

The Prince George's Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY SINCE 1932

Vol. 89, No. 52 December 30, 2021 — January 5, 2022 Prince George's County, Maryland Newspaper of Record Phone: 301-627-0900 25 cents

Best Wishes for 2022!

from the Staff of *The Prince George's Post*

PHOTO BY YLANITE KOPPENS FROM PEXELSC

COVID-19 Test Kit Supply Exhausted at Prince George's Libraries

By NICHOLAS BROWN
Prince George's County Memorial Library System

LARGO, Md. (Dec. 22, 2021)—The Prince George's County Memorial Library System's supply of COVID-19 rapid antigen self-test kits has been exhausted. The Library is resupplied on a biweekly basis by the Maryland Department of Health and Prince George's County Health Department (subject to change). The next resupply will not be available for customers to pick up until Wednesday, January 5, 2022 at the earliest (pending final confirmation). An announcement will be issued via pgcmls.info and @PGCMLS on Facebook, Twitter, and Instagram when additional test kits become available. Customers should call 240-455-5451 or email askalibrarian@pgcmls.info with questions.

Library staff are maintaining a COVID-19 Testing Resources guide that can help individuals source PCR and rapid antigen testing from various local and online providers. Visit pgcmls.info/coronavirus for more information. PGCMLS has distributed 8,208 test kits (representing 16,416 indi-

vidual tests) since November 24. Given high customer demand, tests are typically being claimed on the same day that they become available at branches (within 2–8 hours).

The Library's remaining COVID-19 vaccine clinics are listed below. First, second, or booster doses are available at each clinic. Appointments are not required. The supply of vaccines is limited and available on a first-come, first-served basis. Vaccines for children are going quickly at the Library's clinics and may not be available if customers arrive toward the end of the scheduled clinic time.

Branch	Date	Time	Vaccines Offered	Ages
New Carrollton	Mon, Jan 10	12–5 p.m.	COVID-19 Pfizer	5+
New Carrollton	Tue, Jan 18	5–7 p.m.	COVID-19 Pfizer; Flu	12+

The Library will be closed December 31–January 3 for the holidays. Branches will be open December 28–29 (12–8 p.m.) and December 30 (10 a.m.–6 p.m.).

COVID-19 Rapid Self-Test Kits
Pruebas de COVID-19
GRAB-AND-GO

Currently Unavailable
due to High Demand
Actualmente no disponible

Call (240) 455-5451 for updates.

Searching for Chester Arthur, A Virtual Presentation

By STACEY HAWKINS
Marietta House Museum

Please join us on Thursday, January 13, 2022, 6:30 p.m.–7:30 p.m. for "Searching for Chester Arthur", a virtual presentation.

Join author Harry Goldhagen, Vermont based writer, editor, photographer, and filmmaker, as he talks about his new book that offers a fresh look at President Chester Arthur (1881–85), an often-overlooked politician. Chester Arthur was considered the most corrupt party machine politician of his time. He was never elected President, but only assumed the role after President Garfield was assassinated. And yet, once there, he tried to fight patronage, racism, and xenophobia. Follow author Harry Goldhagen as he retraces the steps of this little remembered, most "elegant" man from his birth in rural Vermont to the highest office in the land.

Not much is in the public memory about Arthur, yet he played a part in defending civil rights for Black Americans. Arthur was born in Vermont in 1829 and was the son of an abolitionist.

As an adult, Arthur practiced law in New York City in a prominent firm lead by Erastus D. Culver. While there, Arthur's court cases involved freedom for fugitive slaves and another about racial segregation on streetcars.

In 1854, Arthur's firm defended a Black woman, Elizabeth Jennings, who had been forced out of the white section of a Brooklyn streetcar when she refused to leave the section reserved for whites. By 1855, the case was decided in her favor, and it led to the eventual desegregation of all New York City transit systems.

Thank you to the Prince George's Historical Society for their

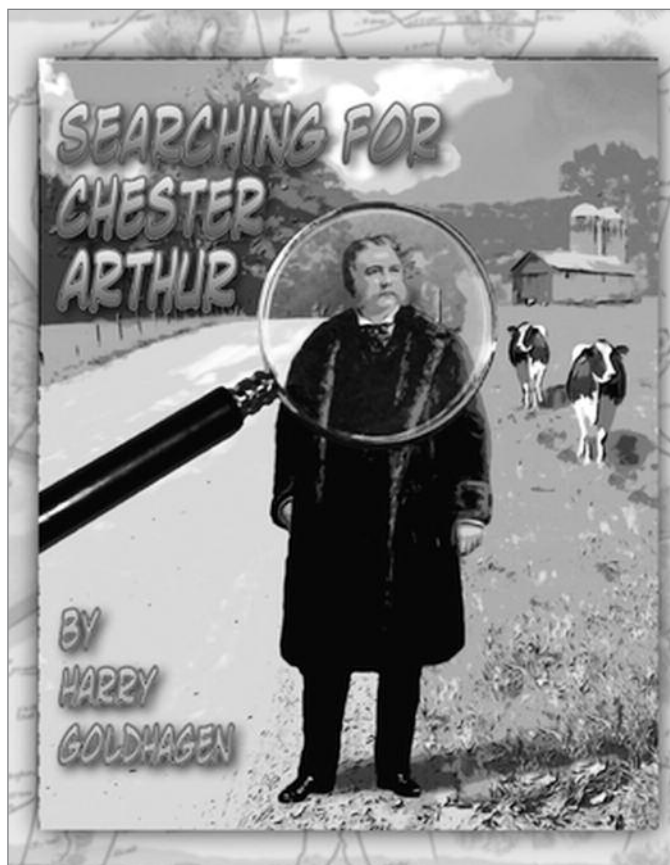


PHOTO COURTESY MARIETTA HOUSE MUSEUM

The cover of author Harry Goldhagen's book.

support for this program. This will be a virtual Presentation on Microsoft Teams. To register email stacey.hawkins@pgparks.com or register on Parks Direct. \$5/person

Marietta is located at 5626 Bell Station Road, Glenn Dale, MD 20769 and is a property of the Maryland-National Capital Park and Planning Commission.

Bowie State Bulldogs Finish Atop in BOXTOROW HBCU Football Media Poll

By JOLISA WILLIAMS
Bowie State University Athletics

FUQUAY-VARINA, N.C. (Dec. 21, 2021)—Bowie State football finished first in the 2021 BOXTOROW HBCU Football Media Poll announced Monday, Dec. 20.

The Bulldogs concluded the 2021 season with a 12-2 overall record, including a third-consecutive Central Intercollegiate Athletic Association (CIAA) championship and Northern Division title, two NCAA DII playoff wins and a first ever appearance in the NCAA DII Quarterfinal round.

"This is a great honor that we will cherish," said Bowie State head football coach Damon Wilson, who just completed his 12th season as head coach. "Our coaches and players did an outstanding job this year, representing our university and conference (CIAA)."

Bowie State received eight first place votes, with South Carolina State receiving more first place votes (9), but gaining five less points. Jackson State received one first place vote and finished No. 3, one point behind SCSU. FAMU and Albany State rounded out the top five.

The BOXTOROW HBCU FCS coaches and media polls are administered by FROM THE PRESS BOX TO PRESS ROW. The coaches poll, in its 12th year is voted on by the HBCU Football Championship Subdivision coaches and the media poll, in its 14th year, is voted on by media members around the country who cover HBCU football.

2021 BOXTOROW HBCU Football Media Poll Final
(Records through December 18, 2021)

No.	Team	W-L
1	Bowie State (8)	12-2
2	South Carolina State (9)	6-5
3	Jackson State (1)	11-2
4	Florida A&M	9-3
5	Albany State	10-2
6	Prairie View A&M	7-5
7	Alabama A&M	7-3
8	Savannah State	8-2
9	Alcorn State	6-5
10	Fayetteville State	8-2

For the most up-to-date information on Bowie State University Athletics and its 13 varsity sports teams, please visit www.bsulldogs.com.

Governor's Office of Small, Minority & Women Business Affairs Releases 2022 Technical Training Classroom Schedule

Free Program Helps Small, Minority, Women, and Veteran-Owned Businesses Compete with Confidence

By PRESS OFFICER
Governor's Office of Small, Minority & Women Business Affairs

ANNAPOLIS, Md. (Dec. 22, 2021)—The Governor's Office of Small, Minority & Women Business Affairs today announced its 2022 Technical Training Classroom schedule, a monthly webinar series supporting the small business community across the state.

"We want to see Maryland's small, minority, women, and veteran business owners compete with confidence in the state contracting arena," said Jimmy Rhee, special secretary of the Governor's Office of Small, Minority & Women Business Affairs. "The curriculum of this webinar se-

ries is carefully curated to achieve that goal."

Offered at no cost to small, minority, women, and veteran business owners and entrepreneurs, two dozen sessions will be conducted throughout the year. Staff from the Governor's Office of Small, Minority & Women Business Affairs will teach classes focused on navigating the state procurement process while small business owners and representatives from small business resource organizations will lend their expertise to cover topics focused on improving overall operational efficiencies.

"We moved this program to a virtual platform in 2020 and immediately saw increased engagement," Rhee said. "In

2021, we conducted 24 virtual webinars and reached more than 2,500 guests."

The Technical Training Classroom webinar series is offered twice each month. Advance registration is required to attend these free sessions.

Registration is now open for the two January sessions:

1/25/2022 at 10 a.m.—What Every Business Owner Needs to Know About Their Contracts

1/27/2022 at 10 a.m.—Prime Contracting in Maryland's Small Business Reserve (SBR) Program

Visit goMDsmallbiz.maryland.gov to view the full 2022 Technical Training Classroom schedule.

INSIDE

- Martinez Lopez Earns Dean's List at Davis & Elkins College
- Visitation Suspended as Precautionary Measure
- WSSC Water Commissioners Approve \$400 Million+ to Upgrade Water and Sewer Infrastructure

Around the County, Page A2

Winter Grief Support Programs and Workshops Presented by Hospice of the Chesapeake

PGCC Participating in New Initiative for Recruitment of Nurses, Other Clinical Positions Community, Page A3

To Be Equal: King Family and Justice Organizations Urge No MLK Day Celebration Without Voting Rights Legislation

Commentary, Page A4

Regional Healthcare Nonprofit Welcomes New CFO and New Chief Clinical Officer

WPC Acquires Three College Park, MD Apartment Communities for \$14 Million

Business and Finance, Page A5

New Invention May Reduce the Need For Masks

Check Your Skin, Save Your Life

Debunking Common Misconceptions About Gout Health and Wellness, Page A6

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

With Mary McHale, will return soon!

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

AN OCTOGENARIAN REMINISCES

"1868 was an important year in the history of Prince George's County for three reasons", commented Mr. W.R.C. Connick when interviewed at his fine old homestead near Baden. "It was in 1868 that the Popes Creek Railroad was established, the school system was reorganized and that was the year I was born. Under the new system, reminisced Mr. Connick, "each county had a Board of Education with their secretary serving as an Examiner; each school district had its Board of Trustees with the principal teacher acting as their secretary."

Mr. Connick has been associated with the schools of the county almost continuously since 1876. He attended Charlotte Hall Academy. This academy and St. Mary's Seminary were the only secondary schools in all Southern Maryland at that time. After completing his course at the Academy, Mr. Connick took the teacher's examination and began his teaching career in 1888 at Ft. Washington. With the exception of a period of about five months he remained actively engaged in schoolwork until his retirement in 1934. Mr. Connick served as a member of the State Legislature which put through the bond issue for the Baden Agricultural High School. He later served as principal of that school for twenty-two years.

Returning to his earlier connection with the county schools, Mr. Connick related, "All the schools were one-room schools except about half a dozen two-room buildings" and he began to name those. "The buildings were plain, unpainted structures, tucked away out of way places. The buildings usually cost five or six hundred dollars."

"Inside the school room there was the teacher's desk on a raised platform. The furniture was crude and homemade. The only manufactured object was usually the teacher's chair. Every classroom had its bunch of switches and its shelf with a bucket and dipper. There were no blackboards and no textbooks supplied. The teacher set the copy for the students. "With a twinkle in his eye and a chuckle Mr. Connick exclaimed, "How in the devil anybody learned in those days, I don't know!"

"The teachers were mostly middle-aged men with no especial qualifications other than they could spell; they had a good hand, and especially a strong arm. They were required to pass an examination, but only a minimum amount of education was required." Information received from the Forty-Second Annual Report State Board of Education of Maryland 1908.

ANNUAL GAME DAY SPAGHETTI DINNER

St. Philip's Church, Baden Parish 13801 Baden Westwood Road Brandywine, Maryland 20613, Grab & Go only dinners Sunday, February 6, 2022, from 11 a.m.-1 p.m. Raffle at 1 p.m. Basket of Cheer Raffle \$5.00 each or three for \$10.00. All dinners cost \$5.00. Pre-orders and pre-payments only. Cash App is also available.

Dinners will include "Mitty's Homemade Spaghetti, Potato Chips, Garlic Bread, Water, Fruit Cup and a Dessert. Spaghetti dinner orders can be pre-ordered until Sunday, January 30, 2022.

Points of contact regarding this matter are Shirley Ann, 302-690-4260 or Doretha Ann 301-233-3136 and/or Vivian 804-301-9530. Benefit St. Philip's Church 301-888-1536. Thanks in Advance Vivian Rich, Secretary.

CONNECT SPACE ENTHUSIASTS TO NASA PLANETARY DATA

Amazon-like Search Interface to spark deeper engagement in the Science of Space News. A Bowie State University professor wants to make it easier for them to dig deeper into NASA's extensive space science data bases to better understand the science behind the latest innovations and discoveries with Amazon-like prompts leading them to relevant information.

Bowie State University (BSU) has partnered with the University of Maryland (UMD) in a recently extended agreement with NASA to enhance public discovery and use of information on comets, asteroids, meteorites, and other small objects in space, catalogued in the Small Bodies Node of NASA's Planetary Data System. The Planetary Data System program ensures that data collected on NASA missions is cataloged, archived, and made publicly accessible for future studies. UMD manages the Small Bodies Node for NASA.

Yang, an expert in semantic aware information retrieval seeks to enable autonomous cross-referencing of information in the small bodies Node and public press releases on space news. Yang and BSU graduate students will apply natural language information retrieval and machine techniques to analyze text, images, and results reported in press releases and trace them back to the PDS dataset providing direct access to more in depth information. The BSU project is funded with a \$450,000 NASA grant to continue this week through 2026. Media Contact: Cassandra Robinson crobinson@bowiestate.edu, 301-8600-4336.

"HAPPY NEW YEAR EVERYONE"

Washington International Horse Show Plans Return to the D.C. Area as a Five Star in 2022

By PRESS OFFICER
WIHS

WASHINGTON (Dec. 9, 2021)—The board of directors of the Washington International Horse Show (WIHS) presented by MARS Equestrian™ is pleased to announce the storied and prestigious equestrian event has officially applied to the USEF and FEI for a change of venue to return home to the greater Washington, D.C. area and to upgrade the show to the FEI 5* level, continuing as a member of the Longines FEI Jumping World Cup™ North American League in 2022.

This announcement follows two highly unusual but successful years when the show was temporarily relocated outdoors to the Tryon International Equestrian Center (TIEC) as a result of the Coronavirus pandemic. The WIHS team expresses sincere appreciation to the WIHS sponsors and exhibitors as well as the TIEC team who were flexible and supportive of WIHS during this time of transition.

Exciting New Chapter Honoring WIHS History and Tradition

Pending FEI and USEF final approval, the 64th edition of the historic competition will be held October 25-30 at The Show Place Arena at Prince George's Equestrian Center in Upper Marlboro, Md. The Show Place Arena will be transformed with the support of Prince George's County, The Maryland-National Capital Park & Planning Commission, and the State of Maryland to provide the outstanding exhibitor and unique spectator experience WIHS has always provided, including world-class footing, hospitality, entertainment, food, and shopping. WIHS will partner with the popular National Harbor waterfront complex in nearby Oxon Hill, Md., to create a WIHS Hotel and Hospitality

Campus offering exhibitors, spectators, and sponsors special access to top lodging, entertainment, and community events, including the popular WIHS Kids' Day.

"We embarked on an extensive, multi-year search for a new venue when we learned our special downtown home for nearly 20 years, Capital One Arena, would no longer be able to accommodate the show," said WIHS President Victoria Lowell. "We looked at every possible scenario in the D.C. area inside and outside of the city.

"We're committed to creating a special, one-of-a-kind, exhibitor- and horse-friendly indoor experience at The Show Place Arena that honors the history and tradition of WIHS with significantly increased prize money and a major commitment to delivering a world-class venue inside and out.

"The Washington, D.C. area is our heritage and our home," continued Lowell. "We have moved several times in the past from our original home in D.C. at The Armory, to Landover, Md., to the Capital One Arena downtown. We believe Prince George's Equestrian Center is the right destination for us at this time."

Lowell added, "The enthusiastic and generous support of the Maryland Horse Industry Board and Angela D. Also-brooks, Prince George's County Executive, provides a wonderful foundation to build on for the future. Anticipated public investment in the facility coupled with community outreach and engagement will ensure the special elements of WIHS thrive in our new location."

The Show Place Arena at Prince George's Equestrian Center will be transformed with the support of Prince George's County, The Maryland-National Capital Park & Planning Commission, and the State of Maryland to provide an outstanding exhibitor and

unique spectator experience including world-class footing, hospitality, entertainment, food, and shopping.

Continuing as a member of the Longines FEI Jumping World Cup™ North American League, not only will WIHS offer increased prize money and ranking points throughout the international division, but also the 2022 edition of WIHS will see the return of the popular Exhibitors' Lounge and VIP Dining Platform, in addition to new hospitality opportunities and special events at National Harbor.

Strong Support From Local Government

The return of WIHS to the D.C. metro area signaled the commitment of Prince George's County and Maryland state officials as well as The Maryland-National Capital Park & Planning Commission to announce a significant investment toward improving The Show Place Arena at Prince George's Equestrian Center to accommodate the world-class horses and riders the show attracts. Among the expected upgrades are improved footing, updated and matted stabling, a covered schooling area, and overall enhancements to improve the fan experience.

"WIHS has a long and revered history in the Washington, D.C., area, and we're pleased it's found a home with us in Maryland," said Ross Peddicord, Executive Director of the Maryland Horse Industry Board. "Maryland's successful investment and staging of the inaugural Maryland 5 Star eventing competition at Fair Hill, which drew more than 20,000 fans, is a prime example of local officials' dedication to horse sport.

"In that endeavor, we worked with

Around the County

Martinez Lopez Earns Dean's List at Davis & Elkins College

ELKINS, WV (Dec. 22, 2021)—Davis & Elkins College student **Joshua Martinez Lopez of Hyattsville, Maryland**, has achieved the Dean's List for the fall 2021 semester. To earn the honor, full-time students must achieve a semester GPA of 3.6 to less than 4.0.

Related to the Presbyterian Church (U.S.A.), Davis & Elkins College is located in Elkins, West Virginia, and offers 45 academic programs. For more information, visit the College website at www.dewv.edu.

—Linda Howell Skidmore, Davis & Elkins College

Visitation Suspended as Precautionary Measure

UPPER MARLBORO, Md. (Dec. 22, 2021)—Effective immediately, all non-legal visits to the Prince George's County Department of Corrections are suspended as a precautionary measure, due to the rise in COVID-19 cases across the region and State. The Department of Corrections is prioritizing the safety of its inmates, employees and community with this decision.

Arrangements have been made for non-contact legal visits to be done remotely. To supplement the suspended visitation, the Department of Corrections will continue to allow for three, free phone calls every day.

The Department of Corrections is limiting the number of individuals entering the facility, reducing the likelihood of the virus presenting itself in the jail. The drug laboratory is also closed. The Department is continuing to provide the COVID-19 vaccine to all interested inmates.

Any update to the suspension will be publicized.

—Andrew R. Cephas, Prince George's County Department of Corrections

WSSC Water Commissioners Unanimously Approve More Than \$400 Million to Upgrade Aging Water and Sewer Infrastructure

Commissioners Also Approve Utility's \$1.59 Billion Fiscal Year 2023 Preliminary Proposed Budget for Public Hearing Purposes

Budget Includes \$23.1 Million in Cuts

LAUREL, Md. (Dec. 15, 2021)—WSSC Water Commissioners today unanimously approved more than \$400 million in contracts to upgrade and improve aging water and sewer infrastructure. The approval includes two \$200 million contracts to rehabilitate sewer pipes across Montgomery and Prince George's counties and two contracts totaling nearly \$60 million to replace water mains along Allentown Road and Old Branch Avenue in Prince George's County.

"With approximately 45 percent of our 11,000 miles of water and sewer mains over 50 years old, replacing our aging buried assets remains a top priority for us," said WSSC Water General Manager and CEO Carla A. Reid. "Investing in water and sewer infrastructure protects public health and safety, creates jobs and drives economic development."

WSSC Water's Fiscal Year (FY) 2023 Preliminary Proposed Budget was also unanimously approved by Commissioners today to submit to county governments for public hearing purposes. The budget includes significant cuts amid COVID-19's devastating financial impact. WSSC Water has lost approximately \$130 million in revenue during the past two fiscal years, which has required budget cuts of roughly \$150 million in FYs 2020 through 2022. Today, one in five customers is past due on their bills – equating to more than 90,000 delinquent accounts totaling more than \$70 million in arrears.

The \$1.59 billion FY 2023 Preliminary Proposed Budget is based on a seven percent average rate increase – requiring \$23.1 million in cuts. With the proposed rate increase, a typical customer with a family of three, using 55 gallons of water per person per day, would see a quarterly increase of \$16.99 in their bill.

"The cuts to this budget are deep and will be felt by our customers," added Reid. "But let me stress that we will continue our 103-year track record of protecting public health and safety by providing safe, clean and reliable water."

WSSC Water will hold two public hearings on the FY 2023 Preliminary Proposed Budget:

Prince George's County
Wednesday, February 2, 2022, at 7 p.m.
Department of the Environment Building
Conference Room 140
1801 McCormick Drive, Largo, MD 20774

Montgomery County
Thursday, February 3, 2022, at 7 p.m.
Stella B. Werner Office Building
7th Floor Hearing Room
100 Maryland Avenue, Rockville, MD 20850

The meetings are currently planned as in-person meetings. There will be a livestream viewing option. Visit wsscwater.com/fin for details and any changes.

Please contact WSSC Water as soon as possible at 301-206-8100 if your attendance at any of these hearings will require an accommodation under Title II of the Americans with Disabilities Act.

The formal budget document will be available January 15, 2022, at wsscwater.com/budget. Can't make the hearings? Written comments can be submitted to BudgetGroup@wsscwater.com, or mailed to Budget Division Manager, WSSC Water, 14501 Sweitzer Lane, Laurel, MD 20707 by February 15, 2022. The proposed budget must be submitted to both the Prince George's and Montgomery County Councils by March 1, 2022.

WSSC Water is the proud provider of safe, seamless and satisfying water services, making the essential possible every day for our neighbors in Montgomery and Prince George's counties. We work to deliver our best because it's what our customers expect and deserve.

—Chuck Brown, WSSC Water

COMMUNITY

Winter Grief Support Programs and Workshops Presented by Hospice of the Chesapeake

By ELYZABETH MARCUSSEN
Hospice of the Chesapeake

Winter Adult grief support programs meeting this winter

PASADENA, Md. (Dec. 21, 2021) —Chesapeake Life Center will offer a variety of grief support groups for adults that will be meeting in person and virtually this winter.

The following grief support groups will meet in person:

Four-Week General Grief In-Person Support Group is a facilitated group offering attendees an opportunity to explore grief themes and share strategies for navigating grief in a community of trust. A four-week commitment is required. There are two groups that will meet from 6 to 7:30 p.m. Thursdays, Feb 3 to 24. One will meet in our Charles County office at 2505 Davis Road, Waldorf, Maryland, and the other will meet on the John & Cathy Belcher Campus, 90 Ritchie Highway, Pasadena, Maryland.

Loss of Life Partner/Spouse Monthly Evening Group is for individuals grieving the death of a spouse or life partner. It will meet on the John & Cathy Belcher Campus from 6:30 to 8 p.m. on the second Wednesday of the month, Jan. 12, Feb. 9 and March 9.

Parent Loss Four-Week Group will focus on exploring the loss of a parent or parental figure. Whether you are grieving the loss of a parent or someone who was like a parent, wherever you are in your grief process, whatever the relationship, you are welcome to attend. A four-week commitment is required. It will meet on the John & Cathy Belcher Campus from 6 to 7:30 p.m. Thursdays, March 3 to 24.

Traumatic Loss Eight-Week Group will be led by clinicians with expertise in traumatic loss and will focus on how to heal from death losses that involve trauma. This is a safe space for participants to learn skills of grounding, containing overwhelming feelings, releasing trauma from the body, and safely expressing the loss and its circumstances. An eight-week commitment is required. It will meet on the John & Cathy Belcher Campus from 5:30 to 7:30 p.m. Tuesdays, March 22 to May 10.

Per Center for Disease Control and local government guidelines, the number of people allowed to participate in programs in person is limited to allow for physical distancing. Face masks must be worn at all times. Childcare is not provided, and children are not permitted in any of these groups.

The following groups will meet virtually via Zoom for Healthcare:

Loss of Life Partner/Spouse Monthly Morning Group is for individuals grieving the death of a spouse or life partner. It will meet from 10:30 a.m. to noon on the second Wednesday of the month, Jan. 12, Feb. 9 and March 9.

Nurturing the Grieving Heart through Yoga is a four-week virtual workshop led by certified yoga instructor Cathy Rees. This workshop will help participants explore how grief shows up in your mind and body. This gentle exploration reveals a compassionate way to journey through your suffering toward a healing path. No experience is necessary. People can participate with a yoga mat or with a chair. It will meet from 9 to 10:30 a.m. Thursdays, Feb. 17 to March 10.

Acknowledging that not everyone has access to this technology or may not be comfortable with it, the center suggests people call or email the office and grief professionals will work with individuals to help them find other appropriate resources if needed.

Two groups will be meeting both in-person and virtually:

Child Loss Support Group will meet both in-person and virtually. This group is for parents who have experienced the death of a child of any age or circumstance. The group will meet on our Pasadena campus as well as via Zoom for Healthcare from 6 to 7:30 p.m. on the first Wednesday of the month, Jan. 5, Feb. 2 and March 2.

SoulCollage Grief Support Group has participants create a series of collages to commemorate lost loved ones and to visually journal the grief process. The group will meet from 5 to 8 p.m. Mondays, Jan. 10, Feb. 7 and March 7 at the nonprofit's office at 9500 Medical Center Drive, Suite 250, in Largo, Maryland, as well as via Zoom.

Registration is required for all groups and can be completed by calling 888-501-7077 or emailing griefinfo@chesapeakelifecenter.org. Visit www.hospicechesapeake.org/events for a complete listing of in-person and virtual groups and workshops for adults and children.

Breaking things to start anew part of winter grief programs

PASADENA, Md. (Dec. 21, 2021) —People feeling shattered by loss get permission to break things with one of many new grief and loss workshops being offered this winter by Chesapeake Life Center.

Smash and Mend is an expressive arts workshop that has participants smashing up ceramics and using the broken pieces to create something new in a mosaic. Through grief work and healing, people can begin to rebuild and redefine who they are without that special someone in their lives. The workshop will take place from 10 a.m. to noon Saturday, March 19, on Hospice of the Chesapeake's John & Cathy Belcher Campus, 90 Ritchie Highway in Pasadena, Maryland. The cost is \$25.

The center has several programs planned through the winter months to help people in the community work through their loss in ways that best meet their needs.

Living with Loss: Later in Life explores how aging confronts us

with a variety of changes that include deaths of loved ones as well as changes in health and living situations. These losses through age offer both challenges and opportunity. The workshop invites older adults to delve into these changes and consider new perspectives for developing and strengthening coping strategies in the winter of one's life. This event will take place from 10:30 a.m. to noon Thursday, Jan. 27, in the Prince George's County office, 9500 Medical Center Drive, Suite 250, Largo, Maryland. Participants have the option of attending in-person or virtually. The cost is \$10

Grief through Literature is a quarterly book group that uses literature to better understand loss. This quarter's group will discuss "I Keep Trying to Catch His Eye" by ESPN commentator Ivan Maisel. In this book, Maisel shares about losing his son to suicide, how men's mental health is often overlooked and learning to share his grief on his path to greater healing. The event is free and will take place in person from 5:30 to 7 p.m. Monday, Feb. 7, on the John & Cathy Belcher Campus in Pasadena. Participants must provide their own book.

Winter Nature Mandala Workshop combines an appreciation for the woods and gardens on the John & Cathy Belcher Campus with the restorative practice of creating nature mandalas. Sanskrit for "circle," a mandala is a geometric design that represents a journey, starting from the outside and working inward. By slowing down and listening to the voices of nature, people can gain an opportunity to know themselves and the healing qualities of mother nature. Participants will meet outdoors at 90 Ritchie Highway in Pasadena campus to gather natural materials and then create their own mandalas. The workshop will take place from 1 to 3 p.m. Friday, Feb. 18. The cost is \$10.

Cocoa and Canvas is a kid-friendly event that combines sipping cocoa and creating a family tree. Paint and supplies will be provided as well as sweet treats. It will take place from 6 to 7:30 p.m. Wednesday, Feb. 23, in the Prince George's County office in Largo. The cost is \$10 per participant.

Prince George's County Walk is a peaceful winter walk around beautiful Lake Artemesia in Prince George's County. Participants will reflect on this season of quietude to provide healing in times of grief. This free event will take place from 11 a.m. to 12:30 p.m. Monday, March 21, at the park located at 8200 55th Ave College Park, Maryland.

For events occurring in person, participation is limited and restrictions will be updated prior to the event using the most recent Centers for Disease Control guidelines and organizational policies.

Registration is required and can be completed by calling 888-501-7077 or emailing griefinfo@chesapeakelifecenter.org. Visit www.hospicechesapeake.org/events for a complete listing of in-person and virtual groups and workshops for adults and children.

Chesapeake Life Center, a program service of Hospice of the Chesapeake, serves hospice family members and the community with bereavement services and activities aimed at enhancing the quality of life for those grieving the loss of a loved one. For details, visit www.chesapeakelifecenter.org.

Prince George's Community College Participating in New Initiative With University of Maryland Medical System for Recruitment of Nurses, Other Clinical Positions

Program to create statewide community college pipeline to critical needs healthcare fields

By PRESS OFFICER

Prince George's Community College

BALTIMORE (Dec. 14, 2021)—Prince George's Community College (PGCC) is partnering with the University of Maryland Medical System (UMMS) in the System's \$5.1 million commitment to recruit registered nurses and other clinical bedside experts from Maryland's two-year schools, beginning with students graduating next month.

"As a System, we are committed to improving health outcomes for the communities that we serve," said Lisa Rowen, DNSc, RN, UMMS senior vice president and chief nurse executive. "And in the spirit of community, we have enhanced our partnerships with community colleges whose health professions programs are an excellent workforce resource."

Angela Anderson, dean of Prince George's Community College's Health, Wellness, and Hospitality division said, "The UMMS Community College Tuition Incentive Program is a wonderful opportunity for our Allied Health and nursing students. The program further strengthens the partnership between PGCC and UMMS in our commitment to improve health outcomes for Maryland residents."

The UMMS Community College Tuition Assistance Incentive Program includes 600 openings, 300 for registered nurses (RNs) and 300 for other specific clinical positions, including licensed practical nurses (LPNs), surgical techs, radiographers, respiratory therapists, certified nursing assistants, and patient care techs.

The program grants RN new hires \$12,000 and non-RN new hires in select clinical roles \$5,000 post-graduation; both are based

upon successful completion of hospital orientation and specific licensure exams, tests, or required certifications. Nurse recipients are required to commit to two years of full-time employment with their UMMS member organization following completion of orientation. Non-nurse recipients are required to commit to one year of employment.

"The demand to fill skilled clinical positions is at an all-time high and we are looking to become the employer of choice for community college graduates seeking employment in health professions," Dr. Rowen added. "We are hopeful that these funds will help the graduates cover some of their educational expenses and further differentiate UMMS from other health care employers."

Through a global agreement with UMMS, current PGCC students in the nursing, radiography, nuclear medicine, respiratory therapy, health information management, and paramedic programs use UMMS facilities to complete their clinical rotations. Prince George's Community College graduates an average of 200 Allied Health and nursing students per year.

Registration for spring 2022 is open, with multiple start dates and modalities that allow students to pursue an education on their terms. To learn more, contact apply@pgcc.edu.

Named a National Center of Academic Excellence in Information Assurance designated by the National Security Agency and Department of Homeland Security (2015–2020), Prince George's Community College (PGCC) provides high-quality education and training for the progressive and career-oriented residents of Prince George's County.

From new high school graduates and career seekers to more seasoned professionals and senior citizens looking to enhance their skillsets, PGCC is comprised of students who represent a wide range of ages, backgrounds, and goals. Serving nearly 35,000 individuals annually, the College is the first choice for higher education for residents of Prince George's County. Collaborative partnerships, responsive degree and training programs, and a commitment to student success enables PGCC to address diverse education and workforce development demands. For more information, visit the College website at www.pgcc.edu. Prince George's Community College is accredited by the Middle States Commission on Higher Education, 3624 Market Street, Philadelphia, PA 19104; (267-284-5000); www.msche.org. The Middle States Commission on Higher Education is an institutional accrediting agency recognized by the U.S. Secretary of Education and the Council on Higher Education Accreditation.

The University of Maryland Medical System (UMMS) is a university-based regional health care system focused on serving the health care needs of Maryland, bringing innovation, discovery and research to the care we provide and educating the state's future physician and health care professionals through our partnership with the University of Maryland School of Medicine and University of Maryland, Baltimore professional schools (Nursing, Pharmacy, Social Work and Dentistry) in Baltimore. As one of the largest private employers in the State, the health system's more than 29,500 employees and 4,000 affiliated physicians provide primary and specialty care in more than 150 locations, including 13 hospitals and 9 University of Maryland Urgent Care centers. The UMMS flagship academic campus, the University of Maryland Medical Center in downtown Baltimore, is recognized regionally and nationally for excellence and innovation in specialized care. Our acute care and specialty rehabilitation hospitals serve urban, suburban and rural communities and are located in 13 counties across the State. For more information, visit www.umms.org.

Horse Show from A2

county government and various state agencies and private donors to secure significant funding for infrastructure improvements and event operations," continued Peddicord. "It is part of the Maryland Horse Park System plan, as outlined by the Maryland Stadium Authority. That's the game plan we are following here. We are extremely gratified that Prince George's County government has already stepped up to get the ball rolling and to bring this world-class competition to their county. It will have an enormous economic and cultural impact."

WIHS is partnering with the popular National Harbor waterfront complex to create a WIHS Hotel and Hospitality Campus offering exhibitors, spectators, and sponsors special access to top lodging, entertainment, and community events, including the popular WIHS Kids' Day.

Maryland Horse Month

WIHS will become a major attraction during the month of October as Maryland Governor Larry

Hogan has designated October "Maryland Horse Month." WIHS will be a highlight along with the Maryland 5 Star eventing competition taking place October 13–16, 2022, at the Fair Hill Special Event Zone in Elkton, Md., and the Maryland Million horse race in Laurel, Md. WIHS will also bring back its popular Kids' Day and continue to evolve its mission of educating and entertaining the community through equestrian sport within Prince George's County and the greater Washington, D.C. area.

"For more than 60 years, WIHS has been known for its unique ability to bring the joy of horses and jumping to spectators and fans in the D.C. region who otherwise may not have a chance to experience these wonderful animals," said Lowell. "The partnership with Maryland and National Harbor coupled with exciting competition at the nearby Show Place Arena indoor complex will provide the best of both worlds for athletes, horses, and spectators alike."

"We are Prince George's Proud to welcome the Washington International Horse Show to Prince

George's County, the Crown Jewel of Maryland," said Prince George's County Executive Angela D. Alsobrooks.

"We want to thank the WIHS Board of Directors for allowing our County and the State of Maryland the opportunity to host this world-class event right here at our very own Show Place Arena. Prince George's County has so many attractions, amenities, and entertainment options, so we are excited to welcome visitors from across the globe to experience all that our County has to offer."

Join Us for the WIHS 2022 Experience

Everyone at WIHS is excited about this new chapter in the history of the show and hopes that riders, trainers, owners, and equestrian fans will come experience WIHS at The Show Place Arena and at National Harbor in October 2022. Additional details will be announced in the coming months.

For updates about WIHS 2022 and for more information about WIHS, please visit www.wihs.org and follow us on Twitter, Instagram, and YouTube.

The Maryland Horse Industry Board (MHIB) is a program in the Maryland Department of Agriculture that serves as a commodities board promoting all aspects of the state's \$2.1 billion equine industry. MHIB develops projects to help spur economic development and particularly to initiate marketing efforts to help grow the recreational riding sector. The board also licenses and inspects nearly 800 commercial boarding, lesson, rental, and rescue stables. For more information, visit mda.maryland.gov/horseboard.

Established in 1958, the Washington International Horse Show is one of North America's most prestigious and entertaining equestrian events with competition for professionals, amateurs, juniors, and children. Highlights include the Longines FEI Jumping World Cup™ Washington for the President's Cup and the WIHS Equitation Finals plus community and charity events. WIHS, an official USEF Heritage Competition, is a 501(c)(3) nonprofit charitable organization. For more information, visit wihs.org.

COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

King Family and Justice Organizations Urge No MLK Day Celebration Without Voting Rights Legislation

"After decades of struggle and a year of our leaders choosing the Jim Crow filibuster over our voting rights, our time is now. On this day of action, I call on Congress and the White House to eliminate the filibuster and pass voting rights to protect millions of Black and Brown voters. The arc of the moral universe is long. Join me on January 17 to demand that it bends toward justice."

—Martin Luther King III

More than five and a half decades ago, Martin Luther King, Jr., led 2,000 marchers to the Edmund Pettis Bridge in Selma, Alabama, where they knelt and prayed for an end to voter suppression. This MLK Day, his children will lead marchers to the

Frederick Douglass Memorial Bridge in Washington, D.C., to culminate a weekend of action in defense of democracy.

Throughout MLK Day weekend, marches will take place around the nation on bridges, not only to recall the 1965 Selma to Montgomery marches and the historic "Bloody Sunday" attack on the Edmund Pettus Bridge, but also to contrast lawmakers' inaction on voting rights with their success in enacting a \$1 trillion infrastructure measure for roads, airports, seaports, and bridges.

If Congress can deliver for bridges, it can deliver for voting rights.

Martin Luther King III, Arndrea Waters King and Yolanda Renee King, alongside more than 90 national and grassroots organizations, including

the National Urban League, this week announced mobilizations on Martin Luther King, Jr. Day to restore and expand voting rights to honor Dr. King's legacy. The actions will call on President Biden and the Senate to urgently pass federal voting rights legislation, including the Freedom to Vote Act and the John Lewis Voting Rights Advancement Act, and ensure the Jim Crow filibuster doesn't stand in the way.

Dr. King's legacy reminds us that our right to vote was not easily won and it must be vigorously defended. It is a right that is foundational to our democracy. Last year, we saw what happens when we make voting more accessible for all, and we were inspired. Those unpatriotic members of state legislatures who would seek to undermine voting rights saw it too, and it scared them.

State lawmakers have introduced and enacted hundreds of antidemocratic voter suppression and election subversion bills since the 2020 election. These anti-democracy bills—introduced in direct response to Black and Brown voters showing up in record numbers—close polling centers, purge voter rolls, eliminate early voting, and gerrymander Black and Brown voters into predominantly white districts.

Furthermore, the Supreme Court's July decision in *Brnovich v. DNC* further gutted the Voting Rights Act, one of Dr. King's signature achievements. Federal voting rights legislation will help overturn these Jim Crow-era state bills and put key protections in place.

The Freedom to Vote Act expands opportunities to vote, thwarts voter suppression, limits partisan gerrymandering, prevents election sabotage, and promotes election security. The John R. Lewis Voting Rights Advancement Act would restore a requirement in the Voting Rights Act that jurisdictions with recent histories of discrimination secure federal "preclearance" before altering their voting laws, and will enhance the ability of the U.S. Department of Justice and other stakeholders to challenge discriminatory voting laws.

President Biden and members of Congress can no longer stand by and allow American democracy to crumble. They must set a new national standard for voting and restore the Voting Rights Act of 1965 to its full strength, even if that means reforming or eliminating the filibuster. Standing on the shoulders of Dr. King, Coretta Scott King, Whitney M. Young and many others, we must hold them accountable for doing so.

The MLK Day mobilizations will begin in Arizona on January 15, Dr. King's birthday, where the King family and local groups will rally supporters across Phoenix, in alignment with the Arizona Martin Luther King Jr. Celebration Committee. On January 17, the family and hundreds of others will cross the Frederick Douglass Memorial Bridge and join the annual D.C. Peace Walk: Change Happens with Good Hope and a Dream.

For more information about the weekend of mobilizations, visit www.deliverforvotingrights.com.

Marion Wright Edelman

President Emerita, Children's Defense Fund



ChildWatch:

Two Christmas Eve Lessons

On this Christmas Eve I share again the powerful lessons in a pair of Christmas Eve sermons given by two of my mentors, the Rev. William Sloane Coffin, Jr. and Dr. Martin Luther King, Jr. In the story shared with me about my dear friend Bill Coffin, it was Christmas Eve and the pews at New York City's Riverside Church were packed. The Christmas pageant was underway and had come to the point at which the innkeeper was to turn away Mary and Joseph with the resounding line, "There's no room at the inn!" The innkeeper was played by Tim, a youth of the congregation with Down syndrome. He had only one line to remember: "There's no room at the inn!" He had practiced it again and again with his parents and the pageant director and seemed to have mastered it.

So Tim stood at the altar, bathrobe costume firmly belted over his broad stomach, as Mary and Joseph made their way down the center aisle. They approached him, said their lines as rehearsed, and waited for his reply. Tim's parents, the pageant director, and the whole congregation almost leaned forward as if willing him to remember his line.

"There's no room at the inn!" Tim boomed out, just as rehearsed. But then, as Mary and Joseph turned on cue to travel further, Tim suddenly yelled "Wait!" They turned back, startled, and looked at him in surprise.

"You can stay at my house!" he called.

Well, Tim had so effectively preached the Christmas Eve message at Riverside Church that Bill Coffin strode to the pulpit, said "Amen," and sat down. It was the best sermon he never preached.

When will we individually and collectively as congregations, as communities, and as a nation resolve to stop saying to our children, "There's no room at the inn"? When will we, like Tim, start saying, "You can stay at my house"? When will we say to poor, hungry, and homeless children, "Wait! We'll make a place for you at America's table"? "We'll catch you in our safety net until your family is able to provide for you again?"

Children must have their basic human needs of shelter, food, education, and safety met right now but they also need more than material protection. They need hope and a sense that there is a future. On December 24, 1967, Dr. King delivered a sermon at Ebenezer Baptist Church in Atlanta on what would be his last Christmas Eve. Dr. King reflected on the "I Have A Dream" speech he had given at the March on Washington four years earlier, and how he had already begun seeing his dream turning into a nightmare as he watched current events unfolding. But Dr. King refused to give up his conviction that our nation could change: "I still have a dream today that one day justice will roll down like water, and righteousness like a mighty stream. I still have a dream today that in all of our state houses and city halls men will be elected to

go there who will do justly and love mercy and walk humbly with their God... With this faith we will be able to speed up the day when there will be peace on earth and good will toward men."

Earlier in the sermon, though, Dr. King shared a sharp warning for our nation and world: "Now let me suggest first that if we are to have peace on earth, our loyalties must become ecumenical rather than sectional. Our loyalties must transcend our race, our tribe, our class, and our nation; and this means we must develop a world perspective. No individual can live alone; no nation can live alone... We must either learn to live together as brothers or we are all going to perish together as fools."

Dr. King's words are prescient as always. As we approach the second year of the pandemic, has the trauma of this shared experience finally altered our world perspective? Is the day of good will toward all that Dr. King longed for—and Tim exemplified—still coming? Are we closer to living together and caring for each other as brothers and sisters rather than perishing together as fools? As Christians celebrate the miracle of the incarnation—the belief that God actually came to live among us as a child—I hope we can honor God by raising a mighty and desperately needed voice for justice, care, and protection for each and every sacred child among us.

—December 24, 2021

Hoyer Statement on Bowie Water Pipes

WASHINGTON (Dec. 21, 2021)—Congressman Steny H. Hoyer (MD-05) released the following statement today following recent reports of Bowie residents struggling with the city's deeply tuberculated water pipes:

"I am deeply concerned by recent reports highlighting the state of tuberculated water pipes in Bowie. Hundreds of residents are living with brown or discolored water in their homes, heightening alarm regarding the

safety of the water quality in the city. These complaints put special emphasis on the need for the investments provided by the bipartisan infrastructure law that was signed into law last month. This law secures \$844 million in Maryland to improve water infrastructure across our state, including funding that can help communities like Bowie make needed repairs to ensure families can access clean drinking water.

"Residents of Bowie are

rightfully frustrated by this growing problem. Earlier this year, I fought for \$2 million to replace one mile of deteriorating water pipes in the city of Bowie, and I remain hopeful these funds will be included in future appropriations legislation. The health and well-being of our communities must come first, and I will continue to monitor this issue and press for its resolution on behalf of Bowie families."

Congressman Anthony Brown's Statement On New DOD Action to Counter Extremism

"The Department of Defense's actions today are a positive step forward in this fight, but we must do more."

WASHINGTON (Dec. 20, 2021)—Congressman Anthony G. Brown (MD-04) released the following statement on the Department of Defense's new rules prohibiting servicemembers from actively engaging in extremist activities:

"Extremism in our military poses a clear danger to our men and women, our country, and mission readiness. Our military is being used as a training ground by extremist individuals and organizations seeking to use the skills gained in our Armed Forces to attack our democracy. Violent, extremist ideologies have no place in our military and run counter to

the values of equality and freedom which our servicemembers defend. We need to be decisive and take this threat seriously.

"The Department of Defense's actions today are a positive step forward in this fight, but we must do more. We must ensure there is an enduring commitment that extremism has no place in our Armed Forces. That means codifying into law the Department's institutional capacity, training requirements, robust and expanded transparency through reporting, and affirming commanders' inherent authority to remove extremists from the ranks. Congress has an

important role to play in this effort. I urge my colleagues in the House and Senate to join me and advance meaningful legislation to defend our servicemembers and our nation from this threat.

Congressman Brown's provision combatting extremism within the military was passed out of the House Armed Services Committee by a vote 31-28, and included in the package passed by the House of Representatives on September 23, 2021. The provision was not included in the final FY22 National Defense Authorization Act. Congressman Brown voted against the final package.

Brown, Strickland, Jones Introduce Bill to Improve Racial Disparity Reporting in Military Justice System

WASHINGTON (Dec. 21, 2021)—Congressman Anthony G. Brown (MD-04), Congresswoman Marilyn Strickland (WA-10), and Congressman Mondaire Jones (NY-17) introduced legislation to improve demographic reporting within the military justice system. Provisions from this legislation were included in the FY22 National Defense Authorization Act and were signed into law by President Biden.

Racial disparities in the military justice system are longstanding. Black and Hispanic service members are more likely than white service members to be the subject of investigation for serious crimes and to be tried in general and special courts-martial. A 2020 evaluation on racial disparities conducted by the Department of Defense found their assessment of the causes of racial disparities limited by inadequate data collection, an issue identified more than a decade ago. These new reporting requirements would give lawmakers and commanders the foundational data needed to guarantee a more equitable military justice system.

"Our military justice system is not upholding our higher values of equal justice and fairness. The impact of these disparities is disproportionately felt by Black and brown servicemembers," said Congressman Anthony Brown, a former JAG officer. "This legislation is an important step forward to ensuring accountability in our military justice system and is how we begin ensuring true justice for

all who serve, no matter their race or background."

"With 43 percent of our active-duty force represented by people of color, we must take immediate action to eliminate racial disparities from our military justice system," said Congresswoman Marilyn Strickland. "I thank my friends and colleagues, Representatives Brown and Jones, for their extraordinary leadership and partnership in advancing fairness, justice, and accountability for all servicemembers, regardless of their

race or background. As provisions from our bill become law, the final Defense Budget brings us one step closer to building a more equitable military justice system."

This legislation would require detailed, quantitative annual demographic reporting on action taken with alleged offenses at multiple steps in the judicial process including; reported offenses, investigations, administrative action, punishment, and courts-martial.

The Prince George's Post

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Contents © 2021, The Prince George's Post

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Legal Advertising Assistant Robin Boerckel	Web Manager Kyler Quesenberry

Prince George's County, Md. Member National Newspaper Publishers Association, and the Maryland, Delaware, District of Columbia Press Association. The Prince George's Post (ISSN 10532226) is published every Thursday by the New Prince George's Post Inc., 15207 Marlboro Pike, Upper Marlboro, Md. 20772-3151. Subscription rate: 25 cents per single copy; \$15 per year; \$7.50 senior citizens and students; out of county add \$1; out of state add \$2. Periodical postage paid at Southern Md. 20790. Postmaster, send address changes to Prince George's Post, P.O. Box 1001, Upper Marlboro, Md. 20772-3151.

BUSINESS AND FINANCE

Maryland Small Business Development Center

Jump Start Your Business, 2022 (4-Day Multi-Session & Business Lab Time With Consultant) January 10–13, 2022 • 4 p.m. to 6 p.m.

Location: Online • Cost: Free of Charge-Registration Required:
<https://mdsbdc.ecenterdirect.com/events/16966>

This FREE series of virtual workshops are for those who are interested in starting their first business but want to find out more information on what to expect before they begin their first business. Our experienced business consultants and Subject Matter Experts will share with you what you'll need to know of the benefits and drawbacks that come with the life of an entrepreneur. This series will run January 10, 2022 through January 13, 2022 with a bonus lab for assistance with SBDC Consultant to help with starting your business venture and with registering your business.

Social Security Matters

Ask Rusty:

Should I Take Social Security Even If I Don't Need It?

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

Dear Rusty: I am 66 years plus 8 months old, am still working making six figures, and can support myself. I'm a healthy, self-employed single woman and have a State Pension (from a divorce settlement). I will work part time, probably through next year and until I am 70 years old or more. What should I do about my Social Security—take it or “bank it” in Social Security? **Signed: Fully Independent Lady**

Dear Fully Independent: When to take your Social Security is always a personal choice which should look at your health, life expectancy and need for the money at this time. Since you imply that you don't really need the money at this time, you might choose to simply wait until age 70 to claim, which will give you both the highest possible monthly benefit in your later years, as well as the most in cumulative lifetime benefits if you enjoy at least average longevity.

Statistically, according to Social Security, a healthy woman your current age will, on average, live to about 87. If you wait until age 70 to claim (vs. claiming now) your benefit will be about 30% higher and you'll breakeven money-wise when you're about 83. Depending upon your benefit amount and how long you live, that could give you tens of thousands of dollars more in benefits during your later years, and that higher monthly SS benefit would be a good hedge against future inflation.

Keep in mind too that, at your current income level, up to 85% of your Social Security benefits will become part of your taxable income. Even if you are only working part time, your combined income from all sources (including half of your SS benefits) will cause a minimum of 50% of your SS benefits for each tax year to become part of your taxable income at your normal IRS tax rate. The point being that the amount of your SS benefits which will be taxed by the IRS is related to your overall income, so there are tax advantages to waiting to claim until your income is lower.

We can only advise you on your Social Security options. If you wish to consider claiming your SS earlier and investing those benefits, you should seek the services of a Certified Financial Planner who can discuss your investment options, your risk tolerance and possible rate of return. From a Social Security standpoint, waiting until age 70 will maximize your benefit amount and, if you enjoy at least average longevity, reduce your “longevity risk” (the risk you might outlive your money). It will also yield the most in lifetime SS benefits. But, in the end, only you can make that decision after carefully considering all your options.

The 2.4 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.

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Regional Healthcare Nonprofit Welcomes New Chief Financial Officer and New Chief Clinical Officer

By ELYZABETH MARCUSSEN
Hospice of the Chesapeake

PASADENA, Md. (Dec. 21, 2021)—Hospice of the Chesapeake is excited to announce two new leaders have joined the nonprofit's executive team this year. Gerald Hill is the organization's new Chief Financial Officer (CFO), and Rebecca Miller is its new Chief Clinical Officer (CCO). Hill has been with the organization since April and is taking on the role previously held by Michael Brady, who became President and CEO at the beginning of the 2021. As CFO, Hill leads a team dedicated to increasing productivity, reducing organizational expenses, improving utilization of technology, and growing the financial strength of the nonprofit organization. Hill has 25 years of healthcare experience and held positions of increasing responsibility with Trinity Health at Home, Hospice Savannah, and St Joseph's/Candler Health System prior to joining Hospice of the Chesapeake. He holds a Bachelor of Business Administration from Texas Tech University and is currently pursuing his MBA studies.

Miller joined the organization in October as CCO, a newly created role that reflects the growth of the nonprofit's traditional hospice program as well as its expansion of clinical teams to serve patients and families in Charles County after the October 2020 merger with Hospice of Charles County. As COO, Miller will lead the hospice clinical leadership team with a focus on quality patient care and innovative care solutions.



Gerald Hill, Chief Financial Officer and Becky Miller, Chief Communications Officer



PHOTOS COURTESY HOSPICE OF THE CHESAPEAKE

Miller, a licensed clinical social worker, earned both her Bachelor and Master of Social Work degrees from University of Illinois, Chicago. Her 23 years of hospice experience includes serving as Chief Operating Officer for Rainbow Hospice and Palliative Care in Illinois and HopeHealth in Rhode Island and most recently, Illinois Director of Hospice Operations with Advocate Aurora Health Care.

Welcoming Hill and Miller whose experiences purposefully align with the goals and mission of this much respected organization comes at a critical time in its 42-year history. “We are caring for more hospice and supportive care patients than we have

ever cared for in our history while emerging from a global pandemic,” Brady said. “Having Gerald and Becky bring their decades of expertise in the healthcare and hospice industry to this community's hometown hospice will allow us to further embrace expansion and enhancement of hospice, supportive and bereavement care for individuals and families in Anne Arundel, Charles and Prince George's counties.”

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.

Earth TALK™ Amazon.Com: Environmental Jekyll & Hyde?

Dear EarthTalk:

Is Amazon.com an environmental hero or villain?

—J. West, Orange, CA

Not surprisingly, Amazon.com's environmental performance is a mixed bag. One charge often levied by critics is that Amazon's low pricing and expedited shipping encourages customers to spend more on more unnecessary stuff, further exacerbating our already rampant consumerism. Likewise, critics charge that the company's “Prime” service encourages customers to order single items that must be rush-shipped to them instead of combining multiple orders in bigger boxes, which would be more energy efficient.

Others criticize Amazon for introducing huge commercial operations into hundreds of otherwise residential and predominantly minority communities across the country. An analysis by Consumer Reports found that 69 percent of Amazon warehouses have more people of color living within a one-mile radius than the median neighborhood in their metro areas. Residents complain of increased air pollution from the preponderance of trucks and vans going to and fro, more dangerous walking and biking conditions for neighborhood kids, traffic congestions and significant upticks in noise.

In 2019 the company's carbon emissions were in the spotlight when hundreds of employees (“Amazon Employees for Climate Justice”) called on corporate leadership to commit to net-zero pollution by 2030. For its part, Amazon reports it is

moving quickly toward net zero carbon emissions. It won't practically be able to get there until 2040, but the company is aiming to run on 100 percent renewable energy by 2030.

Other green initiatives from the e-tailing juggernaut include a \$100 million investment in nature-based climate solutions like reforestation projects, a recent purchase of 100,000 fully electric delivery vehicles, and collaborations with manufacturers to improve and reduce packaging that has led to a 27 percent reduction in packaging weight and the elimination of 810,000 tons of packaging material since 2008.

Another area where the company garners green kudos is its leadership in cloud computing. Amazon's servers no doubt use a lot of electricity (much of which is derived from renewables nowadays), research suggests that companies who move their server infrastructure to cloud-based services—like industry leading Amazon Web Services—could save 87 percent on energy. The upshot is that as more and more companies ditch their own servers, energy consumption and carbon emissions can decline rapidly.

And let's not forget Amazon.com founder and former CEO Jeff Bezos' \$10 billion pledge to fund global warming resilience and mitigation efforts around the world over the next 10 years. So far, the so-called Bezos Earth Fund, while not officially tied to Amazon.com but built on Bezos' wealth stream from the company, has donated some \$947 million to various programs, organizations and research efforts working on climate and

environmental justice issues—and the philanthropic giving has just started.

CONTACTS: Amazon Employees for Climate Justice, amazonemployees4climatejustice.medium.com; When Amazon Expands, These Communities Pay the Price, consumerreports.org/corporate-accountability/when-amazon-expands-these-communities-pay-the-price-a2554249208/; Berkeley Lab Study Finds Moving Select Computer Services to the Cloud Promises Significant Energy Savings, newscenter.lbl.gov/2013/06/11/berkeley-lab-study-finds-moving-select-computer-services-to-the-cloud-promises-significant-energy-savings/.

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. See more at <https://emagazine.com>. To donate, visit <https://earthtalk.org>. Send questions to: question@earthtalk.org.



CREDIT: SOUMIT, FLICKRCC

Despite efforts by Amazon.com to achieve net zero emissions, environmentalists still have plenty of beefs with the e-tailing juggernaut.

WPC Acquires Three College Park, MD Apartment Communities for \$14 Million

By PRESS OFFICER
Washington Property Company

BETHESDA, Md. (Dec. 21, 2021)—Washington Property Company (WPC) has acquired an 81-unit portfolio comprising three low-rise apartment communities near the University of Maryland-College Park (UMCP) for \$14 million.

The seller, JE Smith Corporation, was represented by CBRE's Bill Roohan, Mike Muldowney, and Kemp Broujos. Justin Glasgow of CBRE represented WPC in procuring financing from

Burke & Herbert Bank.

This is WPC's second acquisition of existing multifamily properties, closing just five days after the company purchased of The Mark, a 227-unit apartment tower in Alexandria, VA. “This transaction further expands our growing portfolio of multifamily assets in the Washington, DC metropolitan area,” said Quinn Rounsaville, WPC Senior Vice President of Acquisitions. “With their close proximity to transportation, employment opportunities, and one of the nation's great universities, these estab-

lished residences provide convenient living options at an accessible cost.” Rounsaville added that the COVID-19 pandemic has increased the appeal of living in lower-density communities.

WPC plans to substantially renovate each unit in the buildings, as well as upgrade common areas and selected building systems. The renovation program will include new flooring, lighting, appliances, and kitchen and bath updates.

The three College Park properties acquired by WPC are:

- University Gardens, 4620-

4626 Knox Road, built in 1946, 41 units

- Columbia Manor, 4812 College Avenue, built in 1959, 32 units
- Smith Manor, 4604 Knox Road, built in 1960, 8 units

These rental apartment communities are located in the established neighborhood of Old Town College Park within walking distance of the College Park Metro station on Metrorail's Green Line, MARC commuter rail service to downtown Washington, DC, and the future Purple Line light rail system. Residents can walk less than a half mile to the UMCP campus and University Research Park, home to a U.S. Food and Drug Administration food safety

and nutrition laboratory. Old Town College Park is directly adjacent to College Park's main retail corridor along Route 1.

UMCP is the largest four-year university in the greater Washington area, with some 41,000 students and 14,000 employees. Graduate and undergraduate UMCP students comprise more than half of the residents of WPC's three newly acquired apartment communities; others take advantage of the area's substantial employment, retail, cultural, and entertainment options.

Washington Property Company (www.washproperty.com) is a full-service commercial real estate company located in Bethesda, Maryland. Established by Charles

K. Nulsen, III, WPC is involved in a full range of real estate investment services including acquisition, land use, development, property management, leasing, and construction management. WPC has developed more than eight million square feet of commercial space in the Washington, DC metropolitan area and currently has over 1.6 million residential square feet under development. WPC is actively pursuing office, multi-family, retail, and mixed-use development opportunities throughout the region. Through its management company, WPC Management, LLC, Washington Property Company manages over 1.8 million square feet of commercial space.

HEALTH AND WELLNESS

New Invention May Reduce the Need For Masks

(NAPSI)—A new approach to indoor ventilation has been developed that can significantly decrease the risk of COVID and influenza outbreaks in schools, offices and other indoor environments, and even speed a reduction in mask wear.

The innovative invention captures and cleans individuals' breaths within seconds, before potential viruses have a chance to be dispersed throughout a room, improving overall indoor air quality. Current methods, including upgrades to existing HVAC systems, have proven somewhat ineffective as COVID outbreaks continue to create disruptions in indoor settings throughout the United States.

"Existing ventilation systems in schools, offices and elsewhere were not built for virus control. Not only does better ventilation decrease the risk of catching COVID, it has been shown to also improve work productivity

and school performance," said Larry Schoen, P.E., Fellow ASHRAE, Principal Engineer for Schoen Engineering Inc. "And even after upgrading a traditional HVAC ventilation system with better filters, it still allows virus-laden air to affect others in a room, creating the potential for contagion."

According to Dr. Rama Rao Amara, Emory University School of Medicine: "We know that COVID, as well as many other viruses, are airborne, meaning they spread through the air in microscopic, aerosolized particles. So, it makes sense that these particles can be easily pulled by the room's HVAC system or larger air purifier. To stop COVID and other pathogens, such as influenza or even the common cold from spreading in indoor environments, it is vital to capture an exhaled breath before these aerosols have a chance to journey around a room. We

need to re-evaluate how indoor air quality is managed."

Called Air-Clenz, the new technology has been customized for classrooms so teachers can see students as they did in pre-COVID settings. The size and positioning of the unit on the desk or cafeteria tabletop let students place their computers, textbooks or lunch trays within the air collection unit, so exhaled air is captured and cleaned of viruses or other pathogens while a student studies, eats or works.

"Capturing exhaled air close to the face before it becomes dispersed has been totally overlooked," said Stuart Sheldon, CEO of Air-Clenz Systems. "Except for a face mask, which most individuals would not want to wear for the rest of their lives, there is no known system in the world that captures even 50 percent of one's exhaled air without also cleaning 100 percent of the air in a room or enclosed space.



PHOTO CREDIT NAPSI

Good news for everyone tired of wearing a mask: A new device can clean a room's air and keep COVID, flu and other germs out.

There are literally hundreds of different commercial air purifiers and HVAC system options, but none come close to achieving what Air-Clenz can achieve."

The technology adds to the HVAC system for even cleaner air.

Dr. Anita Broach, Air-Clenz's Chief Scientist, adds: "Research demonstrates that Air-Clenz' technology typically captures and cleans more than an estimated 85 percent of a person's exhaled breath in approximately

three seconds. The captured air is then cleaned to a 99.9 percent level before being recirculated.

Learn More

For further facts, visit www.air-clenz.com.



PHOTO COURTESY OF GETTY IMAGES

Regularly checking your skin from head to toe can help catch skin cancer and other conditions early when they are most treatable.

Did You Know?

Dermatologists are trained to diagnose, treat and manage more than 3,000 conditions of the skin, hair and nails.

Check Your Skin, Save Your Life

6 simple steps to perform a skin self-exam

(Family Features) While it might not be the first thing on your to-do list, prioritizing regular skin checks could save your life.

Though a trip to the gym wasn't uncommon for John Ahern, the bruising he noticed after a particularly strenuous workout was unusual. Ahern's board-certified dermatologist, Lindsay S. Ackerman, MD, FAAD, made a life-saving observation: the bruises indicated a severe blood issue. After testing, Ahern was diagnosed with a rare form of leukemia.

Ahern's story offers an important reminder to pay attention to the body's largest organ and is one of many examples that show how the skin is a window to overall health.

"While bruising can be common, when it appears in unusual areas or in the absence of trauma, it can represent problems with other organ systems," Ackerman said.

Performing regular self-exams can familiarize people with their skin and help identify areas of concern. For example, Yvonne Basil noticed changes to a mole on her toe and quickly scheduled an appointment with her board-certified dermatologist. After a same-day surgical biopsy, Basil's dermatologist, Dr. Seemal R. Desai, MD, FAAD, confirmed it was melanoma, the deadliest form of skin cancer. Because of the early diagnosis and treatment, doctors stopped the spread and Basil is now cancer-free.

"While Yvonne's melanoma was very serious, it could have been much worse had she not found the mole and quickly made an appointment with a board-certified dermatologist," Desai said.

Regularly checking your skin from head to toe can help catch skin cancer and other conditions early when they are most treatable. These simple

steps recommended by the experts at the American Academy of Dermatology to perform a skin exam could help you detect a condition early:

- Examine your body in a full-length mirror
- Look at your underarms, forearms and palms
- Look at your legs and soles of your feet and between your toes
- Use a hand mirror to examine your neck and scalp
- Use a hand mirror to check your back and buttocks
- Take note of all the spots on your body, including moles, freckles and age spots

People of all skin tones should perform skin self-checks. When skin cancer develops in people of color, it is often diagnosed in its later stages, making it more difficult to treat. If you notice any new or suspicious spots on your skin, or any spots that are changing, itching or bleeding,

make an appointment with a board-certified dermatologist. To learn more, visit SpotSkinCancer.org.

ABCDEs of Melanoma

Melanoma is the deadliest form of skin cancer. However, when detected early, it is highly treatable. These warning signs can help you identify melanoma:

- **Asymmetry:** One half of the spot is unlike the other half.
- **Border:** The spot has an irregular, scalloped or poorly defined border.
- **Color:** The spot has varying colors from one area to the next.
- **Diameter:** While melanomas are usually greater than 6 millimeters, or about the size of a pencil eraser, when diagnosed, they can be smaller.
- **Evolving:** The spot looks different from the rest or changes in size, shape or color.

Source: American Academy of Dermatology

Debunking Common Misconceptions About Gout

(Family Features) When many people think of gout, they often picture swelling and pain in the big toe. However, gout—an extremely painful form of inflammatory arthritis—can occur in any joint when high levels of uric acid in the blood lead to the formation of urate crystals.

If your body creates too much uric acid or cannot clear uric acid properly, you may experience sudden and sometimes severe gout attacks, called flare-ups, that include pain, swelling or redness in your joints. The condition can disrupt many aspects of daily living, including work and leisure or family activities.

"I was diagnosed with kidney disease in 2009 and it wasn't too long after that I started dealing with gout issues," said registered nurse Theresa Caldron. "Gout affects your quality of life in a lot of different ways. You're going through days of pain and no one knows it because you don't look sick."

Because the kidneys filter and release uric acid, people with kidney disease are more likely to experience a buildup of urate crystals and, therefore, gout. In fact, 1 out of 10 people with chronic kidney disease have gout, and an even higher percentage of people with gout have kidney disease.

To help debunk some myths around the condition, the American Kidney Fund, in partnership with Horizon Therapeutics, created the "Goutful" education campaign, which aims to educate and empower patients with gout to help them live easier

and prevent further health complications, especially relating to their kidneys. Consider these common myths:

Myth: Gout is rare.

Gout is a relatively common condition. More than 8 million Americans have gout, and it is the most common form of arthritis in men over 40.

Myth: Gout is a man's disease.

Anyone can get gout, but it's more common in men than women. Though men are 10 times more likely to develop gout, rates of gout even out after age 60 since gout tends to develop for women after menopause.

Myth: Only people who are obese get gout.

People of all sizes can develop gout. Though people who are obese are at higher risk, gout is more common in people who have other health problems like diabetes, high blood pressure, high cholesterol or kidney disease. Others more at-risk for gout are males 30–50 years old, Asians, Pacific Islanders, Black people, people with a family history of gout, people with organ transplants and people exposed to lead.

Myth: Gout eventually goes away on its own.

Symptoms of gout attacks often go away within a few days, but that doesn't mean gout is gone. Even if you don't feel symptoms, urate crystals



PHOTO COURTESY OF GETTY IMAGES

Though men are 10 times more likely to develop gout, rates of gout even out after age 60.

can build up beneath the surface, which can cause long-term health problems like joint and kidney damage.

Myth: There are things you can eat to prevent or cure gout.

Certain foods may help decrease the level of uric acid in your body, but diet alone is not a cure for gout. People with gout who follow healthy

diets may still need medicine to prevent flare-ups and lower uric acid levels. Alcohol and foods rich in purines, especially red meat and seafood, should be avoided if you are prone to gout.

If you think you might have gout, talk with your doctor or a gout specialist about your symptoms. Visit kidneyfund.org/gout to learn more about gout and kidney disease.

Source: American Kidney Fund

Marylanders Urged to Get Vaccinated, Boosted. During his December 21 announcement, Governor Hogan provided an update on COVID-19 hospitalizations, which have risen by more than 180% in the last month, and urged all eligible Marylanders to get vaccinated or get a booster shot as soon as possible to be protected from the virus and its variants. The 9% of unvaccinated Marylanders continue to account for 75% of the state's COVID-19 hospitalizations. To find a clinic, visit covidvax.maryland.gov or call the state's multilingual call center, available seven days a week, at 1-855-MD-GOVAX (1-855-634-6829).

—Maryland Governor's Press Office

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Drivers from A1

Maryland State Police barracks statewide will be focusing enforcement efforts on impaired driving, aggressive driving, speeding, distracted driving and other violations that often contribute to highway tragedies, especially during holiday seasons. Additional troopers will be working overtime assignments through New Year's Eve funded by highway safety grants from the Maryland Department of Transportation Motor Vehicle Administration's Highway Safety Office.

In addition to working enforcement in cooperation with local police departments, troopers will be working closely with personnel from the Maryland Department of Transportation State Highway Administration. SHA provides significant help arranging detours at crash sites and conducting courtesy patrols to assist motorists.

Those using alcohol during upcoming celebrations are urged to make plans for a sober driver to take them home before they begin drinking. Multiple transportation options are available for those who will be drinking that keep them from behind the wheel.

In 2020, 548 people died as a result of a vehicle crash in Maryland. Those deaths included 120 from impaired driving, 55 from aggressive driving and 205 from distracted driving. Those crashes represent just a fraction of the more than 95,000 crashes reported in Maryland last year.

It is estimated to cost someone arrested for impaired driving about \$10,000 for legal fees, fines, lost wages and multiple other reasons. That cost is just for a simple arrest. If a crash is involved, the cost goes up exponentially, since a price cannot be placed on a life lost.

Here are some tips for both motorists and pedestrians to help reduce the chances of fatalities on Maryland roads:

- Safety Tips for Drivers**
- Look for pedestrians walking along the roadway and at crossings and intersections.
 - Stop for pedestrians at crosswalks as required by Maryland law.
 - Be careful passing stopped vehicles. If a car is stopped at a marked crosswalk, stop and look for crossing pedestrians as required by Maryland law.
 - Slow down and obey the posted speed limit.
 - Yield to pedestrians when turning.
 - Use extra caution at night when it may be harder to see pedestrians attempting to cross the road.
- Safety Tips for Pedestrians**
- Walk on the sidewalk. If there is no sidewalk, always walk on the side of the road facing traffic.
 - Cross the street at marked crosswalks and at intersections. Many pedestrian crashes occur at midblock locations where drivers do not expect pedestrians.
 - Obey traffic signals, including pedestrian signals.
 - Before crossing, look left, right and left again to make sure you can cross safely.
 - Look before stepping past stopped vehicles. They may be blocking your view of moving traffic.
 - Stay visible after dark and in bad weather. Help drivers see you by wearing retro-reflective material in low lighting conditions.
 - Use caution around any vehicle backing out of parking spaces and driveways.

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