

# The Prince George's Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY SINCE 1932

Vol. 92, No. 11 March 14 — March 20, 2024

Prince George's County, Maryland

Newspaper of Record

Phone: 301-627-0900

25 cents



PHOTO CREDIT BOWIE STATE ATHLETICS

March 5—Bowie State University student-athletes read to students from Bradbury Heights Elementary School.

## Bowie State Student-Athletes Read to Elementary School Students for Read Across America Week

By PRESS OFFICER  
Bowie State Athletics

BOWIE, Md. (March 5, 2024)—In collaboration with Read Across America Day which is traditionally celebrated on March 2, a total of 20 Bowie State University student-athletes read to students from Bradbury Heights Elementary School Tuesday (March 5) morning.

"It was an honor to team up with Bradbury Heights Ele-

mentary to equip our local youth and possible future Bulldogs with reading to the classes," said Karmin Powell, Athletics Program Specialist. "Not only did it provide cultural differences, racial unity, and representation in schools but the youth got the opportunity to spend time with our student-athletes and learn about Bowie State."

Read Across America is a week-long event that takes place in honor of Dr. Seuss and

all of his whimsical books. An initiative created by the National Education Association in 1998, the annual awareness day calls all children across the United States to celebrate reading, encouraging them to read wherever they are.

Many of the BSU student-athletes also used the time to inspire the kids to reach their full potential.

See READ Page A3

## Prince George's County Public Schools Honored With National Award

One of Three Programs Selected as Grand Prize Winners in 2024 Magna Awards Program

By PRESS OFFICER  
National School Boards Association

ALEXANDRIA, Va. (March 7, 2024)—New York's Orleans/Niagara Board of Cooperative Educational Services, Oklahoma's Lawton Public Schools, and Maryland's Prince George's County Public Schools are the Grand Prize winners in the 29th annual Magna Awards program sponsored by the National School Boards Association's flagship magazine, American School Board Journal (ASBJ).

In addition to the three Grand Prize winners, 15 Silver Award winners were selected. This year, the Magna Awards recognize school districts and their leaders for their innovative, out-of-the-box thinking to address district challenges. Members of the NSBA Board of Directors Awards Committee selected the winners from district submissions.

"The Magna Awards spotlight innovative programs that are making a difference for students and the communities where they live," said NSBA Executive Director and CEO Verjeana McCotter-Jacobs. "From providing incarcerated individuals with essential job readiness training and hope for the future to preparing students for the ever-evolving landscape of careers through specialized programs, each of our Grand Prize-winning programs exemplifies the transformative power of education. These award winners serve as shining examples of what can be achieved when creativity and dedication intersect in the pursuit of excellence."

Grand Prize-winning programs:

Under 5,000 enrollment: New York's Orleans/Niagara Board of Cooperative Educational Services (BOCES) Corrections Literacy and Job Skills: A Second Chance pro-

gram provides incarcerated students and adults the opportunity to take classes and training to increase their chance of employment after release.

5,000 to 20,000 enrollment: Oklahoma's Lawton Public Schools Life Ready Center partners with educational organizations and universities to provide students introductory and advanced electives that enable them to explore several career paths.

Over 20,000 enrollment: Maryland's Prince George's County Public Schools Specialty Program: Aerospace Engineering and Aviation Technology guides students through the process of conducting research to solve real-world challenges and participate in aerospace engineering and aviation technology internships at local companies.

Representatives from the three Grand Prize-winning districts will be presenters at NSBA's Annual Conference in New Orleans in April and will be featured in the 2024 Magna Awards video. All winners will be highlighted in the April issue of ASBJ, set to be published online on Tuesday, March 19, at [www.nsba.org/asbj](http://www.nsba.org/asbj).

Silver Award-winning programs:

Under 5,000 enrollment

- Bristol Bay Regional Career and Technical Education Program, Bristol Bay Region, Alaska
- Multi-Tiered System of Supports Framework (MTSS), Cottonwood-Oak Creek School District #6, Cottonwood, Arizona
- Center for Advanced Professional Studies, Park City School District, Park City, Utah
- Roosevelt Rising! Roosevelt Union Free School

See AWARD Page A2

## Commitment to Sustainability: Prince George's County Libraries Lead Initiatives to Accommodate EV Charging

By ANDREA CASTILLO  
PGCMLS

LARGO, Md. (March 7, 2024)—The increasing popular interest in environmental awareness and impact includes the impact of gas-powered vehicles on the planet. At their core, libraries are green organizations, lowering the ecological impact of our modern communities by sharing important resources — such as books, community events, internet access and being cooling and warming centers for innumerable members of the public. For years, the Prince George's County Memorial Library System (PGCMLS) has sought to further that spirit of environmental community consciousness by making the idea of owning and using electric vehicles (EV) a more accessible reality for commuters and residents of Prince George's County.

That goal of creating sustainable communities now also extends even further outside the Library's doors, with eight of 19 branches in the system providing drivers with electric vehicle charging stations, with the goal of expanding access to charging stations to all of the branches:

- Accokeek
- Beltsville

- Bladensburg
- Hyattsville
- Largo-Kettering
- Laurel
- New Carrollton
- Spaulding

Thanks to library leaders' eye toward the future in embracing the electric vehicle charging stations, New Carrollton Branch Library hosted Rep. Anthony Brown (MD-04), U.S. Sen. Ben Cardin (D-Maryland) and other elected officials, industry leaders and advocates at a September 2021 event in order to promote electric vehicles and push for more infrastructure to fuel their growth. According to PGCMLS CEO Mark Winston, "For an organization that is committed to serving all residents with 19 locations in all regions of the county, we should make the betterment of the environment one of our highest priorities."

Today, according to data from the Maryland Department of Transportation, there are more than 96,000 electric vehicles registered in the state of Maryland alone, with nearly one in 10 of those in Prince George's County. Rules adopted in Maryland in 2023 require all new passenger cars and light trucks sold in the state to be electric by model year 2035. That influx of new zero-emissions vehicles on the road

points to the need for infrastructure to be in place to charge them — like the electric vehicle charging stations on county property, including libraries.

These library charging stations are among more than 100 public-purpose electric vehicle charging stations found on Prince George's County government properties in partnership with local utility companies like Pepco and Southern Maryland Electric Cooperative (SMECO). An effort years in the making, having the charging stations available to customers and residents positions the library and the county as a whole to work toward meeting goals set by local leaders and Maryland Gov. Wes Moore's administration to drastically cut greenhouse gas emissions and get more zero-emission vehicles on the road in the next decade. The Biden Administration is also incentivizing drivers to go electric by offering tax credits for purchases of vehicles and charging equipment through the Inflation Reduction Act.

In recent months, PGCMLS re-opened its Bladensburg Branch Library, the system's first LEED certified branch, equipped with solar panels on the roof, permeable pavers, electric car charging stations, energy-efficient HVAC and lighting systems.

## Maryland Lawmakers Urge Congress to Spend More on Chesapeake Bay Restoration

By YESENIA MONTENEGRO and BRENNAN STEWART  
Capital News Service

WASHINGTON (March 6, 2024)—Citing encouraging signs of improvement, five Maryland lawmakers expressed their support Wednesday for increased funding of the federally-backed Chesapeake Bay restoration program.

"We've made progress," Sen. Ben Cardin, D-Maryland, said at a luncheon hosted by the Choose Clean Water Coalition. "We have the least amount of dead zones that we've seen since the 1980s on the bay. We have underwater grasses that are coming back in the Chesapeake Bay. We have oyster crops that we never thought we'd be able to see starting to bloom in the Chesapeake Bay. We're not at our historic levels, not even close. I understand that. But we've made progress."

The coalition, which was started in 2009, hosted its 13th annual Chesapeake Bay Day on Wednesday with nearly 100 of its members and nine members of Congress in attendance. Made up of over 290 nonprofit organizations from the Chesapeake Bay region, the nonprofit advocates maintaining or increasing spending on clean water programs.

"I think the Chesapeake delegation in Congress is just so passionate about this work, and they understand the benefits to their districts and the people that live there," Kristin Reilly, director of the coalition, told Capital News Service.

"I think that's also why there's such wide bipartisan support for these programs because they can actually see the benefits in their communities," Reilly added.



PHOTO CREDIT YESENIA MONTENEGRO/CAPITAL NEWS SERVICE

WASHINGTON—Democratic Rep. David Trone, who is running for the U.S. Senate in Maryland, discusses Chesapeake Bay cleanup efforts as Rep. Dutch Ruppersberger, D-Maryland, looks on.

The Chesapeake Bay Program, which receives funding from the Environmental Protection Agency, was started in 1983, with its main efforts directed towards reducing pollution and restoring the bay's ecosystem.

The program encompasses six states that surround the bay as

See BAY RESTORATION Page A2

### INSIDE

In & Around Morningside-Skyline

Brandywine-Aquasco

Towns and Neighbors, Page A2

Special Enforcement Blitz to Address Illegal Home-Based Businesses

Women's History Month Features Arts, Cultural, STEM Events at the Library

Community, Page A3

To Be Equal:

President Biden's State of the Union Address Centers on National Urban League's "D3" Agenda to Defend Democracy, Demand Diversity, Defeat Poverty

Commentary, Page A4

'It's Certainly Over' Aid-in-dying Bill Falter for the Year

Opioid Overdose Prevention in Maryland

Six in Ten People With Alzheimer's, Dementia Will Wander Health and Wellness, Page A5

# TOWNS *and* NEIGHBORS

## In & Around Morningside-Skyline

by Mary McHale 301-735-3451

### Easter Bunny comes to Morningside March 16

Morningside's annual celebration of Spring and Easter will be the Bunny Brunch on Saturday, March 16, at the Town Hall.

Admission includes Lunch, Egg Hunt for independent walkers to age 12, and a visit from the Easter Bunny himself. Bring your own basket and get your picture taken with him.

Admission is \$7 per person. Children, age 1 and under (lap seating only) are free but must be accompanied by a paying adult. Reservations and pre-payments are required. Seating is on first come-first served basis. Call 301-736-2301 to register and with questions.

### Town of Morningside: Vehicle Auction

Morningside is auctioning two vehicles from their fleet, a 2011 Ford Crown Victoria (mileage 116,498) and a Chevrolet Silverado LS Extended Cab and Dump Body Bed 4x4 with snowplow (mileage 47,835). Both sold As-Is. If interested, submit your highest bid in a sealed envelope, with the vehicle listed on the outside of the envelope and drop it off at the Town Hall between 9 a.m. and 4:30 p.m., Monday through Friday, at which time the cars can be viewed (but not driven). Deadline is March 18; Bids will be opened March 19.

March meetings: Work Session, Tuesday, March 12, and Town Meeting, Tuesday, March 19. Both beginning at 7 p.m. For information, call 301-736-2300.

Morningside has a new website—I'll tell you more about it after I review it myself.

### Surratts-Clinton Branch Library has reopened

Finally!! But it's been worth the wait. It's beautiful. Daughter Sheila and I visited on the second day it was open. I chatted with patrons—there were quite a few—and librarians and all agree it's amazing and they're so glad to have it back.

For children, it offers a Discovery Bay-themed area with sailboat-shaped reading nooks, a lighthouse for children to sit on and read, a wall mural of animals and fish of the Chesapeake Bay, seagulls flying from the ceiling.

Larger meeting room with a stage, a room for children and a room for teens. A

vending café, a fireplace, a comfort room for parents, and a stained-glass mosaic near the entrance which depicts views of the Chesapeake Bay from Calvert Cliffs State Park.

There'll be a grand opening event with Library officials at the first opportunity. In the meantime, the library will be open 10 a.m. to 6 p.m.

The Surratts-Clinton Library was originally dedicated in January 1980. It was built on land once owned by the Piscataway Nation and is named for two historic area names. It closed for renovations the summer of 2019 during which time, a temporary pop-up location was at Davies Unitarian Universalist in Temple Hills.

### Neighbors & other good people

John Mudd, of Laurel, my remarkable son-in-law, recently celebrated 35 years with Local 26 IBEW (International Brotherhood of electrical Workers). During those 35 years, he worked for Giant Food and Al Gleeson Electric.

The Veterans of Foreign Wars (VFW) presented its 2024 Congressional Award to Rep. Mike Levin (CA-49) for his steadfast support to veterans, service members, their families and survivors.

Yes, I have a March 12 birthday, and this year it's my 95th! Maybe I'll bore you with My Life & Times next week.

I would like to announce high school graduates for 2024 in an upcoming column. Email me (muddmm@gmail.com) with name, school, and plans for the future.

### Changing landscape

The annual guess-when has begun. The last I saw was March 19–23, for the cherry blossoms, according to the National Park Service.

Yummy Halal—New York Street Food—has opened at 5744 Silver Hill Road in District Heights. They specialize in desserts, gyros, salads, and wraps.

The D.C. health department has moved its headquarters and more than 600 workers from North Capitol Street to a new building in historic Anacostia.

A new hospital, Cedar Hill Regional Medical Center, is set to open next year on the St. Elizabeths East Campus.

Kingman Island, a 40-acre spit of land in the Anacostia River, across from RFK Stadium, is getting revitalized. Last month it was cleared of debris—some of it toxic—

that had accumulated over decades. Various plans have been being discussed for the island, including making it parking for RFK (that was dismissed). A park is possible.

Macy's plans to close 150 of their department stores. I didn't know there were still that many around. I miss the Macy's in Marlow Heights, and even more, I miss the Macy's in downtown DC. And Woodies and Hecht's. Ah, those were the days!

A home at 4312 Ridgecrest Drive, in Skyline, just sold for \$405,000.

### Ms. Betty, always with a book

Betty Jean Walker, 77, of Upper Marlboro, died January 31, with her husband at her side. To many in Bridgepoint and the community, she was known as Ms. Betty.

She was born in Washington, daughter of Raymond Marwood and Georgia Samuel. She graduated from McKinley Technology HS and worked at Washington Fur and Storage, Control Data.

However, her most beloved career was at New Image Child Development Center. Though she "birthed no children, she loved all children that came across her path. She loved them and they loved Ms. Betty."

Betty married John T. Walker on Nov. 26, 1977, and they had "44 great years" until her death. He composed a poem for "My Precious Wife." One sweet stanza: "I miss our talks, and the special way you'd understand, I miss the closeness that we shared, and how you'd hold my hand."

She loved fashion and made her own clothes. Did crosswords and loved reading, always had a book, with another book ready.

In addition to her husband John, survivors include sisters Juanita and Dorothy and brother Aaron. Services were at Marwood Senior Apartments, Upper Marlboro, where the Walkers lived. Bishop Clyde L. Hargraves, Sr., officiating Pastor.

### Milestones

Happy Birthday to Karen Proctor, Constance Bennett and my great-grandson Riley McHale, March 16; Sharon Ryan, Helene Williams, Judy Bornman and Alysha Perez, March 18; Kristopher Calhoun and Audrey Pridgen, March 19; Russ Kyser, Matthew Curcio-Bobbitt and Dejuh Bedewi, March 21.

Happy Anniversary to Morraine and Harold Wilson on March 22.

by Audrey Johnson 301-922-5384

## Brandywine-Aquasco

### REVEREND TYRONE JOHNSON

Come celebrate with us. We are having a celebration dinner to honor Reverend Tyrone Johnson for his dedication and faithful service to the community Sunday, April 14, 2024, from 3–7 p.m. at Baden Firehouse. The address is 16608 Brandywine Road, Brandywine, Maryland.

Tickets: \$25 per person. Tickets available until March 24, 2024. Tickets are limited and there are no sales at door. Please contact one of the following to purchase tickets: Mrs. Vivian G. Rich: 804-301-9530, Lady Stephanie Johnson: 240-733-2094, Ms. Chrystal Chase: 240-602-1238, Ms. Beverly Smith: 301-456-1357, Mr. Harry Butler: 301-888-1353. Let us give Reverend Tyrone Johnson his flowers now. This celebration is sponsored by St. Philip's Church, Baden Parish.

### CLINTON UNITED METHODIST CHURCH

On July 1, 2024, Clinton United Methodist Church in Clinton, Maryland will receive a new Pastor. Rev. Melaina Trice is a full elder in the Baltimore-Washington Conference. She currently serves as the Pastor of Worship and Communications at Glen Mar United Methodist Church in Ellicott City. She fully lives into the church's mission, "Praising God, Growing Disciples, and Serving the World."

Rev. Trice served as a Children & Youth Director for over 12 years at St. Luke UMC (Bryn Mawr, PA) and Ashton UMC (Ashton, MD). The kingdom of God and "Jesus is Lord" are the foundation of her theology. She believes that everyone bears the image of God, are beloved and invited to the banquet table of God and are free to accept God's love and be loved. She is passionate about social justice and removing barriers to the inclusivity and diversity of God's kingdom especially for the poor, marginalized, and oppressed.

Rev. Melaina Trice is a Philadelphia native and graduated from Morgan State University 2003 with her Bachelor of Arts degree in English Literature. She later graduated from Palmer Theological Seminary in 2011 with a Master of Divinity (M.Div.). Additionally, she studied Urban Development at Eastern University alongside her M.Div.

She has been married to Shelton Trice for 13 years and have two children, Israel (11 years old) and Logan (7 years old).

### INFLUENTIAL BLACK MARYLANDERS

"I wish to extend my congratulations to Dr. Heidi Anderson for being selected as one of the 2024 Most Influential Black Marylanders to watch by the Baltimore Sun. It is a blessing and an honor to bear witness to the fruits of Heidi's labor and to see our beloved university thrive under the leadership. The university's many accomplishments during her short tenure explain the greater

success of our students and our HBCU's position at the forefront of institutions of higher education throughout the state."

"We are thankful to the Sun for recognizing Dr. Anderson's achievements, and I know you share my gratitude and "Hawk" pride in our president. On behalf of the Board of Visitors, we look forward to witnessing her future achievements. With much appreciation and gratitude." Latina "Tina" Wilson, Chair, Board of Visitors, University of Maryland Eastern Shore.

### BSU THEATRE MUSICAL RIDE THE CYCLONE

Musical Ride the Cyclone will be performing April 11, April 12, April 13, 2024, at Fine and Performing Arts Center, Dionne Warwick Theater, 14000 Jericho Park Road, Bowie, Maryland, 20715 starting at 7:30 p.m. The cost is \$15. In this hilarious and outlandish story, the lives of six teenagers from a choir are cut short in a freak accident aboard a roller coaster. When they awake in limbo, a mechanical fortune teller invites each to tell a story to win a prize like no other for the chance to return to life. Wild and whimsical, Ride the Cyclone is a funny, moving look at what makes a life well-lived. Contact: Elena Velasco. Email: evelasco@bowiestate.edu. Website //https://www.bowiestate.edu/academics/colleges/college-of-arts-and-sciences/departments/fine-and-perf.

### WEDDING ANNIVERSARIES

Congratulations to Marian and Dr. Antony Thomas, Emmanuel and Claudette Oghogho, Chris and Jasmine Taylor Marshall who are Clinton United Methodist Church members celebrating Wedding Anniversaries in March. Hope that you will celebrate many more years together as a couple.

### PRINCE GEORGE'S COUNTY FAMILY JUSTICE CENTER

The Prince George's County Family Justice Center (PGCFJC) is a "one-stop shop." Multi-disciplinary service center coordinated by the family Division of the Circuit. The PGCFJC provides a full array of co-located services to victims of domestic violence, sexual assault, human trafficking, elderly abuse, and teen relationship violence.

These services are provided in a beautifully designed secure center where clients and their children feel safe and comfortable while receiving the necessary services. No appointments are necessary. Clients are welcome to return to the Center for additional services as often as needed. There are no fees for these services.

The PGCFJC is located across from the Commissioner's entrance to the Courthouse and has ample free parking. The PGCFJC is also accessible by public transportation on Bus 20, 21, and/or Bus 51.

## Little Chapel Food Pantry Distribution Sunday, March 17, 2024, 9–12

Please note that our next Food Pantry distribution at St. Philip's Episcopal Church Little Chapel Food Pantry is this Sunday, March 17, 2024, from 9 am to Noon or while supplies last. The Little Chapel is located at the corner of 6th and Prince George Street which is behind the church on Main Street. Non-perishable items, produce, and frozen items will be available while supplies last.

### Award from A1

- District, Roosevelt, New York
- Middle Grades New School Design for Safety, Collaboration, and Innovation, West Bloomfield School District, West Bloomfield, Michigan
- Elementary STEM, Windsor Central School District, Windsor, New York

### 5,000 to 20,000 enrollment

- WELlcome to Bay Shore, Bay Shore Union Free School District, Bay Shore, New York
- Career and Technical Education Center of Hobbs, Hobbs Municipal Schools, Hobbs, New Mexico
- Prevention and Resources Offering Mentorship, Intervention, Support, and Education (P.R.O.M.I.S.E.), Southwest Independent School District, San Antonio, Texas
- Superintendent Student Voice Council, Yakima School District, Yakima, Washington

### Over 20,000 enrollment

- The 21st Century School Buildings Program, Baltimore City Public School System, Baltimore, Maryland
- Family Support Center, Clark County School District, Las Vegas, Nevada
- Summer Teacher Cadet Academy, Macomb Intermediate School District, Macomb County, Michigan
- Well-Being Social Work, Montgomery County Public Schools, Rockville, Maryland
- Youth Development, Newport News Public Schools, Newport News, Virginia

*Founded in 1940, the National School Boards Association's (NSBA) purpose is to ensure each student everywhere has access to excellent and equitable public education governed by high-performing school board leaders and supported by the community. With members spread across the United States, the Virgin Islands, and Canada, NSBA is the only national organization representing school boards. Along with its member state associations and member public school districts representing locally elected school board officials serving millions of public school students, NSBA believes that public education is a civil right necessary to the dignity and freedom of the American people and that each child, regardless of their ability, ethnicity, socioeconomic status, identity, or citizenship, deserves equitable access to an education that maximizes their individual potential. For more information, visit nsba.org.*

### Bay Restoration from A1

well as the District of Columbia, and its funding needs were at the forefront of the coalition's lobbying day. Over 70% of the program's funds are spent on projects in the Chesapeake Bay watershed, including planting trees, reducing runoff from farmland and boosting the crab and oyster populations.

The coalition highlighted the recent introduction of the America's Conservation Enhancement (ACE) Reauthorization Act of 2024, which authorizes funding for various programs, including \$93 million in funding for the EPA Chesapeake Bay Program for the 2025 fiscal year and \$100 million for 2026 and beyond.

"This bill (the ACE Act) is going to get the bay on track," Rep. Dutch Ruppersberger, D-Maryland, said. "Some of the things that these grants do, like sediment reduction, really make a difference in helping the Chesapeake Bay."

The coalition also is backing \$15 million for the U.S. Fish and Wildlife Service's Watershed Investments for Landscape Defense (WILD) program, which provides grants to local organizations in the Chesapeake region that focus on restoring or protecting wildlife habitats.

The coalition recognized Ruppersberger, Cardin and Rep. John Sarbanes, D-Maryland, as "Chesapeake Champions" for their contributions to the restoration efforts throughout their careers.

Rep. David Trone, D-Maryland, who is running for the U.S. Senate, said he plans to continue working to protect the bay if he wins the seat.

Pollutants need to be kept out of the bay and the efforts towards no-till farming have not been as successful in Pennsylvania and Virginia as in Maryland, Trone said. No-till farming is a technique used to grow crops without disturbing the soil.

"The environment is top of the list," Trone told CNS. "So the environment and the bay, that's the very very top of the list. If you don't get that right, nothing else matters."

After the luncheon, coalition members had scheduled 44 meetings with members of Congress, presenting letters from 169 organizations that endorsed the coalition's appropriations requests.

"We have to both maintain the momentum, but we also need to accelerate our efforts even further," Sen. Van Hollen, D-Maryland, told CNS. "That means making sure that we protect and expand the resources that go to protect the bay from all the federal agencies."

*Prince George's Post—Proudly Serving  
Prince George's County  
Since 1932*

# COMMUNITY

## Read from A1

Read Across America Day is part of the Bowie State Department of Athletics' broader community engagement efforts, which seeks to help the surrounding towns and community organizations while providing opportunities for student-athletes and coaches to give back to the local communities. Bowie State Athletics has been taking part of this event for nearly a decade and looks forward to continuing its tradition in years to come.

For the most up-to-date information on Bowie State Athletics and its 13 varsity sport teams, visit [bsubulldogs.com](http://bsubulldogs.com).

## Social Security Matters

### Ask Rusty:

## Will My Benefit Increase if I Work While Collecting Disability?

By RUSSELL GLOOR,

National Social Security Advisor at the AMAC Foundation, the non-profit arm of the **Association of Mature American Citizens**

**Dear Rusty:** I will be 64 in March and currently receive Social Security Disability Insurance (SSDI) payments. My full retirement age is 67, but I'm thinking about trying to return to work.

If I work and my earnings exceed the monthly disability payment limits, but do not exceed the annual limit, how will my disability payments be affected? Will working while receiving Social Security disability payments change my Social Security benefit amount when I reach my full retirement age of 67? **Signed: Mending**

**Dear Mending:** Social Security doesn't go by annual earnings when it comes to disability (SSDI)—they go by monthly earnings. If your work earnings in any one month of 2024 exceed \$1,550, that will be a flag to SS that you are no longer disabled (\$2,590 per month if you're blind). If that happens for a few months in a row, they will most likely stop your SSDI payments. Often, this happens retroactively—they won't find out until sometime later that you repeatedly exceeded the monthly limit—but they will likely cancel your SSDI benefits and require you to repay any benefits you received in months you exceeded the monthly SSDI earnings limit, or months they deem you were capable of working without restriction.

I suggest you consider enrolling in Social Security's "Ticket to Work" program. While enrolled, you can work and will have a rolling 9 month "Trial Work Period" over 5 years, during which you can earn more than \$1,110/month (in 2024) without jeopardizing your SSDI benefits. If, after completing your 9 month trial work period, you are taken off of SSDI (because you're no longer considered disabled), and you again become disabled and unable to work, your SSDI benefits can resume without requiring you to go through the entire application process again. You can test your ability to work, will be able to work some and can earn more than the limit in some months, which makes the Ticket to Work program your best option. Read more about it here: <https://choosework.ssa.gov/>.

As for whether working while on SSDI will improve your benefit at your full retirement age (FRA), that depends. Your current SSDI benefit is equal to your FRA entitlement from your earnings record at your disability onset date (but paid to you prior to your FRA). The method for determining your benefit under SSDI is complex and depends on the age at which you became unable to work and the number of Social Security credits you had accumulated at that time. Although SS retirement benefits normally require you earn at least 40 SS quarter credits and are based on your highest earning 35 years, those approved for SSDI can get benefits with fewer than 40 credits and less than 35 years of lifetime earnings. Since each case is unique, I cannot say whether your earnings while on SSDI will improve your FRA amount, but Social Security will monitor your earnings and increase your benefit if appropriate.

FYI, your SSDI benefit would normally automatically convert to become your regular SS retirement benefit at your FRA at the same amount you were receiving while on SSDI. It's possible that the limited earnings you may have from working while on SSDI may increase your benefit, but that's impossible for me to predict. Your benefit is based on your lifetime earnings history (adjusted for inflation), not on your contributions to Social Security while working.

So, if you are on SSDI and wish to try returning to work, and you think your monthly earnings will occasionally exceed the SSDI limit, I suggest you contact Social Security (1.800.772.1213 or your local office) to explore enrolling in the Ticket to Work program. That would be your best option to avoid jeopardizing your SSDI benefits, and your benefit amount will be automatically adjusted by Social Security if appropriate.

The 2.4 million member Association of Mature American Citizens [AMAC] [www.amac.us](http://www.amac.us) is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country. And the AMAC Foundation ([www.AmacFoundation.org](http://www.AmacFoundation.org)) is the Association's non-profit organization, dedicated to supporting and educating America's Seniors. Together, we act and speak on the Association members' behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at [www.amac.us/join-amac](http://www.amac.us/join-amac).

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

## Special Enforcement Blitz to Address Illegal Home-Based Businesses

By PRESS OFFICER  
County Executive Alsobrooks' Office

LARGO, Md. (March 4, 2024)—Prince George's County is taking action against illegal home-based businesses following a surge in citizen complaints regarding kitchen cafés, makeshift clubs, driveway auto repair shops, and other unpermitted businesses. The Stepped-Up Enforcement Initiative, which was launched on March 1, is spearheaded by the Department of Permitting, Inspections and Enforcement (DPIE) utilizing trained Enforcement Division inspectors.

During the first 30 days of the blitz, DPIE will be out in neighborhoods passing out enforcement information to residents. Inspectors will also work with community and agency partners and utilize social media to spread the message about the program. Inspectors will converge on

certain areas on designated weekends and evenings.

"Unlicensed businesses pose a threat to our community's integrity and safety," said County Executive Angela Alsobrooks. "This initiative is about more than shutting people down, we also aim to work with residents operating businesses illegally to bring them into compliance, whenever possible, ensuring fairness and fostering a thriving business environment throughout the county."

"The blitz will focus additional attention and resources on the illegal businesses that were identified as frequent offenders in targeted locations," said DPIE Director Dawit Abraham. "The County has created a multi-level response. Though DPIE inspectors will serve as the primary on-the-ground team, we will work with other agencies such as Police Department COPS officers and staff from the County Exec-

utive's Office of Latino Affairs, African Diaspora Advisory Board, Muslim Association and other stakeholders."

An amnesty program will run through July 1, providing violating owners with 90 days to come into compliance before DPIE issues fines.

The initial phase of the special enforcement blitz will target areas of the County that generate the highest number of complaints, including Adelphi, Hyattsville, Lewisdale, Langley Park, Lanham, Riverdale Park, Seabrook and Upper Marlboro. Campaign materials will be distributed in multiple languages including Spanish, Tagalog, Chinese, Arabic, Amharic and French. Spanish-speaking DPIE inspectors will work in high-density communities with large numbers of Latino residents.

Learn more about the campaign [mypgc.us/UnlicensedBusinesses](http://mypgc.us/UnlicensedBusinesses).

## Women's History Month Features Arts, Cultural, STEM Events at the Library

By PRESS OFFICER  
PGCMLS

LARGO, Md. (March 5, 2024)—The Prince George's County Memorial Library System (PGCMLS) is hosting more than two dozen programs to celebrate Women's History Month in March 2024, with many that celebrate the important role of women in the arts, culture, society, and STEM, including a virtual author event with María Alejandra Barrios Vélez and her upcoming book "The Waves Take You Home" co-presented with the Prince George's County Office of Human Rights (PGCOHR), a virtual discussion with the Rev. Dr. Liz Theoharis co-presented with PGCOHR and the Equal Employment Opportunity Commission (EEOC), an "Ask Granny" genealogy workshop presented by the Prince George's County Chapter of the Afro-American Historical and Genealogical Society, a virtual event with author Robert Plumb to discuss his book "The Better Angels: Five Women Who Changed Civil War America" a presentation for children by the American Chemistry Society, and more.

"This March, PGCMLS celebrates Women's History through its exciting and educational events for all ages. In doing so, the library system continues to contribute to the ongoing movement for gender equality and social justice," said Rachel Zukowski, program services manager for PGCMLS. "Check out the variety of events that include stories, discussions, crafts, films, and an exhibit that bolster women's voices and experiences."

From March 15 to 30, the Greenbelt Branch Library will also host "Frances Perkins: The Woman Behind the New Deal," a traveling exhibit highlighting the life and accomplishments of Frances Perkins, Franklin D. Roosevelt's Secretary of Labor, who played a major role in shaping the New Deal era and was the first woman to hold a Cabinet position. The six-panel display is being loaned to PGCMLS by the Frances Perkins Center and will be available to view during open branch hours.

Women's History Month events hosted by PGCMLS include:

### Ready 2 Read programs (Ages 3–5)

- Thursday, March 21 at 10:30 a.m.: Ready 2 Read STEM, Largo-Kettering Branch Library
- Saturday, March 23 at 11 a.m.: Ready 2 Read Art, Bowie Branch Library

### School-age programs (Ages 5–12)

- Thursday, March 14 at 4:30 p.m.: Kids Create: Women's History Button Makerspace, Spauldings Branch Library
- Saturday, March 16 at 1 p.m.: Crafternoon: Celebrate Women's History, Oxon Hill Branch Library
- Monday, March 18 at 4 p.m.: Kids Create: Sally Ride, Laurel Branch Library
- Tuesday, March 19 at 4 p.m.: Crafternoon: Celebrate Women's History, Hillcrest Heights Branch Library
- Wednesday, March 20 at 6 p.m.: Crafternoon: The Art of Alma Thomas, Upper Marlboro Branch Library
- Tuesday, March 26 at 12:30 p.m.:

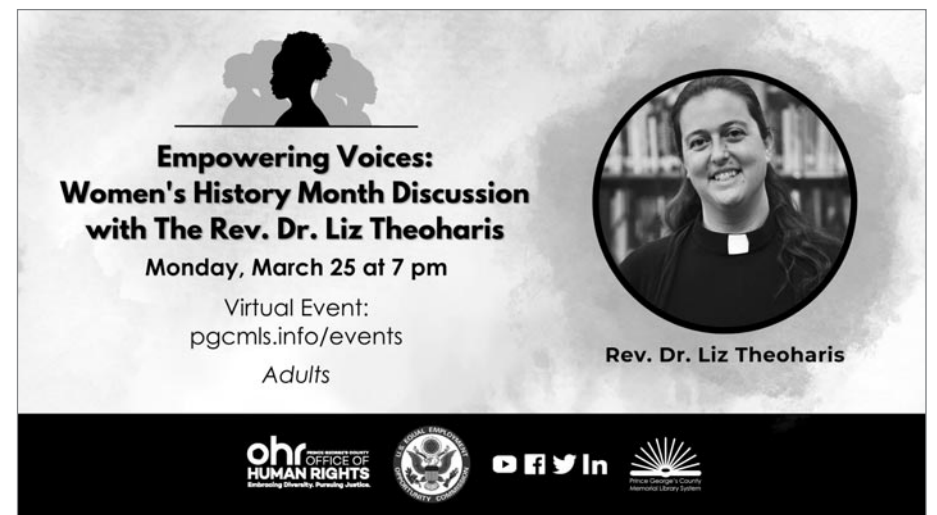


IMAGE COURTESY PGCMLS

- Crafternoon: Kids Coloring Club - Women's History Month, Glenarden Branch Library
- Tuesday, March 26 at 4 p.m.: Story Explorers | Explorando los cuentos: Hilma af Klint, Hyattsville Branch Library
- Saturday, March 30 at 1 p.m.: Get a Charge Out of Chemistry—Presented by the American Chemical Society, Bowie Branch Library

### Programs for kids to adults

- Thursday, March 14 at 4 p.m.: Crafternoon: Women Making Herstory!, Hillcrest Heights Branch Library

### Programs for teens and adults

- Tuesday, March 26 at 6:30 p.m.: Robert C. Plumb presents "The Better Angels: Five Women Who Changed Civil War America", Virtual
- Wednesday, March 27 at 12:30 p.m.: Film: "Barbie" (PG-13), Glenarden Branch Library

### Programs for adults

- Thursday, March 14 at 2 p.m.: Social Justice in Community: "Black Women and Prenatal Care" with Asiah Gayfield—Co-presented with the Prince George's County Office of Human Rights and the University of Maryland, Virtual
- Thursday, March 14 at 7 p.m.: "The Waves Take You Home" with author María Alejandra Barrios Vélez—Co-presented with the Prince George's County Office of Human Rights, Virtual
- Saturday, March 16 at 1 p.m.: Ask Granny—Presented by the Afro-American Historical and Genealogical Society

ety, Prince George's County Chapter, Oxon Hill Branch Library

- Tuesday, March 19 at 6:30 p.m.: Solidarity Stories: Community Led Book Discussion—"Parable of the Sower" by Octavia Butler, Mixt Food Hall, 3809 Rhode Island Ave, Brentwood, MD 20722
- Monday, March 25 at 4 p.m.: Movie Matinee: "Barbie" (PG-13), Laurel Branch Library
- Monday, March 25 at 7 p.m.: Empowering Voices: Women's History Month Discussion with the Rev. Dr. Liz Theoharis—Co-presented with the Prince George's County Office of Human Rights and the EEOC, Virtual
- Wednesday, March 27 at 1 p.m.: Base Camp: Veterans Information and Resource Sessions—Women's History Month, Virtual

### Additional resources

Looking for resources to dive into genealogical research, explore your family history, comb through public records, and more? Check out HeritageQuest Online (ProQuest) or Ancestry (ProQuest). (Note: Ancestry is only available to users in PGCMLS branches; no remote access.)

Celebrate Women's History Month through cinema with Kanopy, an online video streaming platform, access available for free with a library card, with more than 26,000 movies, documentaries, and indie and foreign films from hundreds of producers including The Criterion Collection, The Great Courses, Kino Lorber, PBS, and thousands of independent filmmakers. Users may stream up to 10 videos per month.

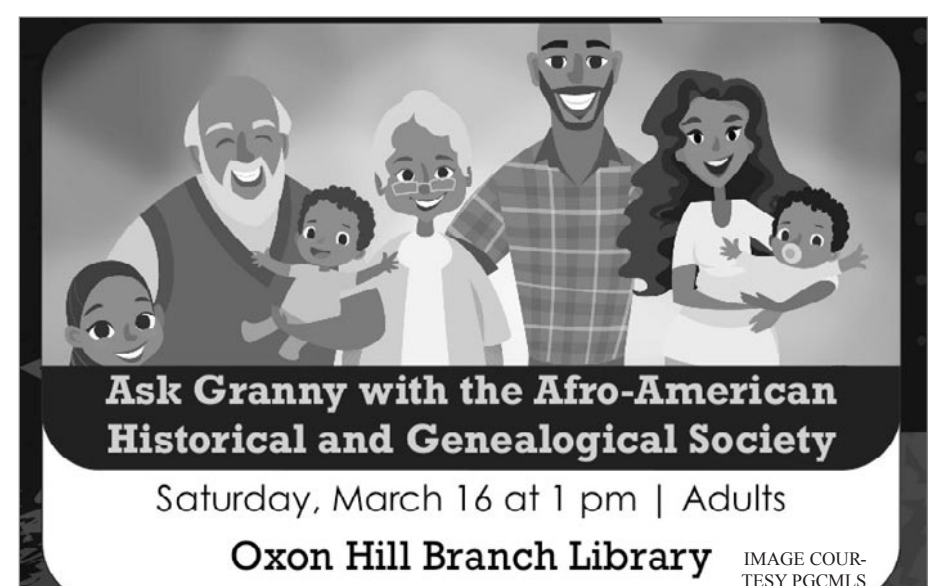


IMAGE COURTESY PGCMLS

# COMMENTARY

## Marc Morial

President and CEO, National Urban League



### To Be Equal:

## President Biden's State of the Union Address Centers on National Urban League's "D3" Agenda to Defend Democracy, Demand Diversity, Defeat Poverty

*"When you get to my age, certain things become clearer than ever before. I know the American story. Again and again, I've seen the contest between competing forces in the battle for the soul of our nation. Between those who want to pull America back to the past and those who want to move America into the future. My lifetime has taught me to embrace freedom and democracy. A future based on core values that have defined America. Honesty, decency, dignity, equality. To respect everyone. To give everyone a fair shot. To give hate no safe harbor."*

—President Joe Biden, 2024 State of the Union Address

President Biden's third State of the Union Address on Thursday met with overwhelmingly positive reviews for both its powerful content and his energetic delivery.

Falling as it did just days after the release of the National Urban League's 2024 State of Black America® report—which included a special section, Evaluation for Progress: Report on the Biden Harris Administration—it's worth noting the contrast between this address and the 1976 address by President Gerald Ford that inspired the original State of Black America report.

Both President Ford's address and Sen. Edmund Muskie's opposition conspicuously failed to men-

tion the challenges facing Black Americans at the time. In contrast, President Biden not only wove racial equity throughout his speech, but he also delivered it on the 59th anniversary of Bloody Sunday, a transformational moment in the Civil Rights Movement. Encouragingly, the speech explicitly addressed all three "Ds" in the National Urban League's "D3" agenda: Defend Democracy, Demand Diversity, Defeat Poverty.

"I ask all of you, without regard to party, to join together and defend democracy," President Biden said. "Respect free and fair elections. Restore trust in our institutions. And make clear—political violence has absolutely no place, no place in America."

Highlighting the anniversary of Bloody Sunday and pointing out the marchers in the chamber, he said, "Hundreds of foot soldiers for justice marched across the Edmund Pettus Bridge, named after the Grand Dragon of the Ku Klux Klan, to claim their fundamental right to vote," he said. "They were beaten. They were bloodied and left for dead... Five months later, the Voting Rights Act passed and was signed into law. But 59 years later, there are forces taking us back in time: voter suppression, election subversion, unlimited dark money, extreme gerrymandering."

He called on Congress to pass the Freedom to Vote Act and the John Lewis Voting Right Act, two bills that are at the heart of the National Urban League's advocacy.

In calling for an end to book bans and the erasure of America's history of racial violence and

discrimination, President Biden called diversity a "core value of America."

In addition to assembling the most diverse Cabinet, senior leadership, and federal judiciary in history—including the first woman and person of color to serve as Vice President and the first Black woman on the U.S. Supreme Court—President Biden on his first day in office disbanded the Trump Administration's 1776 Commission, which has sought to erase America's history of racial injustice, and revoked Trump's damaging executive order restricting diversity and inclusion training.

Several times during the speech, President Biden referenced the American Rescue Plan, which lifted more people out of poverty than any piece of legislation in the past 50 years, spurring the greatest single-year reduction in child poverty on record, and driving child poverty to a record low.

"The child tax credit I passed [as part of the American Rescue Plan] cut taxes for millions of working families and cut child poverty in half. Restore that child tax credit. No child should go hungry in this country."

The National Urban League is proud to have worked with the Biden Administration to help defend democracy, demand diversity, and defeat poverty, and we are committed to continue holding President Biden and all elected officials accountable to the imperatives of racial equity and economic opportunity.

—March 8, 2024

## Lawmakers May Dash Dreams of High-Speed Transit

By LYDIA HURLEY  
Capital News Service

ANNAPOLIS, Md. —Maryland lawmakers this session are debating their possible role in funding a high-speed rail project from Washington, D.C. to New York City, with some convinced the answer is clear: the state shouldn't have any role at all.

Those who back the project continue to push for the construction of the Northeast Maglev, a high-speed rail that would run through Maryland on its course through the northeast.

But some Maryland lawmakers vow they won't let the state pay for one inch of it. Del. Nicole Williams, D-Prince George's, sponsored the measure this year that would have prohibited any state funding for the project, even though none has yet been requested.

"I felt like this project should not be built with their taxpayer money," said Williams. "It's a funding issue. It's also an impact issue of the communities that it will traverse through."

Maglev supporters consider it silly to debate a bill that would outlaw funding that no one has asked for. Williams' no-funding bill is currently stalled in committee, leading some Maglev fans to conclude a majority of the Maryland General Assembly is supportive of their high-speed rail project.

"I think the fact that the bill has been turned

down (several) times tells you that it's not something that the General Assembly supports," said Wayne Rogers, Chairman and CEO of the Northeast Maglev project. Similar measures have been introduced since 2021.

For years, the U.S. has debated the idea of a high-speed rail system like the Northeast Maglev that would travel from New York City to Washington D.C. in just an hour. Maryland's leg of the trip would allow passengers to travel between Washington DC and Baltimore in just fifteen minutes, as opposed to the hour it currently takes.

High-speed transit is a popular concept, in theory. Some 63% of Americans said they would use high-speed trains if they were available in the U.S., according to a 2015 study by the American Public Transportation Association.

However, decades since the idea was first proposed, little progress has been made in constructing these high-speed railways. Lawmakers and advocates disagree about what's preventing the project from making headway, though.

In the 1970s, Robert Embry, the former Baltimore Housing commissioner, was invited to Japan to study their new railroad technology known as magnetic levitation, a step up from bullet trains. Embry came back home and promoted the Maglev project in its earliest days.

"My view was that America's ground transportation was inadequate and too slow and that

this was the new technology," Embry told Capital News Service.

Embry said that even today, this sort of high-speed rail could have a "significant benefit" to Maryland, encouraging tourism and commercial growth in Baltimore.

Connecting Washington and Baltimore via high-speed rail may not be so simple, though. First, getting federal funding requires an Environmental Impact Statement (EIS), said Embry. This comes from Maryland residents concerned with the project's alignment and whether it travels through their communities.

Funding issues aren't the sole reason the Maglev project hasn't broken ground yet, according to Rogers, the Maglev CEO. The project has to go through a "review and approval process with 30 federal, state and local agencies" before it can get permitted.

The Maglev project, which would run mostly underground, would give commuters the opportunity to travel between Washington and Baltimore without the use of crowded roadways, Rogers said.

"We're not 10 years behind on our infrastructure, we're 50 years behind," he said. "If we don't do something, we're drowning in congestion. We're eliminating economic opportunities because we can't even connect two cities that are 30 miles apart."

As it stands, the Maglev project would not rely



PHOTO BY DAVID DILBERT FOR PEXELS

### White electric train. Hamamatsu, Shizuoka, Japan.

at all on state funding; it would be solely funded by Japanese private enterprise and U.S. government loan and grant programs. However, Maglev officials say they don't want to rule out the possibility if the project faces funding concerns in the future.

"While this project is not immediately requesting dollars from the state, the conversation is about the possibility of—in the future—the state supporting the project financially," said Maglev advocate Adrian Harpool of the Maryland Minority Business Counts Initiative.

Supporters of the project emphasized the need to keep improving transit options in Maryland.

See **TRANSIT** Page A6

## Retirement Crisis Threatens Current Workers, Experts Warn

By TORRENCE BANKS  
Capital News Service

WASHINGTON (March 1, 2024)—The worsening retirement crisis impacting senior citizens will overtake current workers down the line if not fixed, experts say.

"The data clearly shows most Americans will not have enough money for a financially secure retirement and they are worried about it," Dan Doonan, executive director of the National Institute of Retirement Security, told the Senate Health, Education, Labor and Pensions Committee Wednesday.

Thirty-eight percent of middle-income and 71% of low-income households are at risk of not being able to maintain their same lifestyle after retirement, according to 2023 research from a Boston College study based on the National Retirement Risk Index.

Sen. Bernie Sanders, I-Vermont, and chairman of the panel, said that about 45% of senior citizens do not have any retirement savings. This leaves millions of senior citizens frightened about how they'll be able to live out their post-work lives, he said.

"One out of every four senior citizens in America is trying to live on an income of less than \$15,000 a year," Sanders said. "Think about that. While over half of our nation's seniors are trying to survive on an income of less than \$30,000 a year. Just put yourself in the place of that person."

Sanders said that the United States now not only has one of the highest childhood poverty rates but also the highest senior poverty rate of any developed nation.

Nearly 23% of citizens above age 65 in the United States are living in poverty, according to data from the Organisation for Economic Cooperation and Development (OECD), a 62-year-old international public policy institution based in Paris. Other wealthy nations, like France and Denmark, have senior poverty rates just above 4%.

"I would hope that we would agree that that is simply unacceptable," Sanders said. "And that's got to change."

Sara Chambers, a United Auto Workers member who currently

works at the Ford Motor Co.'s Livonia Transmission Plant in Michigan, told senators that she doesn't have a pension, health care, or retirement security. Chambers has worked with the company for 17 years and is a fourth-generation auto worker.

Getting a job at Ford no longer ensures the American dream or stability that her mother and grandparents once had, she said.

"Ford was the American dream. If I worked hard, I'd be able to have a life after Ford Motor Company," Chambers said. "But without a pension, without health care, we have people leaving these companies after 30 years with nothing more than a 'have a nice day.' And I hope the stock market doesn't crash."

Over time, many companies have phased out reliable pension plans due to costs, leaving their employees in a tough situation. While Chambers said she is proud of UAW's recent successful strike, she said she believes that there's still a lot to make up for the benefits workers have lost over the years.

"I am proud of the accomplishments that we've made after 15 years of falling behind after the financial crisis," Chambers said. "But we still fell short of what generations of auto workers had. We still fell short of what the American dream should be."

Teresa Ghilarducci, a professor of economics and policy analysis at the New School for Social Research in New York, said that looking at the average retirement wealth in the United States paints a misleading picture.

She noted that while people may think the average retirement wealth is high, the median retirement wealth for the bottom 90% has decreased.

"If Elon Musk walked on the witness stand today, we would be the richest, on average, witnesses of all time in the health committee," Ghilarducci said. "But the typical retirement wealth for us would not go up for the typical American approaching retirement."

Doonan acknowledged that the move away from pension plans and solely relying on 401k plans has helped create the retirement crisis. While a 401(k) allows employees to control their contributions, it does not guarantee a recurring check after retirement, he said.

Doonan said that pensions would better benefit workers, employers and the economy.

"Conventional wisdom suggests that 401(k)s cost less," Doonan said. "But I think what I hear when that is said is it means putting less money into a less efficient system as costs rise and hoping for the best."

Sen. Bob Casey, D-Pennsylvania, has introduced the 401Kids Savings Act, which would create savings accounts for children starting at birth. When a child turns 18, the funds could be used for future needs like getting a college degree and even retirement.

"It's a really good plan," Ghilarducci said. "We should start with wealth and accumulate it."

## The Prince George's Post

The Prince George's Post  
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

Contents © 2023, The Prince George's Post

<b>Publisher/Senior Editor</b> Legusta Floyd	<b>Editor</b> Lisa Duan
<b>General Manager/ Legal Advertising Manager</b> Brenda Boice	<b>Administrative Assistant/ Billing</b> Julie Volosin
<b>Legal Advertising Assistant</b> Robin Boerckel	<b>Web Manager</b> 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. 20773.

# HEALTH *and* WELLNESS



PHOTOS COURTESY OF SHUTTERSTOCK

## 4 Tips to Get High Cholesterol Under Control

(Family Features) Heart disease is the nation's leading cause of death for men and women, according to the Centers for Disease Control and Prevention, but many people aren't aware they may be at elevated risk. More than 71 million adults in the United States have high low-density lipoprotein (LDL) cholesterol and nearly 50 million don't have it under control, which puts them at higher risk for cardiovascular events, such as heart attack and stroke.

What's more, nearly one-third (31%) of U.S. adults are not aware that having high cholesterol puts them at greater risk for heart attack and stroke, according to the findings of a recent study conducted by The Harris Poll commissioned by Esperion Therapeutics, Inc. The poll also revealed some inconsistent understanding about treatment options available for those with uncontrolled cholesterol. Fully 3 in 10 (30%) of those taking statins believe statins are the only LDL lowering treatment available for those with high LDL cholesterol.

"In auto racing, the red flag means danger on the track, stopping the race immediately," said Dr. JoAnne Foody, chief medical officer at Esperion. "We are launching a patient education program, 'Wave the Red Flag,' to encourage people with uncontrolled high cholesterol to have their levels checked right away and discuss appropriate treatment options with their health care provider."

If your high cholesterol is uncontrolled, understanding how you can achieve greater control can reduce your risk for serious health conditions, including potentially life-threatening cardiovascular events.

Consider these tips to get high cholesterol under control.

**Talk with your doctor.** Speaking with your physician is an important first step to managing any health condition. Your doctor can help you understand the severity of your condition and whether a treatment plan should be moderate or aggressive.

**Check your progress.** Keeping tabs on your cholesterol can help you and your health care team gauge whether your treatment plan is working. If you don't have heart disease, you may not need to check as frequently, but your doctor can recommend the appropriate intervals to help manage your cholesterol most effectively.

**Take medications as prescribed.** Statins are the medications most often recommended by treatment guidelines for the management of blood cholesterol, and nearly one-third (30%) of those

taking statins believe they are the only cholesterol-lowering treatment available, according to the survey. However, even with maximal statin therapy, some patients with chronic disease do not meet recommended LDL cholesterol levels. Taking your medications regularly and as instructed helps your doctor determine whether additional therapies—including non-statin treatments—could be useful to help manage your blood cholesterol.

**Make lifestyle adjustments.** Your diet plays a major role in lowering LDL cholesterol. Limiting fatty foods, especially those that are high in saturated and trans fats, is key. Monitoring your overall diet and exercising can also help reduce your risk of high cholesterol. Even if you don't have high cholesterol, adopting more cholesterol-friendly habits can help prevent your levels from rising to unhealthy levels in the future.

To find additional information about managing your high cholesterol, talk to your health care provider and visit [WaveTheRedFlag.info](http://WaveTheRedFlag.info).

### Fast Facts About Cholesterol

**What is cholesterol?**  
The liver creates a fat-like waxy substance called cholesterol. It serves useful purposes for the body, including producing hormones and helping digest food.

### How do you get high cholesterol?

The human body makes all the cholesterol it needs naturally, so any cholesterol you eat is cholesterol you don't need. However, it can be difficult to avoid because you can find dietary cholesterol in many common foods, including meat, seafood, poultry, eggs and dairy. Other non-dietary contributing factors include health conditions like obesity and diabetes, as well as family history and advancing age.

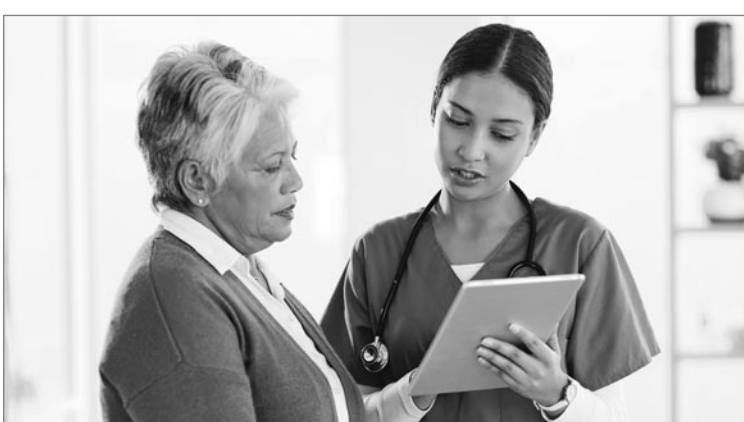
### What is a normal cholesterol level?

An average optimal level of LDL cholesterol is about 100 milligrams per deciliter (mg/dL).

An average optimal level of high-density lipoprotein, or HDL, cholesterol is at least 40 mg/dL for men and 50 mg/dL for women. HDL cholesterol can actually lower your risk of heart disease and stroke.

### Are there symptoms of high cholesterol?

Unlike many health conditions, there are rarely any symptoms that your cholesterol is high. That's what makes regular screening so important.



## 'It's Certainly Over' Aid-in-dying Bill Falters for the Year

By SAPNA BANSIL  
Capital News Service

ANNAPOLIS, Md. (March 1, 2024)—Lawmakers have tabled a fiercely debated bill that would have granted terminally ill Maryland residents the right to end their lives, a setback to supporters who hoped it would finally pass this year.

Senate President Bill Ferguson, D-Baltimore City, said in a press conference Friday that the measure had not won enough support among the 11 members of the Senate Judicial Proceedings Committee to move forward this term. Ferguson indicated he was unwilling to bring the bill for a vote if it was likely to fail.

"For this year, it's certainly over," said Senate Judicial Proceedings Committee Chair Will Smith, D-Montgomery, noting the bill would have fallen one or two votes shy of passing his committee.

Although Democratic leaders—from Gov. Wes Moore to Ferguson and Smith—all previously expressed support for the bill, they said there would be no last-ditch efforts to change lawmakers' minds on an issue that is deeply sensitive for both supporters and opponents.

"I told every member of this committee that on issues like this, it's a vote of conscience," Smith said. "It's so personal. It's such a tough issue ... In order to come to me and say, 'Hey, look, I'm expressing unreadiness, I cannot vote for this

bill,' I would honor that."

This bill, known as the End-of-Life Option Act, sought to make Maryland the 12th jurisdiction to legalize medical aid in dying, which provides patients with incurable illnesses the option to die by self-administering lethal medication. Patients would have been eligible if they had less than six months to live, were of sound mind and made a series of oral and written requests.

As the Senate and House considered companion bills over the past few weeks, the issue became the subject of contentious debate and hours of testimony. Proponents said aid in dying was a matter of dignity and bodily autonomy, while opponents expressed religious, ethical and moral concerns.

The bill's failure elicited strong emotions from its supporters on Friday, many of whom have experienced years of setbacks on the issue.

"It's gut wrenching," said Sen. Ariana Kelly, D-Montgomery, a member of the Judicial Proceedings Committee and a bill co-sponsor. "The proponents of this bill have come before the legislature, year after year, explaining why it's necessary. I have a broad community of constituents back at home and friends and colleagues who I see in Annapolis who are gutted ... People feel this very personally."

Among those who testified in support of the bill was Diane Kraus, a 59-year-old Baltimore



PHOTO CREDIT SAPNA BANSIL/CAPITAL NEWS SERVICE

**Senate Judicial Proceedings Committee Chair Will Smith, D-Montgomery (left), and Senate President Bill Ferguson, D-Baltimore City (right), spoke at a press conference on March 1, 2024, where they announced that legislation to legalize medical aid in dying would not move out of its committee phase.**

woman living with metastatic breast cancer. She said she wanted to have the option of medical aid in dying in the event her condition became terminal.

"I'm really disappointed," Kraus said in a phone interview. "I don't want to have to move out of state in order to be able to use this."

But one opponent said the bill's demise was the right outcome.

"I'm actually very pleased," said Sen. Mike McKay, R-Allegany, Garrett and Washington. "I know that it's a very, very personal piece of legislation that affects each of us

much differently than [Republicans] to [Democrats] or rural to suburban ... There's just people [who] weren't comfortable moving forward."

While the bill has met its end for this session, lawmakers said they anticipate reintroducing aid-in-dying legislation in upcoming terms.

"This is one that in time, maybe things will change with more education and more discussion," Ferguson said. "And so it's just best to just know that it's just not happening this year."

*Angelique Gingras contributed reporting for this story.*

## Opioid Overdose Prevention in Maryland

By PRESS OFFICER  
Interdynamics, Inc

HYATTSVILLE, Md. (March 4, 2024)—The opioid crisis is a nationwide endemic with an overdose happening daily in Prince George's County (princegeorgescountymd.gov). Now more than ever, individuals should prepare themselves with the training and confidence they need to respond quickly in an opioid overdose situation. Opioids include prescription medications and heroin, but they can also be consumed unknowingly if substances such as cocaine or methamphetamine, are mixed, or laced with fentanyl.

Interdynamics, Inc., a behavioral health firm located in Hyattsville, Maryland will engage its entire staff in the Outpatient Mental Health Clinic (OMHC) as well as

in the PG County Public Schools in training to administer aid during an opioid overdose, which could save a life. On Monday, March 4 the staff complete(d) the Narcan training provided by Prince George's County Health Department-Behavioral Health Division because as Prince George's County youth, young adults and others continue to struggle with overdose encounters, we want to continue to be well informed and trained on how to support them during an emergency.

In addition to its OMHC operations, Interdynamics, Inc. partners with PG County Public Schools to provide mental health and substance abuse counseling to students and families under the Division of Mental Health and its Associate Superintendent Dr. Elizabeth Faison. Dr. Faison has led this charge to educate school stake-

holders on the ability to prevent incidences of opioid overdoses in schools and interrupt the overdose crisis should it occur.

Visit the following links to learn more about Interdynamics, Inc.'s Substance Abuse Treatment

Is Abstinence the Only Way to Treat Addiction?  
<https://youtu.be/uZarsFR1h2w>

Interdynamics, Inc. has provided high-quality care to our clients and communities for more than 20 years. Our practitioners specialize in individual and family therapy, couples counseling, substance abuse counseling, anger management, fit-for-duty, psychiatric, psychological, functional capacity evaluations, and more. Call us at (301) 306-4590 or visit [www.interdynamicsinc.com](http://www.interdynamicsinc.com) to start your journey towards better mental health.

## Six in Ten People With Alzheimer's, Dementia Will Wander

Alzheimer's Association offer tips to prepare for this emergency situation

By PRESS OFFICER  
Alzheimer's Association

MCLEAN, Va. (Feb. 18, 2024)—Wandering and getting lost is common among people living with Alzheimer's or other dementia and can happen during any stage of the disease. Six in 10 people living with dementia will wander at least once; many do so repeatedly. Although common, wandering can be dangerous—even life-threatening—and the stress of this risk weighs heavily on caregivers and family.

"Anyone who has memory problems and is able to walk is at risk for wandering," said Cindy Schelhorn, senior director of communications and marketing with the Alzheimer's Association National Capital Area Chapter. "Even in the early stages of dementia, the person can become disoriented or confused for a period of time and may not remember his or her name or address."

Behaviors that may indicate an increased risk of wandering include:

- Forgetting how to get to familiar places
- Talking about fulfilling former obligations, such as going to work
- Trying or wanting to "go home," even when

at home

The stress experienced by families and caregivers when a person living with dementia wanders and becomes lost is significant. Planning ahead and being prepared is critical when for this dangerous—and potentially fatal—situation occurs. When preparing an emergency plan, be sure to:

- Ask neighbors, friends and family to call if they see the person alone.
- Keep a recent, close-up photo and current medical information on hand to give to police.
- Know your neighborhood and any dangerous areas nearby, i.e. bodies of water, dense foliage, bus stops, or busy roads.
- Create a list of places where the person may wander, including past jobs, former homes, places of worship, or a favorite restaurant.
- Consider enrolling the person in a wandering response service.

"When a memory-impaired person goes missing, don't wait. Begin looking immediately," said Schelhorn. "Many people who wander are found within 1.5 miles of where they disappeared. If the person isn't located within 15 minutes, call 911 and

report that a person with Alzheimer's disease or dementia is missing."

Wandering situations can happen even to the most diligent of caregivers. Following are strategies to help lower the chances of a wandering incident:

- Identify the time of day the person is most likely to wander. Plan activities, such as folding laundry or preparing dinner, to keep the person engaged and reduce anxiety, agitation and restlessness.
- Reassure the person if he or she feels lost, abandoned or disoriented. If the person wants to "go home" or "go to work," use communication focused on exploration and validation. Refrain from correcting the person.
- Ensure all basic needs are met, including toileting, nutrition and hydration.
- Avoid busy places that are confusing and can cause disorientation.
- Use devices that signal when a door or window is opened. This can be as simple as a bell placed above a door or as sophisticated as an electronic home alarm.

# COUNTY CHURCH DIRECTORY

**UNITED METHODIST**

**WESTPHALIA Christian Community Church**

"A CHURCH ON THE REACH FOR GOD"

9363 D'Arcy Road  
Upper Marlboro, MD

**Worship Service:**  
9 a.m.

(301) 735-9373  
Fax: (301) 735-1844

**Rev. Dr. Timothy West, Pastor**

ALL ARE WELCOME

Web Site:  
www.westphaliaum.org

**BAPTIST**

**FIRST BAPTIST CHURCH OF HIGHLAND PARK**

'A Bible Based, Christ Centered & Spirit Led Congregation'

6801 Sheriff Road Landover, MD  
20785 (301) 773-6655

Sunday Biblical Institute:  
9:30 a.m.

Sunday Worship:  
7:30 a.m., 10:45 a.m.

Saturday Worship:  
6:30 p.m.

'WONDERFUL WEDNESDAYS WITH JESUS':  
12 noon (The Power Hour) and 6:45 pm

"A Time of Prayer, Praise, Worship, & The Word"

**Dr. Henry P. Davis III, Pastor**  
www.fbhp.org

**BAPTIST**

**First Baptist Church of College Park**

Welcomes You Where Jesus Christ Is Lord and King

Stephen L. Wright, Sr., Pastor

5018 Lakeland Road  
College Park, MD 20740  
301-474-3995  
www.fbc-cp.org

Sunday School 9:30a.m.  
Sunday Worship 11a.m.  
Holy Communion 1st Sunday  
Wednesday Bible Study 7-8p.m.  
Wednesday Prayer Service 8p.m.

**UNITED METHODIST**

**Union United Methodist Church**

14418 Old Marlboro Pike,  
Upper Marlboro, MD

**Church (301) 627-7389**

Sunday School (Children/Adults) - 8:30 a.m.  
Sunday Worship: 10:00 a.m.

**Reverend Twanda E. King, Pastor**  
www.uumchurch.com

**S. G. Spottswood A.M.E. Zion Church**

419 Hill Road, Landover, MD  
20785 • 301-490-2625

*Rev. Ranesa Mayo, Pastor*

"We are training disciples to experience victory in every area of their lives"

Matthew 28:19-20

Sunday School 9:00 a.m.  
Morning Worship 10:00 a.m.

Soulful Thursdays  
Bible Study 7:00 p.m.

**BAPTIST**

**Forest Heights Baptist Church**

We exist to strengthen your relationship with God.

6371 Oxon Hill Road  
Oxon Hill, Maryland 20745

Sunday School (Adults & Children) - 9:30 A.M.  
Worship Service - 11:00 A.M.  
Wed. Prayer Service & Bible Study - 7:00 P.M.  
Office (301) 839-1166  
Fax (301) 839-1721  
E-mail: [FHBC@verizon.net](mailto:FHBC@verizon.net)  
Pastor: Rev. Waymond B. Duke

**COMMUNITY CHURCH**

**WORD OF GOD COMMUNITY CHURCH**

"The Church Where Everybody is Somebody and Jesus is Lord"

4109 Edmonston Road Bladensburg, MD  
(301) 864-3437

Intercessory Prayer: Sundays - 8:30 a.m.  
Church School: - 9:15 a.m.  
Morning Worship Celebration - 10:30 a.m.  
Wed. Night Bible Study - 7:45 p.m.  
Elder Willie W. Duvall, Pastor

Church Directory Advertisements are paid ads.

Call the Prince George's Post today and have your Church information published in our Directory.

Call Today!  
301-627-0900

## Transit from A4

"The bill would signal that the state is closed to innovative, future-oriented solutions to worsening transportation challenges," said Ian Rainey, senior vice president of the Baltimore-Washington Rapid Rail.

While a high-speed rail might be needed in some parts of the U.S., some question whether it's necessary in Maryland.

The sponsor of the Senate version of the bill, Sen. Alonzo T. Washington, D- Prince George's, said there are opportunities for high-speed rail elsewhere in the country, but he opposes the project in Maryland.

"It is not needed. We believe the MARC train is doing exactly what this project is trying to do," Washington said in the Senate bill hearing.

Del. Williams said she plans to keep bringing up her no-funding bill until it passes. "I will continue to fight for this issue."

## Wander from A5

- Do not leave someone with dementia unsupervised in new or changed surroundings. Never lock a person in at home or leave him or her in a car alone.
  - If the person is no longer driving, remove access to car keys—a person with dementia may not just wander by foot. The person may forget that he or she can no longer drive. If the person is still able to drive, consider using a GPS device to help if they get lost.
- The Alzheimer's Association can provide families and caregivers with additional guidance on keeping people with memory issues safe. For more information, call the Association's free 24/7 Helpline at 800-272-3900 or visit [alz.org/safety](http://alz.org/safety).

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our vision is a world without Alzheimer's and all other dementia®.

# CLASSIFIEDS

**BUSINESS OPPORTUNITIES**

Let the Multimedia Specialists of MDDC Ad Services help you in growing your business and increasing your customer base. CALL TODAY at 855-721-MDDC, Ext. 4 and start seeing results NOW!

**FOR SALE**

Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-855-407-6870

**VEHICLES WANTED**

DONATE YOUR CAR/TRUCK/RV - Lutheran Mission Society of MD Compassion Place ministries help local families with food, clothing, counseling. Tax deductible. MVA licensed #W1044. 410-228-8437 [www.CompassionPlace.org](http://www.CompassionPlace.org)

**THIS COULD BE YOUR AD!**

Call today for a quote.  
301-627-0900

**BUSINESS SERVICES**

Increase the digital presence of your business! Contact MDDC Ad Services to receive a FREE Digital Footprint Consultation for your business from a TOP PERFORMING advertising agency! Call 855-721-MDDC, Ext. 4, [www.mddcadservices.com](http://www.mddcadservices.com).

**SERVICES—MISCELLANEOUS**

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-337-5228 [www.dental50plus.com/MDDC#6258](http://www.dental50plus.com/MDDC#6258)

**FOR SALE**

Get Boost Infinite! Unlimited Talk, Text and Data For Just \$25/mo! The Power Of 3 5G Networks, One Low Price! Call Today and Get The Latest iPhone Every Year On Us! 855-977-5719

Let the Multimedia Specialists of MDDC Ad Services help you in growing your business and increasing your customer base. Call today at 855-721-MDDC, Ext. 4 and start seeing results NOW.

Save loads of money with your advertising budgets! CONNECT with the Multimedia Specialists of MDDC Ad Services. Expand your brand's reach in our Bulk Advertising Network - CALL TODAY! With one call, one placement, one bill, you'll reach over 1,000,000 readers in the entire Mid-Atlantic region. Call 855-721-MDDC, Ext. 4 or email [kberrier@mddcpress.com](mailto:kberrier@mddcpress.com).

Custom Pull-Out Shelves for your existing cabinets and pantry.

Call for Your FREE Design Consultation  
(844) 538-5547

**ShelfGenie**  
LUTHERAN MISSION SOCIETY OF MD  
A nonprofit ministry

**dish** Advanced Receiver

Ranked #1 in Customer Satisfaction 6 Years in a Row

4K UHD Streaming  
FREE Google TV on Roku  
Streaming INCLUDES: Amazon, Apple TV, Disney+, Netflix, HBO Max, Hulu, YouTube TV, YouTube Premium, and more!

**SAY GOODBYE TO COMMERCIALS**

Never watch another commercial during your favorite premium shows

CALL US NOW!  
1-855-407-6870

**WESLEY FINANCIAL GROUP**

**You CAN Cancel Your Timeshare**

We have helped over 30,000 American families save over \$450,000,000 in timeshare debt and maintenance fees. We can help you too.

Get your free information kit and see if you qualify:

Call 1.888.984.2917

**It's not just a generator. It's a power move.**

Receive a free 5-year warranty with qualifying purchase\* - valued at \$535.

Call 855-993-0969 to schedule your free quote!

**GENERAC**

**DENTAL Insurance**  
Great coverage for retirees.

Get your **FREE** Information Kit from Physicians Mutual Insurance Company.

Call **1-855-337-5228**  
[Dental50Plus.com/MDDC](http://Dental50Plus.com/MDDC)

**Leaf Filter CLOG-FREE GUTTERS FOREVER**

GUTTER PROTECTION AFTER LeafFilter

EXCLUSIVE LIMITED TIME OFFER!

15% OFF + 10% OFF + 0% OFF FOR 24 MONTHS\*\*

Promo Code: 285

FREE GUTTER ALIGNMENT + FREE GUTTER CLEANING\*

CALL US TODAY FOR A FREE ESTIMATE  
1-844-566-3227

**DONATE YOUR CAR, TRUCK, RV**

Your donation helps provide food, clothing, hope.

LUTHERAN MISSION SOCIETY OF MD  
**Compassion Place** MINISTRIES

Tax deductible.  
MVA licensed #1044

**410-228-8437**  
[www.CompassionPlace.org](http://www.CompassionPlace.org)

**MARYLAND | DELAWARE | DISTRICT OF COLUMBIA**

**MDDCPRESS** FOUNDATION

**HELP FUND THE FUTURE OF JOURNALISM**

[mddcpress.com/foundation](http://mddcpress.com/foundation)

Prince George's Post—Proudly Serving Prince George's County Since 1932