Appointment procedure for online sessions are log onto our Writing Center Appointment Scheduler, register for an account, sign in to choose an online appointment time, submit your essay draft or writing sample, if available, have met your consultant by logging back in to your account and clicking on "Start or Join Online Consultation".

How to have a successful online tutoring session. We have a few suggestions to help make your online tutoring session more successful. If possible (and we understand it might not always be possible), we highly recommend you: Upload any/all of the following documents when you book your appointment or afterwards by clicking on "edit appointment"): your writing assignment/prompt, any draft(s) you might have completed and a grading rubric from your professor. Use a computer with a reliable internet connection, a video camera, and a microphone. Have any textbooks/resources you might need ready at hand. As always, WC rules and policies still apply to online sessions. Contact: webmaster@bowiestate.edu.

AUGUST BIRTHDAY CELEBRATIONS

Happy Birthday to Marcus Long, Brian Harper, Anna Tucker, Quivianna Stroman, Demetria Brooke Knight, Emeka Mlbakwe, Ben Capel, Karl Pinkney, Valentine Grant, Sr., Mason Pilch, Donovan Joiner, Kevin Augustus, James V. Dorsett, Norville Hughes, Rev. Stella Tay, Esther Neckere, Carlton Williams, Georgia Kinard, Denia Peralta, Berline Brooks, Oliver Myers, Rev. Constance Smith, Melvin E. Thomas, and Melvin M. Thomas who are celebrating birthdays in August.

AUGUST WEDDING ANNIVERSARIES

Happy Wedding Anniversary to Elton and Janet Smalling, Wayne and Beverly Baker, John and Pamela Stahl, Cameron, and Betty Rivers Barron, Umaru and Mariama Davies, William and Judy Terry who are Clinton United Methodist Church members celebrating Wedding Anniversaries in August.

Around the County

Maryland State Arts Council Announces FY21 Grants!

Attention Prince George's Arts Community!

Maryland State Arts Council has opened applications for its FY21 Grants season. Grants are available in the following categories: Creativity Grants, Emergency Grants, Special Request Grants, and Grants for Organizations.

Please see below for more details:

Creativity Grant

Creativity grant applications are accepted on a rolling basis. Sub-categories included in the Creativity Grant are Public Art, Arts in Education, Folk & Traditional, and Independent Artists.

Visit www.msac.org/programs/creativity-grants for the Creativity Grant Guidelines and to learn how to apply.

Special Request Grant

Special Request Grants support the needs of arts organizations and programs that may fall outside of the eligibility of MSAC's established grant programs. Applications for this grant program are rolling and are being accepted through June 30, 2021.

Visit www.msac.org/programs/special-request-grant to view guidelines and learn how to apply.

Grants for Organizations

The Grants for Organizations (GFO) granting program provides unrestricted general operating support to nonprofit and tax-exempt organizations. Units of government who create and/or present ongoing arts programming is also eligible for the Grants for Organizations program.

This program has multiple deadlines that organizations must adhere to:

- Tuesday, September 15, 2020—Intent to Apply Applications are due (for organizations interested in applying for the first time)
- Sunday, November 15, 2020 at 5 p.m.—All FULL Applications are due
- Tuesday, December 15, 2020 at 5 p.m.—All RFF Applications are due

Visit www.msac.org/programs/grants-organizations to view a full list of eligibility requirements and how to apply.

Support Local Artists: www.pgahc.org/donate-today

—Prince George's Arts & Humanities Council

SU Spring 2020 Dean's List

SALISBURY, Md. (July 31, 2020)—Some 100 Prince George's County area students were named to the Dean's List at Salisbury University for the spring 2020 semester.

Beltsville area residents include Avery Pennewell and Julianna Renzi.

Bowie area residents include Kelsey Adams, Oladayo Adegbemileke, Noah Aghdam, Chelsea Angu, Angela Barzanti, Rachel Bruce, John Coffie, Darrius Croal, Ekua Dadson, Vashti Dolison, William Freeman, Giacinta Giglio-Valentino, Danielle Giroux, Ian Hare, Savannah Johnson, Eninam Kandja, Keona Kyler, Natalie Marcos, Michael O'Brien, Brigid O'Connor, Patrick Ryan, Norah-Frida Tebid, Tiffany Workeman, Trisha Wright and Shaniya Yates.

Brandywine area residents include Ebony Carter, Qur'An Cave and Tristan Elrod.

Cheltenham area residents include Janelle Bugayong, Kayla Hawkins and Glory Ngwe.

Clinton area residents include Monica Bonilla, Lajoi Gary, Jade Lewis, David McCreary, Kenya McClean, Gwynne Richardson and Chyna Webb.

District Heights area residents include William Hall, Imani Pendarvis and Makayla Smith.

Fort Washington area residents include Nicole Fei Andaya, Caleb Mable, Gabrielle Swilley and Elizabeth Weaver.

Greenbelt area residents include Nathaniel Hawks, Claire Kendall and Philippa Roberts.

Hyattsville area residents include Abiodun Adeoye, Hillary Agyemang, Hope Caldwell, Adedra Caulker, N'Tumahawa Kamara, Yanet Leul, Giovanna Lopresti and Tyrone Phillips.

Lanham area residents include Taylor Clark, Sarah Dunn, Zipporah Lewis, Nancy Morales and Zuliykay Rendon.

Laurel area residents include Munira Alami, Nanayaa Boaten, Nidja Dancay-Bell, Jon Hummer, Jada Jackson, Aishat Olokun, Declan Sheehan, Amos Solaru, Kiley Sweeney and Alexandria Wilson-Donaldson.

Riverdale area residents include Britney Giron and Ashley Olortegui.

Suitland area residents include Donald McNeill and Akirah Thomas.

Temple Hills area residents include Leah Artis and Jada Odum.

Upper Marlboro area residents include Precious Ajiboye, Genevieve Bushee, Remi Butler, Erik Croft, Devin Garrett, Janel Love, Alexis Moore, Abigail Okereke, Lauren Powell, Nia Royster, Danielle Shaw and Kyra Wilkins.

Other area residents include Lastazia James of Accokeek; Hannah Wilkinson of Brentwood; Jada Mitchell of Capitol Heights; Crystal Ogbuachi of Cheverly; Maiya Chapman of Glenn Dale; Danielle Malley of JB Andrews; Judith George of Landover; Allegra Taylor of Oxon Hill and Mya Miller of Seat Pleasant.

—Megan Baker, Salisbury University

University of Kansas Announces Spring 2020 Honor Roll

LAWRENCE, Kan. (July 28, 2020)—More than 7,500 undergraduate students at the University of Kansas earned honor roll distinction for the spring 2020 semester.

The students, from KU's Lawrence and Edwards campuses and the schools of Health Professions and Nursing in Kansas City, Kansas, represent 85 of 105 Kansas counties; 47 other states, territories, and Washington, D.C.; and 55 other countries.

Students from Prince George's County are listed below:

Malcolm Reynolds, Upper Marlboro, School of the Arts

The honor roll comprises undergraduates who meet requirements in the College of Liberal Arts & Sciences and in the schools of Business, Education, Engineering, Health Professions, Journalism, Music, Nursing, Pharmacy and Social Welfare. The School of Architecture & Design did not post a dean's list this term. Honor roll criteria vary among the university's academic units. Some schools honor the top 10% of students enrolled, some establish a minimum grade-point average, and others raise the minimum GPA for each year students are in school. Students must complete a minimum number of credit hours to be considered for the honor roll.

—Christy Little Schock, KU News Service

COMMUNITY

County Executive Angela Alsobrooks Announces Additional Actions to Keep Residents Safe as COVID-19 Numbers Slightly Increase

Prince George's County Executive Angela Alsobrooks announced during a press conference on Thursday, July 30, that she is taking several additional actions to keep residents safe as new cases of COVID-19 have slightly increased in Prince George's County and the State of Maryland. **The County will begin to use authority granted in the Governor's Executive Order to impose fines and other penalties on those who hold large house parties, and the County Executive [has sent] a letter to Governor Hogan urging him to conduct the 2020 General Election as a vote by mail election.** "While we are not yet at the point of having to roll back our reopening, we are concerned about some of the recent trends we have seen in our County and across the State of Maryland," said Alsobrooks. **"If we want to avoid a setback in our recovery, we must all continue doing our part to stop the spread of this virus, to include wearing face coverings and practicing physical distancing."**

—COUNCIL CONNECTIONS, July 31, 2020

Governor Hogan Announces Expanded Statewide Mask Order, Out-of-State Travel Advisory

ANNAPOLIS, Md. (July 29, 2020)—Governor Larry Hogan today announced, based on the state's data-driven approach, the expansion of the statewide masking order and a public health advisory for all out-of-state travel. The governor also unveiled contact tracing data showing that family gatherings are the most common high-risk gathering and working outside the home is the most common high-risk location for COVID-19.

A recent increase in hospitalizations has triggered a 'stop sign' in the 'Maryland Strong: Roadmap to Recovery,' calling for a pause in further reopening plans.

"We find ourselves at a fork in the road—a critical turning point where we could either continue making progress and continue heading in the right direction, or we could ignore the warnings and spike back up like much of the rest of the country," said Governor Hogan. "We are doing much better on our health metrics than most of the rest of the country, and we are doing much better on our economic recovery than most of the rest of the country, and we want to do what it takes to keep it that way. We have come too far together to lose the progress that we have made on the road to health and economic recovery here in Maryland."

EXPANDED MASKING ORDER. With the unanimous support of the Maryland Coronavirus Recovery Team, Governor Hogan is expanding the statewide masking order that has been in effect since April 18.

Under this order, which [took] effect Friday, July 31 at 5 p.m., **all Marylanders over the age of five are required to wear face coverings in the public spaces of all businesses across the state.**

Face coverings will also be required in outdoor public areas, whenever it is not possible to maintain physical distancing. The expanded order continues to provide certain exceptions, including for medical conditions.

OUT-OF-STATE TRAVEL ADVISORY. Governor Hogan has directed the Maryland Department of Health (MDH) to issue a public health advisory for out-of-state travel. Under this advisory, **Marylanders are strongly advised against traveling to states with positivity rates of 10% or higher. Anyone traveling from these states should get tested and self-quarantine while awaiting results.**

This public health advisory—which takes effect immediately—applies to personal, family, or business travel of any kind. Marylanders are advised to postpone or cancel travel to these areas until their positivity rates decline.

As of July 29, this advisory applies to Florida, Texas, Georgia, Louisiana, Arizona, Alabama, South Carolina, Nebraska, and Idaho.

—Shareese Churchill, Maryland Governor's Press Office

Morningside from A2

- Towne Center, located at the interchange of I-495 and Landover Road.
- The Prince George's County Memorial Library System is gradually re-summing in-person services at all branches over the course of the coming months.
- The annual Night Out Against Crime, which for years has been celebrated with picnic, education and fun in both Morningside and Skyline, has been rescheduled from August to October throughout the country. In Morningside it will be Tuesday, Oct. 6. And there will be fireworks!

Milestones

Happy birthday to Maxmilian "Max" Howard, Ruth Sanford and William Billy Stewart, Aug. 8; Savannah Foster, Aug. 11; Mary Berkley and Brittany Short, Aug. 13.

Happy 41st anniversary to Sharon and Mike Fowler on Aug. 11.

College Park Academy Celebrates Distance Learning Success and the Graduation of Its Second Senior Class

By PRESS OFFICER
College Park Academy

COLLEGE PARK, Md. (July 23, 2020)—College Park Academy (CPA), a Prince George's County charter school offering a rigorous college-preparatory education for students in grades 6–12, is celebrating distance learning success and the academic achievements of their second graduating class.

"In the wake of the COVID-19 pandemic, public schools faced unprecedented challenges," says Robert Day, CPA Board Member and College Park City Councilman. "Our students and faculty rose to the occasion and closed out the 2019–2020 school year with a host of academic achievements to celebrate. CPA's ability to adapt and thrive during such an uncertain time is a testament to its blended learning approach."

Under the school's "Bricks and Clicks" model, CPA students typically attend school in person, but their curriculum is entirely online, and 1/3 of courses are taught virtually by off-site teachers. While the pandemic left traditional learning institutions scrambling, CPA's 660 middle and high schoolers were able to transition to remote learning without significant disruptions.

"Being acclimated to both synchronous and asynchronous styles of learning gave our students a unique advantage during the public health crisis," says CPA High School Principal, Gordon Libby. "Attending virtual classrooms, following an online curriculum, and working independently are second nature to them. So, when schools closed in March, our students didn't miss a beat. It was learning as usual." CPA Student Government President and Class of 2020 graduate, Rebekah Rowe, agrees: "We lost no time because of COVID."

CPA high school students took 76 different virtual courses this year, ranging from science, art, and math to entrepreneurship and psychology. The impressive selection of course offerings included seven foreign languages and 18 Advanced Placement (AP) courses. 86% of the school's juniors and seniors took at least one AP course this school year, and 66% took more than one.

Despite the challenges students faced during the 3rd and 4th quarters, scores for online courses this year matched last year's average at 85% and the grade average for in-person courses actually grew by 8%.

Through the school's partnership with the University of Maryland, CPA students have the added benefit of access to classes, programs, clubs, and events at the school. Students also took classes at Prince George's Community College and Bowie State University, earning nearly 300 combined college credits between summer 2019 and spring 2020. Courses included Philosophy, Psychology, Intro to Engineering Design, Computer Science, and more.

2020 graduate and salutatorian, Immanuel Enwesi, was able to take her first college-level class in the ninth grade. She says, "CPA's blended learning environment fosters independence. I feel very well-prepared for college." Enwesi will be studying Bioengineering at the University of Maryland.

"Between credits for college courses and AP credits, some CPA graduates could finish college a year (or more) earlier than expected," says Dean of the University of Maryland's School of Education and CPA Board Chair-Elect, Jennifer Rice. "This is music to the ears of many students and parents concerned about the rising cost of a college education."

The Class of 2020's 61 graduates have

been offered admission and scholarships to a wide array of colleges and universities, including the University of Maryland, University of Virginia, Morgan State University, Catholic University, Howard University, and Towson University.

"This is the first graduating class that has been with CPA since the 6th grade," says CPA Middle School Principal, Steve Baker. Six years ago, these students embarked on a bold and challenging academic pursuit. Their achievements are a reflection of their hard work and dedication. We are incredibly proud of this group of graduates."

Between 2015 and 2019, CPA students consistently out-performed Prince George's County's average PARCC test scores, sometimes by as much as 100%. Parents have taken notice of CPA's success. In 2020, over 1,400 students applied for the school's 173 openings.

"Together, College Park Academy and the University of Maryland are leading the transformation of learning and teaching for the 21st century," says former University of Maryland President and CPA Board Chair, Wallace Loh. "The future of K–12 and college education is a blended model that integrates in-person and online education."

On August 7, beginning at 9 a.m., College Park Academy will hold a modified graduation ceremony at Laurel High school. To allow for social distancing, the graduation will be by appointment only, with six graduates participating at a time, each limited to only two guests.

College Park Academy was founded in 2013 in partnership with the City of College Park, MD, and the University of Maryland to expand high-quality K–12 educational opportunities. For more information, visit www.collegeparkacademy.net.

PGCPS Recognized for Excellence in Financial Reporting

UPPER MARLBORO, Md. (July 30, 2020)—For the 13th consecutive year, Prince George's County Public Schools (PGCPS) has received the highest form of recognition in governmental accounting and financial reporting.

The Certificate of Achievement for Excellence in Financial Reporting was presented by the Government Finance Officers Association of the United States and Canada (GFOA), along with an Award of Financial Reporting Achievement.

"These awards represent the consistent professionalism of our Business Management Services team," said Dr. Monica Goldson, Chief Executive Officer. "I am very proud of Chief Financial Officer Michael Herbstman and his staff for their dedication to excellence in their work."

During the review process, a panel assessed the fiscal year 2019 report and determined the submission met the high standards of the program, including full disclosure to clearly communicate the PGCPS financial story.

To report can be downloaded by visiting the PGCPS Financial Services webpage: www.pgcps.org/financial-services/.

—Office of Communications, PGCPS

United Way of the National Capital Area and Truist Partner With First National Youth Poet Laureate To Spread Message of Unity

By PRESS OFFICER
United Way of the National Capital Area

WASHINGTON (July 29, 2020)—At a time when America is confronting historic health, social and economic upheaval, a new television and social media advertising campaign by United Way and Truist Financial Corporation, one of the nation's largest financial services companies, aims to spark hope and optimism for the future, and the importance of working United to build stronger communities.

The campaign features an original poem, "Live United," penned by America's inaugural National Youth Poet Laureate, 22-year-old Amanda Gorman, and inspired by United Way and all that can be achieved when we unite for our communities.

"Live United" gives voice to the ongoing partnership and shared commitment between Truist and United Way to build better lives and communities. Ms. Gorman's clarion call to "... dare to care, to be hope-sided" drives home a powerful and hopeful message about the opportunity ahead to build a better America, where every person is respected, every voice is heard and every community thrives.

United Way of the National Capital Area (United Way NCA) and Truist, formerly SunTrust and BB&T have a long history of partnering to support programs and activities that help build stronger, more resilient communities. Specifically, Truist has invested more than \$1.6 million in two of United Way NCA's Financial Empowerment Centers (FEC) start-

ing in 2016 with support for the launch of the program in Prince George's County, Md. and then expanding to include the FEC in Prince William County, Va, which opened in 2018. United Way NCA's FECs have served more than 10,000 individuals in Prince George's County and 2,200 in Prince Williams County offering direct access to high quality financial services and guidance in a welcoming, professional environment (now virtually) at no cost to residents. Additionally, BB&T brought its Tax Bus to the campus of Prince George's Community College, in connection to the FEC, to educate college students about Truist student bank accounts, the FEC and free tax preparation services.

"We are proud of the partnership we have had with Truist and its legacy companies SunTrust and BB&T over the years," said Rosie Allen-Herring, President & CEO, United Way of the National Capital Area. "From their investment to support our essential Financial Empowerment Centers to providing incredible past board members in Dan O'Neill, Frank Fannon and now Evelyn Lee, their commitment to bettering the lives of residents in the Greater Washington region is unwavering. And this campaign truly says it all."

Truist's and United Way's shared commitment to helping communities recover from and rebuild stronger and more resilient in the wake of the COVID19 pandemic is underscored by the \$7 million grant to the United Way Worldwide's COVID-19 Relief Fund as part of the financial services company's Truist Cares initiative. Truist Cares is a cooperative effort between Truist Financial Corporation, the Truist Foundation, and the Truist Charitable Fund to pledge \$50 million of philanthropic support to provide communities, organizations and individuals disaster relief and assistance during the pandemic.

"Live United" launched nationally earlier this month and is airing in 13 markets across Truist's corporate footprint (Charlotte, Atlanta, Orlando, Washington DC, Tampa, Miami, Baltimore, Nashville, Dallas, Greensboro/Winston-Salem, Norfolk, Raleigh, Richmond) through mid-August.

COMMENTARY

Marion Wright Edelman

President Emerita,
Children's Defense Fund



ChildWatch:

The Final Words of Our Hero, John Lewis

I will soon share a column dedicated to our great national servant leader and my much beloved friend for 50 years, Congressman John Lewis. He was a true servant leader and taught us how to trust God and do what God needs us to do to bring about a world worthy of all of our children. I'm still too sad to do him the justice he so richly deserves, but instead I share here some of John Lewis' last words and his legacy to us, excerpted from his essay published [last] week in the New York Times.

"Ordinary people with extraordinary vision can redeem the soul of America by getting in what I call good trouble, necessary trouble. Voting and participating in the democratic process are key. The vote is the most powerful nonviolent change agent you have in a democratic society. You must use it because it is not guaranteed. You can lose it.

"You must also study and learn the lessons of history because humanity has been involved in this soul-wrenching, existential struggle for a very long

time. People on every continent have stood in your shoes, through decades and centuries before you. The truth does not change, and that is why the answers worked out long ago can help you find solutions to the challenges of our time. Continue to build union between movements stretching across the globe because we must put away our willingness to profit from the exploitation of others.

"Though I may not be here with you, I urge you to answer the highest calling of your heart and stand up for what you truly believe. In my life I have done all I can to demonstrate that the way of peace, the way of love and nonviolence is the more excellent way. Now it is your turn to let freedom ring."

You can read Rep. John Lewis' essay, "Together, You Can Redeem the Soul of Our Nation," on the New York Times website. To read the piece in its entirety: www.nytimes.com/2020/07/30/opinion/john-lewis-civil-rights-america.html.

—July 31, 2020

Bowie Mayor Timothy Adams Remembers John Lewis for Inspiring Our Nation

Today, the City of Bowie joins together in mourning the passing of the Honorable John Lewis, United States Representative for the state of Georgia and celebrates his life, his achievements, and his sacrifices.

In an already difficult year of trials and tribulation, the passing of Congressman John Lewis is another painful loss for our nation. This community, and the world at large, have lost a great man and a legend. None can deny the tremendous impact he has had as an outspoken leader of the Civil Rights movement and a champion for social justice. "His courage to face injustices head-on, oftentimes at

great personal risk has and will always inspire us to stay true to the affirmations that justice, equity, and opportunity should be assured for all," said Adams.

On behalf of the City Council, staff and the Bowie community, we honor the indomitable spirit and strength of John Lewis. We owe it to his memory and legacy to cherish the civil liberties and social justice he fought for and to carry forth the lessons he taught us to build a more inclusive and just future.

Together.

—July 27, 2020

Want Racial Justice? Start With Filling Out Your Census

By Suzanne McCormick

Those living in our nation's poor and minority communities have historically gone undercounted in the U.S. Census. For instance, nearly one million Black Americans went uncounted nationwide in the 2010 Census.

Fortunately, there's an easy step you can take that will go a long way towards ensuring everyone in our communities gets the representation and resources they deserve. By completing the 2020 census questionnaire—online, over the phone, or by mail—you can add your voice to the conversation and make yourself and your family heard.

Here are five ways your census response will help you and your fellow Americans.

1. It advances racial equity.

In recent months, millions have taken to the streets to call for racial equity and justice. These protests have helped amplify the voices of underserved communities. But real change will only take place when these demands become public policy. For that to happen, our government needs to see you. And that can only happen if you stand up to be counted.

The racial inequities that undermine our nation can never be addressed unless you fill out the census and join the fight for social justice.

2. It directs funding to programs that save lives.

As the COVID-19 outbreak continues to ravage the country, it's critical that we direct our emergency resources to those

who need them the most. Black and Latinx Americans are disproportionately impacted by the virus and are twice as likely to die from COVID-19.

Wealth also factors into the survivability of COVID-19. Adults with an annual household income below \$15,000 are nearly 15 percent more likely to contract a serious illness following infection compared to those with annual incomes over \$50,000.

Your census response helps essential workers identify at-risk communities and directs resources to these vulnerable populations.

The coronavirus won't be the last time certain communities are disproportionately impacted by a natural disaster. Accurate census data will prepare first responders, nonprofit relief organizations, and government officials to respond to future crises.

3. It funds everything from public housing to school breakfasts.

This year's census will determine how trillions of dollars in federal spending are allocated over the next decade. In 2017 alone, over 300 federal programs relied on 2010 census data to allocate \$1.5 trillion of funds. That money pays for everything from public housing to school breakfast programs, new roads to trash and recycling schedules.

Federal dollars won't reach the communities that need them most unless the government has a precise picture of your local population. You must paint that picture by letting them know you are there.

4. It ensures fair political representation.

Ever wonder why Ohio has 16 seats in the House of Representatives, while Georgia has only 14? The number of representatives a state gets increases with its population—and the census determines its population.

You pay taxes, right? Well, don't you want to be fairly represented?

The results of the 2020 census will shape the Congressional map for the next decade. If you want a Congress that represents your community and serves your interests, make sure the government accounts for you and your family.

5. It creates jobs.

Census data doesn't just help government officials. Businesses consult the census when making hiring and payroll decisions, or where to locate a new office, or when determining how best to serve their communities.

For instance, understanding the demographic of a particular neighborhood can help a local grocer determine which items to stock. This knowledge helps her business grow and creates jobs in your neighborhood, while delivering needed items to the marketplace.

At United Way, we fight for every person in every community to be seen and heard. But we can't do it alone. Join us and help stand up for your community by being counted. You have until October 31 to fill out the 2020 U.S. census. Change doesn't happen without you.

Suzanne McCormick is U.S. President of United Way.

Marc Morial

President and CEO, National Urban League



To Be Equal:

Looming Wave of Evictions Will Deepen the Economic Crisis

"The issue of inability to pay, poverty, and unemployment—that existed pre-COVID-19. The difference between now and then is that the pandemic has shifted the line of poverty. There are more people at risk than before."

—Attorney Raphael Ramos of Wisconsin's Eviction Defense Project

In his Pulitzer Prize-winning book, *Evicted*, Matthew Desmond's book quotes a woman he calls Arleen describing the profound exhaustion of trying to keep a roof over her children's heads. She says, "Just my soul is messed up."

Her children are so defined by the experience of being evicted, over and over again, that one of them vows to become a carpenter so he can build her a house.

The moratorium on evictions that was imposed by the CARES Act in March expired last week. The estimates on the number of Americans on the brink of eviction range from 10 million to 28 million.

With the nation foundering in the worst economic crisis since the Great Depression and poised to plunge even further, more than 12.5 million renters were unable to make their most recent rent payment. Almost twice as many fear they won't be able to pay next month's rent. About 56% of those renters are Black or Latino. More than 3 out of every ten Black renters is behind on rent, and 46% of Black renters have no confidence they can make their next rent payment.

Even before the pandemic, nine of the 10 highest-evicting large U.S. cities had populations that were at least 30 percent Black. Among the eviction cases filed since the pandemic began, nearly two-thirds were in communities with above-average populations of color. With evictions clustered in lower-income Black neighborhoods, entire communities already struggling with massive job loss and business closures are disrupted by a churn of people moving in and out that severs close-knit social networks.

With supplemental unemployment insurance payments expiring and Congress nowhere near a deal to extend them, the nation is facing an unpre-

cedented wave of eviction that will drive the nation even further into economic crisis and despair.

Eviction doesn't just mean the loss of a home. It means the loss of self-esteem, peace of mind, community and support systems, and physical and mental health.

Safe, affordable housing has always been at the heart of the National Urban League's mission. As economic first responders, Urban League affiliates around the country are keeping people in their homes with emergency rental assistance, intervention and counseling. We are seeing the devastating economic effects of the pandemic first-hand.

Last October, before anyone ever heard of the novel coronavirus, the National Urban League issued an urgent call to presidential candidates to address the affordable housing crisis. The following month, we went them a letter.

It wasn't until late November, on the sixth night of debates, that the candidates finally were asked a question about the housing crisis.

Evictions are not just a result of poverty, they are a cause of poverty. It can result in job loss and make it hard to find a new job. It can make it almost impossible to secure decent housing. It leaves scars that can last a lifetime.

This week, I joined Senator Kamala Harris, House Financial Services Chairwoman Maxine Waters and Sherrilyn Ifill, President and Director Counsel of the NAACP Legal Defense and Educational Fund to announce the introduction of the Housing Emergencies Lifeline Program (HELP) Act, which will provide funding so those at risk of eviction can access legal representation and any evictions will do limited damage to renters' credit. The bill would allocate \$10 billion in Emergency Solutions Grants, which provide funding to states and localities for homelessness prevention and outreach and legal representation for those on the verge of being evicted.

The HELP Act can do more than save people's homes. It can save entire communities. It can stop a cycle of poverty and hopelessness. For people like Arleen, it can even save their souls.

Hoyer Statement on the Commission on the Social Status of Black Men and Boys Act

WASHINGTON (July 27, 2020)—Congressman Steny H. Hoyer (MD-05) released the following statement today on the Commission on the Social Status of Black Men and Boys Act, which passed the House today:

"We have a serious problem with systemic racism in our country, a legacy of slavery and segregation that pervades nearly every aspect of American life, and too many African-American men and women are losing their lives as a result of racial profiling, hate, bigotry. As our nation reckons with racial injustice, we must address the disparities and inequalities impacting African-American men and boys when it comes to educational attainment, arrest and incarceration, crime and violence, income and wealth, and health care.

"In order to meet these challenges, we must fully understand them, which is why Rep. Frederica Wil-

son's bill today is so important. Her legislation would create a bipartisan Commission on the Social Status of Black Men and Boys, within the U.S. Commission on Civil Rights, to study these disparities and inequalities and how they impact individuals and communities. That commission would be charged with developing recommendations for policies to help address these challenges.

"I was proud to bring Rep. Wilson's bill to the Floor today and vote for its passage, and I thank her and the Congressional Black Caucus for their leadership on this issue. Today's vote moves us one step closer to rooting out racism and advancing policies that help save lives and make opportunities more accessible for all. The Senate has already approved this bill, and I urge President Trump to sign it without delay."

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Do you have news or events to share? We'd love to hear from you!

Email the editor at pgpost@gmail.com

The Prince George's Post

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Can I Get a Widow's Benefit If I'm on Disability?

By RUSSELL GLOOR,
AMAC Certified Social Security Advisor
Association of Mature American Citizens

Dear Rusty: I was recently approved for my Social Security disability benefits. Will I still be able to get my widow's benefits when I turn 60, which is right around the corner? Or do I lose those because I am disabled? **Signed: An Uncertain Widow**

Dear Uncertain Widow: You will not lose your survivor (widow's) benefits because you are now collecting Social Security Disability Insurance (SSDI) benefits. You can get the survivor benefit if it is more than your SSDI benefit and provided that you did not remarry before age 60 (and remain married). If you are entitled to and claim a survivor benefit while on SSDI, it will come as a separate supplemental payment which, along with your SSDI benefit, equals the amount you are due as a widow.

If you are now on SSDI you can actually take your survivor benefit before age 60 because survivor benefits can be taken as early as age 50 if you are disabled. But claimed at age 60 or earlier, the survivor benefit will be reduced by 28.5% from what it would be if you wait until your full retirement age (FRA) of 67 to claim it. If you are collecting both SSDI and the survivor supplement when you reach your full retirement age, it will automatically convert to one payment equal to what you're entitled to as a survivor (SSDI benefits stop at full retirement age).

It would be prudent for you to evaluate whether you should continue with your SSDI benefits only for a while and allow your survivor benefit to grow to a higher amount. At age 67, your survivor benefit as a widow will be 100% of the amount your deceased husband was receiving, or entitled to receive, at his death. But claiming it before your full retirement age will mean it will be cut by 4.75% for each year earlier than your FRA that you claim it. You can find out your full survivor benefit amount by contacting Social Security.

Your survivor benefit will reach maximum at your full retirement age, and it does not expire so you can delay up to age 67 to claim if you wish (to get the maximum amount as a widow). But if your financial situation is such that you need the reduced survivor benefit earlier, and your benefit as a widow is more than your SSDI benefit, you can claim it at any time. Survivor benefits must be applied for directly with the Social Security Administration, which you can reach by phone at 1-800-772-1213, or at your local office (find the phone number for your local office at www.ssa.gov/locator). Note that all Social Security offices are temporarily closed to in-person visits by the public, so telephone is your only current option to apply for your survivor benefit, until after the pandemic closure is lifted.

The 2.1 million member Association of Mature American Citizens [AMAC] www.amac.us is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country. And the AMAC Foundation (www.AmacFoundation.org) is the Association's non-profit organization, dedicated to supporting and educating America's Seniors. Together, we act and speak on the Association members' behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at www.amac.us/join-amac.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadviser@amacfoundation.org.

Share Our Strength Welcomes New No Kid Hungry Maryland Director

By JOHANNA ELSEMORE
Share Our Strength

WASHINGTON (July 28, 2020)—Share Our Strength is excited to welcome Ayesha Holmes as the new No Kid Hungry Maryland Director. Holmes will lead the No Kid Hungry campaign at the state and local level in Maryland, which is focused on ending childhood hunger in the state through increased access to the federal nutrition programs.

"Ayesha has extensive experience building strong partnerships with community organizations and government agencies to meet the needs of Marylanders," says No Kid Hungry Director Jillien Meier. "In this time of unprecedented economic hardship and uncertainty for many families, we are thrilled to have Ayesha on board

to lead this important work in Maryland."

Prior to joining Share Our Strength, Holmes served as the Executive Director for Grassroots Intervention Crisis Center, Inc. in Columbia, Maryland. She holds a BS from the University of Maryland Baltimore County and an MEd. From Johns Hopkins University.

No child should go hungry in America. But millions don't know where their next meal is coming from. No Kid Hungry is ending childhood hunger by helping launch and improve programs that give all kids the healthy food they need to thrive. This is a problem we know how to solve. No Kid Hungry is a campaign by Share Our Strength, an organization working to end hunger and poverty.

MedStar Southern Maryland Hospital Center Awarded for Sustainability Efforts

By CHERYL M. RICHARDSON
MedStar Southern Maryland Hospital Center

CLINTON, Md. (July 29, 2020)—MedStar Southern Maryland Hospital Center (MSMHC) received a 2020 Partner Recognition Award from Practice Greenhealth, a nonprofit organization that promotes sustainability in the health care industry. This is the fourth consecutive year that MSMHC has received a Practice Greenhealth award, demonstrating a continued commitment to environmental performance goals.

"We are extremely grateful to have received this award," said Paul Robinson, director of facilities at Medstar Southern Maryland Hospital Center. "This recognition illustrates that we are taking an active role in delivering sustainable healthcare to our community. It also emphasizes our desire to provide environmental solutions to the healthcare industry."

The Partner Recognition Award is given to health care facilities that are changing their practices to become more sustainable and have achieved progress in areas such as waste reduction, renewable energy adoption, food purchasing and mercury elimination. They also must have a recycling rate of at least 10 percent for

their entire waste stream. To address

the areas of waste reduction and renewable energy adoption, MSMHC recently installed solar panels on trash receptacles. The solar panels facilitate both trash collection and trash compaction, increasing sustainability and efficiency. This process decreases the frequency of waste collection, as the receptacles are able to hold up to five times more waste.

Each year, MSMHC departments construct annual operating plans to include innovative and creative ideas to promote a sustainable healthcare environment. Quarterly brainstorming sessions help identify goals that achieve MSMHC's vision of advancing environmental health.

"We look forward to next year and the ability to continue to be a leader in sustainable healthcare and environmental health and justice," said Robinson.

Practice Greenhealth is a nonprofit membership organization that encourages environmental sustainability in health care facilities throughout the United States. Their Environmental Excellence Awards are the nation's premier recognition program for environmental performance in the health care sector.



IMAGE COURTESY MEDSTAR SOUTHERN MARYLAND HOSPITAL CENTER

Honorable Toni E. Clarke (Ret.) Joins The McCammon Group

By ALISON MEYER
The McCammon Group

The Honorable Toni E. Clarke (Ret.) has joined The McCammon Group, a leading provider of alternative dispute resolution (ADR) services in the mid-Atlantic region.

Judge Clarke joins The McCammon Group after over twenty years of dedicated service as an Associate Judge on the 7th Judicial Circuit Court for Prince George's County. Prior to her judicial tenure, Judge Clarke served Prince George's County as an Associate County Attorney and as the State's Attorney and was in private practice

focusing on civil litigation. Judge Clarke is a Past President of the J. Franklyn Bourne Bar Association; Past President of the Women's Bar Association of Maryland; Past President of the Prince George's County Bar Association; and Past Chair of the Judicial Division of the American Bar Association. She is a Recipient of the Rita C. Davidson Award from the Women's Bar Association of Maryland; the Distinguished Woman Award from the Alliance of Black Women Attorneys of Maryland; and was twice named one of Maryland's Top 100 Women by the Daily Record. Judge Clarke now brings this distinguished record to The McCammon Group to serve

the mediation needs of lawyers and litigants in Maryland.

Since 1995 The McCammon Group has provided ADR services including mediation, arbitration, judge pro tempore, and special master. It consists of over eighty Neutrals including retired judges and practicing attorneys located throughout Virginia, Washington, D.C., and Maryland. Importantly, throughout this time The McCammon Group has achieved a settlement rate of approximately 85% in its mediation work. The McCammon Group is committed to the proposition that ADR processes provide individuals, as well as public and private entities, with many substantial benefits including effective and prompt resolution of disputes, self-determination, cost savings, timeliness, flexibility, and confidentiality.

For more information, please visit www.McCammonGroup.com.

Maryland Humanities Awards \$4,000 In Grants to Four Maryland Nonprofits

Grant awarded to Prince George's Community College Foundation for their "Black Culture Matters" Series

By SARAH WEISSMAN
Maryland Humanities

BALTIMORE (July 29, 2020)—Maryland Humanities is pleased to award \$4,000 in mini grant funding to four Maryland organizations: Coppin State University Development Foundation, Forest Woods Media Productions, Prince George's Community College Foundation, and Urban Rural Action. The grantees are located in Baltimore City, Anne Arundel County, Prince George's County, and Washington County, respectively. Funded projects include a public radio show featuring Maryland poets, virtual classes about Black women's journey for voting rights, and more.

Mini grants provide support of up to \$1,200 per recipient. Nonprofit organizations that use the humanities—literature, philosophy, history, and other disciplines—to inspire Marylanders to embrace lifelong learning, exchange ideas openly, and enrich their communities are eligible to apply. Grant criteria encourage free public programming in many forms. The next mini grant round application deadline is November 1, 2020.

Maryland Humanities also provides major grants with support of up to \$10,000 per recipient. Letters of Intent are required of all major grant applicants, and the next LOI deadline is September 1, 2020.

Maryland Humanities' Grants Program is funded by the National Endowment for the Humanities, the Maryland Historical Trust in the Maryland Department of Planning, and the Maryland Department of Labor.

To learn more about our Grants Program, eligibility, and deadlines, visit www.mdhumanities.org/grants.

July 2020 Mini Grant Awards
Coppin State University Development Foundation
A Long Walk for African American

Women: 125-Year Journey for Voting Rights (1895 to 2020)
Baltimore City
Grant Award: \$1,000

This project will be comprised of three master classes: The Black Women's Club Movement and the Relationship between Black and White Suffragettes (1895 to 1915); The Fight for the Ballot from the 19th Amendment to the Voting Rights Act (1915 to 1965); and The Struggle Continues—Preserving and Protecting our Voting Rights (1965 to 2020). Using an interactive virtual conferencing platform, the classes will be offered to people throughout the state.

Forest Woods Media Productions
The Poet and the Poem: Voices of Maryland Poets
Anne Arundel County
Grant Award: \$1,000

The Poet and the Poem is an ongoing series that has been on public radio since 1977—founded, produced, and hosted by Maryland Poet Laureate, Grace Cavalieri. Each show presents a Maryland poet reading their work followed by conversation that parses and analyzes the writing process. Fifteen programs will be featured on the Maryland State Arts Council website, as well as on iTunes and public radio as a series in January 2021.

Prince George's Community College Foundation
Black Culture Matters Series
Prince George's County
Grant Award: \$1,000

Four Fall Community Lectures will offer historical and cultural context for a given topic, inviting the community to think about ways expanded historical knowledge might inform the racially charged present moment. Lecture topics

include Celebrating While Black: From Juneteenth to Black August; Black Hairitage, History & Healing; Writing Freedom: Black Literature and Racial Justice; and Media, Music, and Memory. A Spring Symposium will serve as a critical rejoinder to the fall events.

Urban Rural Action
Deepening Connection and Understanding Across Maryland's Urban/Rural Divide
Washington County
Grant Award: \$1,000

This program is a collaboration among Urban Rural Action, Towson University's Civic Engagement and Social Responsibility office, and the Washington County Chamber of Commerce. To date, a cohort of 25 Maryland residents from Baltimore, Silver Spring, Frederick, and Hagerstown have formed three teams based on their desire to work on the issues of systemic racism, economic recovery, and education. Project teams will design concrete plans to address each challenge within and/or across urban and rural communities in Maryland.

Maryland Humanities is a statewide nonprofit organization that creates and supports educational experiences in the humanities that inspire all Marylanders to embrace lifelong learning, exchange ideas openly, and enrich their communities. For more information, visit www.mdhumanities.org. Maryland Humanities is generously supported by the National Endowment for the Humanities; the State of Maryland; the Citizens of Baltimore County; private foundations such as the William G. Baker, Jr. Memorial Fund, creator of the Baker Artist Portfolios, www.BakerArtist.org; corporations; small businesses; and individual donors. Connect with Maryland Humanities on Facebook, Twitter, and Instagram.

SUMMER

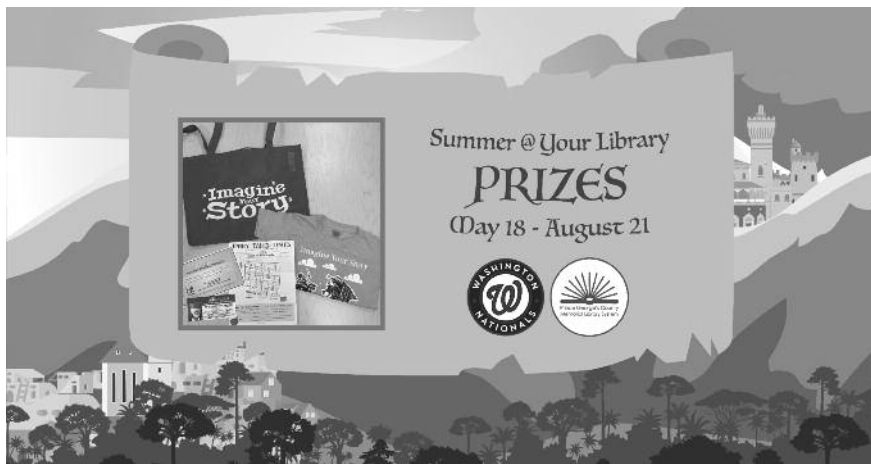
PGCMLS Summer @ Your Library Prize Pickup Began August 4

By DONNA SCOTT-MARTIN

The Prince George's County Memorial Library System

LARGO, Md. (July 27, 2020)—The Prince George's County Memorial Library System (PGCMLS) start[ed] curbside pickup for its Summer @ Your Library (S@YL) prizes on Tuesday, August 4, 2020. The prizes, awarded to S@YL participants of all ages earning 20 points or higher, include an "Imagine Your Story" tote bag, a T-shirt, a free smoothie coupon from Smoothie King, a free taco coupon (Taco Bell), S@YL bookmarks, "Fairy Tale Times" kids activity pages (with youth-sized T-shirts), and a Washington Nationals poster. The first 250 teens to pick up a prize pack will also be eligible to receive a free copy of "Stamped: Racism, Antiracism, and You: A Remix," the national bestselling book by Ibram X. Kendi and Jason Reynolds.

Customers can schedule a prize pickup at



<http://www.pgcmls.info/v/assets/116> (include quantity and T-shirt size). One prize pack per eligible participant. Prizes for multiple household members may be retrieved during a single curbside appointment. Indicate the quantity and applicable T-shirt sizes when scheduling a curbside service appointment. Customers with questions are invited to call PGCMLS Ask a Librarian at 240- 555-5451 or askalibrarian@pgcmls.info with questions. Library staff are available by phone Tuesdays 1-8 p.m., Wednesdays-Fridays 1-6 p.m., and Saturdays 1-5 p.m.

S@YL customers completing the challenge with a minimum of 20 points are also eligible to win several grand prizes. The grand prize drawings are a special reward courtesy of the Washington Nationals (the presenting sponsor of S@YL 2020) and the Prince George's County Memorial Library System. Grand prizes include a \$529 college fund, gift cards, a new Weber Q1200 Grill (for adult participants), and more! Grand prize winners will receive more information via email in late August.

More than a traditional summer reading program, Summer @ Your Library encourages children, teens, and adults to read 30 minutes each day, attend virtual programs (from yoga and puppet shows to musical performances and read-alouds), and explore the wide range of streaming movies and music in the 85+ online library resources. S@YL participants can track their activity progress throughout the summer and earn badges and prizes with a downloadable S@YL game board or the Library's Beanstack website and app (iOS/Android). Visit the English or Spanish S@YL program webpage to learn more. Hurry! Summer @ Your Library ends August 21.

Canines-N-Kids' BARKE SALES Give Kids an Outdoor, Safer Way to Raise Funds to Beat Cancers Shared by Kids and Dogs

Tool Kit with Social Distancing Tips Offered

By PRESS OFFICER
Canines-N-Kids

WASHINGTON (July 30, 2020)—For kids and families looking for a fun and safer way to give back this summer, the Canines-N-Kids Foundation (CNK), a nonprofit working to put an end to the cancers kids and man's best friend both develop, is encouraging them to host a BARKE SALE and is providing a tool kit with step-by-step instructions that include social distancing tips. Using the traditional bake sale model, a BARKE SALE enables kids anywhere to raise awareness and funds for cancer research that can speed up the development of better medicines and a cure for both by offering tasty treats.

"By organizing a BARKE SALE, kids are empowered to help other kids and their pet friends beat cancer," said Ulrike Szalay, executive director and founder of Canines-N-Kids. "During this COVID-19 era, we want to encourage kids to sell pet treats—using social distancing and masks—to help raise needed research funds as well as awareness about how dogs and children share many of the same cancers."

The Canines-N-Kids' BARKE SALE generally feature goodies for people and pets; but given the pandemic, CNK is encouraging BARKE SALES to only include pet treats this year and to conduct them in a driveway or sidewalk close to home, instead of at commercial areas. Also, masks and social distancing are encouraged.

CNK offers a free online BARKE SALE kit containing flyers, postcards and a step-by-step instruction guide. Or, for a small fee, there is a "BARKE SALE in a Box," a turnkey toolkit which includes everything from the online kit as well as cookie cutters, a poster, recipes, stickers and more. Both versions of the kit also include tips for having a BARKE SALE during a pandemic as well as paw graphics that can be taped to the sidewalk to keep customers spaced six feet apart. Those interested in holding a BARKE SALE need to register on the CNK's web site—www.CaninesNKids.org—to receive their supplies.

According to the American Cancer Society, cancer is the number one cause of disease-related death in children. Nearly 16,000 children in the US will be diagnosed with cancer this year and yet only four drugs

have been approved for kids' cancers the past 40 years. For the six million canine patients diagnosed with cancer each year, the outlook is no better. Nearly half of all canines die from cancer. Several cancers develop in both kids and man's best friend such as bone cancer, brain cancer, lymphoma and leukemia. In many cases, these cancers are biologically similar or even indistinguishable between kids and dogs, and also far more prevalent in man's best friend.

Funds raised through a BARKE SALE will support the Foundation's work to promote the promising science of comparative oncology—studying and treating spontaneously developing cancer in canine patients when they get sick. The research can help doctors better understand and accelerate the development of better medicines and a cure for kids with those same cancers.

The Canines-N-Kids Foundation is a recognized charitable nonprofit committed to finding a cure to the devastating cancers that canines and children face in common, including bone cancer, brain cancer, lymphoma and leukemia.



PHOTO COURTESY OF GETTY IMAGES, #15318
SOURCE: ADAPTIVE BIOTECHNOLOGIES

How You Can Help Fight Lyme Disease

(Family Features) Summer means it's time to check for ticks, especially if you have recently spent time outdoors, taking part in activities such as hiking, camping, gardening, dog-walking or more.

Lyme disease is a bacterial infection that is transmitted to humans via infected ticks. A bull's-eye rash is one of the hallmarks of the disease, but other symptoms can be non-specific and even overlap with symptoms of COVID-19. These include body aches, fever, breathlessness, eye pain, diarrhea, chest tightness, headache, fatigue or joint pain.

According to the Global Lyme Alliance, there are estimates of 427,000 new cases of Lyme disease in the United States every year. However, Lyme disease is often missed—or misdiagnosed—due to unreliable testing. In fact, only 30% of people with acute Lyme infections have a positive test result with existing diagnostic tests because the disease is difficult to detect in its earliest stages, even though this is when it is easiest to treat.

How you can get involved. If you suspect you have Lyme disease—or have been recently diagnosed—your immune system may be able to provide important information about how the human body detects and responds to the disease that current tests cannot.

To help advance new diagnostic tests for Lyme disease, Adaptive Biotechnologies, which specializes in developing products based on the body's immune response to disease, has launched the ImmuneSense Lyme study.

You may be eligible to participate in the study if you have signs and symptoms of Lyme disease, including a bull's-eye rash or body aches, or were recently diagnosed and have not taken antibiotics for more than three days. If you decide to participate, you can visit a participating doctor to have your blood sample collected.

Why your participation matters. If left untreated, Lyme disease can become a serious illness for many people, but if caught early, it can typically be treated with antibiotics and long-term complications can be avoided. Early detection is key for early treatment, and now there is an opportunity to bring forth new detection methods for this serious and often overlooked disease.

To learn more and find participating doctor's offices, visit immunesenselystudy.com.

Summer Fun on and Around the Water At National Harbor

New Monumental Boat Tours and Float Boat 360 offer exciting ways to explore the Potomac River

By PRESS OFFICER
for National Harbor

NATIONAL HARBOR, Md. (July 27, 2020)—If you missed that trip to the beach this summer and have opted to stay closer to home, National Harbor has multiple entertainment opportunities. The property is welcoming visitors and residents back with many of its shops and



PHOTOS COURTESY NATIONAL HARBOR

The Float Boat 360 is available for a two-hour rental and allows guests to bring their own beverages including alcohol.

restaurants now open. Bobby McKeys Dueling Piano Bar is now open Friday and Saturday nights with live music and pub fare. The Capital Wheel, The Carousel at National Harbor and Topgolf are all open. Topgolf is offering specials throughout the week. And now, some of National Harbor's boating options are open—all with special protocols in place to protect against COVID-19.

New this year are Monumental Boat Tours and Float Boat 360. "We are excited to have these new operators offering a water experience only available at National Harbor. They are a fun way to explore the Potomac River," said Jackie Saunders, AVP of marketing for National Harbor.

Monumental Boat Tours allows visitors to cruise the Potomac River in their own two-person CraigCat with a knowledgeable guide (in a separate boat). Boaters will explore from National Harbor to Mount Vernon on their two-hour tour, where they will see the Jones Point Lighthouse, Fort Washington, lots of Potomac wildlife and more.

The Float Boat 360 at National Harbor is designed for groups and typically holds 6 (plus a guide.) Right now, and due to COVID-19 restrictions, the Float Boat 360 will take a maximum of six guests, plus a guide. The guests need to remain on the opposite side of the boat from the guide in order to maintain the six-foot distance rule. The Float Boat 360 is available for a two-hour rental. "This is so much fun for small groups," Saunders added. The Float Boat 360 allows guests to bring their own beverages including alcohol. Right now, rates have been reduced to accommodate the smaller group requirements.

All of the boats and boating equipment is thoroughly cleaned and sanitized between uses. Face masks are required while on the



Monumental Boat Tours allows visitors to cruise the Potomac River in their own two-person CraigCat with a knowledgeable guide (in a separate boat).

docks but may be removed by guests during tours. Guests are asked to book online to minimize contact. For more information or to book, go to Monumental Boat Tours <https://monumentalboattours.com> or to <http://floatboat360.com/> for Float Boat 360.

For more information on National Harbor, visit www.NationalHarbor.com.

HEALTH AND WELLNESS

SAVE-THE-DATE

Caring for the Continuum of Life 2020: A Virtual Healthcare Symposium

By ELYZABETH MARCUSSEN
Hospice of the Chesapeake

PASADENA, Md. (July 29, 2020) —Professionals and community members are invited to attend **Caring for the Continuum of Life 2020: A Virtual Healthcare Symposium** on Saturday, Oct. 24. This is a free, interactive day of on-line learning to increase the understanding of racial disparities in healthcare, as well as the many facets of serious illness, caregiving and loss.

Hosted by the Chesapeake Life Center, Hospice of the Chesapeake and Chesapeake Supportive Care, the symposium will feature presentations from experts in the fields of hospice, palliative and bereavement care. Some of the sessions will offer continuing education credits. With the support of community partners, this educational symposium is 100-percent free of charge to attendees as part of the nonprofit's ongoing commitment to those it serves.

Additional information and up-

dates will be available at www.caringforlifemd.org in August. For sponsorship opportunities, contact Jennifer Castellanos-Graham at 443-837-1527 or jcastellanos-graham@hospicechesapeake.org.

Caring for life throughout the journey with illness and loss is the mission of Hospice of the Chesapeake. For more information, please visit www.hospicechesapeake.org.

Are You Eligible For This COVID-19 Study?

(StatePoint) A new COVID-19 study is currently enrolling patients, and researchers believe it has the potential to change the course of the virus around the world.

The study is examining the effects of Colchicine, a widely available and inexpensive anti-inflammatory drug on one of the most common, and most debilitating side effects of SARS-CoV-2—acute respiratory distress syndrome (ARDS).

ARDS is caused by an intense inflammatory response that results in what's called a cytokine storm. Cytokines are molecules that signal to inflammatory cells that there's a problem within the body that needs their attention. Any normal immune response involves cytokines. In a cytokine storm however, they're released in larger numbers than necessary, resulting in an immune response out of proportion to the threat at hand, whereby immune cells attack healthy tissues.

Cytokine storms in COVID-19 are common and potentially do more damage than the virus itself, causing some patients to develop pneumonia or ARDS, which are life-threatening lung conditions. Many such patients require admission to ICU wards to be provided with respiratory support via mechanical ventilation.

One research team believes they may have the solution, however. Dr. Jean-Claude Tardif, director of the Research Centre at Montreal Heart Institute, professor of medicine at the University of Montreal, and primary investigator of the study, believes that these cytokine storms seen in COVID-19 patients are manufactured by a tiny inflammatory cell part, or organelle, called inflammasome. Colchicine, targets that one tiny organelle.

"More than 10 years ago, it was shown that the most closely related virus to SARS-CoV-2, which causes COVID-19, is Sars-CoV-1. That's the virus that caused SARS caused 15 years ago," says Dr. Tardif. "It's very close to SARS CoV-2 and it was shown in this very elegant paper that SARS CoV-1 directly activates inflammasome."

Dr. Tardif and his team are currently enrolling patients with a positive COVID-19 diagnosis for a Colchicine study. If his hypothesis is correct, it could change the way COVID-19 is treated globally. Colchicine is a widely



PHOTO SOURCE: © DIGITALSKILLET / ISTOCK VIA GETTY IMAGES PLUS

available, inexpensive drug that has already been in use for years in the treatment of conditions like gout, familial Mediterranean fever (FMF) and viral pericarditis. The side effect profile is well-known and side effects are rare.

The groundbreaking study is called COLCORONA. Like most studies, patients are assigned either a course of the study medication or a placebo for 30 days. However, this study is unique as it is contact-less, helping protect health care workers and the population at-large from unnecessary risk of virus exposure.

To enroll, patients can call the hotline to speak with a dedicated healthcare professional who will explain the study and verify their eligibility, as well as to receive and sign the informed consent document. The study medication is then delivered to the patient's door within four hours and the patient is remotely followed for 30 days.

To enroll or learn more, visit <https://en.colcorona.net> or call the 24-hour Hotline at 1-877-536-6837, which is available in English, Spanish, Portuguese and French.

The COLCORONA trial is currently available in a number of countries as well as the New York Tri-State area, San Francisco, Los Angeles, Miami, Dallas, and Houston, with plans to open in Jacksonville, Gainesville as well as throughout Arizona, Mississippi, and Alabama. The team also plans on expanding the study into Georgia and the Carolinas. The trial is funded by the Government of Quebec (Canada), the National Heart, Lung, and Blood Institute, part of the US National Institutes of Health and the Bill and Melinda Gates Foundation, and Sophie Desmarais, Montréal philanthropist, daughter of the late business mogul, Paul Desmarais Sr.

Interested patients should consult their health care providers for more information and to find out if study materials are available in their area.

Doctor Offers Advice on Boosting Immune System to Help Beat COVID-19

Dr. Robert "Bob" Posner, who specializes in helping people lose weight, offers tips and information on how to beat the virus with a healthy immune system

FAIRFAX, Va. (July 30, 2020)—Around the country people are putting on masks in an effort to try and stop the spread of COVID-19. While this is a good step to take, there's an important one everyone should be taking in an effort to help minimize the virus, should they be exposed. Boosting your immune system can play a critical role in the outcome when having the virus. Studies have shown that major risk factors for developing severe COVID illness include advanced age, obesity, diabetes, hypertension, lung disease, and immune system weakness.

"More effort should go into improving one's personal health right now," explains Dr. Robert "Bob" Posner, a world-renowned medical doctor who founded the Serotonin-Plus Weight Loss Program. "There is a lot that we can do to help protect ourselves from this virus, starting with boosting our immune system."

Our immune system, according to the National Institutes of Health (NIH), is a network of cells, tissue, and organs that work together to help protect the body from infection. Immune system organs include the thymus, spleen, bone marrow, cells, and chemicals/proteins. When we have a strong immune system we are more likely to be able to fight off or minimize viruses when we are exposed to them. A weaker immune system may have a difficult time being able to fight them off, which could lead to serious or dire outcomes.

There are numerous things we can do to help protect ourselves from COVID-19. Most people are aware that they should wear a mask and keep their hands washed. But boosting your immune system is a crucial step that can help protect provide protection.

Here are things you can do to help boost your immune system:

- **Lose weight.** According to research conducted by Johns Hopkins University, obesity is a major risk factor for COVID-19 hospitalization. It's also listed as the primary risk factor for younger patients who have the virus. Obesity, which is defined as a body mass index (BMI) of 30 and up, is believed to weaken the immune system. Losing weight can boost your immune system, reduce risks associated with the virus, and help with a plethora of other health-related conditions.
- **Sleep well.** Not getting enough sleep weakens your immune system, so it's a good idea to create a healthy sleep habit routine. According to the Centers for Disease Control and Prevention (CDC), when you are sleeping, your body repairs tissue and fights off infection. If you are not getting enough good sleep, you impair mental functioning, increase appetite that leads to weight gain, and promote insulin resistance. The CDC reports that a lack of sleep weakens the immune system by reducing the proper function of cells, increasing the inflammatory response, and reducing the production of antibodies. Aim to get 7-9 hours of sleep per night to boost your immune system.
- **Reduce stress.** Psychological stress has been shown time and again to weaken the immune system. It's to find healthy ways to reduce stress and keep it in check. Make a point to do things daily that will help to combat stress, such as exercising, meditating, doing yoga, journaling, etc. There are numerous healthy ways to reduce stress, so find the one that you prefer.
- **Eat healthy.** It's important to eat a diet that has plenty of fruits and vegetables, so that you get the protective antioxidants they provide. Getting the body the nutrients that it needs will help to keep your immune system stronger. It's important to also limit the amount of alcohol you consume. Some of the best foods to help boost your immunity, according to the Academy of Nutrition and Dietetics, include sweet potatoes, spinach, mangos, citrus, berries, fatty fish and eggs, beans, seeds, nuts, and lentils.
- **Take supplements.** There has never been a better time to get into taking supplements. Some of the ones that have been proven to help boost the immune system include vitamin D, vitamin C, zinc, elderberry, and maitake mushroom extract.
- **Exercise regularly.** Not only will exer-

cising help keep obesity away, but it can also help keep viruses away. According to the NIH, physical activity may help flush bacteria from the lungs and airways, reducing your chances of getting illnesses, but it also causes a change in antibodies and white blood cells, which helps the immune system fight disease.

"Losing weight and striving for a healthier lifestyle can go a long way toward boosting your immunity and keeping you feeling good," adds Posner. "Yes, put the mask on when you can't socially distance, but make losing weight, reducing stress, eating healthy, and exercising regularly a major goal, too."

Dr. Posner has created a new immune system booster, called SeroImmune. The supplement has been developed to boost immunity, and contains clinically proven immune-boosting ingredients, including vitamin D, vitamin C, zinc, elderberry, and maitake mushroom. The patented blend boosts mood and the immune system. Pre-orders are now being taken for the October 2020 release.

Millions struggle to lose weight. Dr. Posner has helped many people successfully reach their weight loss goals. While he offers biweekly free webinars to help motivate people, he has also extensively studied weight issues to get to the root cause of why some people have difficulty losing weight. His research has led him to take a science-based approach to creating a weight loss system.

His doctor-supervised weight loss program focuses on carbohydrate cravings being the reason people have weight problems, combined with anxiety and stress-related eating. They are all systems of physiological irregularity in the brain known as serotonin imbalance. He created the Serotonin-Plus Weight Loss Program based on this science, providing patients with a Food and Drug Administration-approved appetite suppressant, called phentermine, to help curb the hunger pangs.

With decades of medical experience under his belt, along with his free webinars, Dr. Posner offers telemedicine appointments, weight loss products, and more. He founded the Potomac Internal Medicine Associates primary care office in 1988 and Serotonin-Plus, Inc. in 2002. He has helped thousands of people to successfully lose weight, and is the author of three weight loss-themed books. To learn more about him and the program, visit the site at: <https://spdiet.com> or <https://doctorbobposner.com/>.

The Serotonin-Plus Weight Loss Program is doctor-supervised and focuses on the root cause of being overweight. Founded by Dr. Robert Posner in 2002, the program takes an approach to weight loss that considers the brain connection of serotonin imbalance. The program has helped over 20,000 patients to date. "Coming Soon" SeroImmune is a groundbreaking, immune boosting supplement that combines vitamins/supplements clinically proven to contribute to immune health AND the proprietary serotonin blend to boost mood. Limited supplies available starting October, 2020. To learn more, visit the website: <https://spdiet.com> or <https://doctorbobposner.com/>.

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Face Covering Do's and Don'ts:

DO:

- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

DON'T:

- ✗ Use if under two years old
- ✗ Use surgical masks or other PPE intended for healthcare workers



cdc.gov/coronavirus

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VIRTUAL EVENTS

Phenomenal Womxn Festival— August 8

You're invited to the Phenomenal Womxn Festival! Learn, grow, and leave each experience feeling empowered. Come to one event or stay all day—we'd love to have you!

Phenomenal Womxn is a non profit organization that amplifies womxn's voices and helps young womxn find that voice. Founded by University of Maryland alumni Caitlin Gompf and Hayley Tevelov, Phenomenal Womxn began as a response to the oppression of female/femme voices they'd personally experienced and witnessed. While individuals can make change, Phenomenal Womxn has already begun to forge a community of talented, diverse womxn that can make an even greater positive impact.

In 2018, they hosted a concert to raise money for the DC Rape Crisis Center, in which they raised over \$2,400. That's no small change, but now they're thinking bigger. Half of all proceeds from the Phenomenal Womxn Festival will be donated to My Sister's Place, whose mission is to end domestic violence and empower everyone to build healthy lives and relationships.

You can donate now, or on the day of the festival on their GoFundMe page, [gofundme.com/f/phenomenal-womxn-festival](https://www.gofundme.com/f/phenomenal-womxn-festival). While this amazing festival is free to attend, a \$25 donation per attendee is suggested.

RSVP at <https://www.phenomenalwomxn.org/events> to make sure you get access to this amazing all-day experience. We'll see you there!

Unlocking the Exhibition: The Women in Forgotten Fight

Maryland Historical Society
Thursday, August 20, 12-1 p.m.

The year 2020, in addition to being an election year, celebrates the 100th anniversary of the 19th Amendment's ratification and the 150th anniversary of the 15th Amendment's ratification. MdHS's upcoming virtual exhibition, *Forgotten Fight: The Struggle for Voting Rights in Maryland* explores the long, combative road that Marylanders walked to get their right to be heard. But who were these champions?

This month, we honor the women who devoted their life to women's suffrage. Join Joe Tropea, MdHS's Curator of Films & Photographs, Mallory Herberger, Special Collections Archivist, and Ashlee Anderson, Digital Learning Specialist as they talk about finding the forgotten figures who forged the path in women's suffrage. Learn how suffragists were uncovered and brought to light through the MdHS collections, and the valuable work they did for women's rights.

Bladensburg Wins 2020 Insurify Best Up and Coming Housing Markets Award

(July 30, 2020)—Based on existing growth, current trends, and forecasts, Bladensburg has been identified as the top up and coming housing market in Maryland. Cities were evaluated based on relative changes in home value over the past decade, trends in both value and sales prices over the past year, and forecasted 2021 home values.

"In real estate, as in many things, it's important to not only focus on today's hottest markets, but also on what's developing on the horizon for tomorrow," said Insurify CEO, Snezhina Zacharia. "Though they may not be housing market heavyweights right now, homebuyers should pay attention to the cities with the fastest growth over the past decade, the past year, and into the future."

For more information on this analysis and the full list of 2020 Best Up & Coming Housing Markets, visit: <https://insurify.com/insights/best-up-coming-housing-markets-2020/>

—Kacie Saxer-Taulbee, Insurify

3rd Breeding Bird Atlas of Maryland and the District of Columbia (BBA3)

Bird Lovers and Volunteers—Come one, come all!

January 2020 marked the beginning of the 3rd Breeding Bird Atlas of Maryland and the District of Columbia (BBA3), and we need your help to make it a success. Birders of all skill levels, from beginner to advanced, both amateur and professional, can volunteer to contribute valuable data on the breeding status of our regional birds.

Our goal for this comprehensive, 5-year field survey is to refine our knowledge of the current distribution, relative abundance, and the timing of breeding for all the breeding birds of Maryland and the District of Columbia.

Visit https://dnr.maryland.gov/wildlife/Pages/plants_wildlife/Breeding-Bird-Atlas.aspx for more information.

—Maryland Natural Resources August 2020 Newsletter

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