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Census Bureau Outlines 2020 Census Plans to Count the Black/African American Community

By PRESS OFFICER
U.S. Census Bureau

WASHINGTON (March 3, 2020)—With census invitations ready to be mailed within two weeks, leaders from the U.S. Census Bureau briefed media outlets that serve the Black/African American community in metropolitan Washington D.C. about its efforts to ensure that all people are accurately counted in the 2020 Census. Additionally, leaders from the District and Prince George's County Complete Count Committees shared information on their efforts to educate the public about the importance of census participation.

In 2010, there was an estimated undercount of non-Hispanic Blacks by more than 800,000. This was particularly acute for Black men. The net undercount of young men ages 18-29 was 1.2 percent for all races; 5.9 percent for black males.

"It is imperative that everyone is counted," said Dale Kelly, Chief of Field Division, U.S. Census Bureau. "Census Bureau statistics inform how hundreds of billions of dollars annually in federal funds are allocated for critical public services like healthcare clinics, schools and education, and roads and bridges."

The U.S. Constitution mandates



PHOTO COURTESY OF U.S. CENSUS BUREAU

Left to right: Austin Patrick, Black/African American Integrated Communications strategist, Team Y & R; Camille Exum, Prince George's Complete Count Committee; Dale Kelly, U.S. Census Bureau Chief of Field Division; Kendall B. Johnson, Executive Director of the 2020 Census Integrated Communications Contract; Michael C Cook Sr., U.S. Census Bureau Chief Public Information Officer; and Melissa Bird, Executive Director of the District Census 2020; Ashley Emerson, Director of the Mayor's (Mayor Muriel Bowser) Office of African American Affairs.

that a census of the population be conducted every 10 years. In addition to the allocation of federal funds, the 2020 Census will also determine how many seats each state gets in Congress and guide the drawing of local political boundaries.

Kelly provided an overview of the

2020 Census questionnaire. There was a particular focus on the race question, the results of which are needed by federal agencies to monitor compliance with anti-discrimination provisions such as the Voting Rights Act. There is a two-question format, including a write-in area, for

capturing race and ethnicity. Individuals will be able to report multiple races and ethnicities if they chose to. She also underscored that census responses are confidential and pro-

See CENSUS Page A5

Laurel Mayor Craig A. Moe on Bigger Trucks: "A Bad Idea For Laurel, For Maryland and For Our Nation"

By AUDREY BARNES
City of Laurel

LAUREL, Md. (March 5, 2020)—In the past few years there has been a renewed lobbying effort in DC by major shipping interests who have spent a great deal of money on selling the idea that bigger trucks would mean good things. Some large shippers continue to lobby for legislation that would mandate states to allow longer double-trailer trucks called "Double 33s" that are 10 feet longer than today's twin-trailers and 17 feet longer than the standard single-trailer trucks. Other large shippers continue to lobby to increase the federal truck weight by over 5 tons, from 80,000 pounds to 91,000 pounds, or even more.

A number of local governments in Maryland, including the Laurel City Council have passed resolutions against Congress supporting these bigger trucks.

The most recent study completed in 2016 by the U.S. Department of Transportation found, surprisingly, that the crash rates associated with heavier trucks in states where enough data was available were significantly higher than trucks at or below 80,000 pounds.

One local official who strongly opposes any increase in truck length and/or weight is Craig A. Moe, Mayor of the City of Laurel who also served with the State of Maryland for over 31 years before retiring in 2018. "Serving as a member of the Fire and Rescue services for over 40 years I have seen first-hand the safety hazards these large trucks impose on drivers," said Moe. "We have many commuters from the City of Laurel traveling to the DC metropolitan area and accidents seem to be occurring more frequently, especially on I-495, I-95, US 1 and Maryland Route 198," Moe continued. "With my past experience, I believe adding bigger trucks into

this mix would pose a major safety concern for our first responders and our citizens."

"Trucks with twin trailers are also a common sight in Maryland passing through Virginia and DC heading all the way up to New England. Nobody likes driving next to or around these trucks and they are bad news for public safety," Moe added. According to USDOT, these proposed longer "Double 33s" take 252 feet to stop—that is a 17-foot longer stopping distance than today's single-trailer trucks and 22 feet longer than today's twin-trailer trucks.

Infrastructure damage is also a major concern when talking bigger trucks. USDOT found that these bigger trucks would increase pavement and bridge damage, which means more dollars in main-

See TRUCKS Page A8

Md. Bill Would Increase Tax Credit For Living Organ Donors

By HUGH GARBRICK
Capital News Service

ANNAPOLIS, Md. (March 6, 2020)—After returning home from Iraq, Army veteran Kellen Leech, who was deployed three times over the course of 14 years, wrestled with his mental health: PTSD, survivor's guilt and depression—until he read a Facebook post about Ellery Payton.

Payton's previous kidney transplant failed, and in 2012 he needed another one; Leech, a Prince George's County, Maryland, resident, decided he wanted to donate his.

After finding out his kidney matched, Leech's mind was set on the surgical procedure in pursuit of mutual healing, but to "sustain" himself it would cost his deployment savings. He had to delay his donation for two months while he "scraped money to-

gether" from his church and local veterans organizations.

House bill 944 would ease living donors' financial burdens by increasing the donor income tax reduction to \$10,000, up from \$7,500, according to a state legislative analysis.

If the bill passes, the larger credit would be applied to 2020 income taxes, which are due April 15 next year.

"This is exactly the kind of bill living donors need that will take away financial stress," Leech told Capital News Service.

Side by side, donor and recipient testified to lawmakers in the House Ways and Means Committee in favor of the bill on Feb. 25, and each said the other saved their life.

The current \$7,500 tax credit for living donors was created two years ago, brought to the legislature by for-

mer House Speaker Michael Busch, D-Anne Arundel, who, before his death in 2019, received a liver transplant from his sister.

Delegate Karen Young, D-Frederick, is sponsoring House bill 944, and told Capital News Service that there is a lack of "donors relative to the need," and, "I'm a champion of increased access to health care and more health care coverage. I feel this bill falls in line with that," Young said.

Sen. Ronald Young, D-Frederick, is sponsoring an identical bill, Senate bill 651.

Nationwide, about 8,000 people awaiting a transplant die because they did not receive a lifesaving organ, according to Donate Life America, an organ donation advocacy group.

In Maryland and other states, organ transplant waiting lists have grown, according to the legislative analysis.

There are 3,168 candidates on Maryland organ transplant waiting lists, the majority, 2,341, are waiting for kidney transplants; nationally 112,114 candidates are on organ transplant waiting lists with over three quarters listed for kidneys, according to the U.S. Department of Health & Human Services.

Kidney transplants from living donors tend to last longer than those from deceased donors, according to the American Kidney Fund.

Organ transplants from living donors have trended down in Maryland since 2000, which saw a peak of 265. The year 2019 only saw 147, according to the U.S. Department of Health & Human Services.

Living Legacy Foundation of

See DONORS Page A8

INSIDE

Prince George's County Residents Lead Alzheimer's Advocacy Efforts

These State Champions shared their experiences and challenges in caring for family members and friends with Alzheimer's disease and other dementias and asked legislators to support four key pieces of legislation.

Community, Page A3

From Community Connections: An Update on the Novel Coronavirus, COVID-19

The Prince George's County Government has a coordinated effort among all agencies to address COVID-19, being spearheaded by our Health Department.

Commentary, Page A4

Capitol Technology University Wins National Award for Best Cybersecurity Program

"Capitol is honored to be recognized with this award, especially as a small, private, non-profit STEM institution known predominantly by employers, such as the DoD, NSA, Lockheed Martin, and Raytheon," said Dr. Bradford Sims, President.

Business and Finance, Page A5

Upcoming Events:

- Gloria Richardson and the Cambridge Civil Rights Movement
- The Life and Music of Della Reese
- Dolly Parton's Legacy Celebrated in Film at Old Greenbelt Theatre

And more!

Out on the Town, Page A6

MPT Digital Studios' Web-Exclusive Series

"A Maryland Mystery Lady" Chronicles Surprising Discovery Made in Prince George's County

"It was important to find out who our mystery lady was and give her back her name and identity," said Rev. Jerome Fowler, St. Paul Church historian and founding family member.

Features, Page A7

TOWNS and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Law passed: No more balloon releases for your celebration

With a 92-to-47 vote, the Maryland House of Delegates has banned the intentional release of balloons into the air. Balloon releases are popular for celebrations and memorials but, they say, the practice creates trash which poses a danger to wildlife. Balloon releases are already banned in Queen Anne's and Wicomico counties and Ocean City.

The bill, sponsored by Del. Wayne A. Hartman (R-Worchester) establishes a civil fine of up to \$250 for a balloon release by an organization, or an individual "who is at least 13 years old." The Senate version, sponsored by Sen. Clarence K. Lam (D-Howard), passed by a vote of 38 to 8.

Changing landscape

The very popular Horace & Dickie's restaurant on H Street NE is closing after losing its lease. However, patrons can travel to Camp Springs for their fried whiting at 5601 Allentown Road. The owner, Richard "Dickie" Shannon, may even work there part time. There are also franchise agreements to open Horace & Dickie's in Waldorf and Glenarden.

The Maryland Department of Transportation has announced they need more time to safely complete the Bridge Rehabilitation of Temple Hill Road over the Beltway. The new estimate is summer 2020.

Free transportation will be provided on the South County Circulator to and from District 8 senior apartment buildings. The seniors in those buildings will be able to go out in the District to enjoy themselves, socialize and handle personal business. District 8 includes Andrews, Camp Springs, Clinton, Forest Heights, Fort Washington, Glass Manor, Marlow Heights, Oxon Hill, Temple Hills and Skyline. (Morningside is in District 7.) Service begins Monday, March 16.

MedStar Southern Maryland Hospital held a ribbon-cutting Feb. 27 for their new cancer center.

John Wilkes Booth Escape Route Tours

Three one-day Surratt House Escape Route tours are coming up in April. These bus tours leave from the Surratt House at 7 a.m. and head to Ford's Theatre where the dastardly deed was done.

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

WOMEN'S HISTORY MONTH

March is National Women's History Month which began Sunday, March 1, 2020 and ends Tuesday, March 31, 2020. More information to follow in my next article.

CAMP SPLASH

Camp Splash for Non-Girl Scouts in Grades K-5 will be held from June 22-26, 2020 at Camp Aquasco from 9 a.m.-4 p.m. Cost is \$50. The address is 17100 Aquasco Farm Road, Aquasco, Maryland 20608. The camp opportunity is perfect for girls who want to have fun and make new friends. We will enjoy activities that may include but are not limited to crafts, recreation, playing games, singing, dancing, acting, Girl Scout traditions, and hands-on Science experiments. This is an outdoor camp, rain or shine. Camp Splash is a community outreach camp designed as an introductory program for girls who are not currently Girl Scouts.

Financial Assistance available. Camp fees are non-refundable. Campers should bring a healthy lunch, beverage and a backpack to camp each day. Snack provided daily. Free bus transportation provided. Tentative bus stops are District Heights ES, Hillcrest Heights ES, Francis T. Evans ES, Waldford Woods ES, Cora L. Rice ES, Bowie Town Center (Red Robin), Rosaryville ES, Giant Food @Livingston Square, Berry ES, Brandywine ES.

To register for Splash visit: <https://www.surveymonkey.com/r/cb-camper>. If you do not have access to the internet call: 301-861-5860. For questions or more information, contact Lindsey Collins, Membership Specialist lcollins@gscmc.org 301-861-5864, Yvondra Bruce Membership Specialist ybruce@gscnc.org. Girls can only attend one Girl Scout camp per year (spring break camp or summer camp, not both).

DINNER DANCE

Prince George's County Chapter Bowie State University National Association, Inc. Annual Benefit Dinner Dance will be held June 28, 2020 from 4 p.m.-8 p.m. at La Fontaine Bleue. The address is 7963 Annapolis Road, Lanham, Maryland. Cost is \$55.00 Donations *15 Tax Deductible Contribution.

The attire is Semi-Formal. There will be vendors, entertainment and cash bar. For more information please contact Audrey Johnson at 301-922-5384.

EASTER CANTATA

You are invited to worship with Clinton United Methodist Church, Rev. Dorothea J. Belt Stroman, Pastor. Our Easter Cantata will be presented Sunday, April 5, 2020 at 10:30

Then the bus follows the route Booth took out of Washington, through Southern Maryland and across the bridge into Virginia where he met his fate. The bus returns to the Surratt House at 7 p.m.

Tours are offered April 11, 18 and 25th. I've taken the tour twice. It's a great experience. (By the way, there's a stop at my great-grandpa Dr. Samuel Mudd's house for a guided talk and perhaps a T-shirt at the gift shop.) For more information, visit surrattmuseum.org.

Coming up

Colonial Tavern Dinner at Darnall's Chance House Museum in Upper Marlboro on Saturday, March 14, 7 p.m. Call 301-952-8010 to see if you can still get a seat.

Bunny Bingo for all ages in Morningside on April 4. More info as I learn time and fee.

Bingo, every Wednesday at the Knights of Columbus in Forestville. Doors open at 5 p.m., sales begin at 6, Early Birds at 7. Players and volunteers welcome. Info: call Robert Jacobs, 301-937-1145.

Morningside/Skyline Memories: 1975

Here's some of what was happening here 50 years ago:

TUFF Teen Club and Morningside Recreation Council held a Dance '50s Night to '50s Music at Foullois, 8 to 11 p.m. One dollar for members, \$1.50 for non-members. "Open to junior and senior high school community." (Does anyone remember what TUFF stood for?)

The IRS opened a full-service office in the Penn Silver Building in Suitland.

Rev. and Mrs. Gary Dull of Morningside Baptist Church were congratulated on the birth of their twin sons, Michael and Thomas.

Rabies vaccinations were held outside Skyline School for dogs (on leash) and cats (in boxes, with air holes). \$2 contribution.

Skyline Homemakers organized, with Dot Burgess as president; Pat Lyall, vice president; Sandy Costigan, secretary; and B.J. Bennett, treasurer. All homemakers welcome.

The Morningside Parks & Recreation Council announced an area cleanup day in May.

Morningside Senior Citizens were swinging into spring after lunch at the

Ponderosa and a visit to the Pioneer House at Cosca Park. They continued with bowling on Mondays. And they offered a special congrats to Mr. & Mrs. Robert P. Walker on their Golden Wedding anniversary, Feb. 21.

Mary Ann Cook, her mom and son-in-law all died in November

Mary Ann Cook, 70, longtime resident of Maryanne Drive in Morningside, died at her recent home in Mechanicsville on Nov. 1. Two days later, on Nov. 3, her son-in-law John Naumoff of Charlotte Hall, died suddenly at 57. Then, on Nov. 27, her mother, Annabelle Thomas of Port Republic, died at 91. It was a hard November for one family!

Mary Ann was born at Bethesda Naval Hospital to Rodrick and Annabelle Thomas of Bradberry Heights. It was in Bradberry Heights that she met her future husband, Tommy Cook, and they were married more than 52 years.

The Cooks were proprietors of several local shops including Taste Freeze on Suitland Road and Sammy Laundromat ("Free washing powder on Wednesdays") on Maxwell Drive.

Mary Ann enjoyed her family, crocheting, and bargain shopping.

She was preceded in death by her father, her son Tommy Cook Jr. and sister Linda Betts. Survivors include her husband Tommy Sr., children, Jimmy Cook and Tammy Naumoff, sister Brenda Beorse, daughter-in-law Anita Beall Cook, eight grandchildren, and six great-grands.

The Brinsfield Funeral Home obit says of her, "If there was a coupon, then there was a reason to shop."

Milestones

Happy birthday to Anita (Beall) Cook, March 12; Pamela Woodall, Kathy Elborne, Cordelia Bland, Shirley Carruth and Gregory Ritter, March 13; my daughter Therese Gallegos and Belinda Benavida, March 14; Jacob Thompson, Jose Gryskevitz and Jonathan Capps, March 15; 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.

Top o' the mornin' on St. Patrick's Day!

Around the County

Free St. Patrick's Day Lyft Rides Offered Throughout Prince George's County To Prevent Drunk Driving

UPPER MARLBORO, Md. (March 3, 2020)—Free St. Patrick's Day Lyft rides will be offered to deter impaired driving throughout Prince George's County, Maryland beginning Tuesday, March 17.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the 2020 St. Patrick's Day SoberRide® program will be in operation beginning at 4 p.m. on Tuesday, March 17 (St. Patrick's Day) and continue until 4 a.m. on Wednesday, March 18, 2020 as a way to keep local roads safe from impaired drivers during this traditionally high-risk holiday.

During this twelve-hour period, area residents age 21 and older celebrating with alcohol may download Lyft to their phones, then enter a SoberRide® code in the app's "Promo" section to receive their no cost (up to \$15) safe transportation home. WRAP's St. Patrick's Day SoberRide® promo code will be posted at 3 p.m. on Tuesday, March 17 on www.SoberRide.com.

More information about WRAP's SoberRide® initiative can be found at www.SoberRide.com.

—Tammy Wan, WRAP

Join the Chorus of Residents Supporting a Trader Joe's in Bowie

The Bowie City Council believes that Trader Joe's would be an excellent addition to the grocery store offerings in Bowie. If you agree, and would like to see Trader Joe's open their next store in Bowie, please visit our link at www.cityofbowie.org/traderjoes and make sure Trader Joe's management knows what you are thinking.

Never been to a Trader Joe's? There is one located at 160F Jennifer Road in Annapolis Plaza next to Annapolis Mall. It is a small, upscale grocery store offering a variety of unusual healthy foods and products. For more information about economic development in the City of Bowie, contact John Henry King at 301-809-3042 or email jhking@cityofbowie.org.

—Una Cooper, City of Bowie

Pathways: Matching Your Financial Needs To the Right Financing Tools

Thursday, March 26, 2020, 10 a.m.-12 p.m., \$40.00 Register: www.pgcdec.com/events-calendar/2019/11/26/pathways-matching-financing-tools

Prince George's County Economic Development Corporation, 1801 McCormick Drive, Largo, MD 20774

Determining how much to borrow and how to borrow from the right source is critical for long term financial success. Your reasons for borrowing will influence the type of financing vehicle and the lender you select. This course will review borrowing guidelines for businesses, the different methods of financing, how to evaluate lenders, and how to establish a banking relationship.

Additional Session Highlights:

- Get borrowing guidelines to determine the amount of financing needed
- Learn various ways to finance your business
- Identify the different types of lenders and banks
- Learn how to prepare your business to borrow and determine how much you need

—PGC Economic Development Corporation

Council Chair Todd M. Turner Participates In Grand Opening, Ribbon-Cutting For New Lidl Store in Prince George's County

County Council Chair Todd M. Turner joined the President and CEO of Prince George's Economic Development Corporation, David Iannucci, the Lidl Lanham store team and other store representatives, on Wednesday, March 4 for festivities marking the launch a new Lidl store in Prince George's County. Lidl operates more than 90 stores along the East Coast in the U.S. and employs more than 4,000 team members. The Lanham store is Lidl's 9th in Maryland and 4th in Prince George's County. Located at 7500 Mission Drive, the Lanham store is an important investment in Prince George's County, bringing new jobs and revenue.

—CouncilConnection Newsletter, March 6, 2020

Bowie State Women's Basketball:

Kyaja Williams Named 2019–20 Lowe's CIAA Senior CLASS Award Winner

CHARLOTTE, N.C. (Feb. 29, 2020)—Bowie State forward Kyaja Williams has been named the winner of the 2019–20 Lowe's CIAA Senior CLASS Award for women's basketball. The award, chosen by a combination of votes from CIAA women's basketball coaches, media and fans, is presented to the conference's most outstanding senior student-athlete in women's basketball.

An acronym for Celebrating Loyalty and Achievement for Staying in School, the national Senior CLASS Award was launched in 2001 to honor the attributes of college basketball seniors who remained committed to their university and pursued the many rewards that a senior season can bring. Lowe's brought the Senior CLASS Award to the CIAA to recognize student-athletes throughout the conference who excel both on and off the court. Each CIAA school had the opportunity to nominate one senior player for the award. The conference-wide winner is selected based on personal qualities that define a complete student-athlete: Classroom, Character, Community and Competition. On the court, Williams has been a tremendously impactful player for the Bulldogs. She leads Bowie State in points, rebounds, blocks, and steals per game, as well as minutes played. Williams was selected to the 2019–20 All-CIAA Women's Basketball Team and was named the CIAA Women's Defensive Player of the Year after she led the conference, and all of Division II, averaging four steals per game. She also ranks seventh in the CIAA in blocks per game. Williams is one of only two players in the conference to average a double-double during the regular season with 13.9 points and 10.0 rebounds per game.

Williams is also a standout in the classroom as a sports management major, with a minor in computer science. She has maintained a 3.0 career GPA and has earned dean's list honors in her last three semesters at Bowie State.

—Gregory C. Goings, Bowie State Sports Information

a.m. morning worship service. The church is located at 10700 Brandywine Road, Clinton, Maryland 20735.

BOWIE STATE UNIVERSITY

Bowie State University students are thriving inside and outside the classroom. Last year, 92 student-athletes attained the Athletic Directors Academic Honor Roll. Bowie State University student athletes achieve higher graduation rates and higher-grade point averages than non-athletes. Our student athletes have earned the pride of the Bulldog nation. CIAA is "Bound 4 Baltimore" in 2021. Bowie State University is proud to be the host institution for next year's CIAA Basketball Tournament.

XTREME TEENS AND XTREME PRE-TEENS PROGRAMS

The Xteens and Xtreme Pre-Teens programs offer opportunities to explore and enjoy the arts, nature, sports, travel and other healthy, fun, and interesting recreational pursuits. Socialize with peers, participate in workshops, volunteer, perform, learn new skills and gain a greater familiarity with the extraordinary parks and recreation opportunities available throughout the county. For more information, call 301-446-3400 or email pgxtremeteens@pgparks.com.

SAARC

James E. Proctor, Jr. Center Southern Area Aquatics Recreation Complex is now open at 13601 Missouri Avenue, Brandywine, Maryland 20613. Hours are Monday to Friday from 5 a.m. to 10 p.m., Saturday 6 a.m. to 10 p.m. and Sunday, 10 a.m. to 6 p.m. For information call 301-782-1442.

MARCH BIRTHDAY CELEBRATIONS

Happy Birthday to Elizabeth Davis, Brewer Clark, Marquis Wallace, Shirley Brown, Desmond Wood, Anthony Oghogho, Elena Gatling, Safiya Terry-Joseph, Brittany Baker, Denise Reid Bourne, Mildred Edwards, Vedall Grant, Lloyd Brown, Patricia Stephens, Tina Fields, Aja Laylonie Bell, Henry Thomas, Bonnie Fauber, Shirley Jackson, Judy Jones-Terry, Shonnel Noel, Amiah Knight, Daniel Jones and Daniel Glee who are celebrating birthdays in March who are Clinton United Methodist Church members celebrating birthdays in March.

WEDDING ANNIVERSARY

Congratulations to Emmanuel and Claudette Oghogho who are Clinton United Methodist Church members celebrating their wedding anniversary March 12, 2020.

COMMUNITY

The American Counseling Association's Counseling Corner

Is the Stress in Your Life Affecting Your Waistline?

These days there are numerous things that can add stress to our daily lives. Maybe it's family or financial issues. Maybe it's pressures at work or even that daily commute. Perhaps you find yourself feeling stressed and upset over the latest news reports even though they're about things occurring far from you and beyond your control.

Most of us, when we face anxiety and stress, try to find ways to limit such feelings. One of the most used methods to minimize our stress and make ourselves feel better, if only for a short time, is by turning to food.

Not necessarily a conscious decision, stress eating is a common way to cope with uncomfortable thoughts and feelings. It's a natural reaction. Many foods affect our moods and feelings. They may remind us of better, simpler times (think "comfort foods"), or may actually bring reactions that make us feel better (yes, that "sugar high"), if only for a little while.

The problem with stress eating is that it can have a variety of negative effects, with the most common one being what we see when we step on that bathroom scale. So how can you avoid using food as a stress reliever?

A starting point is to focus on when and why you're eating. Experts advise keeping a food diary, just for a few days, in which you record what you eat, when you eat and what you're feeling at the time. What many people find is that, without realizing it, they've been snacking, often unhealthily, not because they're really hungry, but simply because they're feeling stressed.

It's important to realize that the food you're eating doesn't make the stress or your problems go away, and that it actually may be increasing your stress as you add on unwanted pounds.

You want to deal with this problem by analyzing the sources of stress in your life and trying to see if there might be ways to reduce or manage that stress. Consider looking to non-food related activities, like exercising, reading, gardening or other similar relaxing activities. Sometimes, simply being aware of what is triggering your stress-related eating is enough to help you avoid it.

Overcoming stress-related eating can be a challenge, but it is possible. If your eating issues are affecting your health, consider talking to your family doctor or a counseling professional specializing in this area.

Counseling Corner is provided by the American Counseling Association. Comments and questions to ACAcounselor@counseling.org or visit the ACA website at www.counseling.org.

Free March Health Resources Provided by Doctors Community Health System

By CHONDRIA ANDREWS
Doctors Community Hospital

LANHAM, Md. (March 3, 2020)—Throughout the year, Doctors Community Hospital offers numerous screenings and support groups. They are designed to help people maintain and improve their overall health. Some of the upcoming events include:

Free Breast Cancer Support Group

Third Tuesday of Each Month, 7–9 p.m.

Doctors Community Hospital, 8100 Good Luck Road, North Building, 4th Floor, Room 415, Lanham, MD 20706

240-542-3034 | DCHweb.org/breast

Join women who are newly diagnosed with or are recovering from breast cancer.

Free Diabetes Support Group

Third Wednesday of Each Month, 6–7 p.m.

Doctors Community Hospital, 8100 Good Luck Road, North Building, 5th Floor, DSE Room, Lanham, MD 20706

301-552-8661 | DCHdiabetes.org

Join people who have diabetes as well as their families during engaging and interactive discussions about coping with this disease.

Free Women's Heart Health Support Group

Tuesdays: March 24, 10:30 a.m.–12:00 p.m.

Doctors Community Hospital, 8100 Good Luck Road, North Building, 5th Floor, DSE Room, Lanham, MD 20706

301-552-8058 | DCHrehab.org

Join heart disease experts who provide educational information to women while encouraging them to make well-educated and heart-healthy decisions.

Free Screenings on Mobile Health Clinic

For more information about the mobile health clinic, visit DCHweb.org/WOW. (Most times are 10 a.m.–4 p.m. and lunch break 1–1:30 p.m.)

March 16—Shoppes at New Carrollton, New Carrollton, MD

March 18—Powder Mill Village Apartments, Beltsville, MD

March 19—Southern Area Aquatic & Recreation Complex, Brandywine, MD (9 a.m.–1 p.m.)

March 20—Gwendolyn Britt Senior Activity Senior Center, Brentwood, MD (9 a.m.–1 p.m.)

March 21—Prince George's County Office of Community Relations MoMENTum Conference, Upper Marlboro, MD

March 23—St. Margaret's Catholic Church, Capitol Heights, MD (10 a.m.–2 p.m.)

March 24—Harmony Hall, Fort Washington, MD (10 a.m.–2 p.m.)

March 25—City of Glenarden Nutrition Center James R. Cousins Jr. Municipal Center, Glenarden, MD

March 26—Hollywood Plaza, College Park, MD

March 30—Shoppes at New Carrollton, MD, New Carrollton, MD

March 31—Beltway Plaza Mall, Greenbelt, MD



PHOTO COURTESY ALZHEIMER'S ASSOCIATION

Charles County, Prince George's County Residents Lead Alzheimer's Advocacy Efforts

By CINDY SCHELHORN
Alzheimer's Association

MCLEAN, Va. (March 3, 2020)—Two Charles County residents and 21 Prince George's County residents were among a statewide team of more than 100 Alzheimer's State Champions who traveled to Annapolis on January 30 for the Alzheimer's Association annual Maryland State Advocacy Day. Attending this annual advocacy event were:

Margarett Baltimore
Romaine Brandford
Fran Braxton Downs
Marian Dickson
Anna Friday
Pat Harrison
Josephine Herring
Vanessa Hooker
Harriett Irving
Annette Jackson
Carlotta Jackson
Lorna Jones
Vivian McAllister
Lizbeth McManus
Irma Nicholson
Dr. LaRah Payne
Reitha Ray
Barbara Roberts

Briana Slater
Vivian Suggs
Shirley Young
Jane Washington
Carmella Watkins
Working with staff and fellow advocates representing both the Alzheimer's Association National Capital Area Chapter and the Alzheimer's Association Greater Maryland Chapter, these State Champions shared their experiences and challenges in caring for family members and friends with Alzheimer's disease and other dementias and asked legislators to support four key pieces of legislation focusing on:

- Increasing public awareness, early detection and diagnosis of Alzheimer's disease
- Building a dementia-capable workforce
- Increasing access to home- and community-based services
- Enhancing the quality of care in residential settings

According to the Alzheimer's Association 2019 Alzheimer's Disease Facts & Figures report, Alzheimer's disease is the sixth-leading cause of death in the

United States. An estimated 110,000 Marylanders have Alzheimer's, with a projected increase to 130,000 by 2025 barring the development of medical breakthroughs to prevent, slow or cure the disease. More than 293,000 caregivers in Maryland—family members and friends—provided 334 million hours of unpaid care valued at \$4.2 million in 2018.

In addition to the human toll of the disease, care for Alzheimer's cost the nation \$277 billion in 2018, with projections to reach \$1.1 trillion by 2050. State governments are increasingly on the front lines in addressing the Alzheimer's crisis, the care and support needs of families facing the disease and its impact on local economies.

Maryland State Champions Dr. LaRah Payne and Carmella Watkins also will attend the upcoming Alzheimer's Impact Movement (AIM) Advocacy Forum in Washington, D.C. from March 22–24, 2020. The AIM Advocacy Forum is the nation's premier Alzheimer's disease advocacy event. More than 1,000

advocates from across the country are expected to attend. Watkins also volunteers as the Alzheimer's Association Ambassador to Congressman Steny Hoyer, Majority Leader of the United States House of Representatives.

Maryland residents interested in learning more about the Maryland State Core Bill Priorities may visit alz.org/advocacyMaryland. Those interested in learning more about the AIM Forum and/or advocacy opportunities may contact Sadaf Ahmad, Senior Advocacy Manager, at 410-885-1978 x1977 or at sahmad@alz.org.

The Alzheimer's Association® is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's and all dementias. Visit alz.org or call 800.272.3900.

First RN From UM Prince George's Hospital Center Completing Bachelor's At UMSN Through Conway Scholarship Hospital Partnership Program

Student completing Bachelor of Science in Nursing with full scholarship funded by Bill and Joanne Conway.

By LAURA HAGER
UMSN

BALTIMORE, Md. (March 4, 2020)—Lauren Russell, BS, RN, became the first student from the University of Maryland (UM) Prince George's Hospital Center to take advantage of a full scholarship and enroll in the University of Maryland School of Nursing (UMSON) through its Conway Scholarship Hospital Partnership Program.

Funds for the Conway Scholarship Hospital Partnership Program, which seeks to facilitate baccalaureate-level education for registered nurses at the UM Prince George's Hospital Center, part of UM Capital Region Health, and at the UM Medical Center Midtown Campus, come from a transformational \$10 million gift from Bill and Joanne Conway through their Bedford Falls Foundation. The Conway Scholarship covers in-state tuition, fees, books, and the cost of community college prerequisites required for admission to UMSN's RN-to-Bachelor of Science in Nursing (BSN) program. The gift will fund Conway Scholarships for 42 registered nurses to earn their BSN degrees through the Hospital Partnership Program.

Russell, a clinical nurse I on the Trauma Intensive Care Unit at UM Prince George's Hospital Center, has recently begun her second semester in UMSN's RN-to-BSN program. She earned a bachelor's degree in community health from the University of Maryland, College Park in 2013 and an Associate Degree in Nursing from Baltimore City Community College in 2016. She becomes the second RN-to-BSN student to enroll at UMSN through the program, following a student from the UM Medical Center Midtown Campus who began the pro-

gram in spring 2019.

Russell said she is excited to be continuing her education at another University of Maryland institution and hopes eventually to pursue a career as a nurse anesthetist.

"Receiving the Conway Scholarship has opened so many doors for me," Russell said. "My plan was always to go back to school, even though I knew it would be difficult to do so while working full time, and I didn't know how I would afford it without taking out more loans. Now everything is coming together as it was meant to, and that's an amazing feeling."

"We are excited to welcome Lauren Russell as the first Conway Scholar from UM Prince George's Hospital Center under our Hospital Partnership Program," said UMSN Dean Jane Kirschling, PhD, RN, FAAN. "As a clinical nurse, Ms. Russell has already demonstrated her dedication and commitment to excellent patient care. This program gives us the opportunity to support her further education, so that as a BSN-prepared nurse, she can continue to expand her role in serving our community. Ensuring a well-prepared nursing workforce is in keeping with our longstanding academic-practice partnership with the University of Maryland Medical System and the truly visionary philanthropy of the Conways."

The Conway Scholarship Hospital Partnership Program is helping to respond to one of the central recommendations of the Institute of Medicine's landmark 2010 report, *The Future of Nursing: Leading Change, Advancing Health*, which seeks to increase the percentage of nurses educated at the baccalaureate level.

The Conways have pledged more than \$15 million to UMSN since 2015. Their



PHOTO COURTESY UMSN

Lauren Russell, BS, RN

most recent gift was the largest outright scholarship gift in UMSN's history. In addition to funding the Hospital Partnership Program, the Conways' latest gift will fund 341 scholarships, bringing the total number of students benefiting from Conway Scholarships to more than 470.

The Conways decided several years ago that their philanthropy should help people who have demonstrated financial need to receive the education necessary to obtain jobs. Bill Conway is a founder, co-chief executive chairman, and director of the Carlyle Group in Washington, D.C. The Conways are trustees of the couple's Bedford Falls Foundation, which has bestowed significant nursing scholarships in the Mid-Atlantic region.

COMMENTARY

Angela Alsobrooks

County Executive, Prince George's County



An Update on the Novel Coronavirus, COVID-19

As you may be aware, an attendee at the Conservative Political Action Conference (CPAC) held at National Harbor from Feb. 27–March 1 tested positive for the novel coronavirus, COVID-19. Those who attended or worked the conference may be at some risk of acquiring COVID-19. We are aware of this situation, and our County Health Department is continuing to work with state and federal public health partners to keep Prince Georgians safe and healthy.

The Prince George's County Government has a coordinated effort among all agencies to address COVID-19, being spearheaded by our Health Department. While I know that many of you are concerned about the spread of this virus, County Government has taken a number of steps to stay abreast of this rapidly changing situation and prevent the spread of the virus.

On March 4, we activated both our Emergency Operations Center (EOC) and our Joint Information Center (JIC) at an enhanced level. We have staff working around the clock to monitor updates on the situation. We have maintained the same level of activation since it was announced that Montgomery County has three confirmed cases of the virus. Your government is collaborating to ensure all necessary steps are being taken at this time to prevent the spread of germs.

County Office of Central Services:

The Prince George's County Office of Central Services (OCS) is tasked with cleaning and maintaining government buildings. OCS is working to both prepare for and decrease the chance for the spread of COVID-19. In preparation, OCS is working with the Office of Emergency Management to quickly obtain essential items ranging from sanitizing supplies and cleaners to protective clothing and equipment. Additionally, OCS intends to make full use of its 100,000 square foot warehouse for stocking, inventory and fast delivery of essential items and supplies.

Last, OCS is instructing the County's janitorial staff to incorporate cleaners that are EPA Registered Antimicrobial Products for Use Against COVID-19, into our existing daily, routine cleaning of County Government buildings. This will also include placement of hand sanitizing dispensers throughout the common areas of government buildings.

County Department of Aging:

The Department of Aging, housed under the Prince George's County Department of Family Services, has been in close contact with senior centers and nursing facilities across the County. They have all implemented CDC recommended procedures to ensure our seniors remain safe and

healthy. Custodial staff in these facilities have been instructed to follow flu and virus prevention protocols to ensure facilities are thoroughly cleaned and disinfected.

All nursing facilities are ensuring they have the proper Personal Protective Equipment (PPE) in place so nursing staff remain safe. Nurses are checking nursing facility residents daily for any signs or symptoms that may indicate illness with COVID-19. Staff are also screening visitors for absence of signs of being sick with cold or flu-like symptoms before being allowed to enter facilities. Brochures, flyers and other information about the coronavirus have been shared with staff and visitors who enter the facilities.

Prince George's County Public Schools:

Prince George's County Public Schools (PGCPS) continues to adhere to guidance and direction from the County Health Department and the Maryland Department of Health in all health-related matters to ensure our 136,000 students remain safe and healthy. PGCPS is in regular contact with the local and State health departments to receive the latest updates on COVID-19 and take appropriate actions if necessary.

As a precaution, all Prince George's County Public Schools (PGCPS) sponsored international travel is canceled until further notice. For Spring Break travel, anyone who travels to a high-risk area should contact the County or State health department for instructions prior to departure and before returning to school or work.

PGCPS continues to work proactively to keep school and office settings safe, prevent the spread of respiratory viruses, develop plans to continue instruction in the event of any school closures, and share information. For the latest updates from our school system in regard to COVID-19, visit their dedicated website.

County Department of Parks & Recreation:

The Maryland-National Capital Park and Planning Commission (M-NCPPC), Department of Parks and Recreation in Prince George's County, continues to work closely with local and State public health agencies to ensure that appropriate and coordinated protocols are in place. At this time the Department's programs and services will continue as regularly scheduled. Should there be any changes, residents will be promptly notified via their website at mncppc.org, social media and their emergency alert system.

Out of an abundance of caution, the Department is continuing to provide information in English and Spanish that outlines the proper hygiene protocols to prevent the spread of viruses and other infections. Facilities are being monitored to ensure supplies are on hand and areas are properly cleaned. Plans have been put in place to handle any potential cases of COVID-19 at M-NCPPC facilities and ensure spaces are properly disinfected and safe to occupy.

Further Resources:

These are just a few actions your County Government has taken to ensure Prince Georgians remain healthy and safe. We have also provided the fact sheets and infographics, so residents can understand more about COVID-19 and actions they can take to help prevent the spread of germs.

As this situation evolves, we will continue to provide updates. Residents can stay informed of the latest updates by visiting our coronavirus website: health.mypgc.us/coronavirus. If you need further assistance or have additional questions, please contact the Health Department at 301-883-6627, Monday-Friday.

—Community Connections eNewsletter,
Special Edition, March 7, 2020

Marc Morial

President and CEO, National Urban League



To Be Equal:

Urgent Phase of Census Begins with Arrival of Information By Mail Beginning March 12

"The money that pays for hospitals, that pays for affordable housing...If our people are not counted, they literally do not receive the resources necessary. And as a consequence, we have weaker infrastructure, we have terrible hospitals, we have doctor shortages, we have overcrowded schools. All of those things happen because of the Census."

—Stacy Abrams, founder of Fair Count and former Georgia gubernatorial nominee

Beginning on March 12, households across America will begin receiving official Census Bureau mail with detailed information on how to respond to the 2020 Census online, by phone, or by mail.

This marks the first phase in the most urgent imperative of the decade. More than just a head count, the decennial census determines how legislative districts are drawn, how voting power is distributed among communities, and how \$675 billion in federal dollars will be allocated and invested.

If Black people are undercounted by 1.7 million, as many forecasts predict, it will cost states 3.4 billion dollars a year.

As soon as households receive this invitation in the mail, they can respond online, by phone, or by mail. This is the first time in history Americans can respond to the Census online. The information

arriving in mailboxes next week will list a website listed and a Census ID, which can be used starting March 12.

All responses, whether given online, by mail or in person, are confidential under federal law.

To prepare for the launch of Census 2020, National Urban League has gathered key civil rights leaders and mayors from across the nation for National Tele-Town Hall on Tuesday, March 10, at 8pm Eastern Time, to discuss how to make sure our communities are fairly counted. Martin Luther King III, co-chair of New York State's Complete Count Committee, is the keynote speaker. We'll be joined by the mayors of Dallas, New Orleans, Buffalo and other cities.

I can't overstate how important it is for Black Americans to participate in the Census. This will be the 24th Census undertaken in the history of the nation, and for the first eight, most African Americans counted as only three-fifths of a person.

Historically, African Americans have been undercounted. In 1970, my predecessor Whitney M. Young testified to Congress that there had been a 15% undercount of Black families, though official Census statistics place the figure near 8%.

"The extent to which the 1960 undercount has shortchanged inner-city residents of the political

representation and economic assistance to which they are entitled is incalculable," Young testified. "Two million blacks missed in 1960 could symbolize the loss of five congressmen and scores of state legislators to the Black community."

In response to the failures of the Census to accurately count African Americans, Young launched the first Make Black Count campaign with a coalition of other civil rights organizations. To prevent another historic undercount, we have revived this historic campaign.

April 1 is Census Day. Every household in America will have received an invitation to participate by this date. Wherever you're living on April 1, is what you will report as your address. Whoever is living at that dwelling on that date—every single person, whether related or not—should be counted as a member of that household.

During April, census-takers will begin visiting places where large groups of people live, such as college campuses and senior-citizen centers.

Throughout the summer, census-takers will visit homes who have not responded online or by mail.

The Census Bureau will deliver the count to Congress in December.

The next few months are critical if we want our communities fairly represented. Join the Tele-Town Hall to find out how you can help.

Marion Wright Edelman

President Emerita,
Children's Defense Fund



ChildWatch:

Keep Marching to Redeem Our Nation's Soul

"Fifty-five years ago, a few of our children attempted to march from Brown Chapel AME Church across this bridge. We were beaten, we were tear-gassed. I thought I was going to die on this bridge. But somehow and some way, God Almighty helped me here. We cannot give up now. We cannot give in. We must keep the faith. Keep our eyes on the prize. We must go out and vote like we never, ever voted before. Some people gave more than a little blood. Some gave their very lives. So I say to each and every one of you, especially you young people...Go out there. Speak up. Speak out. Get in the way. Get in good trouble, necessary trouble, and help redeem the soul of America."

When Congressman John Lewis (D-GA) spoke out at this year's anniversary commemoration of the "Bloody Sunday" Selma march, he moved many of us who had just wished a joyous 80th birthday to this warrior for justice. On March 7, 1965, the nation was shocked when John Lewis and Reverend Hosea Williams set out on a nonviolent march with a group of 600 people headed from Selma to Montgomery to demand their right to vote and were brutally attacked by lawless state and local law enforcement officials at Selma's Edmund Pettus Bridge. The televised images of "Bloody Sunday" and the savage beatings of the marchers—including John Lewis, whose skull was fractured—were a pivotal moment in the Civil

Rights Movement and in America's struggle to become America.

Two weeks later I traveled from Mississippi to Alabama to join John Lewis, Dr. Martin Luther King, Jr. and about 25,000 fellow citizens to march the 54 miles from Selma to the steps of the state's capitol in Montgomery, safer thanks to Federal District Court Judge Frank M. Johnson, Jr.'s order that we had a right to peaceful protest and with National Guard protection. And we were buoyed by President Johnson's March 15th address calling on Congress to pass what became the Voting Rights Act of 1965. In that speech—"The American Promise"—President Johnson said: "This was the first nation in the history of the world to be founded with a purpose. The great phrases of that purpose still sound in every American heart, North and South: 'All men are created equal'—government by consent of the governed—'give me liberty or give me death'... Those words are a promise to every citizen that he shall share in the dignity of man... To apply any other test—to deny a man his hopes because of his color or race, his religion or the place of his birth—is not only to do injustice, it is to deny America and to dishonor the dead who gave their lives for American freedom." President Johnson also said: "Should we defeat every enemy, should we double our wealth and conquer the stars, and

still be unequal to this issue, then we will have failed as a people and as a nation."

As Dr. King spoke to us at the end of the exhilarating Selma to Montgomery March, he too reminded us that we weren't done: "Let us therefore continue our triumphant march to the realization of the American dream. Let us march on segregated housing until every ghetto or social and economic depression dissolves, and Negroes and whites live side by side in decent, safe, and sanitary housing. Let us march on segregated schools until every vestige of segregated and inferior education becomes a thing of the past... Let us march on poverty until no American parent has to skip a meal so that their children may eat... Let us march on ballot boxes until we send to our city councils, state legislatures, and the United States Congress men who will not fear to do justly, love mercy, and walk humbly with thy God."

Fifty-five years later this is a message we still urgently need to hear. We have not lived up to President Johnson's American promise. We have not realized Dr. King's American dream. Instead of making sure no child's hopes will be denied in America because of color, race, religion, or place of birth, those same categories are being used in new ways to divide us. Racial inequities in schools, housing, and most other measures still loom large. Voting rights remain under attack and voting rights protections, including those created in the 1965 Voting Rights Act, are being weakened, not strengthened.

The Prince George's Post

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Will Taking My Benefit Early Affect My Widow Benefit?

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

Dear Rusty:

My husband is 70 and has been taking Social Security for several years. His benefit is \$2,100 per month. I am 60 and will turn 61 in March. I have very little built up and my expected SS benefit at my full retirement age is \$1163 and \$829 if I choose to take it at age 62. We are comfortable with our current income, but the benefit at 62 is enticing. I want to know how taking it at 62 would affect my situation if my husband predeceases me. Would I then be able to exchange my benefits for his? Please advise. *Signed: Planning Ahead.*

Dear Planning: Taking your own SS benefit early (before your full retirement age) won't affect the amount of your survivor benefit should your husband predecease you. The only thing that would affect your survivor benefit is the age at which you claim it. So yes, you could claim your own benefit first and then switch to your survivor benefit later without hurting your eventual survivor benefit. If you have reached your full retirement age (FRA) when your husband passes, your survivor benefit will be 100% of the amount your husband is receiving at his death, instead of your own smaller benefit. But if you take the survivor benefit before your FRA, it will be actuarially reduced according to the number of months prior to FRA it is claimed. To be clear, if your husband were to pass before you reached FRA, you have the option to wait until your FRA to claim the survivor benefit (so you can get 100% of his benefit). In other words, you could continue to collect your own benefit until your survivor benefit reached 100% at your FRA (a survivor benefit reaches maximum at FRA).

Be aware, though, that there is another consideration if you claim your own SS benefit before you reach your full retirement age. If you are still working and claim your benefit before your FRA, you'll be subject to Social Security's "earnings limit" which, if exceeded, will cause SS to take back future benefits equal to 50% of the amount you exceeded the limit by (the 2020 limit is \$18,240, but it changes annually). If you have substantial earnings from working, that could mean you will go some number of months without benefits (depending upon your earnings level). In the year you reach your FRA (but prior to your FRA) the earnings limit goes up by 2.6 times and the penalty is less, and once you reach your FRA there is no longer an earnings limit. But, I want to make sure you're aware that collecting early and exceeding the earnings limit will affect your benefits. If you go months without benefits because you exceeded the earnings limit, SS will give you time credit for those months when you reach your FRA, which will result in a small increase in your own SS benefit at that time.

But the bottom line is that collecting your own Social Security benefit early will not affect your eventual survivor benefit. Only the age at which you claim it, if earlier than your FRA, will affect the amount of your survivor benefit. And, by the way, your FRA as a widow is 4 months less than your normal FRA because SS takes 2 years off of your birth year to determine your "widow's FRA."

The 2 million member Association of Mature American Citizens (AMAC)(<https://www.amac.us>) is a vibrant, vital senior advocacy organization that takes its marching orders from its members. We act and speak on their 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 <https://amac.us/join-amac>.

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

Course Costs from A1

Colleges and universities under the University System of Maryland would be required to publicize which courses would provide students with free digital course materials, and may provide access to low-cost print options to students as an alternative, according to the bill's legislative analysis.

The process may require a one-time programming cost in fiscal year 2021 for the update in course catalog, though the costs have not been estimated, according to the state analysis.

By spreading information to students and faculty, Kindra said, it'll encourage faculty to adopt free or low-cost course materials going forward.

"The whole idea behind this is to give students more information so that they can make better financial decisions for themselves," said Kindra.

The bill faced opposition at its House hearing on Feb. 11, with a representative of the university system calling the bill's intention "dupeative" of the policies currently in place, but supporting the bill's idea and implementation of open educational resources, an idea that encourages instructors to mix-and-match free or low-cost materials.

The Senate version of the bill, 667, has bipartisan support with lead sponsor Sen. Jim Rosapepe, D-Prince George's and Anne Arundel, and co-sponsor, Justin Ready, R-Carroll, saying that the bill would basically be "truth in advertising."

A similar measure was passed in Oregon in 2015, in order to make material more affordable and accessible to students, Kindra said.

Kindra said that the Student Government Association is in the process of trying to push lawmakers in voting in favor of the bill by sending them emails.

Neither the House nor the Senate committees have yet voted on the legislation.

Capitol Technology University Wins National Award for Best Cybersecurity Program

Capitol was one of five total national finalists and was only one of two finalists from Maryland

By PRESS OFFICER
Capitol Technology University

LAUREL, Md. (Feb. 27, 2020)—Capitol Technology University, established in 1927 and located in Laurel, Maryland, was announced as the winner of the prestigious SC Media Award for Best Cybersecurity Higher Education Program on Feb. 25, 2020.

SC Media, a company dedicated to cybersecurity since 1989, cited Capitol's numerous cybersecurity degrees, dedication to the employability of students, innovative programs, hands-on teaching methods, and deeply rooted relationships with government entities as some of the reasons the university stood out as the winner.

"Capitol is honored to be recognized with this award, especially as a small, private, non-profit STEM institution known predominantly by employers, such as the DoD, NSA, Lockheed Martin, and Raytheon," said Dr. Bradford Sims, President of Capitol. "Our cybersecurity faculty has worked diligently to intertwine their experiences working as experts in the field and the latest technology into the cybersecurity program to graduate technically advanced and innovative students who embody Capitol's motto of "find a way or make one."

The university continually strengthens its reputation as a consistent supplier of qualified employees by graduating students such as Glenn Andal, a Cyber and Information Security alumni who now works as Senior Cybersecurity Engineer at MITRE.

"My job requires flexibility. Capitol Tech. prepared me for this with foundational knowledge in various fields within cybersecurity," said Andal, who supports top government agencies with cutting-edge solutions to cybersecurity and systems engineering challenges in his current role.

Numerous accolades awarded to the university have also built its reputation as a launching pad for cybersecurity leaders. In addition to the SC Award, Capitol is designated a National Center of Academic Excellence in Cyber Defense (CAE-CD) by the NSA and DoD, was selected to train

NSA new-hires in master's-level courses, and has been selected as a Military Friendly® School for the 2020-2021 academic year and multiple years prior.

Capitol offers multiple cybersecurity degrees at the bachelor, master, and doctoral levels. Prospective students ranging from those who have just graduated high school to professionals in the middle of their careers

have the opportunity to enroll in a B.S., M.S., and DSc in cybersecurity as well as an M.S. in Aviation Cybersecurity, an M.S. in Construction Cybersecurity, and a Technical Master of Business Administration in Cybersecurity.

Capitol graduate, Dr. Herman Felder, took advantage of the multiple degrees offered by the institution across cyber-related industries and degree levels. Dr. Felder earned a bachelor's degree in Information Assurance, a master's degree in Information Assurance (the Information Assurance programs are now called Cybersecurity) and most recently, his Ph.D. in Business Analytics and Decision Science from Capitol.

"I was happy to see they offered a network security course, had small class sizes, and was just an hour and a half from my home town," Dr. Felder recalled of his initial college search after high school. "I had looked at large state universities, but I didn't want to go to a school where I would be just a number."

Dr. Felder's mother, Blanche Jackson, echoed her son's sentiments about the institution saying "we knew Herman would be able to focus, gain hands-on experience with partners like NASA and the NSA and get help whenever he needed it."

The rigorous nomination and review



PHOTO COURTESY CAPITOL TECHNOLOGY UNIVERSITY
Capitol Technology University was awarded the prestigious SC Media Award for Best Cybersecurity Higher Education Program.

process implemented by SC Media to decide the winners of each award, culminated in the SC Awards dinner on Tuesday, February 25 in San Francisco. The dinner, which SC Media dubs a celebration of "the best the cybersecurity community has to offer," convenes "the thought leading professionals, innovative companies and powerful products and services named as finalists for the 2020 SC Awards," according to its website.

"I was truly excited to represent Capitol Technology University during the SC Awards," said Dr. Stephen McCaskey, Capitol's Vice President of Academic Affairs. "I am very proud of our Cyber faculty and supporting staff to be recognized at the national level."

Capitol Technology was a finalist for this award along with University of Maryland Global Campus, New York University Tandon School of Engineering, and Red Rocks Community College.

Capitol Technology University is a private, non-profit accredited four-year institution of higher education located in Laurel, Maryland. Established 1927. www.CapTechU.edu.

Redevelopment Authority Announces \$900,000 in Funding For Its Commercial Property Improvement Program

By PRESS OFFICER
Prince George's County MD

LARGO, Md. (March 4, 2020)—The Redevelopment Authority of Prince George's County (RDA) has \$900,000 in available funding for its Commercial Property Improvement Program (CPIP) and is now accepting applications for funding. The application deadline is Thursday, April 16, 2020 by 12 p.m. The CPIP was established to assist owners of shopping centers and main street retail space with exterior facade, place making, lighting and major building systems improvements that enhance retail competitiveness and viability.

"This CPIP funding will provide a wonderful opportunity for shopping center owners to aesthetically enhance their prop-

erties, sustain and attract retailers as well as send a message to shoppers that they deserve safe high quality retail options and services," said Prince George's County Executive Angela Alsobrooks. "Last year's funding yielded remarkable improvements to the Clinton Plaza shopping center that have been a tremendous benefit to the community-at-large."

The CPIP will require a 50% applicant match for all program funding awarded to approved shopping centers and retail space for eligible improvements. Therefore, applicants must be able to pay for half of the total project cost in order to apply for the CPIP funding. The minimum grant is \$50,000 for \$100,000 in total project cost and the maximum grant is \$350,000 for \$700,000 or more in total project costs.

The goal is to select applicants with the strongest market potential for investment. Commercial space occupied exclusively by places of worship or non-retail uses will not be funded. Shopping center owners who were the recipients of the 2019 CPIP funding are not eligible to apply for this year's funding.

While CPIP will reimburse up to 50% of approved construction costs as costs are incurred and documented, architectural design and permit costs will not be reimbursed until after construction is completed. In addition, construction on the approved project must begin within 90 days after grant approval and must be completed within 180 days after approval.

For more information, please email Mr. Victor Sherrod: vsherrod@co.pg.md.us

Census from A1

rected by law. "We do not share your information with law enforcement agencies or immigration officials," she said.

The U.S. Census Bureau is conducting an unprecedented communications campaign to reach everyone living in the United States and its five territories with information on how the 2020 Census is safe, easy, and important. At the cornerstone of the campaign is a paid \$250 million advertising campaign that features more than 1,000 advertisements and spans media channels including local and national television and radio, digital, national and local newspapers and magazines, billboards, and events.

"We know that the internet is changing the way America communicates, and our advertising plan reflects that," said Kendall B. Johnson, executive director of the 2020 Census communications contract at the Census Bureau. "Our ads will reach people online and allow them to respond with a few simple clicks, making it that much

quicker and easier to be counted. "The campaign is informed by extensive research customized to reach multicultural and hard-to-count populations.

Johnson explained the research process and insights that culminated in the campaign platform, "Shape your future. START HERE."

Austin Patrick, creative director, Team Y&R, shared samples of paid media advertisements and public service announcements (PSAs) to reach the Black/African-American community and highlighted several organizations that have stepped forward as partners to educate the public. The integrated campaign includes targeted outreach to people who identify as Afro Caribbean, Sub Saharan African, French and Haitian Creole.

The campaign relies heavily on trusted voices.

"We are making sure that our residents understand what is at stake in the 2020 Census," said Melissa Bird, Executive Director, District Census 2020. "It is important that everyone in our commu-

nity participate in the 2020 Census."

"The same is true in neighboring Prince George's County," said Camille Exum, former County Council Chair and a leader of the Prince George's Complete Count Committee. "We are energized about getting a complete count in Prince George's County to ensure that our residents receive the services they deserve and that our voices are heard," Exum said. "The stakes are too high for us to sit on the sidelines. Participating ensures that we will get the resources we need."

This is the third decennial census to include a dedicated advertising and communications operation. In the 2000 and 2010 censuses, the Census Bureau also used advertising, partnership, and communications campaigns to increase awareness and participation in the count. Higher self-response rates increase the accuracy of the census and save taxpayer money by lowering census follow-up costs for nonresponding households.

For more information about the 2020 Census, visit www.2020census.gov.

OUT on the TOWN

MARIETTA HOUSE MUSEUM & PRINCE GEORGE'S COUNTY HISTORICAL SOCIETY'S
WOMEN'S HISTORY MONTH PRESENTATION:

"Maryland's Mother of Civil Rights: Gloria Richardson and the Cambridge Civil Rights Movement"

By STACEY HAWKINS
Marietta House Museum

Join us on **Saturday, March 14**, at 1 p.m., for an in-depth presentation by historian, Artura Jackson. She will discuss the life of Gloria Richardson, civil rights activist and leader.

Gloria Richardson was the leader of the Cambridge Movement, a struggle for civil rights in the early 1960's, located in Cambridge, Maryland, on the Eastern Shore.

Her activism garnered national attention, shedding light on the Civil Rights Movement on Maryland's Eastern Shore.

She, along with five other women leaders, were seated on the stage at the August 1963 March on Washington for Jobs and Freedom.

Light refreshments will be served following the program. \$5/person (ages 8 & up)

Please visit our new exhibits, as you tour the home following the lecture.

Call 301-464-5291 for more information

and to reserve your seat.

Marietta is the 1813 home of Judge Gabriel Duvall, a Supreme Court Justice and Comptroller of the U.S. Treasury. Marietta stands on terraced, landscaped grounds with two contemporary outbuildings: a brick law office and a stone and brick root cellar/harness storage room.

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

MARIETTA HOUSE MUSEUM—WOMEN'S HISTORY MONTH PRESENTATION:

African American Women in Music Series *The Life and Music of Della Reese*

By STACEY HAWKINS
Marietta House Museum

Please join us on **Saturday, March 28**, at 1 p.m., at Marietta House Museum, as we present the life and music of Della Reese.

Della Reese, 1931–2017, was an American jazz, R & B, pop, and gospel singer, an actress, and an ordained minister, with a career spanning seven decades. Her career took off in 1959, with her hit single, "Don't You Know". She was noted to be the youngest singer to have the same vocal range as Ella Fitzgerald and Sarah Vaughan.

Light refreshments will be served follow-

ing the program. \$5/person (ages 8 & up)
Call 301-464-5291 for more information

and to reserve your seat.

Marietta is the 1813 home of Judge Gabriel Duvall, a Supreme Court Justice and Comptroller of the U.S. Treasury. Marietta stands on terraced, landscaped grounds with two contemporary outbuildings: a brick law office and a stone and brick root cellar/harness storage room.

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Della Reese in 1998.

Dolly Parton's Legacy Celebrated in Film at Old Greenbelt Theatre

By DONNA SCOTT-MARTIN
PGCMLS

GREENBELT, Md. (March 4, 2020)—Dolly Parton's 30+ year legacy of supporting early literacy across the country is celebrated in a new documentary, "The Library That Dolly Built" (2020, not rated, 72 min.), which will receive its local premiere at the Old Greenbelt Theatre on **April 2** at 8 p.m. The film is a feature-length documentary, covering the history, impact, and future of

Dolly Parton's worldwide book gifting program. The family-friendly screening will be free and open to the public, and it is co-presented by the Prince George's County Memorial Library System (PGCMLS) and the Old Greenbelt Theater, in association with Land Grant Films. Mayor Colin A. Byrd of Greenbelt, Maryland and Roberta Phillips, CEO, Prince George's County Memorial Library System, will deliver opening remarks.

"The Library That Dolly Built" showcases the music of Dolly Parton and is narrated by actress and author Danica McKellar. It includes footage of behind-the-scenes operations for Imagination Library, original interviews, and depicts the profound impact of providing 100 million free books to children around the world. John Gibeau who runs an Imagination Library program in rural Minnesota explains through tears how

some children in his community only have access to books because of the program. His town has no library, school or bookstore.

Through the Books from Birth program, PGCMLS partners with Dolly Parton's Imagination Library to provide one free book per month to children under the age of five who reside in Prince George's County. Children are able to build their personal libraries and develop advance early literacy skills in preparation for entering school. The PGCMLS Books from Birth program has provided 15,119 children with over 217,500 free books, demonstrating the tremendous local reach of the Imagination Library.

Dolly Parton has gifted her story, her music, her inspiration and her Imagination Library to people throughout the world. Her Imagination Library, however, will be remembered as the sweetest gift of all. Dolly Parton's Imagination Library is now active in all 50 states in the U.S. and five countries and delivers more than 1.5 million free, age-appropriate books to children every month.



PHOTO COURTESY HTTPS://IMAGINATIONLIBRARY.COM/ THE-LIBRARY-THE-DOLLY-BUILT-NATIONWIDE-THEATRICAL- RELEASE-APRIL-2/

LEARN MORE / TAKE ACTION!

Signs of Spring Hike at Cedarville State Forest

Date and Time: Sunday, March 15, 2020, 1 p.m. Allow 3 hours. Let's go look for new growing things emerging at Cedarville State Forest. Our 4-mile walk will be along mostly natural-surface trails through hardwood forest and a pine plantation. It's mostly flat but may be wet in places. We'll see a variety of trees and plants of the understory and forest floor. This hike is best for adults and children 8-years-old and older. Beginners are welcome. Pets must be leashed. Level: Easy. Signup Instructions: Each participant should read the liability waiver and register individually. Parent/legal guardian must sign waiver for minors. Heavy rain cancels.

Bring: Dress for the weather. Wear long pants and sturdy close-toed shoes or boots that can get muddy. Bring a water bottle and a pocket-sized snack. Binoculars are a plus.

Cost: None. RSVP: <https://www.sierraclub.org/maryland/prince-georges>, scroll to events

Location: Cedarville State Forest, 10201 Bee Oak Road, Brandywine, MD 20613. Detailed directions to meeting place will be sent to registrants several days before the event

Film Program on Women's and Civil Rights Activist

Heather Booth

Date and Time: Monday, March 16, 2020, optional plant-based buffet at 6:30 p.m. and the film show starts at 7 p.m.

Description: Reel and Meal in partnership with The Center for Dynamic Community Governance will screen "Heather Booth: Changing the World". Heather Booth is the most influential person you have never heard of. Released by Women Make Films, this newest film by critically acclaimed filmmaker Lilly Rivlin traces the ongoing legacy of activist and community organizer Heather Booth. In telling the story of Heather's life and work, the film presents an overview of 50 years of the progressive movement. From a politically conscious college student who began her career in 1964 registering voters in Mississippi at the height of the Civil Rights movement, Heather became the go-to strategist for causes ranging from child care to women's rights to immigration reform and advisor to leaders including Julian Bond and Senator Elizabeth Warren. This film is an urgent response to the current administra-

tion, when many are wondering how to make their voices heard as civil rights and women's rights are under attack. The intention of the film is to provide viewers the tools for community organizing that will inspire activism and ignite change! Heather Booth is coming to lead the discussion and call to action. Reel and Meal, a monthly film series focused on environmental, social justice and animal rights issues, is organized by Beaverdam Creek Watershed Watch Group, Green Vegan Networking, Prince George's County Peace & Justice Coalition, and Utopia Film Festival.

Location: New Deal Café, 113 Centerway, Roosevelt Center, Greenbelt, MD 20770

Contact: Susan Barnet, suzanwild@gmail.com.

Liberations & Lightbulbs

Date and Time: Tuesday, March 17, 2020, 4–6 p.m.

Description: Do you have old Compact Fluorescent Lightbulbs (CFLs) you would like help properly disposing of? Bring them to the lightbulb exchange! CFLs contain mercury, and therefore should not be thrown into your regular trash. Bring them to this event and let City staff take them off your hands AND supply you with one free Philips 3-way LED lightbulb. *If you cannot make the exchange, you can always bring CFLs to Lowe's or Home Depot* **Please bring UP TO 10 CFLs, in exchange for ONE LED. This is not a one for one exchange, rather an incentive to help you properly dispose of old bulbs and promote energy efficiency**

Location: Crescent Wine & Spirits in the Bowie Marketplace Shopping Center, 15501 Annapolis Road, #300, Bowie, MD 20715

Contact: 301-809-3044

NDC Presents: The Trash Dash in partnership with Alice Ferguson Foundation

Date and Time: Sunday, March 22, 2020, 1–4 p.m.

Description: Build a team, clean a stream, and fundraise in support of the Neighborhood Design Center.

Location: Bladensburg Waterfront Park, 4601 Annapolis Rd, Bladensburg, MD 20710

Registration: To register, email sbowley@nde-md.org

Spotlight on Family Fun!

Puppet Show

Date and Time: Saturday, March 14, 2020, 10–10:45 a.m. Description: Join the naturalists and a chorus of animal friends as they present a seasonal-themed puppet show for the little ones. After the show meet a live animal that was featured in the show.

Cost: Resident: \$3; Non-resident: \$4 PARKS Direct
Ages: 2–10 yrs

Location: Watkins Nature Center, 301 Watkins Park Drive, Upper Marlboro, MD 20774
Contact: 301-218-6702; TTY 699-2544

FREE Family Fun Day, Law Enforcement Academy

Date and Time: Saturday, March 14, 2020, 10 a.m.–3 p.m. Description: We take a look into the world of health and fitness in law enforcement. Officers must be mentally and physically prepared for their work. Walk-in their shoes and see if you would pass the academy!

Cost: FREE
Location: National Law Enforcement Museum, 444 E St. NW, Washington, DC 20001
Contact: info@LawEnforcementMuseum.org, 202-737-3400

Commerford Zoo Kids Fun Fair

Date and Time: Saturday, March 14 and Sunday, March 15, 2020, 10 a.m.–6 p.m. Description: The Commerford Zoo Kids Fun Fairs are held year-round up and down the East Coast! They are a fun, friendly, and safe place to bring your entire family! There are rides, games, and a unique chance to interact with exotic animals.

Cost: \$16/person; Ages 12 & younger free with coupon. Additional fees for rides and games will apply.
Location: The Show Place Arena, 14900 Pennsylvania Avenue, Upper Marlboro, MD 20772
Contact: 301-952-7900; TTY 301-699-2544, <http://www.commerfordzoo.com/>

Merkle NRMA: Don't Shed a Tear

Date and Time: Saturday, March 14, 2020, 11:30 a.m. Description: Stop by to learn about, and hopefully even find, American Whitetail Deer sheds! A brief introduction from staff will start the program followed by an approximately 45 minute field search for sheds from the American Whitetail Deer. Dress for the weather as it may be cold and don't forget to bring boots and water to keep the mud and thirst away as we adventure.

Cost: Free, [please register—see contact below](#)
Ages: All ages are welcome.
Location: Merkle State Park, 11704 Fenno Rd, Upper Marlboro MD 20772 Meet at the Visitor Center
Contact: 443-510-9920; Riley.Shwartz@maryland.gov

Quinceanera Expo

Date and Time: Saturday, March 14, 2020, 1–4 p.m. Description: Because a quinceanera happens only once in a lifetime, it's best to be prepared. Our expo will feature a variety of vendors including party planning, floral, DJs, choreographers, gowns, cakes, venues, and more. Visit our expo to make your quince dreams come true. ADA: Yes

Cost: Free
Ages: All ages are welcome
Location: College Park Community Center, 5051 Pierce Ave, College Park, MD 20740
Contact: 301-441-2647; TTY 301-699-2544

Tiny Tots at Patuxent Research Refuge

Date and Time: Sunday, March 15 and Monday, March 16, 2020, 10:30–11:15 a.m. Description: Learn about wildlife at the refuge through fun and interactive songs, stories and activities.

Cost: Free; donations appreciated!
Ages: 16 mo.–4 yrs., parent participation/regis. required
Location: National Wildlife Visitor Center—US Fish & Wildlife Service at Patuxent Research Refuge, 10901 Scarlet Tanager Loop, Laurel, MD 20708
Contact: 301-497-5763

St. Patrick's Day Cake Decorating Party

Date and Time: Tuesday, March 17, 2020, 6:15–7:30 p.m. Description: Top O' the mornin' to ya! Join us on St. Patrick's Day and decorate a cake any way you want. Get some tips from a pro or just wing it, it's up to you. Don't forget to rock your GREEN!

Cost: \$5/person
Ages: All ages are welcome.
Location: South Bowie Community Center, 1717 Pittsfield Ln, Bowie, MD 20716
Contact: 301-249-1622; TTY 301-699-2544

Chores & S'mores by Alice Ferguson Foundation

Date and Time: Saturday, March 21, 2020, 6:30–8:30 p.m. Description: Join us for an evening at the farm. You will get a chance to milk our dairy cows, Annie and Opal, collect eggs from our chickens, and provide food and clean water for our other barnyard friends. After we finish the nightly farm chores, we'll relax by the fire with all the fixings for a hot S'more. There will be eggs for sale at the event.

Cost: Free, [but RSVP on Eventbrite](https://hbfchoreday.eventbrite.com): <https://hbfchoreday.eventbrite.com>
Location: Hard Bargain Farm Environmental Campus, 2201 Bryan Point Road, Accokeek, MD 20607

Family Fun Concert: To The Carnival!

Date and Time: Sunday, March 22, 2020, 2 p.m. Description: The fun of the big top comes to the museum! Enjoy an instrument show-and-tell, listen to carnival tunes, and chat with the musicians over juice and cookies. Capacity limited; register by March 18; email riversdale@pgparks.com

Cost: FREE!
Ages: All ages are welcome.
Location: Riversdale House Museum, 4811 Riverdale Road, Riverdale Park, MD 20737
Contact: 301-864-0420; TTY 301-699-2544

Calendar of Events

March 14—March 21, 2020

To Collect and Preserve—A Year of the Woman Event!
Date and Time: Saturday, March 14, 2020, 11 a.m.—3 p.m.
Description: This mini-seminar will feature presentations covering history of the American Women's Suffrage crusade, the use of objects during the Movement, the research and collecting of memorabilia, and the concerns of preserving such artifacts. Lunch included in the ticket price. **RSVP**

Cost: \$25/Residents/Friends of Montpelier; \$30/Non-Residents
Location: Montpelier Historic Site, 9650 Muirkirk Road, Laurel, MD 20708
Contact: 301-377-7817; TTY 301-699-2544

The Lady Editor: Sarah Josepha Hale

Date and Time: Saturday, March 14, 2020, 1–2 p.m.
Description: One of the most influential women in nineteenth century America is almost unknown today. Sarah Josepha Hale edited the most widely-circulated publication of her time, was a strong proponent of education for women, supported a variety of social services for women and children, and made dozens of other contributions to improve the lives of American women and their families. Learn more about this remarkable woman and her many accomplishments. **Seating is limited.**

Cost: Free
Location: Belair Mansion, 12207 Tulip Grove Drive, Bowie, MD 20715
Contact: 301-809-3089

Teelin Irish Dance Company

Date and Time: Saturday, March 14, 2020, 3 p.m.
Description: In conjunction with Irish Heritage month, this student-based dance company wows audiences throughout the region with its creative choreography and lively performances of traditional (and some "not-so-traditional") Irish dance shows.
Cost: Regular \$29.75 (inc. \$4.75 service charge), www.pgcc.edu/about-pgcc/events/event-details/teelin-irish-dance-company.php

Location: Prince George's Community College, Proscenium Theater, Center for Performing Arts, 301 Largo Road, Largo, MD 20774

DPARK3311's Grand Opening Reception

Date and Time: Monday, March 16, 2020, 6:30–8 p.m.
Description: Join Prince George's Arts and Humanities Council (PGAHC), the Gateway CDC, and the City of Mount Rainier as we celebrate the grand opening of DPARK3311, our Community of Creative Entrepreneurs!
Cost: Free. Register at [Eventbrite](https://www.eventbrite.com/e/dpark3311s-grand-opening-reception-tickets-83003400000)

Location: DPARK3311, 3311 Rhode Island Avenue, Mount Rainier, MD 20712

AC Art Night

Date and Time: Wednesday, March 18, 2020, 5:30–7:30 p.m.
Description: Let your free-spirit shine by creating your own artwork in AC Lounge. AC Hotel will supply all art materials to bring your masterpiece to life.
Cost: Free
Location: AC Hotel National Harbor, 156 Waterfront Street, National Harbor, MD 20745

Fashion Illustration Workshop Featuring Yanique Moore

Date and Time: Wednesday, March 18, 2020, 6–8 p.m.
Description: Join PGAHC as we welcome famed handbag designer, Yanique Moore, for a special workshop on fashion illustration. **Space is limited. Secure your seat today!**
Cost: Free. Register at [Eventbrite](https://www.eventbrite.com/e/fashion-illustration-workshop-with-yanique-moore-tickets-83003400000)

Location: DPARK3311, 3311 Rhode Island Avenue, Mount Rainier, MD 20712

Breaking the Blue Ceiling

Date and Time: Wednesday, March 18, 2020, Reception 6 p.m., Program 7 p.m.
Description: The National Law Enforcement Memorial and Museum invites you to engage with a high-profile panel of women and men in law enforcement to discuss the challenges of recruiting, retaining, and advancing female officers, and the unique experiences that women face in their roles to serve and protect. This program is generously sponsored by Thomson Reuters.
Cost: Discounted \$10 registration fee includes entry into the Museum, the reception, and program.

Ages: Adults

Location: National Law Enforcement Museum, 444 E Street NW, Washington, DC 20001
Contact: info@LawEnforcementMuseum.org, 202-737-3400

Maureen Choi Quartet

Date and Time: Friday, March 20, 2020, 8 p.m.
Description: Since winning the International Jazz Competition in Talavera, Spain, the Maureen Choi Quartet has continuously sold-out concerts in major cities in Spain (such as Madrid and Barcelona) as well as in the USA (New York, Boston, Baltimore, and Washington, D.C.). Choi has taken her quartet to the Madrid Jazz Festival, Jazz Festival in Guggenheim, Jazz Festival Yecla, Jazz Festival Teruel, Atlantic Sons Festival, South by Southwest, Festival de Jazz San Javier, CLAZZ, and many more. They toured the U.S. in 2016 in support of her last album, *Ida y Vuelta*.
Cost: \$25/person; 10% discount Montpelier mbrs & seniors
Location: Montpelier Arts Center, 9652 Muirkirk Rd, Laurel, MD 20708
Contact: 301-377-7800

2020 Young Adult Job Fair

Date and Time: Saturday, March 21, 2020, 9 a.m.–1 p.m.
Description: The City of Bowie is hosting a free community job fair for young adults. The event is being organized by Bowie Youth & Family Services and the Bowie Gymnasium. The goal of this job fair is to connect local employers with young adults, ages 16 to 24, seeking employment. Last year's event had over 300 young adults in attendance and over 30 local employers participated. **Registration is required for employers:** www.cityofbowie.org/jobfair. Job seekers can preregister on the event page: <https://www.cityofbowie.org/FormCenter/Youth-and-Family-Services-14/Young-Adult-Employment-Fair-PreRegistrat-57>
Location: City of Bowie Gymnasium, 4100 Northview Dr., Bowie, MD 20716
Contact: 301-809-3033

MPT Digital Studios' Web-Exclusive Series "A Maryland Mystery Lady" Chronicles Surprising Discovery Made in Prince George's County

Latest forensic and medical analysis used to solve decades-old mystery

By PRESS OFFICERS
MPT

OWINGS MILLS, Md. (March 3, 2020)—Maryland Public Television (MPT), in collaboration with the Maryland Department of Transportation State Highway Administration (MDOT SHA), has produced a four-part series titled *A Maryland Mystery Lady* as part of MPT Digital Studios' ongoing "The Dig" series.

Created by award-winning producer Amy Oden, the MPT web-exclusive content is now available for viewing at mpt.org/digitalstudios/thedig/.

The series follows MDOT SHA Chief Archaeologist Dr. Julie Schablitsky and the St. Paul Church community as they unearth a metal burial vault in the abandoned Simon Hill African American cemetery in Hyattsville in Prince George's County. At first, they thought by the appearance of the vault it contained the remains of a prominent man. It was, in fact, a perfectly preserved woman.

The story began in 2017, when Dr. Schablitsky was called by a developer's civil engineer and told that his client had purchased a parcel of land from the state, which had at one time included Simon Hill cemetery. Since burials are often left behind even after cemeteries are moved, it was imperative to determine if human remains had been left at the site, find the descendants who buried their ancestors at the cemetery, and rebury the remains with dignity.

"I was shocked when Julie called me, but I'm glad she did. It was important to find out who our mystery lady was and give her back her name and identity," said Rev. Jerome Fowler, St. Paul Church historian and founding family member.

Dr. Schablitsky's team eventually found more than 70 burials at the site, including the woman perfectly preserved in the burial vault. The SHA team partnered with Dr. Dana Kollmann at Towson University's Archeology and Forensic Science Lab to analyze the majority of the cemetery remains. They also worked with the Maryland

State Anatomy Board to analyze the woman's remains, eventually locating her identity through the use of DNA sampling and genealogical research.

"She had been left behind and lost for decades," said Dr. Schablitsky. "The airtight vault preserved not only her body but her DNA. We know who she is now."

All of the human remains found at the former cemetery site were excavated and relocated to Maryland National Memorial Park in Laurel for proper burial.

"Public television is uniquely positioned to tell this type of story," explained Oden. "MPT is embedded in many Maryland communities, and these ties are invaluable on projects such as this, in which we collaborate over longer periods of time. We worked with SHA and St. Paul Church for more than a year, and we were privileged to witness and relay this important Maryland story about family heritage and history."

Additional MPT Digital Studios web-exclusive content is available for viewing at mpt.org/digitalstudios/.

8th Annual Rockville Arts Festival Transforms Town Square Into Outdoor Art Fair

Two Prince George's County Artists Selected for May Festival

By PRESS OFFICER
VisArts Center

ROCKVILLE, Md. (Feb. 12, 2020)—Whether you are a collector of artisan crafts, a connoisseur of fine art, or a fan of the performing arts, you'll find the 8th Annual Rockville Arts Festival is an art lover's dream. The region's premier arts festival takes place Saturday and Sunday, May 2–3, 2020, at Rockville Town Square. Hours are 11 a.m. to 5 p.m. daily. Admission is free.

Two Prince George's County artists are among those selected for the festival:

Kelvin Henderson, Painter

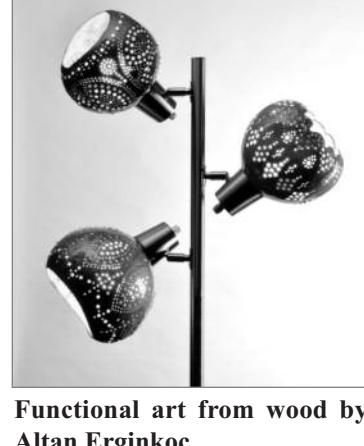
Kelvin, a resident of Suitland, has had his paintings collected by celebrities from BET News anchors to NBA basketball stars. He has received recognition and accolades from arts organizations around the country and his work has been included in numerous Black History Month and heritage celebrations. Plus, Kelvin has a fascinating story to tell: He started painting at any early age but did not pursue art full-time until leaving a long-term career with the federal government.



PHOTOS COURTESY VISARTS
A painting by Kelvin Henderson.

Altan Erginkoc, Wood Artist

Altan, a resident of Lanham, creates functional art from wood. His stunningly beautiful work transforms gourds into lighting fixtures and other decorative objects.



Functional art from wood by Altan Erginkoc

at the Arts Festival by participating and contributing to the community art project."

A complete list of artists and media will be available at www.rockvilleartsfestival.org.

New this year, the Rockville celebration of the arts will shine a spotlight on an additional art form with a shorts film festival that starts Saturday, May 2, at 5 p.m. Film fans can enjoy stunning and engaging shorts in a one-time exhibition. Information is at www.visartscenter.org/frame-frequency/.

The Festival will be held rain or shine at Rockville Town Square, located at 200 East Middle Lane, Rockville, MD 20850, and on the surrounding streets (Maryland Avenue and E. Middle Lane). Streets are closed to traffic for the Festival. The Festival is within easy walking distance from the Rockville Metro station on the Red Line. Parking is available at numerous garages conveniently located around the site. More information is available about parking and dining is at <http://rockvilletownsquare.com>.

VisArts is a non-profit organization with a mission to transform individuals and communities through the visual arts. For more information, visit www.visartscenter.org

Earth TALK™ Is Incineration Our Way Out Of Landfill Overflow?

Dear EarthTalk:

I've heard that Sweden incinerates most of its trash. Why don't we do more of this in the U.S., given that we're running out of landfill space?

—Oscar Gentry, New Bern, NC

Sweden does burn the vast majority of its trash—only one percent of the country's waste ends up in landfills—and even makes a profit by importing trash from neighboring countries to process in its high-efficiency, low emission incinerators. And it makes a lot of sense, given the huge toll landfills take on the environment, leaking liquids into surrounding soils and polluting groundwater while sending huge amounts of methane, a potent greenhouse gas, into the atmosphere.

Burning waste in an *uncontrolled* setting is undeniably terrible for the environment, given the huge load of carbon dioxide, dioxin and volatile organic compounds sent skyward. But in a modern waste incineration facility, excess gases leftover after the trash is burned undergo a thorough filtering and scrubbing process that complies with stringent environmental standards (delineated in the Clean Air Act here in the U.S. and by even stricter rules across the European Union). Furthermore, incinerating trash reduces its volume by 87 percent, which directly translates to an equivalent reduction in the amount of space required for landfills.

At this point, much of the world has adopted waste-to-energy (WTE) technolo-

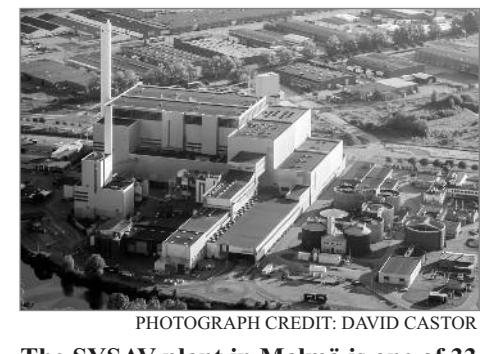
gies, with almost 800 facilities around the world. In the EU, there are about 400 WTE facilities currently in operation. In the U.S., however, there are only 77. This is somewhat surprising, especially given that landfills are America's third largest methane emitter. Additionally, America is one of the largest waste *producers* in the world, both as a nation, and per capita. Why not convert all this waste into energy?

But WTE has faced many stumbling blocks in the U.S. Public stigma against WTE has played a significant role in preventing widespread adoption of this technology here. It seems Americans just can't accept the idea that burning trash could actually be a good thing for the environment or public health. While this attitude is understandable, it would likely fall apart if more of us knew the facts.

Another issue for WTE in the U.S. is economics. In Europe and other countries, WTE plants receive government funding, and landfilling rates are often higher. In the U.S., it is still often cheaper to landfill waste than to turn it into energy.

However, WTE could still have a future in America. In many areas where landfill rates are expensive, WTE is increasingly looking like a promising solution. If these rates continue to rise, and the government decides to reallocate some of its funding, we might be seeing more WTE plants come online before long.

More data coming in from other countries about the benefits they're deriving



PHOTOGRAPH CREDIT: DAVID CASTOR

The SYSAV plant in Malmö is one of 33 waste-to-energy plants in Sweden.

from WTE operations could also accelerate this adoption process. Finally, advances in scrubbing and cleaning technologies will likely reduce the negative impact of incineration even more.

You can help facilitate the transition to WTE by encouraging local officials to consider it as a viable option for expanding waste management capacity given the shrinking amount of landfill space available to municipalities everywhere and lack of other good options for getting rid of our garbage.

CONTACTS: "Canada produces the most waste in the world. The U.S. ranks third," www.usatoday.com/story/money/2019/07/12/canada-united-states-worlds-biggest-producers-of-waste/39534923/; "Ethiopia has an innovative power plant that turns waste to energy," youtube.com/watch?v=K2SBjflO0HU.

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit **EarthTalk**. Check out our other columns at [https://www.emagazine.com/earthtalk-qa/](http://www.emagazine.com/earthtalk-qa/). To donate, visit [https://www.earthtalk.org](http://www.earthtalk.org). Send questions to: question@earthtalk.org.

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Sunday Worship 11a.m.

Holy Communion 1st Sunday

Wednesday Bible Study 7-8p.m.

Wednesday Prayer Service 8p.m.

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United Methodist Church

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Upper Marlboro, MD

Church (301) 627-7389

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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

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

CLASSIFIEDS

AUTOMOBILE DONATIONS

DONATE AUTOS, TRUCKS, RVs
Lutheran Mission Society of MD.
Compassion Place ministries help
local families with food, clothing,
counseling Tax deductible. MVA li-
censed #W#1044. 410-636-0123
www.CompassionPlace.org

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Donors from A1

Maryland Education Director Karen Kennedy, whose group works with deceased organ donation logistics, educates hospitals and the public and closely works with living donor organizations, told Capital News Service that sometimes the "intent and willingness" to be a live donor is there but "practical reasons stop individuals from donating," because they cannot get time off work, are financially unable or for other reasons.

Payton, a single father from Charles County, Maryland, said he received his first kidney transplant in 1993 from a cousin but it failed him, and he had to go on dialysis in 2011 until he received one of Leech's donated kidneys in 2012.

In Payton's testimony, he said he would go through peritoneal dialysis while his son, who was 12 years old at the time, was on the soccer field, adding "I don't wish the two months wait for a kidney on anyone."

The bill is expected to reduce the state's revenue by a relatively small amount, \$10,000 annually, and local revenues are estimated to decrease about \$6,500 per year, according to the legislative analysis.

At the bill hearing, Payton said, "A new kidney, it gives you a new lease on life, and it's only through the kindness and love that Kellen had for me and my son that allows me to do that."

Small Fruit Workshop Will Bring Industry Experts to Southern Maryland

By PRESS OFFICER
University of Maryland Extension

LEONARDTOWN, Md. (Feb. 27, 2020)—University of Maryland Extension is partnering with the Southern Maryland Agricultural Development Commission (SMADC) to offer a one-day workshop on small fruit production.

The workshop will be held at the Baden Volunteer Fire Department, 16608 Brandywine Road, Brandywine, MD 20613,

on March 18 from 8:30 a.m. to 4 p.m. There is no charge to attend and a catered lunch will be provided.

The workshop features well known speakers from throughout the region including specialists from Virginia Tech, North Carolina State University and University of Maryland. A complete agenda and program brochure can be found at: <https://extension.umd.edu/st-marys-county>

For further information or to register call your local Southern Maryland Extension office or 301-475-4484. Register by March 16 to ensure lunch availability.

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