

# The Prince George's Post



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## WETATi Announces 2021 WETATi-Anne Reese Carswell Scholarship and Awards Gala

By VIVIAN EBISIKE  
WETATi

PRINCE GEORGE'S COUNTY, Md. (August 12, 2021)—We're Empowered To Achieve The impossible (WETATi) will virtually host the 2021 WETATi-Anne Reese Carswell Scholarship and Awards Gala on August 28 from 6 to 8 pm. Our Honorary Chair, Mayor Tim Adams, President and CEO of SA-Tech, Inc. will be our welcoming speaker for the event and Dr. Saba Nafees, a Bioinfor-

matics scientist at Chan Zuckerberg Biohub (founded by Mark Zuckerberg and his wife, Priscilla Chan), will be our keynote speaker and awardee.

WETATi is proud to announce its annual Scholarship and Awards Gala, bringing it to students across the United States on August 28, 2021. We will be awarding nine (9) deserving college students the WETATi-Anne Reese Carswell Scholarship, which is \$12,000 in total. Dr. Saba Nafees, our keynote speaker,

will be receiving the 2021 WETATi Next Gen. Trail Blazer Achieving the impossible Award for her outstanding work in the STEM field and immigration advocacy.

"I am just amazed by all this great work they're [WETATi] doing not just to encourage young people to be excited and motivated about STEM and entrepreneurship, but also provide resources, guidance, and mentorship to these young people as they pursue their dreams," said Dr. Saba Nafees.

WETATi strongly believes in educating and economically empowering the children of the next generation to fortify them with the tools to change the world. Anne Reese Carswell also believes this premise as she is a woman who has dedicated her life to mentoring and ensuring the success of her students at the University of Maryland College Park, which is why this scholarship is named after her. "WETATi is very important to me. It embraces the notion that all students need champions and WETATi is that champion for them. I am also a champion for all youth and young adults through my work as the Associate Director of the Nyum-

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## M-NCPPC, Department of Parks and Recreation, Prince George's County Partners With Amerigroup to Offer First Responders Movie Night

By ANGEL WALDRON  
Prince George's County Department of Parks and Recreation

RIVERDALE, Md. (August 9, 2021)—To show appreciation for first responders, The Maryland-National Capital Park and Planning Commission, Department of Parks and Recreation in Prince George's County is partnering with Amerigroup to offer a free, park-in movie night on **August 20** at Prince George's Stadium, home of the Bowie Baysox. The movie night is free for the first 200 first responders, who will need to register for a ticket. Family and friends are also welcome.

"We are thrilled to offer this event for our first responders, including our Park Police, so that they can enjoy a special night out with their family and friends," says Tracy Wright, Resource Development Officer for the Department. "Having great partnerships with organizations like Amerigroup allows us to create more exciting opportunities for our patrons to enjoy our award-winning parks and recreation system."

Join us for a showing of "Greenland" on a big screen in the parking lot of Prince George's Stadium. This action thriller stars Gerard Butler and is rated PG-13. Parking lot opens at 7:30 p.m. Showtime is 8:30 p.m. **Tickets must be requested by 12 p.m. on August 20.** Please request only one ticket per vehicle. Limit one vehicle per responder ID. Vehi-

cle spaces are limited. Tickets are available at [pgparks.com/baysoxmovietickets](http://pgparks.com/baysoxmovietickets).

"We want to show appreciation to Maryland first responders who have worked so tirelessly during the pandemic. We are happy to partner with the Department of Parks and Recreation in Prince George's County to provide an activity that will allow our heroes to enjoy some quality time with their families and friends," said Lori Hammond, Director of Marketing for Amerigroup Maryland.

For verification purposes, include the name of the organization that you are claiming tickets through in the box marked "Organization." (For example, Bowie Police, Fire Station number, etc.) After making your purchase, you will receive an e-mailed receipt. That receipt is your "ticket" to attend the movie event. You will be asked to show that either printed out or digitally during check in prior to parking for the movie showing. Any questions should be directed to [info@baysox.com](mailto:info@baysox.com).

Sound for the movie can be heard either by listening to the speakers that are located beside the large screen showing the movie or by an FM radio frequency that will be

See MOVIE NIGHT Page A3



PHOTO COURTESY WETATi

2018 WETATi-Anne Reese Carswell Scholarship recipient, Odri Rumaindo, with Executive Director of WETATi, Ambassador Dr. Margaret Dureke, and WETATi Board Chair, Anne Reese Carswell



PHOTO COURTESY WETATi

2018 WETATi-Anne Reese Carswell Scholarship recipient, Nayeem Ali, with Executive Director of WETATi, Ambassador Dr. Margaret Dureke, and WETATi Board Chair, Anne Reese Carswell

## NASA's Lynnae Quick Awarded American Astronomical Society Prize for Outstanding Achievement

By ROB GUTRO  
NASA's Goddard Space Flight Center, Greenbelt, Md.

Dr. Lynnae C. Quick, a research scientist in planetary studies at NASA's Goddard Space Flight Center in Greenbelt, Maryland, has received the 2021 Harold C. Urey Prize for outstanding achievement in planetary research by an early career scientist. The award was given by the Division for Planetary Sciences (DPS) of the American Astronomical Society (AAS) and is the highest honor for young planetary scientists.

The 2021 DPS prizes will be presented at the 53rd annual meeting of the Division for Planetary Sciences, which will take place virtually from 3 to 8 October 2021.

The award cited Dr. Quick's innovative scientific work that focuses on geophysical processes writ large, reaching from the inner solar system, through the asteroid belt, to ocean worlds, and into the exoplanetary realm.

She has made significant contributions to the study of cryovolcanism as a process

on dwarf planets Ceres, including the formation of the enigmatic faculae or "bright spots," in which she was the first to model the movement of material from a deep brine reservoir in Ceres' interior to its emplacement via eruptions at the surface. Dr. Quick has revisited modeling of (cryo)lava domes on Venus and Europa and has repeatedly provided new insights into detection requirements for plumes and their associated eruption products on Jupiter's moon Europa. She has placed constraints on the propensity for volcanism on extrasolar planets, and found that a significant number of extrasolar planets may indeed be ocean worlds. Asteroid 37349 was recently named Lynnaequick in her honor.

In addition to her scientific pursuits, Dr. Quick is exceptionally engaged in the broader research community through her proactive leadership in space missions. This includes her work as a co-investigator on missions such as Europa Clipper and Dragonfly; as a member of the Outer Planets Assessment Group steering committee; a member of the Planetary Sci-

ence Decadal Survey 2023–2032 panel on ocean worlds and dwarf planets; and as co-chair of the Earth and Planetary Systems Sciences section of the National Society of Black Physicists (NSBP).

Dr. Quick's advocacy work to diversify the field is particularly notable. She has mentored and taught early career planetary scientists and is leading the Dragonfly mission's Student and Early Career Investigator Program. Every aspect of Dr. Quick's career represents a positive outlook for the future of our community.

"I am honored to receive the Harold C. Urey prize, especially during such a fantastic time of discovery and exploration in planetary science," said Dr. Quick. "I look forward to many more years of scholarship and service."

The DPS, founded in 1968, is the largest special-interest Division of the AAS. Members of the DPS study the bodies of our own solar system, from planets and moons to comets and asteroids, and all other solar-system objects and processes. With the discovery that



PHOTO CREDITS: NASA

Dr. Lynnae C. Quick, a research scientist in planetary studies at NASA's Goddard Space Flight Center in Greenbelt, Maryland, has received the 2021 Harold C. Urey Prize for outstanding achievement in planetary research by an early career scientist.

planets exist around other stars, the DPS has expanded its scope to include the study of extrasolar planetary systems as well.

The AAS, established in 1899, is the major organization of professional astronomers in North America. The mission of the AAS is to enhance and share humanity's scientific understanding of the universe as a diverse and inclusive astronomical community, which it achieves through publishing, meeting organization, science advocacy, education and out-

reach, and training and professional development.

For Dr. Quick's Biography, visit: <https://science.gsfc.nasa.gov/sed/bio/lynae.c.quick>

To read about some of Dr. Quick's work, visit: <https://www.nasa.gov/feature/goddard/2020/are-planets-with-oceans-common-in-the-galaxy-it-s-likely-nasa-scientists-find>

More information about DPS prizes: <https://dps.aas.org/prizes>

## Town of Upper Marlboro Approves Measures to Expand Voting Opportunities And Increase Resident Participation in the Town's Governing and Election Process

By RAY FELDMANN  
Town of Upper Marlboro

UPPER MARLBORO, Md. (Aug. 12, 2021)—The Town of Upper Marlboro took significant

action this week to expand voting opportunities and increase resident participation in the town's governing and election process. The Board of Commissioners—consisting of Mayor

Linda Pennoyer, Janice Duckett, and Sarah Franklin—unanimously passed a series of measures at its regular monthly meeting this past Tuesday night that will increase the number of com-

missioners sitting on the Board by two and make voting more convenient for the town's residents.

Specifically, the Board voted Tuesday night to:

- Increase the Town's elected body from three to five members, consisting of four Commissioners and one President/Mayor.
- Expand polling hours by in-

creasing the minimum requirement for polls to be open from four hours to 12 hours; traditionally, the Town held polls open for six hours.

- Move the Town election date from the first week in January

See VOTING Page A3

### INSIDE

• Upper Marlboro Natives Chris Ezibe and Kamsi Ezibe Graduate From Missouri Military Academy Summer Academy

• NASA Goddard Scientist Dr. Paul Newman Awarded Cleveland Abbe Award

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Prince George's County Health Department Releases Back-to-School Immunization Clinics Schedule

The Health Department's back-to-school immunization clinics are by appointment only.

Community, Page A3

To Be Equal: Richard Trumka Leaves a Historic Legacy of Solidarity and Racial Unity in the Labor Movement

Because we believe in America, ...Our best days are ahead, not behind us, and we are ready to fight for it."

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Governor Hogan Announces Project Restore Will Begin Accepting Applications Next Month

Project Restore will provide new or expanding businesses with rental grants and sales tax relief rebates...

Business and Finance, Page A5

Prince George's County Climate Action Plan

Join us for the next Climate Action Plan Virtual Community Meeting on: Thursday, August 19, 2021, 6:30–8:30 p.m.

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# TOWNS *and* NEIGHBORS

## In and Around Morningside-Skyline

### Tommy Cook, proprietor of our Tastee Freeze, dies at 70

Tommy Lee Cook, Sr., 70, formerly of Morningside, died Aug. 1 at his home in Mechanicsville. He was born in Blacksburg, Va., son of Kenneth and Annie Mae Cook.

He met and married his wife and best friend, Mary Ann Thomas, at a young age. They moved to Marianne Drive in Morningside in 1974, to Brandywine in 1989, and to Golden Beach in 2009.

A self-made entrepreneur, Tommy owned and operated numerous local businesses including Tastee Freeze, Morningside Laundry, Andrews Laundry (near the House of Lee) and Cook's Laundry on Piscataway Road. As his obit says, "His customers became his friends." He could fix anything with a motor, and could often be found working on a car or fixing someone's washing machine in his spare time.

Tommy and Mary Ann were married for more than 50 years before her death in November 2019. "They were very much in love and worked very well together raising their family and making a living."

He was predeceased by his son Tommy Cook Jr. and five siblings. Survivors include his children Jimmy Cook (Kim) and Tammy Naumoff, siblings Chris Webb (Bill), Brenda Kahn and Greg Cook (Rhonda), eight grandchildren and five great-grandchildren. Services were at Brinsfield Funeral Home with burial at Trinity Memorial Gardens, Waldorf.

His daughter-in-law Anita Cook told me, "He was a quiet man, stayed in his room most of the time during family events. Unless he was cooking on the grill."

### Town of Morningside: receives DHCD grant

The Town of Morningside has been awarded a joint Town Manager Circuit Rider Program grant in conjunction with the Town of Upper Marlboro.

This innovative program, which is administered by the Maryland Department of Housing and Community Development (DHCD) has awarded a total of \$500,000 in grants to towns statewide. Morningside and Upper Marlboro received a combined \$50,000.

Morningside will use its share of the

\$50,000 to fund an executive level position to serve as Chief Administrative Officer. "This grant is a great opportunity for municipalities to gain the insight of an experienced employee at a shared cost," said Mayor Bennard J. Cann.

"The Town of Morningside is excited to work alongside Mayor Linda Pennoyer and the Town of Upper Marlboro on this venture."

### Neighbors & other good people

Harold and Pat Whitt renewed wedding vows on their 70th anniversary July 3 during the 4:30 p.m. mass at Mt. Calvary Church in Forestville, the same church where they were married 70 years ago. Fr. Everett Pearson officiated; the congregation gave a standing ovation.

Bob Hull, of Streetsboro, Ohio, Suitland High Class of 1964, died suddenly April 7 at the Cleveland Clinic. Bob was married to Gina Glagola, who grew up in Morningside, daughter of George and Mae Glagola.

Clavelina Quidangen "Lee" Sarmiento, 86, of Ft. Washington, a native of the Philippines who taught home economics for 30 years in Prince George's Schools, died Aug. 3. She was married 61 years to Pedro Sarmiento. Mass of Christian Burial was at St. Columba Catholic Church, Oxon Hill.

Jaret Patterson, of Glenn Dale, a graduate of Pallotti High School in Laurel, has signed with the Washington Football Team and is competing for one of the 53 spots on the team's roster. My daughter Sheila, a teacher at Pallotti, clued me in on Jaret and I'll be watching to see how he does.

### Rich fights cancer with hair and beard

Richard Landon, of District Heights, recently had all his hair cut off so he could donate it to Locks of Love to make wigs for cancer patients. He grew it for 19 months until it was long enough (at least 10"). Three years ago he had not only his head—but also his beard—shaved after going 20 months without shave or haircut. His sponsors raised \$2,500 for a childhood cancer research charity, St. Baldrick's Foundation.

Rich suggests you let your hair grow—and donate!

For information about these remarkable organizations: Locks of Love: 561-833-

by Mary McHale 301-735-3451

7332 or LocksofLove.org. For St. Baldrick's: 888-899-2253 or binfo@stbaldricks.org.

### Changing landscape

Shin Shin Carry Out has opened at 6120 Marlboro Pike in District Heights. It's had good reviews on NextDoor Morningside, so you might like to give Shin Shin a try. Hours are 11 to 11 Monday thru Thursday and 11 to midnight Friday & Saturday. Info: 301-568-3890.

Catch 22 Seafood Restaurant and Market has opened on Osborn Street in Upper Marlboro. Open noon to 8 p.m., Mon. thru Sat.

Two firms, Transurban and Macquarie, have been selected to build toll lanes on the Beltway and I-270, as well as a new American Legion Bridge, finance construction and operate them in exchange for keeping most of the toll revenues.

Birds in the D.C. area are going blind, then dying and wildlife experts don't know why. You can report any blind birds or dead birds at [pwdeadbirdreport@gmail.com](mailto:pwdeadbirdreport@gmail.com). Email the exact location, if possible, with an address for researchers.

A house at 6906 Pickett Drive in Morningside has sold for \$325,000.

### Mary's Covid report: Delta not deadly

Through Thursday, August 12, 5 p.m., Maryland had 1,047 in new cases in one day! That makes a Covid total in Maryland of 477,117. Almost half a million cases!

Three more Marylanders died. Last week I referred to the new Delta variant as "deadly." One of my readers corrected me; it is actually not death-causing. But it's more infectious.

### Milestones

Happy Birthday to Austin Michael Fowler and my ex-daughter-in-law Denise McHale, Aug. 21; Wayne Anderson, Barbara Phipps and Gavin Michael Glaubitz, Aug. 22; Shelly Sansbury and Joseph R. Maiden, Jr., Aug. 23; Edith Hull, Aug. 26; Shirley Holmes, Chris Busky, William Fowler, Aubrey Pridgen and twins Anthony and Avery Simmons, Aug. 27.

A special Happy 18th Anniversary to my next-door neighbors John and Stacie Smith on August 23.

## Gala from A1

buru Cultural Center at the University of Maryland College Park. For thirty-eight (38) years, I have assisted in elevating youth and young adults and witnessed immense growth. I am thankful to be a part of another way to elevate the next generation of youth through WETATi," said Anne Reese Carswell, Associate Director of the Nyumburu Cultural Center and WETATi Board Chair.

Alongside our amazing inspirational speakers on the 28th of August, we have exciting and exceptional awards lined up for that evening: • WETATi-Anne Reese Carswell Scholarship awards • Above & Beyond Awards • WETATi's first-ever WETATiANS' iDEA Pitch Choice Award, amongst our iDEA Pitch competitors • WETATi Academy's 2020-2021 Graduating Class recognitions • WETATi Community Leadership Awards • WETATi 2021 Business iDEA Pitch Competition Award

• And much more awards, recognition surprises, entertainment, and prizes

"WETATi has really impacted my life. Not only has the organization helped me become more business-minded and improved my work ethic, but it has also shown me how to be economically empowered using my talents and unique personality. WETATi is not just an organization, it is a family," said Nathan Rios-Colon, 2021 WETATi-Anne Reese Carswell Scholarship recipient and competitor in the 2021 Entrepreneurship Convention and iDEA Pitch Competition (Rios Cuts).

WETATi educates low-to-moderate-income students from middle school to college through practical and experiential activities that prepare students for the 21st century workforce for employment, entrepreneurship, and future economic opportunities.

"WETATi is a great organization, and it's provided some tremendous opportunities to young folks in the county—and even the region. The more I participate in WETATi's activities, the more I'm impressed. They effectively push their students to practically learn how to behave and interact with other people in business—and society in general," said Jimmie Jones, Community Development Manager for Truist Bank and WETATi Board Member.

For more information about the scholarship and awards gala, please visit <https://wetati.com/wetati-2021-virtual-annual-scholarship-awards-gala/>

## Around the County

### Upper Marlboro Native Chris Ezibe Graduates From Missouri Military Academy Summer Academy

MEXICO, Mo. (August 11, 2021)—On Friday, July 16, 2021, Chris Ezibe of Upper Marlboro, Maryland graduated from Missouri Military Academy (MMA) Summer Academy—a for-credit academic camp, hosted by one of the Midwest's top college-preparatory, military boarding schools.

Between June 20–July 16, Ezibe enhanced his academic abilities, received military and leadership training, and was challenged physically through athletic and obstacle course exercises.

"Working above and beyond most of their peers this summer, Missouri Military Academy Summer Academy cadets demonstrated dedication to their studies, self-discipline and teamwork throughout the entire Summer Academy," said MMA President Brigadier General Richard V. Geraci, USA (RET).

Ezibe is the son of Thelma and Hamilton Ezeonu.

### Upper Marlboro Native Kamsi Ezibe Graduates From Missouri Military Academy Confidence Camp

MEXICO, Mo. (August 10, 2021)—On Sunday, July 18, 2021, Kamsi Ezibe of Upper Marlboro, Maryland graduated from Missouri Military Academy (MMA) Confidence Camp.

Confidence Camp is a confidence-building summer camp experience for boys ages 8–11 that combines a fun, physically active and challenging environment with activities designed to develop good decision-making skills, teamwork skills and self-discipline. Campers were challenged with obstacle course exercises on MMA's 288-acre campus, competitive Pupil Stick games, rappelling, and more.

"Despite their young age, campers this year rose above all the challenges presented with grit, determination and self-discipline," said Director of Summer Operations Col. Rick Grabowski. "I'm very proud of their performance and growth."

Ezibe is the son of Thelma Ezeonu.

—*Tausha Martinez, Missouri Military Academy*

### NASA Goddard Scientist Dr. Paul Newman Awarded Cleveland Abbe Award

Dr. Paul A. Newman, Chief Scientist for Earth Sciences at NASA's Goddard Space Flight Center in Greenbelt, Maryland has been awarded the Cleveland Abbe Award for Distinguished Service to the Atmospheric and Related Sciences, by the American Meteorological Society.

The Cleveland Abbe Award for Distinguished Service to the Atmospheric and Related Sciences by an Individual is presented on the basis of activities that have materially contributed to the progress of the atmospheric and related sciences or to the application of the atmospheric and related sciences to general, social, economic, or humanitarian welfare.

Paul's award citation reads "For sustained leadership and service to science resulting in strengthened policy development for the Montreal Protocol, including contributions to the Kigali Amendment."

Dr. Newman is also the co-chair of the Scientific Assessment Panel (SAP) to the Montreal Protocol. The SAP is charged with drafting reports on the state of ozone depletion every four years. The current report is "The Scientific Assessment of Ozone Depletion: 2018."

For Paul Newman's Biography, visit: <https://acd-ext.gsfc.nasa.gov/People/Newman/>

—*Rob Gutro, NASA's Goddard Space Flight Center*

## Brandywine-Aquasco

### ST. PHILIP'S CHURCH BADEN PARISH

145TH Homecoming Anniversary 13801 Baden Westwood Road, Brandywine, Maryland 20613-8426. To all St. Philip's Church Families and Friends. Patron Listing and Souvenir Journal Cost. Please have your information and memorable items to be published in the 145th Homecoming Anniversary Souvenir Book to Vivian G. Rich or Shirley A. Cleaves by Tuesday, August 31, 2021. This booklet is scheduled to be printed and collated by Sunday, September 5, 2021.

Colored pictures and inserts should be provided in 7 copies. Black and white copies can be provided in one copy. Cost: Full Page \$20.00, Half Page (1/2) \$15.00, Fourth Page (1/4) \$10.00, Business Cards \$7.50, Patrons \$4.00 (Single), Patrons (Mr. & Mrs.) \$6.00.

For questions or concerns please call Mrs. Vivian G. Rich (804-301-9530) or Shirley A. Cleaves (302-690-4260) "The Lord Has Done Great Things for Us" (Psalm 126:3) Thanks in advance for your support. 145th Homecoming Anniversary Committee.

### PRINCE GEORGE'S COUNTY RETIRED TEACHER'S ASSOCIATION

With the adoption of the Constitution and By-laws on January 26, 1972, under the leadership of Anita Brooks, President, the Prince George's County Retired Teachers Association was officially launched. Later that year, it was decided that the May assembly would be a luncheon meeting at which time newly elected officers would be installed and this procedure has continued each year.

Prior to this January meeting, a group of nine black educators, all retirees, was organized in 1964, primarily as a social club and perhaps, the advent of the PGCRTA was the culmination of these gatherings. The newly adopted constitution offered the privilege of membership to all persons who qualified under its provisions.

Bell's United Methodist Church in Camp Springs was the site for early general meetings while Executive Committee meetings were held in Forestville and New Carrollton. Dues were set at six dollars per year and goals for the association were studied with final adoption in 1974. In 1979 the association began meeting at the Prince George's County Educators Association Headquarters.

Membership has steadily increased: 244 in January 1974; 858 in September 1984; to 1,001 in February 1987. In March 1972, Dr. William S. Schmidt was made our 100th member when he was given the first honorary membership in the association.

In November 1971, Mildred Hoyle, editor, issued the first newsletter titled "Echoes." This publication continued to flourish and is mailed five times yearly. The association sponsored the publication of a history in 1976 entitled "The Public Schools of Prince George's County, Maryland, from the 17th Century to 1950" and now is sponsoring this current publication "The Public Schools of Prince George's County from 1950 to 1980."

by Audrey Johnson 301-922-5384

Prince George's County Retired Teachers Association Past Presidents were 1971-C. Anita Brooks, 1972-Emma Bowman, 1973-Edgar Smith, Sr., 1974-Faith Loveless, 1975-Thomas Gwynn, Jr., 1976-Alice Tolson, 1977-Elizabeth McMahon, 1978-Helen Taliaferro, 1979-Lydia Kowalski, 1980-Lawrence Jackson, 1981-Dorothy Murray, 1982-Grace Cabaniss, 1983-Charles Bryce, 1984-Winifred Farmer, 1985-Ethel Schaffer, 1985-Ethel Schaffer, 1986-Estee Wells, and 1987-Howard Skidmore. Public Schools of Prince George's County 1950-1980, by Carolyn F. Dade. Mrs. Dade retired in 1983 after 32 years of service.

### COMMUNITY SUPPORT SYSTEMS, INC

Back 2 School Supply Fundraiser. CSS is raising money to assist children in our service area with the items needed to return to school. Our goal is to supply 100 children from kindergarten to high school with school supplies. First day of school is September 8, 2021.

Checks can be mailed to Community Support Systems, Inc., PO Box 206, Brandywine, Maryland 20613. Check Note: Back to school support. CSS works diligently to improve the quality of life of our neighbors. We appreciate any contributions you are able to make to help us fulfill our Mission. Our HEART is in our work. Won't you help us to help others.

### TOGETHER WE CAN HELP

We have a unique outreach opportunity to partner with a community organization in Prince George's County that develops immediate solutions to assist people experiencing homelessness and other crises.

If you are interested in finding out how you can help those in need contact us by emailing [visitors@Westphaliaum.org](mailto:visitors@Westphaliaum.org) or call the church office at 301-735-9373 and leave your name and number. A council member will return your call. Westphalia, 9363 D'Arcy Road, Upper Marlboro, Maryland 20774. Rev. Dr. Timothy West, Senior Pastor.

### PUPIL ENROLLMENT

During the school year, 1965-1966, the number of pupils enrolled in grades 1 through 12 in the 180 schools totaled 107,580 with 5,100 teachers and principals. In addition, over 5,200 children were enrolled in the coast-shared kindergarten program; 2,200 students attended the Prince George's County Evening High School; about 9,300 participated in the Adult Education Program; and 1,521 students attended the Prince George's Community College.

For the second year, in 1966, the summer programs were provided without charge to the pupils. About 5,800 pupils participated in the programs at the elementary school level and 8,450 at the secondary school level. Public Schools of Prince George's County 1950-1980.



# COMMUNITY

## Calendar of Events

### Uhuru Quilters Guild Exhibit

Date and time: Thursdays–Mondays, 10 a.m.–4 p.m., through August 29

Description: Montpelier House Museum is honored to present the latest creations of the Uhuru Quilters Guild. We invite you to see these beautiful works, a mix of full size and challenge size quilts featuring traditional as well as original designs. The Uhuru Quilters Guild seeks to promote the work and accomplishments of African American quilters and to preserve the tradition, culture and history of quilting.

Cost: FREE

Location: Montpelier House Museum, 9650 Muirkirk Road, Laurel, MD 20708

Contact: 301-377-7817; TTY 301-699-2544, <http://www.uhuruquiltersguild.org>

### Picnic Pod Summer Concert Series: Summer Winds with The UMD School of Music Faculty & Friends

Date and time: Friday, August 27, 2021, 6–7 p.m.

Description: Kick-off your shoes and enjoy the sounds of the Riversdale Chamber Music Society as they explore a variety of music on the grounds. Register for your socially-distanced picnic pod space and enjoy a potpourri of great works for flute, oboe clarinet, and bassoon. Enjoy a lively concert with University of Maryland School of Music's incredible faculty, as they showcase the versatility of the woodwind family.

Registration is no longer required and walk-ups are welcome. Please set up your picnics distanced from other groups.

Cost: FREE! All ages welcome

Location: Riversdale House Museum, 4811 Riverdale Road, Riverdale Park, MD 20737

Contact: 301-864-0420, Email: [riversdale@pgparks.com](mailto:riversdale@pgparks.com)

### Movie Night from A1

given to you when you check in on event night to listen inside or at your vehicle. Patrons can bring folding chair(s) to sit outside your vehicle and enjoy the movie. Restrooms are available inside the stadium for patrons to use before and during the movie. No concessions or refreshments will be sold on-site. Snack bags will be given out while supplies last. Patrons can bring snacks as well. Alcohol is not permitted.

Standard passenger vehicles only. No oversized trailers, flatbed trucks, motorhomes, construction vehicles, tractor trailers, shipping vehicles, etc. Your vehicle should have no more passengers in it than available seatbelts than the vehicle comes equipped with.

Amerigroup is a leading managed care company dedicated to improving lives and promoting healthier communities. We are making health care simpler for individuals served by Medicaid, State Children's Health Insurance Program and other State-sponsored health programs. We also serve individuals who are Medicare-eligible. To learn more, visit [www.amerigroup.com](http://www.amerigroup.com).

The M-NCPPC, Department of Parks and Recreation delivers an award-winning park system through progressive, innovative leadership and a commitment to the community and the environment in Prince George's County. For more on the Department of Parks and Recreation, visit [www.pgparks.com](http://www.pgparks.com) and stay connected on Facebook, Twitter, PhotoShelter, and Instagram. The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities in all programs and services. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.

### Voting from A1

to the second Tuesday in November in every odd numbered year.

- Allow the Town to appoint additional members to its Board of Supervisors of Elections if needed.

"Increasing the Town's elected officials was crucial for many reasons," Mayor Pennoyer said following Tuesday night's meeting, "including ensuring that we can comply with the State's Open Meetings Act, expanding the voice of the residents by allowing them to select more of their peers to serve on the Commission, and ensuring the continuity of government."

In 2020, after Town Commissioner Kai Bernal-LeClaire stepped down to take a new job out of state and Commissioner Wanda Leonard suddenly and tragically passed away prior to the special election to fill LeClaire's spot, the Town was left with only one elected official.

"We did not have a quorum to make decisions for about two months," said Mayor Pennoyer. "We knew at that point having only three Commissioners was not going to work."

Prior to Tuesday night, the Town had not modified its elections process since 2001. Few municipalities in the state still operate with only three commissioners and adding two new members to the board is especially critical because of recent annexation actions.

With a current population of just under 700 residents, Upper Marlboro is in the midst of an aggressive annexation process, adding new residents and new area by expanding the Town limits. The Town has nearly doubled in size since 2019 with its Phase One annexation and will nearly double again with its upcoming Phase Two and Three annexations. The Town expects to complete those two phases by the end of this calendar year.

Residents had several opportunities to weigh in on the approved changes, Pennoyer pointed out, including two public hearings—one in-person outside the Town Hall and one held virtually just prior to Tuesday night's board meeting. Town elected officials personally distributed flyers, with information about the changes and dates of the public hearings, door-to-door throughout the Town before the two public hearings were held.

The changes approved Tuesday night will formally take effect Sept. 29, 2021.

*The Prince George's Post*

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## Prince George's County Health Department Releases Back-to-School Immunization Clinics Schedule

*Cheverly Health Center and the County Health Department's School-Based Wellness Centers now offering immunizations for children ready to return for the 2021/2022 school year.*

By GEORGE LETTIS

### Prince George's County Health Department

LARGO, Md. (August 11, 2021)—The Prince George's County Health Department's Family Health Services Division released the schedules for its back-to-school childhood immunization clinics today. The clinics are open to all County residents and will also offer COVID-19 vaccinations to eligible students and their eligible family members.

"The health and wellbeing of every Prince Georgian is my top priority and it is critically important everyone prepares their children to be as safe and healthy as possible for the new school year," said Prince George's County Health Officer Dr. Ernest Carter. "Vaccines are the most effective means of protecting children from potentially serious infectious diseases and stopping the spread of disease to other children and school staff."

The Health Department's back-to-school immunization clinics are by appointment only. To make an appointment, please visit the immunization clinic scheduling portal.

Parents or legal guardians must bring a copy of all your child's immunization (shots) records. Only the children who have immunization appointments should be present at the clinic.

### Health Department Immunizations Clinic Schedule

The Cheverly Health Center at 3003 Hospital Drive, Cheverly, MD 20785 offers back-to-school immunizations:

Mondays, Tuesdays, Wednesdays and Fridays: 8 a.m.–4:30 p.m.  
Thursdays: 11 a.m.–7:30 p.m.  
Saturdays in September 9/11, 9/18, 9/25  
9 a.m. to 3 p.m.

### 2021 Community Immunizations Clinic Schedule

The following community back-to-school clinics are also open to all County residents at the Health Department's four school-based wellness centers. Residents younger than 18 must be accompanied by a parent or a legal guardian.

**Northwestern High School** 9 a.m. to 3 p.m.  
Monday, September 13  
Tuesday, September 14

**Bladensburg High School** 9:00 a.m. to 3:00 p.m.

Monday, August 23  
Tuesday, August 24  
Wednesday, August 25  
Wednesday, September 8  
Thursday, September 9  
Friday, September 10

**Oxon Hill High School** 9 a.m. to 3 p.m.

Monday, August 30  
Tuesday, August 31

**Fairmont Heights High School** 9 a.m. to 3 p.m.

Wednesday, September 1

Maryland's back-to-school immunization requirements are available from the Maryland Department of Health's Center for Immunization.

For more information about the County's immunizations program, childhood vaccination resources, downloadable clinic flyers, and making appointments, please visit [health.mypgc.us/immunizations](http://health.mypgc.us/immunizations).

## Twelve Children Have Perished in Hot Cars so far in 2021, Including a Five-Year-Old Boy in Springfield Recently

*Infrastructure Bill Includes Safety Technology Mandates To Prevent Such Tragedies*

By PRESS OFFICER

### AAA Mid-Atlantic

WASHINGTON (Wednesday, August 11, 2021)—A Fairfax County family is in mourning and a community is in shock after a five-year-old boy died after reportedly being left in a hot car in Springfield, Virginia. So far this year, at least twelve children have perished in hot cars across the United States, including the latest family tragedy [last week] in Springfield, warns KidsAndCars.org. Officers with the Fairfax County Police Department and emergency responders rushed to the scene in Springfield after the child was left in a car and found unresponsive Tuesday. "The child was rushed to a hospital, and was pronounced deceased," reported the Fairfax County Police Department via Twitter.

The timing is doubly tragic and ironic. [Last week], August 10, the United States Senate approved its \$1.2 trillion bipartisan infrastructure bill, the "Infrastructure Investment and Jobs (IIJA) Act." The measure includes a series of long-sought measures, including one requiring new cars to have a technology system "to keep children from being accidentally left in vehicles on hot days."

The bill requires the U.S. Department of Transportation "to come up with an alert system for drivers who leave children in the back seat when the car is off to prevent hot car deaths." The majority of hot car deaths (54%) happen because someone forgets a child in a car. This often occurs when parents or caregivers forget to drop their child off at daycare, because they become distracted or are off their routine.

"This time, this tragedy strikes close to home," said John B. Townsend II, AAA Mid-Atlantic's Manager of Public and Government Affairs. "Yet most parents and caregivers think this could never happen to them—they could never forget their child in the backseat of a car. However, in our fast-paced, sleep-deprived world, this tragic situation happens repeatedly."

The Washington metro area is reeling from the "hottest heat of the season, with the heat index near or past 100 today through Friday," reports the Capital Weather Gang. Every nine days, across the United States, a child dies while unattended in a hot car. Hot car deaths involving children rise as the temperature rises.

Heatstroke is the leading cause of non-crash-related fatalities for children 14 or younger. Nearly 1,000 children have died in hot cars nationwide in the past three decades, according to KidsAndCars.org. That's an average of 39 fatalities per year. Studies have shown about 56 percent of child hot-car deaths in vehicles were caused by adults forgetting the children, and 26 percent of victims were playing in an un-

tended vehicle.

"In the summer heat, and during the dog days of summer, a vehicle's interior can reach lethal temperatures very quickly, essentially creating an oven, causing a child's internal organs to shut down if left unattended inside," added Townsend.

"Young children should never be left alone in a vehicle under any circumstances. The same is true for pets. Make it a routine to look twice and check the back seat before you leave and lock the car. If you have to put a reminder note on your dashboard, an alarm on your phone or a stuffed animal in the front seat to remember to take a child out of the car, do it."

Never leave a child alone in a parked car, even with the windows rolled down or the air conditioning on. A child's body temperature can rise three to five times faster than adults. When the body's temperature reaches 104 degrees, the internal organs begin to shut down.

### Tips for Parents, grandparents, guardians, caregivers, and child care providers.

- Set an alarm on your phone to go off around the time you usually arrive to work to remind you to check the back seat.
- Arrange for day care or school to check in if your child doesn't show up as expected.
- Leave your purse, phone or diaper bag in the back seat as a visual cue to check for your child before exiting.
- Keep a stuffed animal in your child's car seat. When the child is with you, move it to the front seat as a reminder that your child is in the back.
- Place a reminder sticker on your windshield, dashboard or driver's side window—wherever you'll notice it—to remind yourself.
- Remove your kids from the car first and then worry about getting everything else out.
- If you see a child or pet alone in the car, call 911 immediately and follow the instructions of emergency.

After traffic crashes, heatstroke is the number two vehicle-related killer of children in the United States. The second leading cause (25%) of vehicular heatstroke deaths are when children get into unattended vehicles, either through an unlocked door or the trunk.

### Tips for Keeping Kids Out of Cars:

- Get in the habit of always locking your car doors and trunk, year-round.
- Never let children play in an unattended vehicle. Teach them a vehicle is not a play area.
- Keep car keys out of a child's reach.



PHOTO CREDIT PIXABAY, PEXELS

- If a child is missing, quickly check all vehicles, including the trunk.

### If you are a bystander and see a child in a hot vehicle:

- Make sure the child is okay and responsive. If not, call 911 immediately.
- If the child appears to be okay, attempt to locate the parents or have the facility's security or management page the car owner over the PA system.
- If there is someone with you, one person should actively search for the parent while the other waits at the car.
- If the child is not responsive or appears to be in distress, attempt to get into the car to assist the child—even if that means breaking a window.
- Many states have "Good Samaritan" laws, including Maryland, that protect people from lawsuits for getting involved to help a person in an emergency.

The warning signs of heatstroke vary, but can include: red, hot, and moist or dry skin; no sweating; and dizziness, nausea, or confusion. If a child exhibits any of these signs after being in a hot vehicle, quickly spray the child with cool water or with a garden hose—NEVER put a child in an ice bath. Call 911 or your local emergency number immediately.

Lamentably, studies have shown about 51 percent of child hot-car deaths in vehicles were caused by adults forgetting children, and 29 percent of victims were playing in an unattended vehicle. In 2018, there were a record setting 53 hot car deaths. In 2017, there were 52.

As schools reopen with in-person learning across the Washington metro area for the 2021-2022 academic year, AAA urges families to educate their children about the dangers of hot cars, and take necessary precautions to prevent a tragedy like this from happening.



# COMMENTARY

## Marc Morial

President and CEO, National Urban League



### To Be Equal:

## Richard Trumka Leaves a Historic Legacy of Solidarity and Racial Unity In the Labor Movement

*"There's no evil that's inflicted more pain and more suffering than racism, and it's something we in the labor movement have a special responsibility to challenge. It's our special responsibility because we know, better than anyone else, how racism is used to divide working people."*

—Richard Trumka

As the leader of a movement whose history is fraught with racial conflict, Richard Trumka was fiercely anti-racist.

Early in his presidency of the United Mine Workers of America, Trumka established a solidarity program with Black mineworkers living under the brutal apartheid regime in South Africa.

Then in his early 30s, Trumka rallied support for a boycott of Royal Dutch Shell, a major investor in South African industries, stressing the need for American unions to join the struggle.

Trumka, who went on to serve for more than two decades as president of the AFL-CIO, died [recently] at the age of 72, leaving a historic legacy

of solidarity and racial unity in the labor movement.

Acknowledging that union halls "have often been breeding grounds for bigotry," Trumka never tried to sugarcoat the undercurrent of racism that flowed through the labor movement from the days of the Great Migrations to the present day. In 1917, when companies in East St. Louis replace white strikers with Black workers recruited from the south, the strikers led a massacre that left hundreds dead and thousands homeless.

"When I think about an event like that—and there are plenty in our history all over this great country, and not all of them so long ago—I wonder what those white workers would say if they could stand where we stand today," Trumka said in 2014. What would they say about the choices to embrace hatred and division over unity and strength?"

Trumka hailed from Nemacolin, Pennsylvania, established in 1917 by the Youngstown Sheet and Tube Co. around a company-owned mine that produced nearly a million tons of coal needed for the operation of its steel mills. After the mine shut down in the mid-1980s, the town fell into a steep decline.

In 2008, a woman in Nemacolin told him she couldn't trust Barack Obama because he's Black. He responded, "'Look around this town....Our kids are moving away because there's no future

here. And here's a man, Barack Obama, who's going to fight for people like us, and you want to tell me that you won't vote for him because of the color of his skin? Are you out of your ever-loving mind, lady?"

Days after President Trump blamed deadly racial violence at the 2017 "Unite the Right rally", on "both sides," referring to white supremacists as "very fine people," Trumka quit the president's manufacturing council.

"We cannot sit on a council for a President who tolerates bigotry and domestic terrorism," Trumka said. "We must resign on behalf of America's working people, who reject all notions of legitimacy of these bigoted groups."

A few years ago, I had the honor to stand with Richard Trumka at the Lincoln Memorial for the "One Nation Working Together" rally. His words that day have remained with me, and are just as relevant today as they were then:

"Brothers and sisters, I want you to make a promise today. Promise that you won't let anybody divide us or turn us against each other. And promise that you'll make your voices heard for jobs, and justice, and education today and on election day. Because we believe in America, this one nation, this great nation. Our best days are ahead, not behind us, and we are ready to fight for it."

## Marion Wright Edelman

President Emerita, Children's Defense Fund



### ChildWatch:

## Remembering the Rosenwald Schools

As students start a new school year, this is a chance to honor the legacy of a group of schools that educated hundreds of thousands of Black children. From 1913 to 1932, nearly 5,000 "Rosenwald schools" were built in 15 states, mostly in rural Southern communities. These schools were built specifically to educate Black children, and by 1928 one in three rural Black schoolchildren in the South attended a Rosenwald school. Their history, and the remaining school buildings themselves, are now being reclaimed and preserved.

The schools were named for their primary donor, Chicago businessman Julius Rosenwald. The son of German Jewish immigrants, Rosenwald was a clothier who became the president of Sears, Roebuck and Company. As a progressive philanthropist, Rosenwald believed one of the country's most pressing social problems was the "Negro question," and he supported the ideas and self-help doctrine of Tuskegee Institute president Booker T. Washington. In 1912, Rosenwald was a member of Tuskegee's

Board of Trustees when Washington came to him to suggest donating funds specifically for building Black schools. Most Southern states provided little public funding to adequately educate Black children, and many rural communities had no schools for Black children at all. Washington believed building schools that could provide traditional and vocational education for Black children would be a key method of "race uplift." After a successful test group of six Alabama schools, in 1917 Rosenwald established the Julius Rosenwald Foundation, and the School Building Program remained one of the foundation's primary missions until Rosenwald's death in 1932.

The Rosenwald Foundation provided seed grants for school construction and required communities to supplement the grants with public funds and support from local citizens. Black residents were usually the driving force behind bringing a Rosenwald school to a community and fundraising often became a community-wide undertaking. Black fami-

lies gathered for fried chicken dinners, picnics, and penny drives or put aside portions of their wages or cotton crops to support school building efforts. Counties then had to commit to maintaining the completed schools as part of the public school system. Though most communities continued the practice of supplying Black schools with worn-out books and second-hand materials, the schools themselves set a new standard in the rural South. Rosenwald schools were built to uniform design plans that mandated simple, clean-lined buildings with large windows and plenty of natural light. Many counties copied some elements of their designs for new white schools. Once built, the schools often became central hubs and gathering places for the Black community.

In the second half of the twentieth century, as schools consolidated into larger districts or students began integrating into previously white schools after the 1954 *Brown v. Board of Education* Supreme Court decision, many Rosenwald schools were abandoned or demolished. In some communities the buildings were kept up and found new life as Head Start classrooms, senior citizen centers, or in other community uses. As recognition of their historic importance began to grow, the National Trust for Historic Preservation named the schools to its list of America's 11 Most Endangered Historic Places in 2002. Activists are still working to preserve the remaining Rosenwald buildings across the South, and earlier this year the Julius Rosenwald and the Rosenwald Schools Act was signed into law authorizing a special resources study of sites associated with Rosenwald and the schools, another step towards the ultimate goal of establishing a Na-

tional Historical Park. One of that Act's original co-sponsors in the House was the beloved late Congressman John Lewis (D-GA), who graduated from a Rosenwald school in Alabama.

Today the School Building Program is sometimes criticized along with many of Booker T. Washington's other ideas for accommodating the segregated status quo. But in providing school buildings and an opportunity for education for Black children in places where little or none had existed at all before them, Rosenwald schools played a key role. In that sense, their legacy of opportunity is echoed in contemporary education initiatives like the Children's Defense Fund's Freedom Schools® Program, which provides summer and after-school enrichment for children in communities where the need for these quality programs is often greatest. Rosenwald schools brought adults together to nurture and support children's education and positive development and provided sites that served as safe community havens, and for the community members who worked together to fund and build them, the Black teachers who found employment in them, and the children they served, their promise and impact was unmistakable.

A former slave who donated his life savings, \$38, towards building his community's Rosenwald school said he did so because he wanted "to see the children of my grandchildren have a chance." Adults today need to have the same kind of faithful vision and the same commitment to doing whatever they can to give today's children the resources they need right now to build a stronger foundation for generations yet to come.

## Anthony Brown

Maryland Congressional District 4



## Brown, Van Hollen, Cardin and Raskin Applaud \$5 Million to Launch FTA's First-Ever Transit Workforce Center

Based in Silver Spring, the Center will help address the national transit worker shortage and improve diversity and equity

WASHINGTON (August 11, 2021)—Congressman Anthony G. Brown (MD-04), Senator Chris Van Hollen (D-MD), Senator Ben Cardin (D-MD) and Congressman Jamie Raskin (MD-08) released the following statement applauding the recently announced \$5 million to establish and run the Federal Transit Administration's (FTA) first Transit Workforce Center in Silver Spring, Maryland:

"Our frontline transit workers have done an extraordinary job throughout this pandemic keeping our country moving and connecting our communities. The \$5 million grant to establish and run the FTA's first Transit Workforce Center is an important investment in our essential transit workforce.

Through these partnerships, we can ensure workers are well-trained and give them the education and best practices to stay safe on the job.

"We welcome this new center to Silver Spring as we continue to serve the broader National Capital Region's transit needs. This is a great first step to developing a growing transit workforce to meet the demands of a modern, transit-oriented transportation system. We continue to strongly advocate for a long-term plan and investment in the training of the next generation of transit workers."

Public transportation faces challenges with training and workforce retention. With a median age of 52 for key frontline transit jobs, it's estimated that

more than 120 percent of today's transit workforce would need to be hired and/or re-trained in the next ten years.

Congressman Brown and Senator Van Hollen have introduced the National Transit Workforce Training Act in the House and Senate respectively. Senator Cardin and Congressman Raskin are original co-sponsors. The legislation would establish a National Transit Frontline Training Center to provide hands-on training for the next generation of transportation workers, share best practices and award grants for transit career programs and apprenticeships. This legislation was included in the House-passed INVEST in America Act.

## Cardin: Congress Should be Doing More to Lower Drug Prices and Expand Dental Coverage

"President Biden is spot on ... There is no legitimate reason why so many prescription drugs cost so much."

WASHINGTON (August 12, 2021)—U.S. Senator Ben Cardin (D-Md.), lead sponsor of the Drug Shortages Prevention and Quality Improvement Act (S. 2595) and the Medicare Dental Benefit Act of 2021 (S. 97), released the following statement Thursday after President Joe Biden called on Congress to take action on lowering prescription drug prices and health costs for Americans.

"There is no legitimate reason why so many prescription drugs cost so much, causing far too many Americans to need to choose between rent or groceries and life-saving drugs. President Biden is spot on. Congress needs to act. As we work to expand equitable access to necessary medications, it is essential that we also address the root causes of drug shortages. On Wednesday, Senate Democrats took the first step to make once-in-a-generation enhancements to Medicare's benefits. Now is the time to expand dental coverage for adults, as we did for children, which also will save costs and save lives. Dental health is intertwined with overall health, particularly for those with chronic conditions, and if we can increase the access and affordability of dental care, it will

pay dividends in the quality of health for millions.

"I look forward to working with the president and my colleagues to make this a reality and improve the health of our nation."

## The Prince George's Post

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# BUSINESS AND FINANCE

## Len The Plumber Celebrates First Graduating Class of LTP Academy

BALTIMORE (August 10, 2021)—Len The Plumber, LLC, a Mid-Atlantic based plumbing company, celebrated the graduation of its first class in the recently established Len The Plumber Academy (LTP Academy). LTP Academy houses the company's Apprenticeship Program, which focuses on developing driven and capable individuals who are passionate about a career in plumbing and who want to become industry-leaders. Len The Plumber's vision merges the desire to restore honor and tradition to the trade while providing individuals with no plumbing experience a path to career success.

On August 3, 2021, the first five students of LTP Academy graduated from the Apprenticeship Program after successfully completing all required curriculum. LTP Academy curriculum is composed of lab, e-learning, and in-field training, with a goal of instilling the confidence and leadership necessary for plumbers to work independently in the field, after graduation.

Led by Program Director and Master Plumber Michael Vettas,

LTP Academy offers an environment where students can train and grow professionally. Training areas are outfitted with complete plumbing system simulations for Apprentices to practice and hone their technical skills, while being mentored by Master Plumbers. In addition, they are coached on the soft skills needed to deliver the 5-star customer service that is at the core of what Len The Plumber exemplifies.

"A career in the trades is something to be proud of, and LTP Academy is designed to be a beacon in the community of what is possible with a career in the plumbing field. We are extremely proud of our graduates and excited to see them thrive in their careers with our company," says LTP Academy Program Director Michael Vettas.

Len The Plumber is a locally operated Mid-Atlantic plumbing company with over 25 years of experience in residential and commercial plumbing inspection, installation and repair services. More information is available at <https://lentheplumber.com>.

## Social Security Matters

### Ask Rusty:

## My Social Security Income Hurts When I File My Taxes

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

**Dear Rusty:** I am getting hammered with taxes on my Social Security (SS). I am retired and draw a meager work pension and SS benefits. When my wife and I filed our joint tax return we owed the IRS a substantial amount of money—they took 85% of my SS in taxes. We are just barely over the minimal amount of income allowed for SS tax exemption. Is there anything I can do so I do not have to pay all this money at once at the end of the year? I didn't get any tax advice when I started drawing my SS and the guy who prepared our tax return couldn't have cared less. No one ever told me that I would get double-taxed on the SS that I worked so hard for. Any help or advice is appreciated, I cannot take another hit like this again. **Signed: Double-Taxed**

**Dear Double-Taxed:** Unfortunately, taxation of Social Security benefits has been law since 1983 when the law to allow 50% of benefits to be taxed was enacted. In 1993 they added another threshold to allow up to 85% of SS benefits to be taxable. Just to clarify the way it works (not that it will soften the pain), they don't take 85% of your SS benefits away in taxes—but 85% of your SS benefits becomes part of your overall taxable income at whatever your normal IRS tax rate is for your income level. So, if your IRS tax rate is 10%, that percentage is applied to 85% of your SS benefits received during the tax year (at your income level).

As for whether there is anything you can do, short of lowering your overall income the answer is no. The IRS determines taxability of your SS benefits based upon something called your "Modified Adjusted Gross Income" or "MAGI" which is your normal Adjusted Gross Income (AGI) from your tax return, plus 50% of the Social Security benefits you received during the tax year, with any non-taxable interest you may have had added back in. With an IRS filing status of "married-filing jointly," if your MAGI was more than \$32,000 then 50% of your SS benefits are included in your taxable income; if your MAGI is more than \$44,000 then up to 85% of your SS benefits becomes part of your overall taxable income. And unfortunately, there's no way around that. FYI, the thresholds for single filers are \$25,000 (above which 50% of SS is taxable) and \$34,000 (above which 85% of SS is taxable). Below those minimum thresholds for both single and married filers, Social Security benefits aren't taxable.

To soften the income tax burden when you file your taxes each year, you may want to consider having taxes withheld from your SS benefit payments. That's easy to do by submitting IRS form W-4v to your local Social Security office. Here's a link at which you can download and print that form: [www.irs.gov/pub/irs-pdf/fw4v.pdf](http://www.irs.gov/pub/irs-pdf/fw4v.pdf). You will see that you can choose to have any of the following percentages of your SS benefit withheld for Federal Income Tax purposes—7%, 10%, 12% or 22%. To find the mailing address for your local Social Security office, go to [www.ssa.gov/locator](http://www.ssa.gov/locator).

The 2.3 million member Association of Mature American Citizens [AMAC] [www.amac.us](http://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](http://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](http://www.amac.us/join-amac).

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## Governor Hogan Announces Project Restore Will Begin Accepting Applications Next Month

By SHAREESE CHURCHILL  
Office of the Governor

ANNAPOLIS, Md. (August 10, 2021)—Governor Hogan today announced that Project Restore, the State of Maryland's \$25 million economic recovery initiative to support small businesses and revitalize vacant retail and commercial spaces, will begin accepting applications in early September.

"The entire mission of our state government continues to be keeping Maryland open for business, and with this transfor-

mative Project Restore initiative we are jumpstarting the next phase of our economic recovery from COVID-19," said Governor Hogan. "As we begin accepting applications, I encourage local businesses and developers to apply for these financial incentives and be part of our efforts to revitalize Main Streets and communities across our state."

Administered by the Maryland Department of Housing and Community Development, Project Restore will provide new or expanding businesses with rental grants

and sales tax relief rebates to help offset startup and operating costs during their first year.

To qualify, eligible entities must begin new or expanded operations in space that has not been generating sales tax receipts for at least the past six months. All applicants commit to occupying the space for a minimum of 12 months following receipt of the grant.

For more information and application details, visit [dhcd.maryland.gov/ProjectRestore](http://dhcd.maryland.gov/ProjectRestore).

## Diversity and Inclusion Specialist Naimah Bhuruku Empowers Goddard Workforce to Be Their Most Authentic Selves

By ELIZABETH M. JARRELL  
NASA's Goddard Space Flight Center

**Name:** Naimah K. Bhuruku  
**Title:** Diversity and Inclusion Specialist  
**Formal Job Classification:** Diversity and Inclusion Specialist  
**Organization:** Diversity and Inclusion Program Office (Code 100)

*What do you do and what is most interesting about your role here at Goddard? How do you help support Goddard's mission?*

As a diversity and inclusion specialist, I help employees to integrate fully into Goddard's culture and workforce through diversity and inclusion (D&I) initiatives. We seek to empower individuals to show up as their full selves while still feeling like they belong and are part of the community.

*What is your educational background?*

I have a Bachelor of Arts in African American Studies (public policy concentration) with a Minor in Government and Politics: International Development & Conflict Management from the University of Maryland, College Park. I have a Master of Science in Human Resource Management from the University of Maryland University College.

*What first drew you to procurement at Marine Corps Systems Command in Quantico, Virginia?*

My work experience has varied widely with a consistent thread of service to others. My desire to serve was expanded in a greater way when I began my federal career in 2009 through an internship program at the Marine Corps Systems Command (MAR-CORSYSCOM). This experience was an introduction to a new skill set and career in procurement. This internship enhanced the skills I had acquired from my previous positions all while learning so many new and exciting ones. My time with MAR-CORSYSCOM came to an end in 2012 but was without question the launching pad and bridge to my career with NASA.

*What attracted you to Goddard?*

NASA being NASA was of course the main attraction!

However, my internship program with the Marine Corps had a requirement to do an external rotation detail at another agency that procures different products, services and items. I chose to go to NASA, and NASA accepted. In the fall of 2011, I completed an awesome three-month detail with the Goddard Office of Procurement. While on my detail, I had an opportunity to attend a NASA MVP 200 course about Goddard's mission, vision and people in which I learned intimately about the center. At the end of the course, I knew I had to get back here. At the end of my detail, I returned to the Marine Corps and within a few months an opportunity opened up within procurement at Goddard. I applied, and the rest is history. I officially joined Goddard in 2012 as a procurement professional, excelling to contracting officer until I left that role in 2019.

*How did surviving cancer motivate you to move into the D&I world?*

Throughout my time in the Office of Procurement, I was interested in D&I work and was actively engaged in that work to varying degrees. I became a co-chair for the New and Developing Professionals Advisory Committee, which was my introduction to the D&I world at NASA. As I became more involved, my desire to remain involved deepened.

In the spring of 2015, much of my involvement with D&I came to a screeching

halt. It was during this time that I was diagnosed with Hodgkin's lymphoma, a blood cancer. I quietly entered the fight with cancer with very few colleagues knowing. I am thankful for my managers who were supportive of me during this time. Fortunately, I endured the fight and survived it.

When I came back after remission, I was deliberate in shifting from a survivor mindset to a thriver mindset. I wanted to be more than a survivor. I explored and reevaluated everything in my life. Cancer changed me for the better. It made me more honest and fearless. It gave me my voice back. I learned more about how I wanted to use my life in a more intentional way. I decided that I only wanted to do things in my life that I was passionate about, and I realized that I was passionate about D&I work.

Trauma can be a catalyst for some of the most beautiful things in life. For me, it has made me taste the sweetness of life and savor it. Surviving cancer was a gift for me, made me want to squeeze out every ounce of juice out of that lemon, and make lemonade. It has widened my lens in a greater way so that I can see myself and others more fully and more deeply. I enjoy every minute of life now. Time is a gift and a greater gift is being able to walk into your authenticity with conviction and with no regrets. Thank you, cancer, for being one of my greatest teachers.

*How did you remain mentally and emotionally balanced during your cancer treatment?*

My faith was my anchor, my compass showing me my true north. My faith allowed me to literally ride the waves of life and kept me afloat.

I am Muslim and practice Islam. My holy book is the Quran. One of my favorite passages is: "Verily, with every difficulty there is relief." (94:5).

That gave me hope that relief was on the horizon. I internalized this phrase as truth, and it manifested as such through the support of loving family, friends, physicians, and strangers who each served as lift rafts during and after that journey. The relief is now. I am living it and I am grateful for that.

*Why are you passionate about being a D&I specialist at Goddard?*

In every position I have held, I have always been intrigued about the human experience, the things that have shaped us, the things that make us uniquely who we are. I am always in constant awe at the powerful stories we hold within us often left untold because of fear, shame, guilt and judgment. We often minimize our experience as if it doesn't matter, but it does. It matters so very much. There is one thing I know to be true that I have learned through my own self-discovery catalyzed by facing my own mortality, and that is at the core of each person, at our foundational selves, all we want is to feel like we matter. We want to be seen, heard, valued, to belong, and to contribute in some meaningful way.

Reentering life with renewed zeal, perspective and this truth strengthened my desire to move into D&I. I wanted to directly impact enriching the experiences of Goddard employees. I wanted to have some influence in facilitating a space where they knew their contributions, voices, and all of whom they are make us Goddard and make us NASA. When an opportunity opened up to work in D&I, I went for it, and here I am as a diversity inclusion specialist. I love my job, my team and the people I get to serve, and I have no regrets.

*What special training did you receive as a D&I specialist?*



PHOTO CREDITS: COURTESY OF N. BHURUKU  
Bhuruku with an astronaut suit.

I received training as an agency diversity dialogue facilitator through NASA Headquarters in Washington. This training helped to refine and hone in on the skills needed to navigate difficult conversations. The goal and intent is to engage people to share and hear each other's stories with the purpose of increasing their understanding, mutual acknowledgment and awareness in order to open up new thought patterns and actions. The hope is to create new possibilities and opportunities for connection.

*How do you personally want to make an impact in Goddard's D&I world?*

I want to continue to influence increasing individuals' capacity for empathy through the numerous initiatives and programs we facilitate through DIPO, ODEO, the center and agency. Empathy is being able to understand and share the feelings of others. I feel it is a core skill necessary to look at a situation from many lens other than your own. Also, empathy is deeply embedded in innovation. Innovation is often birthed out of need and curiosity. At the core of the need is a person or people who have courageously expressed or identified a problem that needs a solution.

We can only empower and encourage individuals to innovate if there are safe spaces for engagement where they can courageously share their ideas. Being able to communicate and connect in an empathetic way brings out the best in people in the most authentic and sincere way. I want to assist in facilitating and curating experiences through which phenomenal and brilliant minds are given the space to be phenomenal and brilliant by feeling safe enough to bring all of whom they are to the table.

We have some of the greatest minds, problems solvers and innovators in the world, and I want to be able to have a hand in connecting the missions to the people and the people to the missions.

*Can you please give us an example of influencing an individual's capacity for empathy?*

As a trained facilitator, especially in the challenging year that was 2020, I have been able to guide hundreds of individuals as they navigate the many difficult emotions, experiences and layered realities that they were confronted with. This work was mainly through dialogue in listening sessions. In these sessions, I played a part in moving through crucial and difficult conversations. Topics included, but were not limited to, civil unrest, race, grief, coping, illness, being overwhelmed, caregiving, work and life.

In those sessions, employees were given the permission to share their truths in ways they never had to discuss things they never would at work. Storytelling is an incredible



# ENVIRONMENT

## Prince George's County Climate Action Plan

Join us for the next Climate Action Plan Virtual Community Meeting on:  
**Thursday, August 19, 2021 • 6:30–8:30 p.m.**  
**To register: [mypgc.us/climateactionplan](https://mypgc.us/climateactionplan)**

Whether it's the rising temperatures, heavy storms, or other developments of extreme weather, we know that climate change is not a future problem—it is a NOW problem. Prince George's County is ready to act, but we need participation from every resident!

Register for the next virtual community meeting on the County's Climate Action Plan on **Thursday, August 19, 2021**. The Department of the Environment is providing members of our community with an opportunity to give input and influence the

focus of the County's Climate Action Plan. You can visit the Climate Partners web page to learn about general climate actions, some of the key focus areas, and submit input online on the Climate Action Plan Virtual Open House.

Together we can implement community-wide actions to adapt to climate change and reduce greenhouse gas emissions while enriching our local economy. Learn more and register for the August 19 community meeting at [mypgc.us/climateactionplan](https://mypgc.us/climateactionplan).

—Angela's Update: Vol 1, Issue 53



IMAGE CREDIT: DAVE HARP

Water's Way: Thinking Like a Watershed

## Advocate for Climate Change to Help Save the Planet

(Family Features) Climate change is an issue that impacts everyone, especially children. The impacts can be seen firsthand, as the planet warms, and human fingerprints are all over the consequences: bigger, stronger hurricanes; deadly heat waves; more intense downpours; and devastating wildfires.

In fact, 60% of Americans are concerned about climate change, according to a survey by the Potential Energy Coalition. For many moms, having a child is what made them start to care about climate change in the first place. Eighty-three percent of moms are concerned about climate change and want to do something about it.

"It's hard to study climate change and aspects of climate change and be a mother because the data's very real to you," said Dr. Emily Fischer, atmospheric chemist and associate professor in the Department of Atmospheric Science at Colorado State University. "We need a massive shift in the way we produce energy within 10 years, the same time period I need to save and plan to send my daughter to college. We're hoping moms will realize climate change impacts their children and that we have solutions, but we need to act relatively quickly."

If you're not sure where to begin, these ideas from the climate scientists at Science Moms

can add up to create meaningful solutions.

**Learn about climate change.** Education is a powerful tool, so learning all you can about climate change is one of the best ways to get involved.

"Sorting through myriad information online can be daunting," said Dr. Katharine Hayhoe, scientist and professor at Texas Tech University. "That's why Science Moms was created. This nonpartisan group of leading climate scientists, who are also mothers, aims to break down climate change through simple, engaging content."

**Raise your voice.** Leaders have the ability to truly take action on the scale needed to make lasting progress on this challenge, but they need to know that it's a top priority of individuals. You can add your name to petitions and invite others to do the same, attend local meetings to voice your support for reducing carbon pollution and clean energy projects and meet with elected leaders to ensure they know you stand behind them. Of all the actions you can take, one of the most powerful is telling your representatives this is an issue you care about.

"By investing in a clean energy future and common-sense solutions that keep families and communities safe, government leaders have the ability to enact policies that escalate on a scale



IMAGE CREDIT SCIENCE MOMS/FAMILY FEATURES

we could never achieve alone," Hayhoe said. "They all need to know we stand behind their decisions to tackle this issue."

**Talk about it.** In order to avoid some of the worst impacts of climate change, fast action is needed. Share what you learn with your neighbors and other parents to help make everyone more aware of the issue. Also remember that environmental concerns aren't just for adults. Oftentimes, concern for the climate comes from children. Talking with your kids about the importance of good stewardship and empowering them to make a difference can affect how the next

generation approaches concerns like climate change and pollution.

**Make climate-conscious choices.** There are nearly countless examples of smaller actions you can take to adapt your own home and life. Options to consider include switching to electric cars, buying green electricity (now available in 24 states), putting solar panels on your roof, insulating your house or adding more plant-based foods to your diet.

For more information and to get involved, visit [science-moms.com](https://science-moms.com).

—Source: Science Moms

## Announcing Chesapeake Film Festival's Live Showing of Environmental and Dramatic Films October 1–2

Free Virtual festival runs October 3–10

EASTON, Md. (June 24, 2021)—Remember the excitement of watching films on a big screen with surround sound in a darkened theater among other film lovers, and then discussing them with the filmmakers? That intimate experience returns this fall as the Chesapeake Film Festival offers a wall-to-wall weekend of provocative, insightful and innovative films October 1 and 2 at Easton's Avalon Theatre. Friday evening begins with a VIP reception for sponsors and donors followed by screenings and discussions of environmental films, including the world premiere of a new film by local favorites Tom Horton, Dave Harp and Sandy Cannon-Brown. Saturday's films feature two audience-pleasing narrative newcomers. Admission to Friday's evening of environmental films and discussions is \$25. Admission for Saturday's films is \$15 each.

The remaining complement of the Chesapeake Film Festival's lineup will be shown virtually October 3–10. The CFF is thrilled to bring these films to audiences free-of-charge, but donations to help offset cost is encouraged.

For the Live and Virtual Festival, nearly 60 films will be shown, including documentaries, animation, shorts, narratives, student films, Made in Maryland films, thrillers and environmental films.

The films to be screened at the Avalon are:

**Water's Way: Thinking Like a Watershed**—A Bay Journal film by Sandy Cannon-Brown, Dave Harp and Tom Horton.

Every drop of rain that falls on 64,000 square miles heads one way, Bayward. And the Chesapeake, which appears so long and broad is, in context, just a smallish and shallow pool of water on the receiving end of everything 18 million people in six states and the District of Columbia do with the land, for good or ill. Controlling Bay pollution has achieved modest success in recent decades. But these technological solutions are pushing the limits of engineering and affordability. Alone they cannot achieve a healthy Bay. Further progress must come from the lands of the watershed, from better understanding what was Water's Way when the Chesapeake basin and the Bay it feeds were clearer, cleaner, healthier. One source of hope: beavers. These furry rodents have a lot to teach us about preserving a healthy, diverse, rich ecosystem.

**The Heat is On: Driving Climate Action for People and Nature**—World Wildlife Fund.

This short documentary produced by Kelley Ashford and Irene Magafan focuses on WWF's climate work shortly after the big global climate report was revealed from the IPCC (International Panel on Climate Change). The film encourages individual activism to fight a universal challenge.

The narrative films on Saturday night, October 2 will be:

**Minari**—Directed by Lee Isaac Chung.

This critically-acclaimed film had its world premiere at Sundance in 2020 where it won the Grand Jury Prize and Audience Award, received a Golden Globe and six Academy Award nominations, including winning an Academy Award for Best Supporting Actress. The heartwarming story follows a Korean American family as they face the challenges of a new life in the Ozarks.

**TESLA**—Starring Ethan Hawke.

This freewheeling take on visionary inventor Nikola Tesla imagines his interactions with Thomas Edison and J.P. Morgan's daughter Anne while it follows his uphill battle to bring his revolutionary electrical system to the world. The film had its world premiere at the Sundance Film Festival in 2020.

Among the films in CFF's free virtual festival include:

**Fly Like a Girl**—Documentary Feature—A young girl aspires to change the face of aviation. Fly Like a Girl is more than just a film. It's a movement of young girls and women relentlessly pursuing their passion for aviation, a field dominated by men. From a lego-loving young girl who includes female pilots in her toy airplanes, to a courageous woman who helped lead shuttle missions to space, Fly Like a Girl shows us that women are in charge of their own destiny.

**My Generation**—Celebrate the '60s: The Decade that Changed the World starring Michael Caine—Documentary Feature—My Generation is a film directed by David Batty and presented by Michael Caine. It follows the cultural revolution that occurred in 1960s England and interviews various icons and key figures such as David Bailey, Roger Daltrey, Marianne Faithfull, Paul McCartney, Mary Quant and Twiggy.

For more information, go to [chesapeakefilmfestival.com](https://chesapeakefilmfestival.com), or call our Executive Director at 443-955-9144.

—Communications Chesapeake Film Festival

## Earth TALK™ Bald Eagles as Pests: Has Our National Bird Come Back Too Well?

Dear EarthTalk:

Is it true that we've done such a good job bringing back bald eagles that they've become pests now?

—D. Maguire, Winston-Salem, NC

It's hard to believe the bald eagle was on the brink of extinction in the Lower 48 United States just a half century ago, given how common the majestic birds are all over the country nowadays. While their population rebound is indeed a great source of pride for the environmental movement, some American farmers are wondering if maybe we have too much of a good thing, given a recent uptick of eagles' preying on livestock.

While bald eagle populations fell drastically in the first half of the 20th century mostly due to hunting, it wasn't until the 1960s that people started to realize how big

a threat the insecticide DDT was to supporting healthy eagle populations. The synthetic chemical was successful in keeping insects down. But when eagles ingested the chemical, it made their egg shells fragile and prone to cracking prematurely, dooming the chick inside to a premature death. Rachel Carson's landmark 1962 book *Silent Spring* highlighted the plight of eagles and other birds as victims of DDT poisoning.

In 1963, there were just 417 known mating pairs of bald eagles within the U.S. In 1972, the federal government banned DDT, and eagle populations started to rebound within a few years, with no looking back. By 2017, researchers believe 70,000 bald eagles inhabited the Lower 48; a 2021 survey estimates that number has now grown to over 300,000 individual bald eagles.

This exponential growth has sparked a call for officials to reconsider protection for the species. The presence of too many bald eagles has been a problem for decades in Alaska, where the birds were able to hold on better than in the Lower 48. In 1917, bald eagles were causing so many issues for the Alaskan fishing industry that the government placed a bounty on the birds. An editorial in 1920 from *Douglas Island News* in Alaska stated that: "Sentimentally, [the bald eagle] is a beautiful thing, but in life it is a destroyer of food and should be and is killed wherever found."

Similar situations could start to

become more common in the Lower 48, where bald eagles have grown so much in population that they pose a significant threat to farms and pastures where chickens, ducks and other animals roam. Farmers don't know what to do about it, though, as shooting a bald eagle is a \$100,000 fine along with a year of jail time.

One option for farmers is to get an "eagle-depredation" permit from the U.S. Fish and Wildlife Service if the birds have become "injurious to wildlife, agriculture or other personal property, or human health and safety." Once granted, non-lethal deterrents like air horns, scarecrows and pyrotechnics can be used to scare them off, though farmers have little recourse if these tactics fail. In the end, we're just going to have to get used to having so many of these majestic creatures around, reminding us not only of our freedom and national pride but also of what good stewards we can be for nature when we set our hearts and minds to it.

**CONTACTS:** "History of Bald Eagle Decline, Protection and Recovery," [fws.gov/midwest/eagle/history/index.html](https://fws.gov/midwest/eagle/history/index.html); "When The National Bird Is A Burden," [nytimes.com/2017/01/19/magazine/bald-eagle-national-burden.html](https://nytimes.com/2017/01/19/magazine/bald-eagle-national-burden.html)

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CREDIT: ANTHONY, PEXELS.COM.

Bald eagles have come back from the brink of extinction in the Lower 48, but some wonder if there are too many of them around nowadays.



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tool to learn, listen, talk and grow. It is a way to invite a new perspective and create new thought patterns. Most importantly, it is an opportunity for individuals to show up as they are without fear of judgment. Ultimately, by hearing these stories, we learn more about ourselves and learn how to connect and relate in a more meaningful way with others.

*Please tell us about your role as program manager for the New and Developing Professionals Advisory Committee.*

When I joined the D&I office, this became one of my primary responsibilities. In this role, I champion new and developing professionals who are seeking to ascend in their careers and who desire to grow their networks. Through our events and programs, I am able to connect them to people and resources so that they feel fully integrated at Goddard. My goal is to empower them to channel their talents and passions with fierce focus.

We meet monthly. We also hold events such as brown bag lunches with special topics speakers and other social events for connection. We also collaborate with other advisory committees for a more enriching and integrated experience.

*Do you have a D&I hero?*

There are far too many to name, but at the top of my list are the Prophet Muhammad, beloved Prophet of Islam, and Nelson Mandela.

*What books would you suggest to learn more about empathy?*

Roman Krznaric, "Empathy: Why it Matters, and How to Get it"

Daniel Goldman, "Emotional Intelligence: Why It Can Matter More Than IQ"

Maria Ross, "The Empathy Edge: Harnessing the Value of Compassion as an Engine for Success"

Brene Brown, "Dare to Lead"

*Who are your mentors? What advice do they give you?*

I have many mentors, each for a different purpose. Collectively, they say to own all of whom you are. In the end, you will become a stronger, more capable and happier person. Set your insecurities to the side. Do not overthink things, just be yourself. Be willing to grow. Be present. Find someone who is willing to tell you the truth about yourself, to make you aware of your blind spots and areas for growth. Don't be afraid to say you don't know. Pivot when necessary. Embrace change. Don't burn your bridges.

*Who is your favorite author?*

I am an avid reader, and I have far too many to name, but here are some in no particular order:

Edwidge Danticat—Haitian-American novelist and short story writer

Brene Brown—known for her work on courage, vulnerability, shame and empathy

Maya Angelou

Toni Morrison

*Is there something surprising about your hobbies outside of work that people do not generally know?*

I love do-it-yourself projects around the house, anything from building to painting to refinishing furniture. My favorite stores are Lowe's and The Home Depot. I started a YouTube channel documenting some of my projects. Recently, I made a headboard. I have a laundry list of projects.

I also love adventure, thrill-seeking. After remission, I started doing things I always wanted to do that I have never done. I did a half marathon. I flew a plane with an instructor. I learned how to make pottery. I swam with dolphins. I went whale watching. I learned how to ride horses. I have a running list of adventures for me to pursue.

*What is your "six-word memoir"?*

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