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Governor Hogan Announces Operation Green Light to Honor Veterans Statewide

Department of Veterans Affairs Launches Landing Zone Maryland to Streamline Access to Benefits and Resources

By MICHAEL RICCI
Executive Office of the Governor

ANNAPOLIS, Md. (Nov. 3, 2022)—As the nation prepares to mark Veterans Day, Governor Larry Hogan today announced the State of Maryland's participation in Operation Green Light, a new initiative to support military veterans, as well as raise awareness about the resources available to assist veterans and their families. The state's outreach efforts are being led by the Maryland Department of Veterans Affairs (MDVA), County Veterans Affairs Commissions, the Maryland Association of Counties (MACo), and the Maryland Chamber of Commerce.

"We owe an incredible debt to those who have worn the flag of our nation on their arm, and who put their lives on the line to protect the rights and freedoms that we hold so dear," said Governor Hogan. "Our veterans serve as a reminder every single day of the immeasurable cost of war, and of the immense price of freedom. Operation Green Light brings us together across the state to show our gratitude to our veterans, and just as importantly, raise awareness for the resources available to them and their families."

Illumination of Landmarks Across The State. Through Operation Green Light—which is spearheaded by the National Association of Counties (NACo)—governments, businesses,

and residents are encouraged to participate by simply changing one exterior light bulb to a green bulb. State government buildings scheduled to be illuminated include Government House, Maryland Department of Veterans Affairs cemeteries and memorials, Charlotte Hall Veterans Home, and the Maryland Motor Vehicle Administration's Glen Burnie headquarters. Additional landmarks being illuminated include M&T Bank Stadium, the Baltimore Convention Center, the University of Maryland Medical System, and Johns Hopkins University.

For a complete list of

See GREEN LIGHT Page A3

SBA Announces Path Forward for Veteran Small Businesses

New SBA Certification Program launch to include one-year extension for certified veteran-owned small businesses

By JACK SPIRAKES, MPA
U.S. Small Business Administration

WASHINGTON (Nov. 2, 2022)—Today, during National Veterans Small Business Week (NVSBW), Administrator Isabella Casillas Guzman, head of the U.S. Small Business Administration (SBA) and the voice in President Biden's Cabinet for America's 33 million small businesses, announced consequential updates to the planned launch of SBA's new

Veteran Small Business Certification Program (VSBCP)—including her intention to grant a one-year extension to firms verified by the Department of Veterans Affairs (VA)'s Vets First Verification Program through the Center for Verification and Evaluation (CVE) as of the January 1, 2023, transfer date.

"The new Veteran Small Business Certification Program will be the gold standard in customer experience and support to ensure we grow our base of veteran federal contractors,"

said Administrator Guzman. "Adding this certification to SBA's portfolio of capital, bonding, and contracting programs will enable us to better serve our veteran entrepreneurs and help them grow their businesses through federal procurement opportunities."

Scheduled to begin operations and accept new applications in January 2023, the VSBCP will be the federal agency's primary vehicle for veteran-owned small businesses (VOSBs) and service-disabled veteran-owned small businesses (SDVOSBs) certifications—important classifications that enable them to qualify for sole-source and set-aside federal contracting awards.

Administrator Guzman also shared that she

See VETERAN BUSINESS Page A4

President Biden Rallies in Maryland in Last Minute Push for Democrats

By TIMOTHY DASHIELL
Capital News Service

BOWIE, Md. (Nov. 7, 2022)—President Joe Biden, stomping here at a rally for the state's Democratic candidates on the eve of Election Day, stressed the importance of voter turnout and the dangers of giving the power back to the Republican party.

"We need you to come out and vote, and vote for the people that will actually maintain the progress we've made these last two years," Biden told a crowd of about 1,500 people gathered in the Leonidas James PE Complex at Bowie State University, a historically Black university.

Biden told the mostly Black crowd that because African Americans voted for him, he was able to accomplish much, like his nomination of the first Black woman to the Supreme Court, the lower unemployment rate among African Americans and more federal funds for historically Black colleges and universities.

He warned that if Republicans take control of Congress, they would try to rollback groundbreaking climate change legislation he initiated and Congress approved.

Biden's biggest cheers and applause came when he discussed legalizing recreational cannabis, which is one of the choices Maryland voters will decide Nov. 8.

"We need to stop arresting peo-

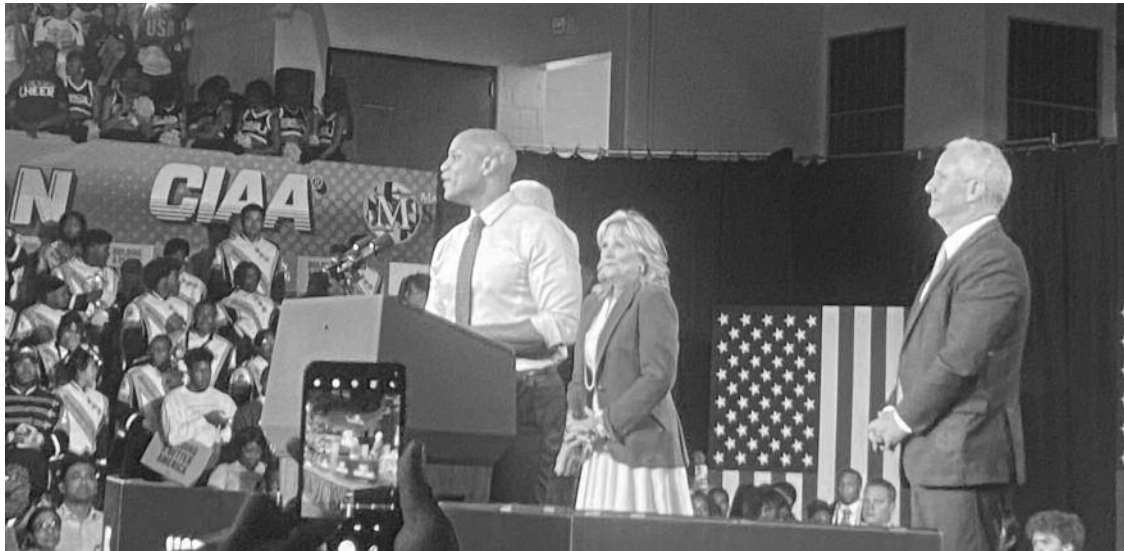


PHOTO CREDIT TIMOTHY DASHIELL/CAPITAL NEWS SERVICE

Democratic gubernatorial candidate Wes Moore, with First Lady Jill Biden and Maryland Sen. Chris Van Hollen looking on, told the crowd that he will govern in an inclusive manner that would "leave no one behind."

ple for the possession of marijuana," Biden told the enthusiastic crowd.

With close Senate and gubernatorial races in Arizona, Georgia, Pennsylvania and New York, Biden, his wife, First Lady Jill Biden, and two former presidents, Barack Obama and Bill Clinton, have been crisscrossing the country over the past week to rev up support among Democratic voters and to possibly sway some Independents.

Clinton was in South Texas Monday to support Democratic candidates, including Beto O'Rourke, who is running for governor, and Rep. Henry Cuellar, who is defending his seat against

former staffer for Texas Sen. Ted Cruz, Cassidy Garcia.

He was in New York Sunday in support of New York Gov. Kathy Hochul. Obama has campaigned for Democrats in tight races in Arizona, Nevada, Pennsylvania and Texas.

Biden was joined in Bowie by his wife. While Biden was in Maryland, former President Donald Trump was scheduled to be in Ohio Monday night campaigning for Republican Senate candidate J.D. Vance, a best-selling author, who is in a tight race with Democratic Rep. Tim Ryan.

Trump has also been visiting numerous cities, such as Miami earlier this week, where he urged

Republicans to vote for candidates he endorses, many who support his false accusation that the 2020 presidential election he lost was marred by voter fraud.

"These election deniers are trying to deny your right to have your vote counted," Biden said. "The election works one of two ways for them, either they win or we cheated."

Biden is trying to boost voter turnout for Democrats Wes Moore, who is running for governor, attorney general candidate Rep. Anthony Brown, D-Prince George's and Baltimore Del.

See BIDEN Page A3



IMAGE CREDIT BRETT SAYLES PEXELS.COM

Veterans Day Through The Spoken Word

By STACEY HAWKINS
Marietta House Museum

On Friday, November 11, from 2-3 p.m. Marietta House Museum will mark Veterans Day with a special program, "Veterans Day through The Spoken Word", in partnership with Surratt House Museum, Riversdale House Museum, Sankofa Mobile Museum, and Poet, Visual Artist, and United States Air Force (USAF) Veteran, Diane Wilbon Parks.

This year, the event will share experiences of American veterans and their families through poems from "Wade in the Water" by Tracy K. Smith performed by Diane Wilbon Parks. The spoken word event will open with a video montage of voices from present day Veterans followed by poems by Tracy K. Smith, who was the 2017 U.S. Poet Laureate. Smith currently teaches at Harvard University, where she is a professor of English and of African and African American Studies. Local Poet/Visual Artist Diane Wilbon Parks will perform a selection of Smith's poetry from the book "Wade in the Water" giving voice to African American soldiers who served in the United States Colored Troops during the U.S. Civil War. Then, historian and reenactor Marvin-Alonzo Greer will discuss the United States Colored

Troops as he wears an accurate historical reproduction uniform like those once worn by African American veterans of the U.S. Civil War era. Program audience members will then be invited to a written word challenge, to write a 9-word story or poem reflecting on Veterans Day and veterans. To close the program, all the presenters will take audience questions and engage in conversation. Diane Wilbon Parks, who is a Veteran of the U.S. Air Force, will read an original poem to close the hour.

This is a hybrid event—in-person programming will be located at Marietta House Museum. Those attending in-person are invited to take a guided tour of the historic house that highlights the voices of the Duckett and Jackson families whose sons were in the USCT. This talk is also on MS TEAMS and is recommended for ages 8 years and up. The event is free; however registration is required for both in-person and online. Please register on www.pgparksdirect.com, which includes a dropdown link for in-person or online. Email: marietta-house@pgparks.com with any questions.

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

Veterans Day Events

The following events will take place at Maryland Department of Veterans Affairs Cemeteries or Memorials: <https://veterans.maryland.gov/veterans-day-events/>

Friday, November 11, 11 a.m.

Cheltenham Veterans Cemetery*—11301 Crain Highway, Cheltenham, MD 20623 (*Ceremony Program still being finalized.)

Crownsville Veterans Cemetery—1122 Sunrise Beach Road, Crownsville, MD 21032

Garrison Forest Veterans Cemetery—11501 Garrison Forest Road, Owings Mills, MD 21117

World War II Memorial—1920 Ritchie Highway (Rt. 450 at Naval Academy Bridge), Annapolis, MD 21401

Veterans Job and Resource Fair

November 17, 2022, 10 a.m.–2 p.m., Free

By Employ Prince George's Meet with Employers and Resource Partners to make the transition to civilian life easier!

Prince George's Community College - Charlene M. Dukes Student Center, 301 Largo Road, Largo, MD 20774 Register via Eventbrite: tinyurl.com/JobFair4Vets

See Calendar of Events on page A3

INSIDE

- Department of Parks and Recreation, Prince George's County Announces November Events at Montpelier Arts Center
- Chief Executive Officer Issues Boundary Recommendations

Around the County, Page A2

Cardin Celebrates Grand Opening of Bowie State University's Women's Business Center

Get Ready to Ride the Silver Line, Six New Metro Stations Opening November 15

Community, Page A3

To Be Equal: Elon Musk's Twitter Takeover Has Unleashed the Worst of Human Nature

... the fact remains that online hate speech, misinformation, and disinformation, posted by users intent on sowing social and political chaos, have grave consequences for democracy, civil rights, and public safety.

Commentary, Page A4

November Is National Alzheimer's Disease Awareness Month and National Family Caregivers Month; Shares Tips to Support Alzheimer's, Dementia Caregivers

MDH Recommends Booster and Flu Shots for Best Protection by Thanksgiving

Health and Wellness, Page A5

TOWNS *and* NEIGHBORS

In & Around Morningside-Skyline

by Mary McHale 301-735-3451

Morningside Fire Chief Tommy Grooms honored

Chief Thomas Groom was honored October 15 at the Prince George's County Volunteer Fire and Rescue Association & Ladies Auxiliary ceremonies.

Tommy, as we all know him, joined the Morningside Volunteer Fire Department 49 years ago, March 1973. He has held the position of Sergeant, Fire Chief on the operational side, and Board of Directors, Vice-President and President on the administrative side.

He continues to serve as a delegate for county and state meetings, which he attends every month, representing the Town of Morningside. He has dedicated his life to Fire Service.

He resides in Morningside and is involved in the department's day-to-day operations.

He is already one of a very special group of Morningside Volunteers who have been named to the County Volunteer Fire and Rescue Association's Hall of Fame. They include Claire Loughmiller, 1981; Gerald Glaubitz, 1983; Lawrence Beardmore, 1990; Charles Phillips, 2000; Les Hedrick, 1992; Mark Hendley, 2002; Lou Felton, 2003; Harold "Dave" Fuller, 2009; Thomas Warren, 2012; Piero "Pete" Mel-lits, 2018; and Thomas Groom, 2019.

Thank you, Tommy, for your dedication to the Fire Service, and especially to the Morningside Volunteer Fire Department.

Town of Morningside: Food & Toy Drive

The Senior Holiday Luncheon will be at the Municipal Center on Thursday, Nov. 17, starting at 11:30 a.m. A holiday feast with all the trimmings is on the menu.

Breakfast with Santa is scheduled for Dec. 10. More about that in future columns.

The Town is sponsoring a Food & Toy Drive to support three local families in the area. If you wish to donate a non-perishable food item, new toy and/or a cash donation, you can bring it to the Town office Monday-Friday, 8 a.m. to 4 p.m. through Dec. 21.

November meetings: Work Session, Nov. 8, and Town Meeting, Nov. 15, both at 7 p.m. at the Municipal Center. For information: 301-736-2300.

Places to go and things to do

Trot for Turkey—which helps families in need by running or walking through the beautiful Winter Festival of Lights at Watkins Park—will be Saturday, Nov. 19, starting at 6 p.m. Register to walk or run the almost 3-mile course and get more information at the Park Ranger office, 301-627-7755.

View adoptable dogs at www.princegeorgespet4us.com or call 301-780-7200. A dog can be adopted during November with the special adoption rate of only \$10. For dogs that require spay or neuter services, the price is \$125 plus the \$10 pet license fee.

Changing landscape

D.C. is debating changing Good Hope Road in southeast Washington to Marion Barry Avenue, after the former D.C. mayor. Well, I'm not happy about it—my father grew up on Good Hope Road. He was the son of Dr. Thomas Dyer Mudd, who lived and had his medical practice on Good Hope Road. It's special to me.

College Park Trader Joe's opening day, Nov. 10, brought out thousands of customers. In fact, when the store opened at 8 a.m., there were already some 300 customers lined up outside, including students from nearby University of Maryland.

The Smithsonian's Board of Regents announced on October 27 that it has locations for its new museums, the National Museum of the American Latino and the American Women's History Museum. The sites are on undeveloped land on the southwest portion of the National Mall which is controlled by the National Park Service.

A carwash is due to go in next door to the VFW on Suitland Road.

Two cheetah cubs were born to first-time mother Amani on Oct. 3 at the National Zoo. Animal care staff are closely monitoring them via the Cheetah Cub Cam on the Zoo's website.

A home at 4103 Maple Road just sold for \$259,000.

Neighbors & other good people

Re my item about Halloween in Morningside: Tom Ferrell wrote, "In the 50s we had big paper grocery bags from Jordan's Market. By the time we hit all of Larkspur Rd, Morgan Rd to Larches Court, our bags were full.... We would go home, get another bag and finish up going around the rest of Morgan Rd and turn right on Maple back home on Larkspur. We all had "favorite" houses.... One lady always gave out pennies or a nickel.... can't remember which, but back then it was a big deal."

Jody Nyers emailed, "As for Halloween memories, what fun times we had trick-or-treating through town in our costumes. And the parade was so much fun. My childhood, growing up in Morningside, is one I will always cherish."

Msgr. Raymond East has been assigned administrator, pro tem, of Mount Calvary Parish, Forestville, while remaining pastor of Saint Teresa of Avila Parish, Washington.

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Leigh-Ann R. Wallace, a senior at Bishop McNamara HS, has been selected a member of The National Society of High School Scholars.

Condolences to my daughter-in-law Sandy on the death of her mother Doris Gene Anderson, of Luddington, Mich. She had lived in a senior complex for several years. Sandy's husband Mike is my son. He wrote that Doris "was an excellent pianist and spent decades as a church pipe organist. She was a wickedly shrewd card player. Recently, her game has been SkipBo (a kind of Uno on steroids) which is popular in her apartment building." Doris was 97.

See **MORNINGSIDE** Page A6

Around the County

Department of Parks and Recreation, Prince George's County Announces November Events at Montpelier Arts Center

RIVERDALE, Md. (Nov. 2, 2022)—November weaves together crisp weather, vibrant colors, the crunchy sounds of leaves, Autumn fragrances, and times to gather indoors with family and friends. Part of that tapestry is Montpelier Arts Center - with new exhibitions, concerts, two workshops, and an Open House for all to enjoy. Programming this month at the center includes:

November 12, 1-3 p.m.

Montpelier Arts Center Open House

Celebrate the arts! Meet our resident artists and see how they make their art through demonstrations and artist talks. Explore our three galleries and partake in art activities. Join the fun and see what we are all about! All Ages; FREE

November 17, 12 noon

Anthony Swamp Dog

Anthony Clark is a world-class musician who has performed and recorded with some of the best local and national blues acts. He won the Washington Battle of the Blues Bands and in 2011 he represented the DMV in Memphis finishing in the semi-finals. His music is a blistering mix of contemporary blues with a funk edge. Come see Anthony "Swamp Dog" Clark at Montpelier Arts Center performing the hottest blues. \$12/person; Ages 60 & Better

November 18, 8 p.m.

The JoGo Project

The JoGo Project is a WAMMIE Award winning band of Washington, DC that fuses many styles of music, but with Jazz harmonies and a driving Go-Go beat at its core. Montpelier Arts Center is extremely pleased to bring The JoGo project to you and want you to bring the party!

November 20, 3 p.m.

Mathew Maisano

Matthew Maisano performs a variety of repertoire ranging from opera to concert works, musical theater, the American Songbook, and pop. Known for his "sonorous baritone" by Broad Street Review and his "commanding stage presence" by the Miami Herald, he has performed up and down the East Coast. He most recently joined Three Oaks Opera as Melchior in Menotti's Amahl and the Night Visitors under the direction of Opera Philadelphia's Liz Braden. Maisano has also recently appeared as his drag persona, Balena Canto in A Light in the Dark: A Holiday Cabaret of classical and popular music at the historic Glen Foerd Mansion. All Ages; FREE (\$5 donation appreciated)

Montpelier Arts Center is open 7 days a week to the public from 10 a.m.-5 p.m.; closed on major holidays. For more information on these and several other November offerings, visit <https://www.mncppc.org/2143/Montpelier-Arts-Center>.

Chief Executive Officer Issues Boundary Recommendations

Board of Education to vote Nov. 10 on proposal

UPPER MARLBORO, Md. (Nov. 2, 2022)—Chief Executive Officer Dr. Monica Goldson released final recommendations for the Comprehensive School Boundary Initiative after weeks of community input.

The consultant team's preliminary recommendations were released in late September. Dr. Goldson's major changes include:

- Delaying the consolidation of Concord and Pointer Ridge elementary schools until fall 2024, placing the schools on the same timetable as Rose Valley Elementary;
- Allowing rising fifth and eighth grade students who would be impacted by boundary changes to remain at their current school for the final year. Transportation must be provided by parents. Siblings will be permitted to remain at the current school for that year only;
- Eliminating boundary changes at 29 schools that would have impacted fewer than 20 students at each school.

"Feedback from families and staff members was essential to fine-tuning these recommendations," said Dr. Goldson. "While there is no perfect scenario, our hope is to present a plan that positions Prince George's County Public Schools to address enrollment changes over the long-term."

The Boundary Initiative will conclude with the CEO's recommendation to the Board of Education on Thursday, November 10.

The recommendations prioritize addressing overutilization across Prince George's County Public Schools (PGCPS) and consolidating a small number of schools as needed. If approved, these recommendations will create boundaries for six middle schools opening in fall 2023; reduce the number of temporary classrooms; allow the school system to increase prekindergarten openings; and align the sixth grade with middle schools. Most changes would impact severe overcrowding in the northern part of the county.

This is the school system's first boundary analysis since 2008. In 2019, the Prince George's County Board of Education requested an impartial analysis of strategies to reduce overcrowding and expand seats through the Blueprint Schools Program. Consultant WXY and Public Engagement Associates were hired to facilitate the analysis and community input alongside the PGCPS Boundary Advisory Committee.

The final recommendations were originally slated for Board consideration and approval in spring 2022. However, due to Board vacancies, the timeline was moved to this fall.

Ten community meetings were held in 2021 to develop the preliminary plan. Among the key themes that emerged were aging and standard school facilities, impacts of overcrowding/overutilization, and specialty programs access and equity.

The Comprehensive School Boundary Initiative included 165 neighborhood schools. Specialty schools, regional schools, charter schools and special education centers were excluded; high school boundary changes were not considered.

Prince George's County Public Schools (PGCPS), the nation's 20th largest school district, has 198 schools and centers, more than 131,000 students and 22,000 employees. Under the leadership of CEO Dr. Monica Goldson, the school system serves a diverse student population from urban, suburban and rural communities located in the Washington, DC suburbs.

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

COLLEGE OF EDUCATION

The College of Education at Bowie State University is accredited by the Council for the Accreditation of Educator Preparation (CAEP). We prepare effective educators to change lives and become caring and collaborative professionals who make a difference in our global community.

Overview: In the College of Education, you'll learn from faculty members who have the highest credentials and are constantly researching best practices and programs to meet national trends and local needs, such as our new teacher-leader emphasis. As an intern, you'll have yearlong placements and mentorships through our innovative, nationally recognized partnerships with local public schools. These internships will help you stand out when you are ready to seek full-time employment.

Thinking of advancing from the classroom to administration? Select from several of our top-rated graduate programs. The college is working with local school districts to increase the number of well-prepared principals to fill anticipated vacancies.

Proof of our commitment to educational excellence is reflected in our nearly 100 percent pass rate for key exams and graduates who go on to win awards and take leadership posts. Departments are Counseling, Educational Leadership, Teaching, Learning, and Professional Development.

Contact us: Department of Counseling, Dr. Otis Williams III Chair, email: owilliams@bowiestate.edu. Telephone: 301-860-3138 James E. Proctor Jr. Building Room 277, Ms. Khalia Blowe- Administrative Assistant II, email: kblowe@bowiestate.edu. Telephone: 301-860-3367 James E. Proctor Jr. Building, Room 278. Department of Educational Studies Leadership. For information please contact Department Chair Dr. Renee A. Foose email: rfoose@bowiestate.edu. Program Director: Dr. Ann Hilliard ahilliard@bowiestate.edu. Telephone 301-860-3153. Administrative Assistant to the Chair: Mrs. Frances Thorn, email: fthorn@bowiestate.edu. Telephone: 301-860-3246.

ANNUAL GINGERBREAD HOUSE CONTEST AND SHOW

For a sweet treat, come and view an amazing display of edible gingerbread houses. No nibbling allowed. Visitors will have the opportunity to vote for their favorites in the Viewer's Choice Competition. Groups of ten or more are welcome by appointment. Link: Gingerbread House Contest and Show webpage (<https://history.pgpcps.com/3059/Gingerbread-Contest-Show>)

The annual gingerbread house contest and show will be held November 25, 2022 from 12-5 p.m. at Darnall's Chance House Museum at 14800 Governor Oden Bowie Drive, Upper Marlboro, Maryland 20772. Cost is \$2/person; Children ages 4 & under FREE. Contact: 301-952-8010; TTY: 301-699-2544. Email: darnallschance@pgpcps.com.

SHREYA GHOSHAL

Shreya Ghoshal will appear at National Harbor November 11, 2022 at MGM National Harbor at 8 p.m. The address is 101 MGM National Harbor, Maryland 20745. Shreya Ghoshal is an Indian singer and television personality. One of the highest-paid and most well-established playback singers of Hindi cinema, she has received four National Film Awards, four Kerala State Film Awards, two Nadu State Film Awards.

CLINTON UNITED METHODIST CHURCH

Happy Birthday to Clinton United Methodist Church located at 10700 Brandywine Road, Clinton, Maryland which celebrated its birthday Monday, October 31, 2022. Dorothea J. Belt Stroman, Pastor.

NOVEMBER WEDDING ANNIVERSARIES

Congratulations to Brandon and Ashley Holmes, Barron and Kendra Neal who are Clinton United Methodist Church members celebrating Wedding Anniversaries in November.

BULLDOGS WIN IN FIVE AT LINCOLN (PA)

The Bowie State women's volleyball team earned its first road victory of the season in a five-set win over Lincoln (PA) Thursday, October 27, 2022, in Rivero Gymnasium. The Bulldogs won the thriller by the scores of 25-23, 26-24, 20-25 and 15-13.

The win improved the Bulldogs record to 10-11 overall and 6-9 in league play. Lincoln (PA) falls to 5-16 on the year and 1-12 in the CIAA. Bowie State will close out the regular session on Monday, October 31 against Virginia State at 6 p.m.

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

BOWIE STATE UNIVERSITY

Monday, October 31, 2022, the College of Business hosted retired Major General William J. W. Walker, the Sergeant at Arms for the House of Representatives, who gave a presentation as part of the COB's "Master Class" series.

General Walker is the first black man and the 38th person to serve as Sergeant at Arms for the U.S. House of Representatives. He addressed the importance and impact of oral and written communication from an executive point of view, and shared his personal story. The session was held in the James E. Proctor Jr. Building 14000 Jericho Park Road, Bowie, MD. Andre Davis, Email: adavis@bowiestate.edu. Website: <https://www.bowiestate.edu/academics/colleges/college-of-business/> Categories: College of Business, Featured, Lecture/Discussion.

VETERANS DAY

"Veteran's Day is a federal holiday in the United States observed annually on November 11, for honoring military veterans of the United States Armed Forces". Wikipedia. Thanks to all the Veterans who served in the United States Armed Forces.

COMMUNITY

Calendar of Events

Military Aviators Tour

Date and time: Friday, November 11, 2022, 11 a.m. AND 2 p.m.
Description: As the first U.S. military aviation field and the oldest continuously operating airport in the world, the College Park Airport has seen many important firsts of military aviation. Join us as we explore the history of aviation and its close connection to the military here at College Park. From army school to machine guns and rivalries to helicopters, this tour offers a bit of everything military related. This tour last about 45 minutes-1 hour and is geared towards those 12 and older. Free with museum admission. Free admission to Veterans and one dependent/companion.

Location: College Park Aviation Museum, 1985 Corporal Frank Scott Drive, College Park, MD 20740

Alternative Christmas Market

Date and time: Saturday, November 12 & Sunday, November 13, 2022, 10 a.m.–2 p.m.

Description: Shoppers may buy unique items from Ten Thousand Villages and help people in less developed countries to earn a living. Ten Thousand Villages buys items at fair market prices, then markets them in the United States. Proceeds will go to a local battered women's shelter, the church and other charitable projects. Items include hand-made toys, scarves, scented soaps, stationary sets, various baskets, Christmas ornaments, jewelry and much more.

Location: Davidsonville United Methodist Church, 918 Central Avenue, Davidsonville, Maryland 21035

Contact: 410-798-5511, www.dunc.net

Greater Riverdale Family Health Fair

Date and time: Saturday, November 12, 2022, 11 a.m.–2 p.m.

Description: All family members are welcome. Insurance and ID are not required. All services are free! Produce box distributions and hot meals for kids. First come, first serve.

Location: Parkdale High School, 6001 Good Luck Rd, Riverdale, MD, 20737

Stars & Stripes Fair

Date and time: Saturday, November 12, 2022, 12–4 p.m.

Description: Get your holiday shopping started early and join us at the Stars & Stripes Fair. Shop unique gifts from a variety of veteran owned businesses, take the kids to the Old Glory Fun Zone and explore the newly opened Spirit Park. Stick around for National Harbor's first tree lighting of the season at 5:30 p.m. and enjoy our brand new 60ft animated holiday tree and fireworks show. Nightly Holiday Tree Light Show runs November 12 to December 31.

Location: The Plaza, 150 National Plaza, National Harbor, MD 20745

Contact: <https://www.nationalharbor.com/events/>

Hands-On History and Veterans Day Celebration Features Local Military Heroes at the Museum of Historic Annapolis

Date and time: Sunday, November 13, 2022, 10 a.m.–2 p.m.

Description: Meet James Diggs, a U.S. Army Korean War Veteran and Prisoner of War for 33 months at a prison camp in Korea, and Leota Misiak, a retired Petty Officer First Class and veteran of the Iraq and Afghanistan wars. These two honored veterans will be talking with visitors and sharing about their military experiences. This special opportunity is part of November's Hands-On History Day, a new family program offered on the second Sunday of every month at the Museum of Historic Annapolis. Museum admission on second Sundays is half-price, and Hands-On History activities are included with admission. Additional Hands-On History Day activities include a special reading list, created in partnership with the Anne Arundel County Public Library, to encourage visitors to borrow books from their local library and read more about veterans. Children can explore the Museum with a themed scavenger hunt and create their own memorial poppy pinwheel in honor of Veterans Day.

Advance registration is available and can be made at museum.annapolis.org or by calling 410.267.7619.

Cost: \$5 for adults, \$2.50 for children 6–17, and free for children under 6, HA members, and all veterans.

Location: Museum of Historic Annapolis, 99 Main Street, Annapolis, MD 21401

Contact: 410.990.4754, museum.annapolis.org

Green Light from A1

illuminations, to include county buildings, visit the MDVA website: <https://veterans.maryland.gov/operation-green-light/>.

Landing Zone Maryland. As part of Operation Green Light, the MDVA is launching "Landing Zone Maryland," a new digital welcome guide for veterans and families retiring or moving to Maryland. The guide will include federal, state, and local benefits to meet the needs of transitioning veterans and their families. Beginning Monday, Nov. 7, customers applying for military or veteran products at the Maryland Motor Vehicle Administration will receive Landing Zone Maryland pocket cards with a link to the guide, MDVA contact information, and VA resources.

"To the 360,000 Marylanders who answered the call or raised their hand to serve, thank you and welcome home," said MDVA Secretary George Owings. "On behalf of the department, I wish to express my appreciation to our counties, businesses, and residents for participating in Operation Green Light and for learning more about veteran resources like Landing Zone Maryland, which are available to them."

"The MDOT MVA is an important first stop for new Marylanders to establish residency, which makes our statewide branches an ideal location to hand out the Landing Zone pocket cards," said MDOT MVA Administrator Chrissy Nizer. "This is another way the partnership with the MDVA is helping military members and veterans ensure they have access to the benefits they need and deserve."

"Our Maryland counties are proud to contribute to Operation Green Light in any way we can by offering a small measure of our enduring gratitude and shining a light on county veteran resources," said MACo Executive Director Michael Sanderson. "Our veterans are important members of our communities, especially here in Maryland, where we have such a concentration of men and women who have served. Counties will continue this effort not just during the month of November but throughout the years ahead."

Learn more about available resources by visiting the Governor's Challenge Training Portal and the Maryland Department of Veterans Affairs website <https://veterans.maryland.gov/operation-green-light/>.

Cardin Celebrates Grand Opening of Bowie State University's Women's Business Center

By PRESS OFFICER

U.S. Senate Committee on Small Business & Entrepreneurship

WASHINGTON (Nov. 4, 2022)—U.S. Senate Committee on Small Business & Entrepreneurship Chair Ben Cardin (D-Md.) and U.S. Small Business Administrator Isabella Casillas Guzman attended a ribbon cutting ceremony yesterday morning at Bowie State University (BSU) to celebrate the grand opening of its Women's Business Center (WBC).

"Women's Business Centers are key to supporting our entrepreneurial ecosystems, and they have enormous impacts on the lives of their clients, and in their greater communities," said Cardin. "I am especially proud that this WBC at Bowie, the 4th WBC in the state of Maryland, is our 2nd located at an HBCU. Bowie State is a leader in entrepreneurial development, and they continue to be an essential resource in serving the

entrepreneurs and innovators of tomorrow. I applaud all the great work they do."

The WBC program is a national network of more than 140 centers across all 50 states that offer counseling, training, networking, workshops, technical assistance, and mentoring to entrepreneurs. These centers support entrepreneurs at all stages of the business development process, including assistance with writing a business plan, conducting market research, navigating the federal procurement process, and other business management and operations skills. The WBC program played a key role in SBA support of small businesses during the pandemic and continues to serve thousands of clients. WBCs served more than 88,000 clients in 2021, a 36 percent increase from the 64,000 clients served in 2019.



PHOTO COURTESY U.S. SENATE COMMITTEE ON SMALL BUSINESS & ENTREPRENEURSHIP

U.S. Small Business Administrator Isabella Casillas Guzman (L) and U.S. Senate Committee on Small Business & Entrepreneurship Chair Ben Cardin (D-Md.) attended the ribbon cutting ceremony on Nov. 3, 2022.

Using an SBA grant awarded to Rockville Economic Development Inc, the BSU WBC opened unofficially in May 2022. The WBC joins BSU's highly successful Bowie Business Innovation Center (Bowie BIC), an award-winning business accelerator program that helps contractors enrolled in SBA's 8(a) program better secure federal contracts.

Supporting underserved entrepreneurs is a top priority for Senator Cardin. In September, he introduced the Women's Business Centers Improvement Act of 2022, legislation to reauthorize and improve the WBC program, including a provision to change the maximum grant award amount from \$150,000 to \$300,000.

Get Ready to Ride the Silver Line, Six New Stations Opening November 15

Service to Washington Dulles International Airport and Loudoun County

By PRESS OFFICER

Washington Metropolitan Area Transit Authority

Opening day is set for the Silver Line Extension—Tuesday, November 15—connecting Metrorail customers to Washington Dulles International Airport and Loudoun County for the first time. The announcement came from Metro Board Members and employees in a video touting "We're Ready," marking the opening for customers and culmination of the largest expansion of Metrorail since the system's inception.

"We appreciate our partners at MWAA, FTA, WMSC, Fairfax and Loudoun Counties who have worked collaboratively with us for several years to reach this moment," said Metro General Manager/CEO Randy Clarke.

On opening day, customers who visit the six new Silver Line stations—Reston Town Center, Herndon, Innovation Center, Washington Dulles International Airport, Loudoun Gateway, and Ashburn—will be greeted by Metro teams handing out commemorative pennants, a Metro tradition that started when the first station opened in 1976.

The extension completes the final phase of the full 23-mile expansion that began construction in 2009, opening the first segment five years later. This final segment provides a long-awaited connection to Washington Dulles International Airport giving

visitors a direct connection to destinations around the region and will be a short walk from the baggage claim via an underground tunnel in less than five minutes.

The Silver Line Extension includes a brand-new rail maintenance and service yard, located on 90 acres of the Washington Dulles International Airport property. The Dulles Rail Yard is the largest rail yard in the Metro system and employs approximately 450 people.

The announcement of an opening date follows 18 weeks of testing, training and safety certification efforts by Metro. Metro took control of the Silver Line Extension from the Metropolitan Washington Airports Authority (MWAA) after the project achieved its Operational Readiness Date (ORD) on June 23, 2022. Since then Metro has been testing the new tracks and equipment, and training staff at the stations, railyard, and maintenance facilities in preparation for opening to the public.

Metro continues to work on a short list of items that we are coordinating daily with the WMSC. We appreciate their collaboration and expect to finalize safety certification before we open for passenger service.

We're working hard to get everything ready and look forward to welcoming you on opening day. Get ready to ride #YourMetro by visiting wmata.com/silverline for more information, including virtual station tours, maps, and connecting bus routes.

Governor Hogan Proclaims November as American Indian Heritage Month

Governor's Office of Community Initiatives, Maryland Commission on Indian Affairs, and St. Mary's College of Maryland Partner to Host 2022 Kickoff Ceremony, Cultural Celebration, and Awards Presentation

By PRESS OFFICER

Governor's Office of Community Initiatives

ANNAPOLIS, Md. (Nov. 1, 2022)—Governor Larry Hogan today proclaimed November as American Indian Heritage Month in Maryland. Together with the Maryland Commission on Indian Affairs, the Governor's Office of Community Initiatives presented the proclamation during their annual heritage month kickoff ceremony, cultural celebration, and awards presentation at St. Mary's College of Maryland.

"The many contributions of American Indians in Maryland are reflected in the land and landmarks that bear connection to their history across our great state," said Governor Larry Hogan. "We are proud to celebrate American Indian culture as we honor the spirit of Maryland's tribes and indigenous peoples."

The ninth annual kickoff event, celebrated this year under the theme "Strength, Unity, Heal, Protect, Past, Future, One Mind," featured a presentation of tribal flags, presentation of awards, and a roundtable discussion between Maryland Commission on Indian Affairs commissioners and student representatives from the Native American Student Organization about Native American initiatives implemented on St. Mary's College campus. More than 100 attendees also witnessed cultural performances, participated in land acknowledgement, and enjoyed American Indian cuisine.

Since 1974, the Maryland Commission on Indian Affairs has promoted programs and projects to advance the cultural, economic, and social development of Maryland's diverse American Indian community. The commission also studies

the influence of indigenous tribes—including the Cherokee, Chippewa, Chop-tank, Creek, Cree, Delaware, Haliwa, Lumbee, Naticoke, Piscataway, Potomac, Rappahannock, Seminole, Susquehanna, and Wicomico peoples—on Maryland history and culture. Today, nearly 100,000 people with American Indian heritage live in Maryland.

"By promoting awareness and understanding of American Indian contributions in Maryland, we also help promote awareness about community needs," said Executive Director of the Governor's Office of Community Initiatives Steven J. McAdams. "Our mission encourages and enhances community engagement on many levels, so that more Marylanders have the opportunity to appreciate the rich history and unique composition of Maryland's many diverse communities."

Biden from A1

Brooke Lierman, who hopes to become the state's first woman comptroller.

"Here in Maryland you all got some great people to vote for. Keep them, you need them. I need them." Biden said.

Before coming to Maryland, Biden spent the weekend in New York and

Pennsylvania campaigning for Democratic candidates while lambasting Trump and the "Make America Great Again" candidates and people who support the falsehood that the 2020 election was stolen.

Moore is running against a candidate backed by Trump, Dan Cox. Cox, an attorney and one-term member of the

Maryland House Delegates, supports Trump's lie that the 2020 election was stolen and sponsored two buses to Trump's ill-fated Jan. 6, 2020 rally that devolved into a seditious riot.

Trump held a fundraiser for Cox at his Mar-a-Lago resort in Palm Beach, Florida last month.

COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

Elon Musk's Twitter Takeover Has Unleashed the Worst of Human Nature

"It is possible that users assumed that language use that could potentially cause a ban or suspension on the platform in the past was no longer a concern. Additionally, anticipation of an unmoderated platform was potentially a source of excitement for certain Twitter users. By sharing epithets, it suggests that certain users were celebrating a reduction in perceived speech constraints on the platform. Regardless, the data conclusively shows that there is correlation between Musk's arrival and a broader perceived acceptability to posted hostile content on Twitter."

—Montclair State University Center for Strategic Communication study, "From the Tweets to Hate Speech: Increases in Twitter Racist Content After Elon Musk's Acquisition"

In the 12 hours after Elon Musk purchased Twitter, the use of the n-word spiked by 500%.

ADL's Center on Extremism identified a coordinated campaign to spread antisemitic content, launched by users of the largely unmoderated 4chan message board, that resulted in more than 1,200 antisemitic tweets and retweets in the 24 hours after Musk's takeover.

Musk himself posted a conspiracy theory about the attempted murder of Paul Pelosi; the tweet was shared and liked tens of thousands of times before he deleted it.

This painful and shocking increase in hate prompted me, along with NAACP President and CEO Derrick Johnson, and National Action Network President and Founder Rev. Al Sharpton, to request a meeting with Musk to address our concerns and to understand his plan to protect our communities from abuse by those who seek not simply to express controversial views, but to harm us and undermine democracy.

In our letter to Musk, we wrote, "In flippantly declaring that, 'the bird is freed,' you might have unwittingly freed people to unleash the worst of human nature with communities of color and religious minorities bearing the greatest burden."

We share Musk's professed belief in the importance of free speech, but the fact remains that online hate speech, misinformation, and disinformation, posted by users intent on sowing social and political chaos, have grave consequences for democracy, civil rights, and public safety.

The white supremacist who murdered 10 people in a Buffalo supermarket in May was inspired by conspiracy theories posted on 4chan. Content on white supremacist websites fueled the massacre of nine Black worshippers at Charleston's Mother Emanuel Church in 2015. The accused attacker of Paul Pelosi, the subject of Musk's own false tweet, had posted "a mix of bloody images and hateful screeds aimed at a variety of targeted groups including Jewish, Black and trans people, as well as Democrats," according to The Washington Post.

"Whether you realize it or not, as the new leader of Twitter, you have new responsibilities, and one of those responsibilities is to ensure your platform is not used to harm people and the nation as a whole," we wrote to Musk. "Another responsibility is to ensure your own words and behavior do not cause harm, especially to the communities of color and other underserved communities who have been long time users and who have made the company what it is today. You have not shown a willingness to meet these responsibilities thus far, but we have

hope and are willing to work with you do so in the future."

Twitter needs strong content moderation standards to foster a safe and healthy online environment. Yet Musk plans to fire fully half of the platform's workforce, according to Bloomberg.

"We strongly urge you to maintain content moderation teams that are tasked with creating and implementing policies that provide a baseline for prohibiting content designed to threaten and harass people of color and religious minorities and suppress votes," we wrote. "Indeed, we encourage you to strengthen these policies as there has been a rise in dangerous rhetoric and violent acts that threaten our communities' ability to vote and otherwise fully participate in our society without fear for our safety."

Lapses in content moderation are especially concerning with the midterm elections just days away. National security officials fear misinformation campaigns could ignite violence at the polls on Election Day. Disinformation campaigns waged on Twitter and Facebook in 2016 and 2020 sought to depress Black voter turnout and sow social and political discord.

We wrote, "We implore you to show immediate leadership by directly addressing the spike in hate speech that occurred over the weekend and to discourage vigorously and clearly those who would be influenced by your voice from using such speech in the future and from engaging in violence against anyone."

—November 4, 2022

Marian Wright Edelman

Founder and President Emerita, Children's Defense Fund



ChildWatch:

"Democracy Is on the Ballot"

In August 1965, as President Lyndon B. Johnson signed the Voting Rights Act with Dr. Martin Luther King, Jr. and other civil rights leaders at his side, President Johnson said he had long believed "this right to vote is the basic right without which all others are meaningless. It gives people, people as individuals, control over their own destinies." The ability to elect our political leaders and have our voices and votes count is a precious and fundamental right for all of us. Those of us who participated in and lived through the Civil Rights Movement know firsthand that this is a right Black Americans were fighting and dying for not very long ago. In places around the world others are still struggling and sacrificing for a freedom too many Americans now take for granted. But on Wednesday, President Biden issued an urgent call to action as he warned Americans that in these midterm

elections—during a dangerous rise in political violence and voter intimidation as candidates are still denying the results of the last election and openly threatening not to accept the will of the voters in the future—"democracy is on the ballot for all of us."

President Biden said: "I appeal to all Americans, regardless of party, to meet this moment of national and generational importance. We must vote knowing what's at stake is not just the policy of the moment, but institutions that have held us together as we've sought a more perfect union are also at stake . . . Look, my fellow Americans, the old expression, 'Freedom is not free; it requires constant vigilance.' From the very beginning, nothing has been guaranteed about democracy in America. Every generation has had to defend it, protect it, preserve it, choose it, for that's what democracy is: It's a choice—a decision of the

people, by the people, and for the people. The issue couldn't be clearer, in my view. We, the people, must decide whether we will have fair and free elections and every vote counts. We, the people, must decide whether we're going to sustain a republic where reality's accepted, the law is obeyed, and your vote is truly sacred. We, the people, must decide whether the rule of law will prevail or whether we'll allow the dark forces that thirst for power put ahead of the principles that have long guided us."

President Biden added: "In a typical year, we're often not faced with questions of whether the vote we cast will preserve democracy or put us at risk. But this year, we are. This year, I hope you will make the future of our democracy an important part of your decision to vote and how you vote. I hope you'll ask a simple question of each candidate you might vote for: Will that person accept the legitimate will of the American people and the people voting in his district or her district? Will that person accept the outcome of the election, win or lose? The answer to that question is vital. And in my opinion, it should be decisive. On the answer to that question hangs the future of the country we love so much and the fate of the democracy that has made so much possible for us. Too many people have sacrificed too much for too many years for us to walk away from the American project and democracy. Because we've enjoyed our freedoms for so long, it's easy to think they'll always be with us no matter what. But that isn't true today. In our bones, we know democracy is at risk. But we

also know this: It's within our power, each and every one of us, to preserve our democracy."

Our democracy is at risk...but it's within our power to preserve it. How can you respond to this urgent call? Ask this fundamental question of the candidates running for office in your own state, and if you have not already voted, vote. As former President Obama also said this week, "Tuning out is not an option." Black Americans have a special responsibility to our forebears who struggled and died fighting for the right to vote to protect this right for our children and grandchildren. Call all of your relatives and friends and remind them to vote. When you go to the polls bring others with you. See if older neighbors and relatives might need a ride—but also be sure to ask young people you know if they need a ride, if they know their polling place, or if they need any other support to make their voices heard. A national poll released last week by the Institute of Politics at the Harvard Kennedy School showed 40 percent of 18-to-29-year-olds said they will "definitely" vote this year, which is on track to match or even exceed the record-breaking 2018 youth turnout in a midterm election. For some college-aged young people these midterm elections will be their first opportunity to vote for the future they want and deserve. It must not be the last. It is critical that we help preserve this right for generations to come.

Democracy is not a spectator sport—and it absolutely cannot be now with so much on the line.

—November 4, 2022

Veteran Business from A1

intends to grant a one-time, one-year extension to current veteran-owned small businesses verified by CVE as of the January 1, 2023 transfer date.

"Extending certification will make a real difference for our nation's veteran business owners," said Larry Stubblefield, Associate Administrator for the SBA's Office of Veterans Business Development. "In addition to supporting a smooth transition for currently certified firms, we will be able to focus on certifying new entrants and growing our base of certified firms."

"We have been working closely with the SBA for a long time supporting the transfer of this certification program and are glad to see it come to fruition," said Chairman Jay Bowen, Veterans Employment and Education Commission at the American Legion. "We know the veteran community will be well-served by this move and that the SBA will make the transition as smooth as possible."

"We applaud the SBA's leadership in driving a process focused on success and supporting veteran-owned businesses," said Scott Jensen, Executive Director at the National Veteran Small Business Coalition. "We also applaud the Administrator's decision to extend existing certifications for one year, providing valuable relief to those already certified during a year of increased demand as other companies pursue the mandatory certification requirement."

Updates in the new program include:

- Firms verified by CVE as of January 1, 2023 will automatically be granted certification by the SBA for the remainder of the firm's eligibility period.
- All firms verified by VA as of the January 1, 2023, transfer date will receive a one-year extension to their eligibility giving an extra year to get recertified under the SBA system.
- The extension will allow SBA to process applications from new entrants into the program and grow the base of certified firms. New applicants certified by SBA after January 1, 2023, will receive the standard three-year certification period. Along with the recertification extension, the 2021 National Defense Authorization Act grants a one-year grace period for self-certified SDVOSBs until January 1, 2024.
- During the grace period, businesses have one year to file an application for SDVOSB certification and may continue to rely on their self-certification to compete for non-VA SDVOSB set-asides.
- Self-certified SDVOSBs that apply before the expiration of the one-year grace period will maintain eligibility until the SBA makes a final eligibility decision.

Beginning January 1, 2024, both veteran and service-disabled veteran small business owners will need to be certified to compete for federal contracting set-asides, unless an application from a self-certified firm is pending an SBA decision.

For the latest information on the Veteran Small Business Certification program, visit www.sba.gov/federal-contracting/contracting-assistance-programs/veteran-assistance-programs or email cvettransfer@sba.gov.

The National Defense Authorization Act of 2021 officially requested the Veterans Affairs Center for Verification and Evaluation, transfer to the SBA, effective January 1, 2023.

The U.S. Small Business Administration helps power the American dream of business ownership. As the only go-to resource and voice for small businesses backed by the strength of the federal government, the SBA empowers entrepreneurs and small business owners with the resources and support they need to start, grow, expand their businesses, or recover from a declared disaster. It delivers services through an extensive network of SBA field offices and partnerships with public and private organizations. To learn more, visit www.sba.gov.

The Prince George's Post

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P.O. Box 1001 15207 Marlboro Pike
Upper Marlboro, MD 20772-3151
Phone: 301-627-0900 • Legal Fax: 301-627-6260
Email: pgpost@gmail.com
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Publisher/Senior Editor Legusta Floyd
Editor Lisa Duan

General Manager/ Legal Advertising Manager Brenda Boice
Administrative Assistant/ Billing -

Legal Advertising Assistant Robin Boerckel
Web Manager Kyler Quesenberry

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Maryland Leaders Hold Press Event to Advocate for the FBI Headquarters in Prince George's County

GREENBELT, Md. (Nov. 4, 2022)—[Last Friday], Congressman Steny H. Hoyer (MD-05) joined Senators Ben Cardin (D-MD) and Chris Van Hollen (D-MD), Congressmen Anthony Brown (MD-04), Keiwi Mfume (MD-07), Prince George's County Executive Angela Alsobrooks, Maryland State Senator Malcolm Augustine, and Maryland Delegate Nick Charles for a press conference at the Greenbelt Metro Station to champion the benefits of the new, consolidated FBI Headquarters for Prince George's

County. Two Maryland sites are finalists for the FBI headquarters—Greenbelt and Landover—and the Maryland officials are making the case for the state as the optimal choice for the FBI's mission.

To watch a video of the press conference, see www.facebook.com/CEXAlsobrooks/videos/1083545408991214

"I continue to strongly advocate for Maryland as the best location for the FBI headquarters, and I am so proud to stand alongside my colleagues in a powerful

show of force that our state makes the best choice for the FBI," said Congressman Steny H. Hoyer. "With the site selection imminent, I proudly believe that Greenbelt or Landover will make terrific choice for the new, consolidated FBI building. From world-class academic institutions, to government agency campuses, to proximity to federal facilities, I remain confident the FBI mission will be well amplified by the assets here in Maryland. Importantly, the opportunity to locate the FBI in Prince George's County is con-

sistent with the President's equity goals for our country, righting years of historic wrong to a community that has been left behind in terms of equitable infrastructure. The facility would bring quality, public-sector jobs to Black communities in Maryland and spur development and prosperity for black-owned small businesses while establishing new federal contracting and procurement opportunities. Prince George's County is the best choice for the FBI and if one of its sites are selected, it will make a powerful and meaningful difference to our people and our nation."

HEALTH *and* WELLNESS

November Is National Alzheimer's Disease Awareness Month and National Family Caregivers Month

Alzheimer's Association, key stakeholders unite to expand awareness, education and support services for Maryland families affected by dementia

By CINDY SCHELHORN

Alzheimer's Association National Capital Area Chapter

MCLEAN, Va. (Nov. 4, 2022)—More than 242,000 Maryland residents are among the 11 million family members and friends across the U.S. currently providing unpaid care for a person living with Alzheimer's. This month, the Alzheimer's Association and the Maryland State Medical Society (MedChi) recognize their selfless contributions during National Alzheimer's Disease Awareness Month and National Family Caregivers Month.

Alzheimer's takes a devastating toll on caregivers. Compared with caregivers of people without dementia, twice as many caregivers of those with dementia indicate substantial emotional, financial and physical difficulties. Nearly 60 percent of those caregivers rate the emotional stress of caregiving as high or very high. In Maryland, close to 28% of caregivers struggle with depression. Many are in poor physical health, and more than two-thirds are living with chronic health problems.

"In 2021, Maryland caregivers provided an estimated 371 billion hours of unpaid care, valued at more than \$6.8 billion," said David McShea, executive director of the Alzheimer's Association Greater Maryland Chapter. "The best argument for providing support services for affected families is that if Medicare assumed their cost of care—which currently pays an annual per capita of \$32,017 for people with dementia—it would bankrupt the system."

Given the current trajectory of the disease, the number of Americans living with Alzheimer's is expected to double by 2050. The current

number of Marylanders living with Alzheimer's disease is projected to increase 18% in just three years to 130,000.

Primary care physicians (PCPs) are increasingly on the front lines, answering questions related to Alzheimer's or other dementias every few days or more. A survey released in the Alzheimer's Association 2020 Alzheimer's Disease Facts and Figures report found that half of PCPs say the medical profession is not prepared to meet this demand. Among those surveyed:

- 92% believe patients and caregivers expect them to know the latest thinking and best practices around dementia care.
- One-third say they refer dementia patients to specialists at least once a month
- More than half say there are not enough dementia care specialists in their area to meet patient demand, a problem more common in rural areas.

"We could not be more pleased to work in partnership with the Alzheimer's Association to help alleviate the demand on primary Care physicians and chart a responsible path forward for providing resources and support," noted MedChi CEO Gene Ransom.

The Alzheimer's Association has worked with key stakeholders to contribute to the recently released Maryland State Plan to Address Alzheimer's Disease and Related Dementias: 2022-2026. Overseen by the Virginia I. Jones Alzheimer's Disease and Related Dementias Council, the plan will address challenges faced by Alzheimer's and dementia caregivers and identify opportunities to develop and infrastructure that provides the critical resources and support they need.

Among the Plan's goals is the creation of a dedicated team led by a Director of Dementia Services and Brain Health to coordinate services to support Maryland caregivers. In May, Governor Larry Hogan allocated \$3.5 million to fund this endeavor.

"The State of Maryland recognizes and supports caregivers statewide," said Rona E. Kramer, Secretary of the Maryland Department of Aging (MDoA). "MDoA offers essential long-term services and supports through initiatives such as the Senior Care Program and the National Family Caregiver Support program, to allow informal caregivers to care for their loved ones at home for as long as possible."

This success would not have been possible without the leadership of several members of the General Assembly, including: Speaker Pro Tem Sheree Sample-Hughes (D-Salisbury) and Senator Malcolm Augustine (D-Prince George's County), who serve on the State Alzheimer's Council. Retiring Senator Ron Young (D-Frederick) was instrumental in securing added funding.

"Caregivers are essential and they are exhausted," said Joseline Pena-Melnyk (D-Prince George's County), chair of the Maryland House Health and Government Operations Committee. "In November, and as we think about National Family Caregivers Month and dementia—a disease that disproportionately impacts our Black and Latino communities—we must recognize the need to educate, support, and facilitate collaboration with these caregivers and our essential network of primary care providers statewide."

To learn more about Alzheimer's disease and ways to support families and people living with the disease, visit alz.org or call the Alzheimer's Association 24/7 Helpline at 800.272.3900.

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia—by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®. Visit alz.org or call 800.272.3900.

MDH Recommends Marylanders Get COVID Bivalent Booster and Flu Shots ("Flooster") for Best Protection by Thanksgiving

All Marylanders 5+ now eligible for updated COVID bivalent booster if they have not received one or had last COVID shot at least two months ago

By PRESS OFFICER

The Maryland Department of Health

BALTIMORE (Nov. 2, 2022)—With flu and respiratory illness hospitalizations increasing earlier and faster than in previous years in the state and across the country, the Maryland Department of Health (MDH) has created a new "Flooster" campaign to urge Marylanders to get their flu shot and their COVID bivalent booster shot at the same time in order to maximize their protection and celebrate the upcoming holidays as safely as possible.

State officials continue to monitor the Centers for Disease Control and Prevention's (CDC) Weekly Influenza Summary, which currently has Maryland's flu status as High.

All Marylanders 5 and older are now eligible for the COVID bivalent booster if they have not received one yet or if it has been at least two months since they completed a primary COVID vaccine series or monovalent booster.

"Marylanders, especially children, are contracting and spreading respiratory viruses much earlier than in previous years and getting both a flu shot and COVID bivalent booster shot will further protect them," said MDH Secretary Dennis R. Schrader, who got both shots at the same time in September. "Since it takes several weeks for immunities to build after any vaccination or booster, this week is the best time to get the bivalent booster and the flu shot to be fully protected by Thanksgiving."

To emphasize this important message, MDH launched a multimedia public awareness campaign this week that will run on television, radio, digital displays, and social media. The ads feature Dr. Howard Haft, MDH senior medical advisor, who strongly advises Marylanders to get their "Flooster" (flu shot and COVID booster shot) for the best protection against COVID and the flu.

More than 780,000 Marylanders have received their COVID bivalent booster

dose since it became available in Maryland on September 2.

The CDC and MDH both stress that getting both flu and COVID shots at the same visit is safe and convenient. Both vaccines are available at more than 600 locations across the state, including pharmacies, grocery stores, and local health departments.

To find a vaccination site near you, visit covidVAX.maryland.gov or call 1-855-MD-GOVAX (855-634-6829). For more information about COVID-19 in Maryland visit covidLINK.maryland.gov. To find out more COVID-19 data, visit coronavirus.maryland.gov.

The Maryland Department of Health is dedicated to protecting and improving the health and safety of all Marylanders through disease prevention, access to care, quality management and community engagement. Follow us at <http://www.twitter.com/MDHealthDept> and <https://www.facebook.com/MDHealthDept>

Alzheimer's Association Shares Tips to Support Alzheimer's, Dementia Caregivers

By CINDY SCHELHORN

Alzheimer's Association National Capital Area Chapter

MCLEAN, Va. (Nov. 1, 2022)—November is National Alzheimer's Disease Awareness Month and National Family Caregivers Month. To mark these events, the Alzheimer's Association National Capital Area Chapter is encouraging people to lend a helping hand to family members and friends caring for a loved one with Alzheimer's or other dementia.

Providing help and support to caregivers can be easier than most people think. Even little acts can make a big difference. The Alzheimer's Association offers these suggestions:

- 1 Learn:** Educate yourself about Alzheimer's disease—its symptoms, its progression and the common challenges facing caregivers. Explore the Association's website, or attend a free in-person or virtual education program. The more you know, the easier it will be to find ways to help.
- 2 Build a Team:** Organize family and friends who want to help with caregiving. The Alzheimer's Association offers links to several free, online care calendar resources that families can use to build their care team, share takes and coordinate helpers.
- 3 Give Caregivers a Break:** Make a standing appointment to give the caregiver a break. Spend time with the person living with dementia and allow the caregiver a chance to run errands, go to their own doctor's appointment, participate in a support group or engage in an activity that helps them recharge. Even one hour could make a big difference in providing the caregiver some relief.
- 4 Check In:** Many Alzheimer's and dementia caregivers report feeling isolated or alone. Start the conversation—a phone call to check in, sending a note, or stopping by for a visit can make a big difference in a caregiver's day and help them feel supported.
- 5 Tackle the To-Do List:** Ask for a list of errands that need to be run—such as picking up groceries or prescriptions. Offer to do yard work or other household chores. It can be hard for a caregiver to find time to complete these simple tasks that we often take for granted.
- 6 Be Specific and Be Flexible:** Open-ended offers of support ("call me if you need anything" or "let me know if I can help") may be well-intended, but are often dismissed. Be specific in your offer ("I'm going to the store, what do you need?"). Continue to let the caregiver know that you are there and ready to help.
- 7 Help for the Holidays:** Holiday celebrations are often joyous occasions, but they can be challenging and stressful for families facing Alzheimer's. Help caregivers around the holidays by offering to help with cooking, cleaning or gift shopping. If a caregiver has traditionally hosted family celebrations, offer your home instead.
- 8 Join the Fight:** Honor a person living with the disease and their caregiver by joining the fight against Alzheimer's. You can volunteer with your local Alzheimer's Association chapter, participate in fundraising events such as Walk to End Alzheimer's and The Longest Day, advocate for more research funding, or sign up to participate in a clinical study through the Alzheimer's Association's Trial Match.

To learn more about Alzheimer's disease and ways you can support families and people living with the disease, visit the Alzheimer's Association National Capital Area Chapter's website alz.org/nca or call the Association's 24/7 Helpline at 800.272.3900.

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia—by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®. Visit alz.org or call 800.272.3900.

Healthy Winter Habits to Maintain Health

(Family Features) Another cough and cold season calls for healthy preparation, and while there may not be a foolproof plan for escaping pesky germs, taking preventive steps and practicing self-care can help protect your health.

You can catch a cold or flu any time of the year, but they seem more common during the cooler months.

"As much as we all would love a quick cure for the common cold, unfortunately, that doesn't exist," said Ian K. Smith, MD. "However, there are many options one can try to relieve cold and flu symptoms, including over-the-counter medications. These medications can provide fast and much-needed relief."

Reduce the chances you'll contract a serious illness this cold season by following these tips from the experts at Mucinex:

Make handwashing a priority. Preventive measures like washing your hands often can significantly lower your odds of getting sick. In fact, handwashing is such a powerful tool against germs that the Centers for Disease Control and Prevention compared it to a "do-it-yourself vaccine." Wash regularly with soap and water for about 20 seconds, especially when handling food, caring for someone sick or after using the restroom.

Make overall wellness a way of life. Adopting healthy everyday habits means your body is in better condition to fight off potential attacks by germs and combat an illness more effectively if you do get sick. A well-balanced diet that includes moderate portions from each of the major food groups can help ensure you're getting the nutrition and nutrients your body needs. Staying physically active can help promote a stronger immune system. Getting enough sleep and making sure you're drinking enough water can also ensure your body is ready for whatever the season brings.

Stock up on necessary supplies. If you do get sick, the best place for you is at home, where you can nurse yourself back to health. That means having the essentials on hand, like over-the-counter medications to treat uncomfortable cold and flu symptoms. Be sure to check last year's leftovers, as some may have expired. A shopping list to fight common cold and flu symptoms should include pain relievers, fever reducers, decongestants, antihistamines, throat lozenges and cough suppressants, as well as



PHOTO COURTESY OF GETTY IMAGES

plenty of facial tissue, a working thermometer, humidifier and more. Also update your supply of hand sanitizer and disinfecting cleaners and sprays to protect family members in your home.

Relieve bothersome symptoms. When you're under the weather, treating your symptoms gives you a reprieve and lets your body rest so you can get back to feeling better. A cough is a common cold symptom, and relieving chest congestion that causes you to cough frequently can make a big difference. An option like Mucinex Extended-Release Bi-Layer Tablets, with the No. 1 pharmacist recommended expectorant, is clinically proven to relieve chest congestion and thin and loosen mucus to make your cough more productive for up to 12 hours. If symptoms persist, contact your health care professional.

Do your part to prevent spreading germs. If you do get sick, know you can take steps to protect those around you. Simple acts like covering your nose and mouth with a tissue when you cough or sneeze and using your elbow if you don't have a tissue can be effective in preventing the spread of germs. It's also important to wash your hands well and keep a distance from others to help prevent the spread of your illness.

Find more advice for preventing illness and protecting yourself this cough and cold season at Mucinex.com.

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Morningside from A2

Mary's COVID report: I got it!

Despite having had five COVID shots, I found myself with COVID last week.

I had had flu and pneumonia shots on a Monday. By Tuesday I was coughing, couldn't sleep, felt lousy. I was sure it was a reaction to the pneumonia shot, which I hadn't had in years. But grandson Conor came over, used one of my COVID tests and declared me a patient. He called my doctor who advised him, and ordered Paxlovid, which, apparently, is the treatment for COVID-19. I ran a temperature of 101, then 102, then... normal. Daughter Sheila came and took over the house. I slept off and on for about a day, woke up Thursday feeling great. But tired. I'm awed by my quick recovery.

Meanwhile, son John and his family have just had the disease, as well as granddaughter Naomi who works at a hospital in Chapel Hill, N.C. COVID is obviously not going away. I can't help but wonder how all of us would have fared if we hadn't had those first inoculations and the boosters.

Milestones

Happy Birthday to Brandon Wood and Bob Elborne, Nov. 5; Steve Call, Linda Beatty, and Dennis Waby, Nov. 6; Davey Capps, Jr., Nov. 9; Linda Fortner Jumalon, Nov. 10; and Cindy Lewis, Nov. 12. Robin Brown, Nov. 13; Tyrell Boxley, Nov. 14; Michael Spenard, Ty Poe, Bob Davis and Carolyn Holland Bennett, Nov. 15; Kendra MacLean and Katie Frostbutter, Nov. 18.

Happy Anniversary 47th anniversary to John and Dineen Whipple who were married at St. John's in Clinton November 8, 1975; and to Becky and Dave Capps who'll celebrate their 59th on November 9.

Happy 74th Anniversary to VFW Post 9619 Auxiliary, which was chartered Nov. 13, 1948.

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