

The Prince George's Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY SINCE 1932

Vol. 88, No. 33 August 13 — August 19, 2020

Prince George's County, Maryland

Newspaper of Record

Phone: 301-627-0900

25 cents

K. Neal Truck & Bus Center President, Korey Neal, Selected as a Washington Business Journal 2020 40 Under 40 Awardee

Washington Business Journal Honors 2020 cohort of 40 Under 40

By CHEREME FORTUNE
K. Neal Truck & Bus Center

HYATTSVILLE, Md. (August 6, 2020) — The Washington Business Journal (WBJ) selected K. Neal Truck & Bus Center (K. Neal) President, Korey Neal, as a 2020 40 Under 40 awardee. The 40 Under 40 Awards honor the next generation of Greater Washington business elite.

As a standout emerging leader in the transportation industry, Korey Neal continues to elevate K. Neal as a small, but mighty force in the full-service commercial truck and bus dealership arena as one of only two minority-owned truck and bus dealerships in the United States.

• Despite the challenges the COVID-19 pandemic has created for businesses across industries, Neal has maintained a positive outlook and effective strategy for maintaining profit margins at K. Neal with this specific goal in mind: keep trucks and buses on the road.

• Being nominated as one of the Washington Biz Journal's 40 Under 40 Awardees supports the values of a family-oriented business where the character traits of diligence and hard work are critical in sustaining the continued growth of the company

for generations to come. "Being honored as a 2020 40 Under 40 awardee is a humbling and exciting experience, stated Korey Neal, President of K. Neal. "There's a lot at stake for the 2020 40 Under 40 class as we face new challenges that no other class has experienced. We can be trailblazers in our respective industries by being the key players who support the sustainability and innovation of our companies."

Read the full article on the Washington Business Journal site here: <https://www.bizjournals.com/washington/news/2020/07/30/40-under-40-korey-neal.html>

K. Neal Truck and Bus Center (K. Neal) is a full-service commercial truck and bus dealership with multiple locations throughout the Washington, D.C. metropolitan area. K. Neal offers a complete product line of Class 3 to 8 Commercial Vehicles that represent



PHOTO COURTESY K. NEAL TRUCK & BUS CENTER

President Korey Neal 2020, K. Neal Truck and Bus Center

the following manufactured brands: International Trucks, IC School Bus, Hino Truck, Isuzu Truck, Collins Bus, Diamond Bus, and Cummins. The K. Neal dealership serves as a one-stop shop for customers, providing new and previously owned truck sales, all-makes parts, as well as best in class service and maintenance.

Library Offers Online FAFSA Application Assistance With Brainfuse

By DONNA SCOTT-MARTIN
The Prince George's County Memorial Library System

LARGO, Md. (August 6, 2020)—The Prince George's County Memorial Library System (PGCMLS) announces the newest enhancement to the online library: free live assistance for completing the Free Application for Federal Student Aid (FAFSA) application via Brainfuse HelpNow. This new service provides students and families with personalized support as they navigate the process of applying to college and seeking federal financial aid. FAFSA tutors are available Monday–Thursday (2–11 p.m. EST) to assist students and parents with the FAFSA application at any stage in the application process.

Visit the PGCMLS Brainfuse HelpNow webpage (library card required) and locate the "Featured Service" section in the bottom-left under Expert Help. Enter this section to connect with a live FAFSA tutor. PGCMLS and Brainfuse are excited to launch this new service, which supports customers during the period of extended virtual learning and will help students stay on track for personal advancement.

Brainfuse HelpNow offers an array of additional learning resources for Prince Georgians. The extended hours for English/Spanish HelpNow live tutoring (1–11:55 p.m.) will continue through September 1, 2020. Although Brainfuse's summer camp will be ending soon, SkillSurfer, a library of lessons, videos, test and more, is available year-round.

The Library also helps students prepare for standardized tests and writing college admissions essays through the EBSCO LearningExpress online re-

source. Prepare for the PSAT/NMSQT®, ACT®, SAT®, AP®, ASVAB, and more to advance higher education and vocational opportunities. Check the PGCMLS virtual events calendar regularly for related programming, such as virtual career chats and conversations about the college experience.

The Prince George's County Memorial Library System (PGCMLS) helps customers discover and define opportunities that shape their lives. The Library serves the 915,000+ residents of Prince George's County, Maryland through 19 branch libraries, a 24/7 online library, and pop-up services throughout the community. PGCMLS is a responsive and trusted community-driven organization. Programs, services, and outreach activities serve booklovers, immigrants, children, young professionals, seniors, and families alike. The Books from Birth and Ready 2 Read programs make the Library the primary source of early literacy education and Kindergarten readiness programs in the County. PGCMLS' robust online offerings include curated content collections for kids, teens, educators, Spanish speakers, and more. Special programs include the D.R.E.A.M. Lab, STEM Pals, and 3D printing, which offer teens and lifelong learners with opportunities to learn cutting-edge technology and STEM skills for job readiness or personal enrichment. The Library's Laurel Branch Library received the 2018 AIA/ALA Library Building Award and was designated the best new public building in Maryland.

Prince George's Community College Offers Virtual Options For the Fall 2020 Semester

By PRESS OFFICER
Prince George's Community College

LARGO, Md. (August 6, 2020)—Prince George's Community College (PGCC) is offering all of its courses virtually for the fall 2020 semester to ensure student, faculty, and community safety during the coronavirus pandemic. Students will be able to choose their courses from three options to best meet their learning styles and needs: online, remote, and hybrid.

The virtual platforms provide a range of safe and flexible options to help students continue to reach their educational and career goals. Online courses enable students to learn on their own time, within the established schedule of deadlines for each course. Remote courses require students to meet virtually in real time on designated days each week for live faculty lectures and video conference discussions. Hybrid courses allow students completing lab-based work to learn both virtually and in person. In-person sessions in the hybrid courses are structured to enforce social dis-

tancing and safety in accordance with coronavirus precautions. For additional details on course options, see the College's instructional video.

All virtual courses are taught by PGCC faculty and offer the same educational rigor of being academically, intellectually, and personally challenging. Courses are nationally accredited so credits transfer and meet requirements for professional certifications and licensures.

The fall semester starts on August 24. There is still time for first-time students to apply and register. Current students can register for classes via Owl Link. A listing of credit class schedules can be found on the website. Classes are available in 8-week, 12-week, and 15-week formats.

For more information or to apply and register, email apply@pgcc.edu or call 301-546-0864. Walk-in services are temporarily suspended at the College's five locations due to the coronavirus pandemic.

Maryland Department of Health and Partners Host U.S. Surgeon General at Baltimore City COVID-19 Response Site

By DEIDRE MCCABE
Maryland Department of Health (MDH)

BALTIMORE (August 7, 2020)—The Maryland Department of Health (MDH) today welcomed U.S. Surgeon General Dr. Jerome M. Adams to Baltimore City to survey COVID-19 response operations at the Baltimore Convention Center Field Hospital and testing site.

MDH Chief Operating Officer and Medicaid Director Dennis Schrader joined leadership from the Baltimore City Health Department, Johns Hopkins Medicine and the University of Maryland Medical System to provide briefings and review site operations.

"I'm here in Baltimore to learn about the COVID response," said Dr. Adams, "to learn about how the city and the state and local organizations and academic institutions like Johns Hopkins have come together to make testing available to the people in the area, but also how they've stood up a field hospital here, the Baltimore Convention

Center Field Hospital—truly an amazing example of public private partnerships."

Dr. Adams's visit occurred as Maryland's statewide COVID-19 positivity rate fell below 4 percent for the first time today to 3.9 percent.

"If we all ban together, if we all get the knowledge that will help us overcome this virus, and if we all do those basic public health measures—washing your hands, wearing a face mask, and watching your distance—then I know we can stamp this thing out and we can get back to some sense of normal while we await a vaccine." —Dr. Jerome M. Adams

The Maryland Department of Health is dedicated to protecting and improving the health and safety of all Marylanders through disease prevention, access to care, quality management and community engagement. Follow us on Twitter @MDHealthDept and at Facebook.com/MDHealthDept.



PHOTO COURTESY THE MARYLAND DEPARTMENT OF HEALTH

U.S. Surgeon General Dr. Jerome M. Adams visited COVID-19 response operations at the Baltimore Convention Center Field Hospital and testing site last Friday.

INSIDE

Highest SNAP Participation in More Than 20 Years Reveals the Unprecedented Level of Need Across Maryland

The number of children receiving support from Temporary Assistance for Needy Families (TANF) program has also increased dramatically, from just under 30,000 in February to more than 46,000 in June

Community, Page A3

To Be Equal: Harlem, The Nation's Center of African American Culture, Will Be The National Urban League's New Headquarters

New York City is where we were born, and I am proud that New York City is where we will stay.

Commentary, Page A4

Hogan Announces Reopening of Coronavirus Special Enrollment to Uninsured Marylanders

Governor Larry Hogan was joined today by Insurance Commissioner Kathleen Birrane, insurance companies, and the Maryland Health Benefit Exchange to announce the reopening of the coronavirus emergency special enrollment period until December 15.

Business and Finance, Page A5

Virtual Canines-N-Kids' Two by Four Race

MADD Maryland Hosts Virtual Walk Like MADD on Sept. 12

What to Consider as Dog Adoptions Surge During Pandemic

Summer, Page A6

One Voice, One Vision to Save and Heal Lives

Like Dennis, 70% of people waiting for lifesaving organ transplants in the metro D.C. area are from multicultural communities. August is National Minority Donor Awareness Month (NMDAM) ... an effort to save and improve the quality of life ...

Health and Wellness, Page A7

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Chaplains have beautiful tent wedding, on Lucente Avenue

Years ago, Emanuel, who lived at 6004, and Carmelita, at 6006, were next-door neighbors on Lucente Avenue in Skyline. They grew up there, left home, married other people, had children and grandchildren. Then they re-discovered each other at the funeral of Emanuel's father back in 2017.

They fell in love. And they were married on July 11, at 2 p.m. But it was no ordinary wedding.

The service, conducted by the Revs. Armon and LaTaska Nelson of Community United Methodist Church in Washington, was held under a beautiful white tent in the front yard of 6006 Lucente.

Emanuel "Chip" Chaplin III, son of Juanita and the late Emanuel Chaplin, had his brother John as best man. Carmelita Hawkins, daughter of Ann Glass and stepdaughter of Stanley Jordan, had daughter Melannie Belton as her matron of honor. Carmelita's son, Andre Hawkins, gave the bride away.

Among the witnesses were the couples' children, grandchildren, other kin and friends, and delighted neighbors up and down Lucente who came out of their houses to watch and wave.

A reception was held outdoors in an even larger tent, at the home of the groom in Springdale, near FedExField.

Tropical Storm Isaias

Tiaesa Sade Lake, 31, of Suitland, was killed August 4 when a large tree fell on her car as she was driving southbound on Three Notch Road near Charlotte Hall School Road in Mechanicsville. When officers arrived the scene, she was extricated from the vehicle and pronounced dead at the scene. She was the only occupant.

Tiaesa was driving a 2003 Mercury Grand Marquis. The time was about 9:33 a.m.; perhaps she was on her way to work.

As far as I know, she was the only Maryland fatality in the storm, but it was wicked and did extensive damage in St. Mary's Country, spawned at least three tornadoes and left many without power.

Here in our little corner of the world, we mostly had heavy rain. We were lucky.

Neighbors & other good people

A long line of decorated cars passed by my house a couple of weeks ago. They moved slowly heading down Skyline Drive and, of course, I stopped one long enough to ask the occasion. The car parade was headed for the home of Maria Pugh in celebration of her 70th birthday.

Mark C. Misiorek, 46, a graduate of Gwynn Park HS, died in Woodinville, Wash. on July 27. He had served as a U.S. Marine and with the Seattle Police. His wife Susan and son Wil survive him.

Academia

Claire Mudd, who graduated magna cum laude from the University of Maryland's School of Business this spring, has been presented the Goddard Award. It's given annually to a graduating female and a graduating male, from Prince George's County, who have "demonstrated superior scholarship, leadership and community service." (I'm sorry I don't know the graduating male from Prince George's who also received the award.)

Claire is my granddaughter, the daughter of Sheila and John Mudd of Laurel, and a graduate of Eleanor Roosevelt High School.

Changing landscape

When we moved here in the 1950s, I remember seeing canal boats on the C&O Canal in Georgetown, but not in a long time. Now, craftsmen are building a new boat, which will be 80 feet long and pulled by mules, as were the

boats of old. It is scheduled to make its debut early next year.

JCPenney is selling its business and 154 stores will face closure. Does anyone know if this might be the plight of Penney's in Forestville? Penney's, by the way, was founded 118 years ago.

Pat Grogan, Irish-American, police officer and bagpiper

Oliver Patrick "Pat" Grogan, 81, former Prince George's police officer, died July 22 at the U. of Maryland Shore Medical Center at Easton.

Pat was born in Ireland. On Feb. 25, 1957 he came to the U.S. and one week later he joined the Air Force at Lackland AFB, Texas, serving until 1961. On March 8, 1962, in Baltimore, he proudly became a U.S. citizen.

Following military service, Pat was a Prince George's County police officer. He was especially proud of work he did with the Community Relations Division, teaching drug awareness at the local schools, assembling and distributing food baskets for the hungry, collecting Christmas toys for children, and running an annual summer camp for school safety patrols.

Pat married his first wife, Grace Marie (DiGennaro) Grogan, on October 17, 1964. They had four children and were married for 27 years before she died in 1991. He was blessed to find love again and married Regina T. (Arneson) Sticher on June 28, 2002. They made their home in Easton.

He earned an A.A. degree in 1977, from the University of Maryland. He was a member of the Fraternal Order of Police, Lodge 89, where he served as Chaplain for 40 years. He was a member of the Knights of Columbus, Irish American Club and the Police Emerald Society.

His wife Regina, four children, four stepchildren, 16 grandchildren, one

See **MORNINGSIDE** Page A8

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

BADEN VOLUNTEER FIRE DEPARTMENT

Baden Volunteer Fire Department located at 16608 Brandywine Road, Brandywine, Maryland 20613 celebrated 60 years of dedicated service to our 60 square mile community along with mutual aid to Charles, Calvert, and St. Mary's Counties. Our department is up to date with modern facilities and technology. We have areas for training purposes, drive through engine bays, exercise equipment, and clean well-maintained apparatus and equipment. Although our location is mostly rural, our calls have dramatically increased over the years.

Baden Volunteer Fire Department is well known for years of dependable service along with dedicated long-standing volunteers. We take great pride in our performance, both services related and administratively.

As our community grows in Southern Prince George's County, we are searching for good, solid individuals who wish to volunteer in fire services. Baden Volunteer Fire Department is the absolute fire department for making a difference in one's life while helping others in need.

In addition to the county/state benefits and incentives, Baden Volunteer Fire Department offers living quarters for certified riding members, along with a comfortable rest lounge with kitchen. There is a training room available for use and a small exercise room. The area is rural, quiet with a family atmosphere. <https://www.badenfd.com/content/history>.

CONGRATULATIONS

Congratulations to Bowie State University President, Dr. Aminta H. Breaux, for being named the Daily Record's 2020 Maryland's Top 100 Women Honoree. Maryland's Top 100 Women recognizes outstanding achievements of women through professional accomplishments, community leadership and mentoring. Honorees were selected by a panel of business professionals and previous Top 100 Women honorees. Maryland The Daily Record, your trusted source of business, legal and government news for 131 years.

CONGRATULATIONS

Congratulations to Makayla Eugene who is a student at Frederick Douglass High School in Upper Marlboro, Maryland. Makayla is the daughter of Curtis and Stephanie Eugene, sister of Morgan and granddaughter of Frank and Gwen Deville of Brandywine, Maryland.

Makayla ended the school year with straight A's (Cum. 4.18), started 2 summer Dual Enrollment College courses, successfully launched her own company, completed an internship and also got her Learner's Permit and started a new job, all while virtually maintaining dance training. We are proud of you Makayla for your wonderful accomplishments.

AQUASCO SPEEDWAY

Aquasco Speedway was a pioneering track in the east. De-

veloped by Alfonso and Albert Procopio in the mid 1950s. It was intended for it to be a purpose-built strip for quarter mile racing and the first of its kind in the area. The track was located just minutes south of Washington, D.C.

Aquasco Speedway, no longer in operation, was the first quarter-mile dragstrip on the United States East Coast. It was home to the President's Cup Nationals, which are held at Maryland International Raceway. Richard Petty, Shirley Muldowney, Don Prudhomme, Benny Burkett are among some of the great drag racers who raced on the now defunct speedway. The land was sold in 2002 and the track was never demolished but sits vacant to this day. (Wikipedia)

MALCOLM ELEMENTARY SCHOOL

Malcolm Elementary School opened in 1955 and was named after the Malcolm Community. The original Malcolm School, constructed in 1902, served as a public school for Black students from the Waldorf, Bryantown, Hughesville, Benedict, and Malcolm communities. A new Malcolm School was built and now is located at 14760 Poplar Hill Road, Waldorf, Maryland 60601. Serves grades PreK-5. The present school is located about 1 mile from the original school location, opened in 1955, but was not integrated until 1967 during which time it served as a middle school. In 1972, the student body was transferred to the newly constructed John Hanson Middle School and Malcolm became an elementary school. www.cboe.com/aboutus/prmedia/whatsinaname/malcolm.php. My Aunt Bernice Makle was my teacher and I enjoyed being a student at Malcolm Elementary School. Great school years.

BSU ALUMNI & FRIENDS

Alumni and friends #BSU4LIFE, ONCE A Bulldog, always a Bulldog. We welcome you to the online community for Bowie State University alumni and friends. Your connection to BSU does not end once you leave campus. We encourage you to socialize, network, share news and get involved with your fellow alumni, current students, parents, friends, faculty, and staff. You are part of the Bulldog Nation that represents more than 30,000 alumni with one thing in common. Bowie State University. So, stay engaged, get connected, and give back.

CONGRATULATIONS

Congratulations to Jovan Adepo ('10) who landed his first-ever Emmy nomination in the "Outstanding Supporting Actor in a limited series or movie category for his memorable performance as Officer Will Reeves/Hooded Justice in HBO's "Watchmen". The 72nd Primetime Emmy Awards will broadcast on ABC, Sunday, September 20 at 8 p.m. ET. Information received from Bowie State University adv_events@bowiestate.edu.

Around the County

PGCPS Announces Special Student Transfer Window

Prince George's County Public Schools (PGCPS) will offer a special student transfer window from Wednesday, Aug. 5 through Tuesday, Aug. 25.

Parents and legal guardians of currently enrolled PGCPS students may only submit transfer requests for the following circumstances:

- New to PGCPS (enrolled after Monday, March 16)
- Incoming kindergarten students who were not enrolled in PGCPS last school year
- Terminal grade (i.e., Family moved out of boundary, but student wants to complete final grade-level year, such as fifth, sixth, eighth or 12th, at current school.) Contact the Transfer Office at 301-567-8751 for special instructions.

Families of currently enrolled students can submit transfer requests electronically through the SchoolMax Family Portal. Families of new students can get login credentials and assistance through their boundary school.

The Office of Student Records, Transfers and Archival Services will not accept transfer requests to schools that exceed state-rated capacity. Visit <https://www1.pgcps.org/student-transfers/available-seats/> to view a list of schools eligible to receive transfer students.

For details, visit the Student Transfer Request webpage by visiting <https://www1.pgcps.org/student-transfers/>.

—Prince George's County Public Schools

Shop Local & Buy Prince George's

Not ready to step out into the stores—then Shop online! We have compiled a list of local shops to make it easy to support Prince George's County retail establishments. Browse these listings (www.pgcpsc.com/buyprincegeorges?utm_medium=email&utm_source=govdelivery) to find a great deal, get what you need, and most importantly—stay safe as we strive to keep our businesses open!

The Economic Development Corporation is here to help our businesses and residents in every possible way with "Buy Prince George's", a movement to do just that! Businesses with a website can list their goods and services in the County Cyber Mall which is available for everyone to shop. These services can be online, take-out, delivery, and more. For every \$100 spent, about \$68 to \$73 of it returns to local activity.

—Experience Prince George's County, *Tourism News&Notes* August 2020

Jennifer Perdomo Graduates From Marquette University

MILWAUKEE, Wis. (August 7, 2020)—This past spring, Jennifer Perdomo of Hyattsville, MD, graduated from Marquette University in Milwaukee, Wis. Perdomo earned a Master of Science in Speech Language Pathology.

Perdomo was one of 2,236 students to graduate from Marquette in May. Marquette University is a Catholic, Jesuit university that draws its more than 11,500 students from all 50 states and more than 84 different countries. Marquette is ranked in the top 10 nationally for job placement.

In addition to its nationally recognized academic programs, Marquette is known for its service learning programs and internships as students are challenged to use what they learn to make a difference in the world. Find out more about Marquette at marquette.edu.

—Abby Cole, Marquette University

UW-Madison Announces Spring Graduates

MADISON, Wis. (August 6, 2020)—Nearly 8,500 students received degrees from the University of Wisconsin-Madison during a unique online commencement ceremony on May 9, 2020, including students from your area.

The ceremony, forced online because of the Coronavirus pandemic, was for doctoral, bachelor's, master's and law graduates.

Best-selling author James Patterson, the commencement speaker, counseled graduates on persistence and resilience, telling them, "Hey, it's hard now, but it's been hard before. When I graduated from college, the war in Vietnam was raging, there was a draft . . . When my dad graduated, he got shipped off to Europe and WW II."

Chancellor Rebecca Blank praised graduates for the way they handled their unprecedented final semester—in-person instruction ended in March—and she thanked their family and friends for helping them through it all.

Some graduates will face a longer job search than expected, Blank said. Others will face personal pain from unexpected family loss or will end up doing very different things next year than they might have expected.

"But when we are past this crisis, you will also see many new opportunities—opportunities to re-engage the economy, to re-build personal connections, and to figure out how to live together in ways that reduce the threat of future pandemics," Blank said. "Our world will change permanently because of this global shared experience. Your diploma from this great public university is your ticket to be part of that change."

In addition to Saturday's virtual ceremony, numerous famous Badger alumni posted shout-outs on social media, including soccer star Rose Lavelle, Seattle Seahawks quarterback Russell Wilson, U.S. Sen. Tammy Baldwin, and Tony Award-winning actor Andre De Shields, who sang a bit for graduates. On May 8, the UW Athletic Department lit Camp Randall and the Kohl Center in red to honor the Class of 2020.

To ease the sting of the last few months, the Wisconsin Union announced it would provide all graduates with lifetime memberships—a first in the association's more than 110-year history. Additionally, the Wisconsin Alumni Association is giving graduates two free years of membership.

For more information about UW-Madison, visit <http://www.wisc.edu>.

Here are the degree recipients from Prince George's County:

Bowie, MD: **Gammon Gresham**, College of Letters and Science, Bachelor of Arts, Communication Sciences and Disorders; **Carmyn Hayes**, College of Letters and Science, Bachelor of Science, Psychology

Brandywine, MD: **Kevin Crosby**, Col of Agricultural & Life Sci, Bachelor of Science, Nutritional Sciences, Graduated with Highest Distinction, Hyattsville, MD: **Phuoc Nhan**, School of Nursing, Bachelor of Science-Nursing with Honors, Nursing

Lanham, MD: **Christian Eken**, Col of Agricultural & Life Sci, Bachelor of Science, Agricultural and Applied Economics; **Gisele Toumi**, School of Med & Public Health, Doctor of Medicine, Medicine

Upper Marlboro, MD: **Cynthia Ubah**, College of Letters and Science, Bachelor of Arts, International Studies; **Michelle Ubah**, School of Human Ecology, Bachelor of Science-Human Development and Family Studies, Human Development and Family Studies

—Mike Klein, University of Wisconsin-Madison

COMMUNITY

OBITUARY

Jerry Kyle Richardson



Jerry Kyle Richardson, 71, of Georgetown, KY passed away at his home at 7:30 p.m. on Saturday August 1, 2020. He was born on November 5, 1948 in Inman, VA and raised in Lynch, KY to coal miner and union organizer Vivian Richardson and mother Eula Mae Hicks Richardson. After contracting polio at age four he spent many years of medical care, surgery, and rehabilitation at Kosair Children's Hospital in Louisville where he was greatly influenced by the extraordinary nurses and staff. He went on to get a masters degree in education at the University of Kentucky and teach middle school in Louisville, KY before moving to Prince George's County, MD in the early '70s at the time of integration. He taught at Suitland Junior for many years before going to Greenbelt Middle School and retired in 1994. Over the years he taught social studies (and everything else he could squeeze in) to thousands of students who loved him for his fairness, honesty, and caring. He had boundless energy, a quick mind, and bottomless love for all his students. To him, teaching was as natural as breathing.

After retirement he moved to Georgetown, KY where he made a large impact in community issues for 25 years, championing fairness, justice, and truth. He also became a powerful abstract artist with over 100 works to his name. He wrote and published short stories and poetry and, after becoming unable to leave home due to illness, attracted nearly 10,000 followers to his Twitter account. He was above all a teacher, a protector, and a poet.

He is survived by his best friend, love, and wife of 40 years Kelcey Ann Koivopa. He is also survived by his son Aaron Richardson of Destin, FL, older brother Vivian "Bud" Richardson of Rosedale, CA, beloved sister Betty Doan of Owensboro, KY, and cherished Twitter friend Teresa Evangeline.

He is preceded in death by sisters Lanada Sue Johnson of San Jose, CA, Robert Richardson of Lynch, KY, and Francis Ann Sievert of Pacifica, CA.

Condolences may be expressed to the family at www.tuckeryocumwilson.com. In lieu of flowers, please send memorial contributions to the Scott County Humane Society, 751 Slone Drive #13, Georgetown, KY 40324.

Highest SNAP Participation in More Than 20 Years Reveals the Unprecedented Level of Need Across Maryland

By JOHANNA ELSEMORE
Share Our Strength, No Kid Hungry campaign

BALTIMORE (August 4, 2020)—The pandemic has resulted in a huge increase in the number of Marylanders in need of food assistance from the Supplemental Nutrition Assistance Program (SNAP). New data recently released from the Maryland Department of Human Services show that nearly 850,000 Marylanders are currently relying on SNAP—a level of need that we have not seen in Maryland in more than twenty years. While every county has seen a surge, the largest increases in SNAP participation from February to June are in the DC metro area: Anne Arundel (87% increase), Prince George's (84% increase), Charles, Baltimore, and Montgomery counties.

The number of children receiving support from Temporary Assistance for Needy Families (TANF) program has also increased dramatically, from just under 30,000 in February to more than 46,000

in June—a nearly 60% increase in our most vulnerable kids. In Anne Arundel and Prince George's Counties, the number of children more than doubled during this time.

Given the direct connection between participation in these federal benefit programs (SNAP and TANF) and eligibility for schools to participate in the Community Eligibility Provision (CEP), more schools than ever before are now CEP-eligible. "CEP is one of the best ways to ensure that all kids have access to the food they need," said Tam Lynne Kelley, No Kid Hungry Senior Manager. "CEP is a federal school meal funding option being used in hundreds of Maryland schools, and as a result of the pandemic, many more schools are now eligible to use CEP to become Hunger-Free Schools," she added.

The deadline to elect CEP is August 31, 2020. Contact your school district's Food and Nutrition Department to see if your school is eligible for this funding.

Governor's Office on Service and Volunteerism Now Accepting Nominations for Outstanding Maryland Volunteers to be Recognized During 2020 Governor's Service Awards

By JOANNA CHEN
Governor's Coordinating Offices

ANNAPOLIS, Md. (August 5, 2020)—Today, the Governor's Office on Service and Volunteerism, Maryland's State Service Commission, announced that nominations for the 2020 Governor's Service Awards are now open. Throughout this challenging year, Marylanders have united to demonstrate extraordinary resilience, expand community relationships, and contribute to a collaborative ecosystem of service. In 2019, 19 individuals and groups were recognized by Governor Hogan and the State of Maryland at the awards ceremony in October.

"The COVID-19 pandemic has tested

all of us in every way imaginable, but it has also revealed the true character of Marylanders by showing our ability to overcome any challenge, and our capacity to show remarkable courage in the face of great threat and overwhelming obstacles," Governor Larry Hogan said, "Most of all, we're showing America and the world, the power of compassion, generosity, and strength."

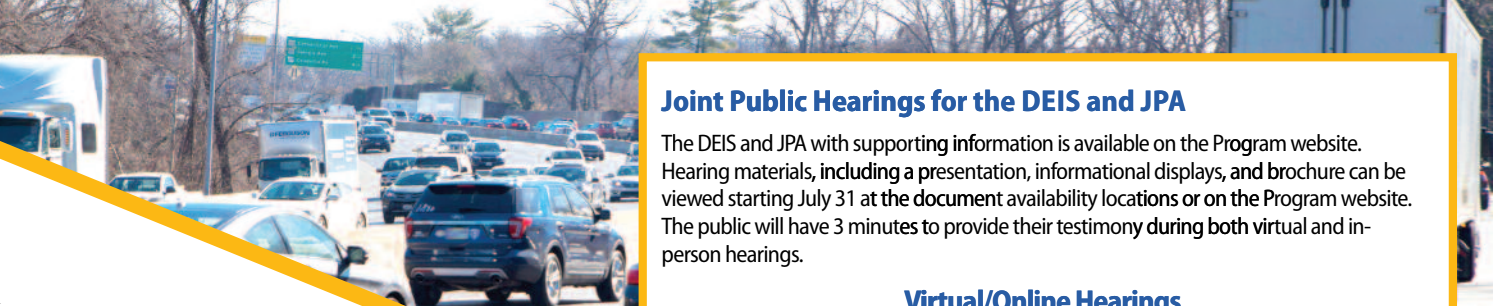
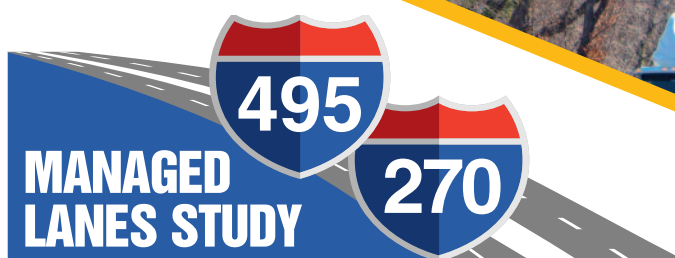
Nominations will be received in 16 categories. New categories include: Pandemic Response Champion and Emerging Leader. Traditional categories include: Governor's Champion of Service Award, AmeriCorps Alum, Corporate Business, Faith-Based, First Responder, Group/Team, Individual,

Lifetime Achievement, National Service, Nonprofit Volunteer Program, Veteran, Small Business, Youth, and Government Employee/Agency. Youth Service Awards will return in 2021.

"In honor of #MarylandStrong individuals, the 37th Annual Awards will recognize innovative, responsive, and empowering Marylanders across our state, who exemplify and model leading an effective response to coronavirus and social injustice" said Nicole Fiocco, Director of the Governor's Office on Service and Volunteerism.

The nominations will be reviewed by a

See NOMINATIONS Page A8



Joint Public Hearings for the DEIS and JPA

The DEIS and JPA with supporting information is available on the Program website. Hearing materials, including a presentation, informational displays, and brochure can be viewed starting July 31 at the document availability locations or on the Program website. The public will have 3 minutes to provide their testimony during both virtual and in-person hearings.

Virtual/Online Hearings

Due to the current COVID-19 health crisis and MDOT SHA's commitment to protect the public and agency members, the public is encouraged to provide public testimony through virtual hearings. Four virtual hearings are planned from 9 AM – 8 PM:

- TUESDAY, AUGUST 18, 2020
- TUESDAY, AUGUST 25, 2020 (Official USACE Hearing)
- THURSDAY, AUGUST 20, 2020
- THURSDAY, SEPTEMBER 3, 2020

PROVIDE PUBLIC TESTIMONY:

- Register at 495-270-p3.com/DEIS
- Three sessions available for each hearing:
 - Morning (9 AM – 12 PM)
 - Afternoon (1 – 4 PM)
 - Evening (5 – 8 PM)
- Email instructions will be sent for approved session time

WATCH THE VIRTUAL HEARING ONLINE:

- Go to 495-270-p3.com/DEIS
- Closed captioning available

IF YOU DO NOT HAVE INTERNET ACCESS:

- Call 855-432-1483, press * to hear options
- Listen to the virtual hearing live
- Leave your testimony by voicemail on hearing dates from 9 AM - 8 PM

In-Person Hearings

Two in-person hearings are planned from 12 – 9 PM:

- TUESDAY, SEPTEMBER 1, 2020 – Prince George's County – Homewood Suites by Hilton, 9103 Basil Court, Largo, MD 20774
- THURSDAY, SEPTEMBER 10, 2020 – Montgomery County – Hilton Executive Meeting Center, 1750 Rockville Pike, Rockville, MD 20852

PROVIDE PUBLIC OR ONE-ON-ONE TESTIMONY BY APPOINTMENT ONLY:

- Register by calling 833-858-5960
- Choose public testimony to panelists or one-on-one testimony to court reporter
- Registered participants will be placed in time slots and may listen to public testimony and limited staff will be available to answer questions
- Registered participants will receive the same brochure that is on the Program website
- Social distancing protocols will be strictly enforced, including required face coverings, hand sanitizing stations, and limited capacity in hearing room
- Call 855-432-1483 to listen live and/or leave your testimony by voicemail on hearing dates from 12-9 PM

Note: MDOT SHA will make the hearing transcript available on the Program website at a later date after the hearings have been concluded; hearings could be postponed if COVID-19 conditions change.

495-270-P3.COM/DEIS

REQUEST FOR ASSISTANCE:

The Maryland Relay Service can assist teletype users at 7-1-1. Persons requiring assistance to participate, such as an interpreter for hearing/speech difficulties or assistance with the English language, should contact the Program toll-free number at 833-858-5960 by August 3, 2020.

FHWA and MDOT SHA have completed the Draft Environmental Impact Statement (DEIS) and Draft Section 4(f) Evaluation for the Managed Lanes Study, with the Notice of Availability published in the Federal Register on July 10, 2020. The DEIS includes traffic, environmental, engineering, and financial analyses of the Build Alternatives and the No Build Alternative. This DEIS provides an opportunity for the public, interest groups and other agencies to review and provide comment on the proposed federal action and the adverse and beneficial environmental impacts and proposed mitigation for unavoidable impacts.

FHWA, MDOT SHA, and the Maryland Department of the Environment (MDE) will conduct six Joint Public Hearings. The U.S. Army Corps of Engineers (USACE) will participate in one hearing on August 25 to meet the Department of the Army requirements. Comments will also be accepted on the Joint Federal/State Application (JPA) for the Alteration of Any Floodplain, Waterway, Tidal or Nontidal Wetland in Maryland. USACE is responsible for reviewing the JPA per the Clean Water Act, Section 404(b)(1) and MDE is responsible for reviewing the Application per Environment Article 55-503 and 55-906, Annotated Code of Maryland.

Public and agency comments on the DEIS and JPA will be accepted between July 10 through 11:59 PM on October 8, 2020.

Ways to Comment on the DEIS and JPA

- Oral testimony to panelists at in-person or virtual hearing
- Oral testimony to court reporter at in-person
- Oral testimony via voicemail (855-432-1483) during in-person or virtual hearing times
- Written comments in comment box at in-person hearing

Other Ways to Comment on the DEIS

- Comment Form on 495-270-P3.com/DEIS/
- Email at MLS-NEPA-P3@mdot.maryland.gov
- Send a written letter about DEIS: Lisa B. Choplin, DBIA, Director, I-495 & I-270 P3 Office, Maryland Department of Transportation State Highway Administration, 707 North Calvert Street, Mail Stop P-601, Baltimore, MD 21202

Other Ways to Comment on the JPA

- Email at: john.j.dinne@usace.army.mil (USACE) MDE.SHAprojects@maryland.gov (MDE)
- Send a written letter about JPA: USACE MDE, Baltimore District Wetlands and Waterways Program, Attn: Mr. Jack Dinne, Attn: Mr. Steve Hurt, 2 Hopkins Plaza, 1800 Washington Blvd., Suite 4300, Baltimore, MD 21201-2930, Baltimore, MD 21230

ALL COMMENTS received, whether at the hearing through oral testimony OR through other methods (comment form, email, and letter), will be given EQUAL CONSIDERATION.

DEIS and JPA Document Availability

The DEIS and JPA with supporting information are available online at 495-270-P3.com/DEIS. Hard copies are available for review starting July 10, as follows:

MARYLAND STATE OFFICES: Viewing hours include Monday to Friday 11 AM to 7 PM, Saturday and Sunday 12 to 5 PM

Montgomery County: MDOT SHA Gaithersburg Shop, 502 Quince Orchard Road, Gaithersburg, MD 20878 | MDTA MD 200 West Operations, 16902 Crabbs Branch Way, Rockville, MD 20855 | MDOT SHA Fairland Shop, 12020 Plum Orchard Road, Silver Spring, MD 20904 | MDOT SHA Silver Spring Study Office, 8537 Georgia Avenue, Silver Spring, MD 20910

Prince George's County: MDOT SHA District 3 Office, 9300 Kenilworth Avenue, Greenbelt, MD 20770

VIRGINIA STATE OFFICE: Viewing hours include Monday to Friday 9 AM to 4 PM
Fairfax County: VDOT Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030

MARYLAND LIBRARIES: Hard copies will be available in trailers in the library parking lots. Viewing hours include Tuesday and Thursday 11 AM to 7 PM, and Sunday 12 to 5 PM. Once libraries are open to the public, the hard copies will be available for review in the libraries during normal branch hours.

Montgomery County: Chevy Chase Library | Davis (North Bethesda) Library | Kensington Park Library | Potomac Library

Prince George's County: Glenarden Branch Library | Largo-Kettering Branch Library | New Carrollton Branch Library | Spauldings Branch Library

WASHINGTON, DC LIBRARY: Viewing hours include Monday through Friday from 11 AM to 2 PM and 3 to 7 PM. Should library hours change, the document will be available during normal branch hours.

Washington, DC: Shepherd Park Neighborhood Library

US POST OFFICES: Viewing hours include Monday to Friday 9 AM to 5 PM, Saturday 9 AM to 12 PM (see below)

Montgomery County: West Lake PO (Saturday closes at 1 PM), 10421 Motor City Drive, Bethesda, MD 20817 | Rockville PO (Saturday closes at 4 PM), 500 N Washington Street, Rockville, MD 20850

Prince George's County: Kenilworth PO (Saturday closes at 12 PM), 6270 Kenilworth Ave, Riverdale, MD 20737 | Hampton Park PO (Saturday closes at 4 PM), 9201 Edgeworth Drive, Capitol Heights, MD 20790 | Largo PO (Saturday closes at 3 PM), 9801 Apollo Drive, Upper Marlboro, MD 20774 | Temple Hills PO, 4806 Saint Barnabas Rd, Temple Hills, MD 20748



COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

Harlem, The Nation's Center of African American Culture, Will Be The National Urban League's New Headquarters

"Harlem was home; was where we belonged; where we knew and were known in return; where we felt most alive; where, if need be, somebody had to take us in. Harlem defined us, claiming our consciousness and, I suspect, our unconsciousness."

—Actor and activist Ossie Davis

In 1904, a few years before George Edmund Haines and Ruth Standish Baldwin founded the National Urban League, Black New Yorkers pushed out of other neighborhoods began moving into Harlem. They were soon followed by a flood of migrants escaping the violence and terrorism of the Jim Crow South. The convergence of ambitious, motivated Black people from around the country with employment opportunities created by World War I exploded into the Harlem Renaissance.

With it, came the courage "to express our individual dark-skinned selves without fear or shame," as Langston Hughes put it.

Mindful of this profound legacy and storied past, we at the National Urban League could not be prouder to announce a historic building project that will keep us in the city where we were founded, while enhancing the economic and cultural revitalization of Harlem.

The Urban League Empowerment Center, on 125th Street between Street between Adam Clayton Powell, Jr. Boulevard and Lenox Avenue, will include the National Urban League's headquarters, the Urban Civil Rights Museum Experience and the National Urban League Institute for Race, Equity and Justice— along with affordable housing, office space and retail space.

The \$242 million project is one of the largest and most significant building projects in Harlem

in 50 years. As a legacy civil rights and social justice organization, the National Urban League has worked for more than a century to strengthen and vitalize urban neighborhoods through community investment. I'm extremely proud that we are able to put those same guiding principles to work with our own future home.

Over the last several years, the National Urban League has turned down offers to relocate to other cities, including Philadelphia, Washington, Atlanta, Chicago, and others. New York City is where we were born, and I am proud that New York City is where we will stay. I am even more excited about the neighborhood economic development the building project represents.

The National Urban League has a long history of supporting the cultural and artistic pulse of Harlem. Opportunity, for many years our official monthly publication, employed Harlem Renaissance writers, publishing their poetry and short stories and promoting African-American literature through articles, reviews, and literary prizes.

With affordable office space for non-profit organizations like One Hundred Black Men of New York, the United Negro College Fund New York, and the Harlem-based Jazzmobile, the Empowerment Center will be a hub and a catalyst for enterprise, creativity, activism and advocacy.

We have been intentional about supporting minority-owned businesses, partnering with Black-owned BRP Companies, and committing to 30% of construction contracts for minority-owned businesses. Prominent African-American professionals, including real estate attorney Charles J. Hamilton, Jr., of Windels Marx and Dabar Development Partners founder and CEO Dawanna Williams have

had lead roles in the project.

The project would not be possible without the wholehearted support of New York Governor Andrew Cuomo and his extraordinary effort to align state agencies and private sector partners to move the project forward. We also owe a debt of gratitude to New York City Mayor Bill de Blasio, former Mayor Michael Bloomberg, State Assemblywoman Inez E. Dickens, State Senator Brian Benjamin, City Councilman Bill Perkins, and Margaret Anadu, head of the Urban Investment Group at Goldman Sachs.

The Urban Civil Rights Museum Experience will be New York's first museum dedicated to civil rights and one of the first in the nation to focus on the history of civil rights in the North. It also includes below-market office space for community groups and civic organizations, as well as 170 affordable housing units to be constructed with support from New York State Homes and Community Renewal.

We look forward to formal groundbreaking in the near future and completion by late 2023.

The project is supported by Empire State Development, Homes and Community Renewal, and Harlem Community Development Corporation. The development is being led by BRP, L+M Development Partners, Taconic Partners, The Prusik Group, and Dabar Development. Private funding is being invested by Goldman Sachs Urban Investment Group, Upper Manhattan Empowerment Zone Development Corporation, Red Stone Equity Partners, and Santander Bank, N.A. Additional partners include New York State Office of General Services, New York City Economic Development Corporation and Settlement Housing Fund, Inc.

Marion Wright Edelman

President Emerita,
Children's Defense Fund



ChildWatch:

Persevere

The last few months have been a very difficult time for so many of us. I repeat here this "Request for Transfer" by an unknown author that has gotten me through some dark times when I've wanted to give up. I wanted to share it to help keep spurring us forward today.

"Request for Transfer"

To: Commander-in-Chief
From: Battlefield Soldier
Subject: Request for Transfer

Dear Lord,

I'm writing this to You to request a transfer to a desk job. I herewith present my reasons:

I began my career as a private, but because of the intensity of the battle, You quickly moved me up in the ranks. You made me an officer and gave me a tremendous amount of responsibility. There are many soldiers and recruits under my charge. I'm constantly being called upon to dispense wisdom, make judgments, and find solutions to complex problems.

You have placed me in a position to function as an officer, when in my heart I know I have only the skills of a private. I realize that You promised to supply all I would need for the battle. But sir, I must present You a realistic picture of my equipment. My uniform, once so crisp and starched, is now stained with tears and blood of those I have tried to help. The soles of my boots are cracked and worn from the miles I have walked trying to enlist and encourage the troops.

My weapons are marred, tarnished, and chipped from constant battle against the enemy. Even the Book of Regulations I was issued has been torn and tattered from endless use. The words are now smeared.

You promised You would be with me throughout

the war, but when the noise of the battle is so loud and the confusion is so great, I can neither see nor hear You. I feel so alone. I'm tired. I'm discouraged. I have battle fatigue.

I'd never ask for a discharge. I love being in Your service. But I humbly request a demotion and transfer. I'll file papers or clean latrines. Just get me out of the battle—please, sir.

Your faithful, but tired, soldier,
John/Jane Q. Servant

To: Faithful but Tired Soldier
From: Commander-in-Chief
Subject: Request for Transfer

Dear Soldier:

Your request for transfer has been denied. I herewith present My reasons:

You are needed in the battle. I have selected you, and I gave My word to supply your need. You do not need a demotion and transfer. (You'd never cut it on latrine duty.) You need a period of "R and R"—renewal and rekindling. I am setting aside a place on the battlefield that is insulated from all sound and fully protected from the enemy. I will meet you there, and I will give you rest. I will remove your old equipment and make all things new.

You have been wounded in the battle, My soldier. Your wounds are not visible, but you have received grave internal injuries. I will heal you. You have been weakened in the battle. I will strengthen you, and I will be your strength. I will instill in you confidence and ability. My Words will rekindle within you a renewed love, zeal, and enthusiasm.

Report to Me tattered and empty. I will refill you.

Compassionately,
Your Commander-in-Chief, God

Van Hollen, Cardin Press for NIH Research Funding in Next COVID-19 Relief Package

WASHINGTON (August 7, 2020)—U.S. Senators Chris Van Hollen and Ben Cardin (both D-MD) joined Senate Democratic Whip Dick Durbin (D-IL) and Senator Jerry Moran (R-KS) in sending a bipartisan letter to Senate Majority Leader Mitch McConnell (R-KY) and Senate Democratic Leader Chuck Schumer (D-NY). The Senators urged that the upcoming COVID-19 relief package include \$15.5 billion for the Bethesda-based National Institutes of Health (NIH) in order to avoid significant harm to the research pipeline in the United States.

The COVID-19 pandemic has caused more than \$10 billion in lost research, adding a significant delay in our understanding of dangerous diseases as well as cutting-edge treatments to improve qual-

ity of life for those suffering from them. The Senators asked that \$10 billion be allocated to help make up for unforeseen disruptions and costs to important, ongoing medical research nationwide, and that \$5.5 billion be allocated for NIH-supported coronavirus-related research into cures, treatments, and vaccines.

"A majority of our researchers have been unable to continue their work while away from their labs and the impact will be felt for years to come. These disruptions will add a significant delay in our understanding of dangerous diseases as well as cutting-edge treatments to improve quality of life for

See NIH RESEARCH Page A8

Donnell Williams

President, National Association of
Real Estate Brokers



Statement on Continued Increase of Black Homeownership Rate

WASHINGTON (July 28, 2020)—The National Association of Real Estate Brokers (NAREB) enthusiastically welcomes the continued upward trend of the Black homeownership rate as issued by the U.S. Census Bureau in its 2nd quarter 2020 report. The 47% rate represents the fourth consecutive quarter, one year in totality, of increases in Black homeownership. While there may cause for celebration, we are mindful that the current Black homeownership rate has not reached this number since 1st quarter of 2000 when reported by the U.S. Census Bureau at 47.4% and reached an all-time high of 49.7% in 2nd quarter 2004.

This current upward trend indicates to NAREB that concerted efforts to address and remove systemic barriers to Black homeownership, intentional and targeted programmatic initia-

tives, along with focused promotion of the wealth building benefits of homeownership appear to be shifting the tide. I assure Black American prospective homebuyers that NAREB will continue to aggressively pursue our advocacy efforts nationally and be available to assist Black Americans considering homeownership.

We are painfully aware, however, of the disparate health and financial effects that the COVID-19 pandemic has inflicted on Black Americans and other vulnerable populations. Life, as we all knew it, is difficult to navigate now, and into the foreseeable future. At the same time, the dreams, and the plans for homeownership among Black Americans appear not to be squelched. NAREB Realists and our real estate affiliates, using every possible safety precaution, stand unified as guardians

of our communities, ready to provide the guidance and accurate information to Black Americans working to achieve their dream of homeownership and a pathway to boost economic futures.

The National Association of Real Estate Brokers (NAREB) was formed in 1947 to secure the right to equal housing opportunities regardless of race, creed or color. NAREB has advocated for legislation and supported or instigated legal challenges that ensure fair housing, sustainable homeownership, and access to credit for Black Americans. At the same time, NAREB advocates for and promotes access to business opportunity for Black real estate professionals in all of the real estate disciplines. NAREB annually publishes *The State of Housing in Black America* report. www.nareb.com

The Prince George's Post



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The Prince George's Post

The Prince George's Post
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Upper Marlboro, MD 20772-3151
Phone: 301-627-0900 • Legal Fax: 301-627-6260
Email: pgpost@gmail.com
Contents © 2020, The Prince George's Post

Publisher/Senior Editor Legusta Floyd	Editor Lisa Duan
General Manager/ Legal Advertising Manager Brenda Boice	Administrative Assistant/ Billing Julie Volosin
Legal Advertising Assistant Robin Boerckel	Web Manager Kyler Quessenberry

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

BUSINESS AND FINANCE

Census Count Now Ends on Sept. 30

The U.S. Census Bureau has announced that they will end all field data collection by Sept. 30 (instead of the original Oct. 31 deadline). It is important now more than ever that people in the community are aware of the new deadline, and that they know how to complete the census, so our communities do not miss out on federally funded programs.

The 10-year Census is used to determine funding allocation for many federal programs. If residents aren't counted, state, local and non-profit funding can be impacted. Here are just a few of the many programs that distribute federal funds based on the Census count:

- Unemployment Insurance
- Low-Income Home Energy Assistance
- Supplemental Nutrition Assistance Program (SNAP)
- State Children's Health Insurance Program (CHIP)
- Federal Pell Grant Program
- Temporary Assistance for Needy Families
- School Breakfast Program
- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- Community Development Block Grant Entitlement Program

Social Security Matters

Ask Rusty:

Can My Mother Get Benefits From Common Law Marriage?

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

Dear Rusty: My 71-year-old mother has a very small Social Security income. It is not enough to find her housing. I am working to file for increased VA benefits, as she is a veteran. Her partner of 21 years (common law spouse) has passed away, and we have an appointment next week to apply for spousal benefits. First question: We have the option of applying for her partner's SS benefits, and we are completing the form SSA-753 statement regarding marriage. Is there anything else I should have to be prepared for the appointment? Second question: My mother and father were married for 27 years before they divorced. I was going to request filing for his benefits as it is easier to prove than a common law relationship. Is there anything else you could recommend being prepared for the appointment? **Signed: Concerned Daughter**

Dear Concerned Daughter: Whether your mother will be able to collect a survivor benefit from her "common law" spouse will depend upon the state in which their relationship was established. Social Security's rules specify that for their relationship to be recognized as a "marriage" for Social Security benefit purposes, it must have been established in a U.S. State which recognizes "common law" marriage. And only a small number of U.S. states currently do.

For clarity, it is only required that the relationship be established in a State which recognizes "common law" marriage. If their relationship started in a state which recognizes it, and they subsequently moved to and resided in another state which doesn't, SS will recognize that relationship as a valid marriage and your mother will be entitled to survivor benefits based upon the deceased's SS record (100% of the deceased's benefit amount).

States which currently recognize "common law" marriage are Colorado, Iowa, Kansas, Montana, New Hampshire, South Carolina, Texas, and Utah, plus the District of Columbia. A number of other States previously recognized common law marriage but have since stopped doing so. If the relationship was established in a state which, at the time, recognized common law marriage, Social Security will also recognize the marriage. Various U.S. states have, over the years, changed their laws regarding common law marriage, and Social Security will evaluate your mother's eligibility for survivor benefits based upon where and when the common law relationship was established. They will be looking for proof of the marriage relationship, such as joint bank account statements, joint asset ownership records (e.g., a car registered in both names, joint home ownership, etc.) and it would be good to have multiple forms of such proof available. They may also require a copy of the death certificate for her common law spouse and, obviously, his Social Security number.

Regarding your mother's other alternative for benefits from her marriage to your father, if your mother and father were married for 27 years, she may be eligible for a spousal benefit from your father as his ex-spouse. If your father is still living, and if she isn't eligible for an SS survivor benefit from her common law relationship (SS doesn't recognize her common law marriage), your mother may still be eligible for as much as 50% of what your father's SS benefit was at his full retirement age (FRA), plus any COLA increases given since his benefits started. Spouse benefits from a living ex-spouse are not as much as the survivor benefit from a current spouse—the survivor benefit is up to 100% of what the deceased spouse was receiving at death; the benefit from a living ex-spouse is up to 50% of the ex-spouse's FRA benefit amount (if that is more than your mother is eligible for on her own SS record). Of course, if your father is deceased, your mother would be eligible for a survivor benefit on his record, which would be equal to 100% of the benefit amount your father was receiving at his death.

The 2.1 million member Association of Mature American Citizens [AMAC] www.amac.us is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country. And the AMAC Foundation (www.AmacFoundation.org) is the Association's non-profit organization, dedicated to supporting and educating America's Seniors. Together, we act and speak on the Association members' behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at www.amac.us/join-amac.

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 ssadvisior@amacfoundation.org.

Governor Hogan Announces Reopening of Coronavirus Special Enrollment to Uninsured Marylanders as COVID-19 Pandemic Continues

Maryland Will Offer Nation's Longest Special Enrollment Period Related to COVID-19 Emergency More Than 54,000 Enrolled In Health Coverage From March 16 to July 15

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, Md. (August 7, 2020)—Governor Larry Hogan was joined today by Insurance Commissioner Kathleen Birrane, insurance companies, and the Maryland Health Benefit Exchange to announce the reopening of the coronavirus emergency special enrollment period until December 15. More than 54,000 Marylanders enrolled in health coverage during the special enrollment period from March 16 to July 15. With today's announcement, Maryland will offer the longest special enrollment period in the nation related to the coronavirus emergency.

"The people of our great state have endured so many personal, medical, and economic challenges, and this crisis is not yet behind us," said Governor Hogan. "Reopening the special enrollment period is another way we are helping Marylanders weather this storm, get back on their feet, and recover."

"As Maryland continues to battle this global pandemic, we would like to make it as easy as possible for uninsured Marylanders to address their health concerns by reopening the coronavirus special enrollment period to help our Maryland families get the health coverage they need," said Michele Eberle, executive director of Maryland Health Benefit Exchange.

Maryland Health Connection plans cover testing, visits relating to testing, and treatment of COVID-19. Consumers will not be

billed for a copay, coinsurance, or deductible for services to test, diagnose, and treat COVID-19. Marylanders do not need to be sick to enroll in coverage. This special enrollment is for private health plans only. Those who qualify for Medicaid may enroll any time of year.

To enroll, visit MarylandHealthConnection.gov or download the free "Enroll MHC" mobile app. For free consumer assistance, call 855-642-8572 from 8 a.m. to 6 p.m. on weekdays. Help is available in more than 200 languages through the call center, as well as Relay service for the Deaf and hard of hearing. Trained navigators and brokers statewide offer free help enrolling by phone.

Maryland Health Benefit Exchange (MHBE) is a public corporation and independent unit of the state government. It was established in 2011 in accordance with the Patient Protection and Affordable Care Act of 2010 (ACA) and is responsible for the administration of Maryland Health Connection.

Maryland Health Connection: One of every six Marylanders receive their health coverage through Maryland Health Connection (MHC), the state-based health insurance marketplace. Residents can compare and enroll in health insurance as well as determine eligibility for Medicaid or financial help with private plans.

SBA to Host Virtual Military Spouse Entrepreneur Summit

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

WASHINGTON (August 5, 2020)—The U.S. Small Business Administration will host a virtual "Military Spouse Entrepreneur Summit" in collaboration with Second Lady of the United States Karen Pence and the U.S. Chamber of Commerce Foundation's Hiring Our Heroes on Wednesday, Aug. 19 from 1-3:30 p.m., EDT.

This free event will connect military spouses with resources and information available to help them start or grow a small

business.

The event will open with remarks from the Second Lady and SBA Administrator Jovita Carranza. Panel speakers will include representatives from the Veteran Entrepreneurial Training & Resource Network, Institute for Veterans and Military Families, Dog Tag, The Rosie Network, the Department of Defense Military Spouse Employment Program, and the Military Family Advisory Network.

"The SBA is committed to helping entrepreneurial military spouses succeed at every stage of small business develop-

ment," said SBA Administrator Jovita Carranza. "We are thrilled to collaborate with the Second Lady to support military spouse entrepreneurs and help them overcome the unique business challenges they face."

Attendees will have an opportunity to learn about SBA and partner resources for the military small business community. Panel discussions will cover entrepreneurship tips, disaster preparedness, access to capital, and government contracting.

For more information about the Military Spouse Entrepreneur Summit and to register, visit <https://events.hiringourheroes.org/d/37ql80>. To join the conversation on social media, use hashtag #SBAMilSpouseSummit.

Educate Maryland Launches To Help Streamline Job Search for Teachers

By PRESS OFFICER
Educate PA / Educate Maryland

WYOMISSING, Pa. (August 6, 2020)—Educate Maryland, Maryland's newest and most comprehensive public-school job database, today announced the launch its company which will provide a comprehensive listing of every public-school job opening across the state in one central database. Educate Maryland is the sister company of Educate PA, and will continue the company's recent growth into its second state. The launch of Educate Maryland will allow educators in Maryland and Pennsylvania to access every public-school job opening in both states through one central database.

"The decision to expand our presence into Maryland was a logical step in our busi-

ness growth strategy," said Brad Brisani, founder of Educate Maryland and Educate PA. "The expansion into a new state provides a huge value add for our subscribers by giving them the capability to view all public-school education jobs in both Maryland and Pennsylvania in a simple, interactive, and user-friendly database. We feel this launch is a game-changer for educators in both states looking for employment."

Many educators in the region have struggled locating job openings due to the information being posted on a myriad of websites. For a job seeker to get an all-encompassing view of available openings, they are required to search hundreds of different websites on a weekly basis. Educate Maryland along with Educate PA aim to solve this problem by streamlining the

job search process through their central database of job postings. More information can be found on the company's websites: www.EducateMaryland.com and www.EducatePA.com.

Educate Maryland is a comprehensive, online public-school job database founded in 2020 providing subscribers the ability to instantly view all teaching, administrative, counseling, and aide positions across Maryland and Pennsylvania. Educate PA is a comprehensive, online public-school job database founded in 2014 providing subscribers the ability to instantly view all teaching, administrative, counseling, and aide positions across Pennsylvania and Maryland.

How Businesses Are (Carefully) Promoting Their Brands During COVID-19

Thanks to COVID-19 and social unrest, 2020 brought an unwelcome wrinkle to public relations game plans.

Put out the wrong message—or even the right message with the wrong approach—and a business can end up sounding insensitive or opportunistic, driving away both the media and the potential customers they are trying to reach.

Yet, despite the difficulties, many businesses, organizations and individuals are rising to the occasion, finding ways to thread the needle and promote their brands with tact, says Marsha Friedman, founder and president of News & Experts (www.newsandexperts.com), a national PR firm.

"When there are sensitive topics in the news, businesses that continue to have PR success are those that are equally sensitive in their approach," says Friedman, who is also the ForbesBooks author of "Gaining the Publicity Edge: An Entrepreneur's Guide to Growing Your Brand Through National Media Coverage".

"I know some business people have wondered whether they should just put publicity on hold until the world returns to something approaching normal. But with the economy struggling, most simply cannot afford to abandon their promotional efforts altogether.

"So, for most of them it's not a question of will you promote your brand. It's a question of how you will go about it."

Friedman offers examples of what businesses, organizations and even individuals are doing right as they promote their brands during these tumultuous times:

- They figure out where they fit into the narrative. "Clearly those

in the medical professions can speak to the media about COVID-19 and the efforts to care for people who are ill," Friedman says. "But the coronavirus is affecting us in such a widespread way that experts in all areas of life have something valuable to offer to the media's audiences. There are business angles, economic angles, legal angles, and many others." She says her firm represents a pitching coach and arranged interviews where he discussed how athletes can continue to train when their sports have been brought to a halt.

- They avoid wedging themselves in where they don't belong. "Smart businesses and professionals don't force a connection, trying to put themselves into a news story where there's no logical relation to their expertise," Friedman says. "Doing that makes it appear as though you're trying to take advantage of what's happening. A financial professional wouldn't be offering medical advice, but they could provide input into a news story about what to do if you're suddenly hit with large medical bills."

- They understand the value of social media. Social media is a major player in the way businesses promote themselves, and that has continued during the current crisis, Friedman says. "They need to be careful, though, because there have been too many examples over the years of brands creating a backlash over a social media post," she says. "But as long as they stick to their expertise and

SUMMER

Calendar Advisory

September 12–October 12:

Virtual Canines-N-Kids' Two by Four Race to Fight Cancers Shared by Kids and Pups

By PRESS OFFICER
Canines-N-Kids

WHAT: Put on your sneakers, grab a leash, your pup, your family, a friend and walk, run or jog a mile to raise funds for a great cause! In response to COVID-19, Canines-N-Kids' 4th Annual Two By Four Race Against Childhood & Canine Cancer has gone virtual and global. The race will begin in September during Childhood Cancer Awareness Month and end in October. The month-long Dog Jog & Fun Run one-mile format gives two and four-legged athletes a way to Crush Cancer @ Both Ends of the Leash—on their own schedule. All net proceeds will support cutting-edge research in the cancers that kids and pet dogs BOTH develop. The event will feature prizes and medals.

WHEN: September 12–October 12, 2020

WHERE: Participate from anywhere—on the treadmill, on vacation or around the neighborhood.

HOW: Costs \$25. Participants register online at <https://caninesnkids.org/two-by-four-race.html> to become a fundraiser, start a team, walk their dog, snap a selfie walking the dog, and submit a photo. Registration includes t-shirt (mailed after the race), a bandana (if participating with your pup) and a printable race bib.

WHO: Two and four legged runners and walkers that want to help find a cure for cancer.



PHOTO COURTESY CANINES-N-KIDS

A previous year's Canines-N-Kids event.

WHY: Cancer is the leading cause of disease-related childhood death in the US and also claims the lives of 47 percent of dogs. Kids and dogs develop similar and even the same cancers such as brain cancer, osteosarcoma, lymphoma and leukemia. The problems inherent in designing and implementing pediatric oncology clinical trials coupled with scant resources makes finding a cure difficult for both. Canines-N-Kids Foundation is a nonprofit committed to finding a cure to the devastating cancers that both develop by advancing comparative oncology, the study of similar cancers.

MADD Maryland Hosts Virtual Walk Like MADD on Sept. 12

By BRYNA CLARK-BRAVERMAN
MADD Maryland

WHAT: Mothers Against Drunk Driving® (MADD) will host a Virtual Walk Like MADD Event on September 12, 2020 at 9 a.m. (EST). The Maryland Virtual Walk Like MADD 2020 event is MADD's signature fundraising event to help us raise both awareness and funds to eliminate drunk and drugged driving. Registered participants receive social media messaging leading up to the event that includes sponsor messages, sponsor advertising, & sponsor spotlights.

On September 12 at 9 a.m., MADD presents the event on Facebook starting with opening remarks from local dignitaries, celebrities, and sponsors.

Participants walk where they can—in their neighborhood, at a park or on a treadmill! They will walk with family, friends, and coworkers—anyone and everyone!—then post their pictures and selfies to the event.

Throughout the event the sponsor videos will play to encourage the walkers to keep walking and why MADD is important.

At 12 p.m., MADD will close the event, announce winners, and recognize sponsors.

The best part? The entire state will come together on this one day to get one step closer to ending impaired driving!

Register and donate TODAY to help us save more lives!

WHEN: 9 a.m. (EST) to 12 p.m. (EST) on Facebook live on the MADD Maryland Facebook page

WHERE: It's Virtual!

WHO: MADD National President, Helen Witty will kick-off the event to support our mission of No More Victims©. Helen Witty joined MADD in 2001, less than a year after her 16-year-old daughter, Helen Marie, was killed while rollerblading on a designated bike path near the family's Miami home by a drunk and drugged teen driver.

Shattered by the sudden, violent loss,

Helen found hope through MADD, which soon gave her a platform to help others who had suffered similar tragedies—and to work toward a future of No More Victims.

WHY: Launched in 2007 Walk Like MADD has brought together over 4,000 walkers and we have raised over \$1,000,000 to directly benefit MADD's lifesaving mission—to stop drunk driving, support the victims of this violent crime and prevent underage drinking. MADD has a proven track record of keeping our roadways safer and saving lives. Every step taken on this walk and every pledge made will help raise funds and awareness of MADD's mission and vital services, including our Power of Youth program. This program combines an in-person workshop, handbook and powerful web resources where youth can find research proven strategies for preventing underage drinking at home and in their community.

For information please visit us at www.walklikemadd.org/maryland

Governor Hogan Announces All-Electronic Tolling Now Permanent at All MDTA Facilities Statewide

Drivers Urged to Sign Up For E-ZPass, Pay Lowest Tolls

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, Md. (August 6, 2020)—Governor Larry Hogan today announced that full-time all-electronic (cashless) tolling is now permanent across Maryland, including at the John F. Kennedy Memorial Highway (I-95), Fort McHenry Tunnel (I-95), Baltimore Harbor Tunnel (I-895), and Nice/Middleton Bridge (US 301). With all-electronic tolling, drivers do not stop to pay tolls. Instead, tolls are collected through E-ZPass and video tolling. The system provides convenience for motorists, less engine idling for better fuel efficiency and reduced emissions, decreased congestion, and increased safety.

"In addition to historic toll relief and record-breaking progress on critical infrastructure updates, permanent all-electronic tolling is the latest step we have taken to save motorists time and money," said Governor Hogan. "By combining innovation, safety, and savings, this truly is a win-win for the state government and for everyone who travels in our great state."

The Maryland Transportation Authority (MDTA) implemented temporary all-electronic tolling statewide in March as part of its COVID-19 response, and made all-electronic tolling permanent at the Bay Bridge

in May with the installation of a new tolling gantry. Other MDTA facilities, including the Intercounty Connector (ICC)/MD 200, I-95 Express Toll Lanes in Baltimore, and the Key (I-695) and Hatem (US 40) bridges, already operate under all-electronic tolling.

"During the COVID-19 emergency, all-electronic tolling has been an operational success and has helped us protect our toll collection employees and the traveling public," said MDTA Executive Director Jim Ports. "With this system now permanent, stopping to pay tolls in Maryland is a part of history."

Under all-electronic tolling, motorists who previously paid with cash at the John F. Kennedy Memorial Highway, Fort McHenry Tunnel, Baltimore Harbor Tunnel, and the Nice/Middleton Bridge are currently assessed via video tolling at the cash rate. That temporary practice began in response to Maryland's COVID-19 state of emergency, and standard video toll rates will be restored at a date yet to be determined.

Motorists are urged to join the nearly 1.4 million drivers who pay the lowest tolls with E-ZPass Maryland. Transponders are free, and sign-up is available 24/7 at ezpassmd.com. Motorists also can get E-ZPass On-the-Go transponders at participating Giant Food and Weis Markets. The

transponder comes with \$25 in prepaid tolls for immediate use, then users can sign up online for E-ZPass service. A full list of retail locations is available at ezpassmd.com/en/onthegeo/locations.shtml.

Drivers will soon also have the option to register their vehicle for a new Pay-By-Plate method that allows tolls to be automatically billed to credit cards at the same rate as cash toll rates for all facilities, except the Intercounty Connector and I-95 Express Toll Lanes (ETL). For the ICC and ETL, customers using Pay-By-Plate will still save at least 20% on their tolls compared to the video toll rate. Pay-By-Plate benefits infrequent toll customers as well as those who do not have an E-ZPass account.

Since 2017, the MDTA has undertaken major training and career development initiatives to support permanent toll collection employees as they transition into other positions. These employees are currently assisting the MDTA in new ways, including as screeners at MDTA building entry points.

The MDTA E-ZPass Customer Service Centers located at toll facilities are operating at limited capacity during the COVID-19 state of emergency. To learn more about MDTA measures to assist customers during the COVID-19 emergency, go to mdta.maryland.gov/covid-19-response.

What to Consider as Dog Adoptions Surge During Pandemic: Four Tips from Susan Marie, Host of The Doggy Diva Show

As word grew that people were going to have to shelter-in-place for an unspecified length of time, animal shelters began to empty. Thousands of people realized that they may be lonely during this time of social-distancing from family and friends. In some situations, parents came to the conclusion that their children needed a happy diversion and agreed to add a furkid to their family. Whatever the reason, shelters began to empty and animal lovers, like myself, were thrilled. However, families are seeking guidance on what dog might be right for them. Those who have already added a dog to their family are concerned with how to keep their new pet happy. Below are some points to consider, as you ponder which animal to bring home and what to do once they step their excited paws through your threshold.

1. **The coronavirus pandemic will not last forever, but adopting your "forever friend" is a lifetime commitment of unconditional love.** The first thing to consider is your family's lifestyle. Are you looking for a dog that is high energy that will join the kids in playful romps in the yard and long runs? Or are you looking for a less active dog who enjoys binge watching TV while you are on Zoom meetings and the kids are in online classes? Do you want your dog to be happy with a leisurely walk after dinner and easy, quiet fun in the home or yard? A senior citizen might consider a smaller senior pup who enjoys cuddling on the sofa and healthy snacks. It is important to keep in mind your pup's breed, size and temperament when considering what your home and lifestyle can reasonably accommodate. Though the adoption process itself may differ slightly during COVID-19, please feel free to contact your local shelter and rescue organization and they will gladly help you choose the "forever friend" that is best for your home and family.

2. **Consider preparing for the pandemic as you would to prepare for a disaster, like hurricane season.** Compile a first aid kit and an emergency kit and for your pet that includes at least two weeks of food and treats, medications, medical records, veterinarian(s) contact information. Also be sure to have all necessary everyday supplies, such as collars, leashes, harnesses and disposable bags. Make sure your dog has ID tags and is microchipped with your current contact information as well as that of an emergency contact outside the area.

3. **How much time will you be able to spend with your dog during and after the pandemic?** More time spent at home together while you work from home is a great opportunity to bond with your furkid and also increases your availability to train. For some behavioral concerns, including separation anxiety, please contact a professional trainer who may offer online classes. When you return to work, keep in mind who will look after your pup during the day. You may decide to take your pup to doggy day care or hire a professional pet sitter to visit your home in the morning and afternoon for bathroom breaks and exercise.

4. **If adopting is something that you may not be able to commit to at this time, please consider fostering a dog.** Contact your local shelter or rescue organization to see if they have a foster plan that better suits your family's lifestyle. Keep in mind adopting a pet into your family is a lifetime commitment that will change both of your lives "forever."

For over fifteen years, Susan Marie has been spreading the word about puppy love through her national weekly radio show, The Doggy Diva Show. Susan is also the author of the award-winning Miss Olive children's book trilogy The Doggy Diva Diaries.



PHOTOGRAPH COURTESY OF M-NCPPC

Marking one of the most important freshwater tidal estuaries in the region, **Jug Bay Natural Area** is a noted site on the Chesapeake Bay Gateways Network, a partnership of parks, refuges, museums, historical communities, and trails where visitors can experience and learn about the Chesapeake Bay. A designated "Important Birding Area" by the National Audubon Society, Jug Bay offers a number of opportunities to get out and explore nature, from scenic woodland trails and fishing areas, to the exhibits of the Patuxent Rural Life Museum. Explore the waterways by canoe or kayak along the Patuxent Water Trail solo or embark on one of the park's guided trips.

Jug Bay Natural Area: 16000 Croom Airport Rd.,
Upper Marlboro, MD 20772 • 301-627-6074
http://outdoors.pgpc.com/Sites/Jug_Bay_Natural_Area.htm

A notice to our patrons

The Park offices, Visitors Center, canoe and kayak rentals, campgrounds, pavilion, and Critical Area Driving Tour are closed to the public. All trails, boat ramps, soft launches, and public restrooms are open. Trail work will be taking place over the next few months and may result in some trail closures.

HEALTH AND WELLNESS

One Voice, One Vision to Save and Heal Lives

Submitted By
Washington Regional Transplant Community

Dennis Harris was living out his dream as a football coach in Silver Spring, MD, when he was diagnosed with end-stage renal failure. Dennis, who had long suffered from diabetes, would need a kidney transplant soon or he would die.

Immediately and without hesitation, his wife Darlene asked doctors if she could donate a kidney to Dennis. Test results revealed Darlene, who is also African American like Dennis, was a perfect match. This meant Dennis, who was both humbled and overjoyed, could receive the lifesaving transplant he so desperately needed from his wife. He would no longer have to spend hours hooked up to a dialysis machine while juggling his two jobs as a Health/Physical Education teacher and football coach.

After Dennis received the kidney from Darlene, his quality of life was instantly renewed. However, three years later Dennis was added to the national transplant waiting list for a pancreas transplant. After receiving a pancreas from a benevolent deceased donor, he is once again thriving.

Like Dennis, 70% of people waiting for lifesaving organ transplants in the metro D.C. area are from multicultural communities. August is National Minority Donor Awareness Month (NMDAM)—a collaborative effort to save and improve the quality of life of diverse communities by creating a positive culture for organ, eye, and tissue donation. NMDAM stems from National Minority Donor

Awareness Week, founded in 1996 by the National Minority Organ Tissue Transplant Education Program (MOTTEP), to bring heightened awareness to donation and transplantation in minority communities.

Why is NMDAM needed? Here are just a few of the reasons:

- The need for donation and transplant is more pronounced in minority communities where disproportionately higher rates of diabetes, high blood pressure and heart disease contribute to organ failure, especially kidney failure.
- African Americans/Black Americans are almost 4 times more likely than White Americans to have kidney failure.
- Hispanics/Latinx are 1.3 times more likely to have kidney failure than non-Hispanics.
- On average, African American/Black transplant candidates wait longer than White transplant candidates for kidney, heart, and lung transplants.

Our voices are united to address the number one problem in transplantation: the gap between the demand for organ transplants and the supply of donated organs. The national waiting list currently stands at more than 100,000 with more than 60% representing racial and ethnic minorities. Even though a record number of nearly 40,000



PHOTO COURTESY WASHINGTON REGIONAL TRANSPLANT COMMUNITY

Dennis and Darlene Harris on the morning of their surgeries.

people, including more than 18,000 racial and ethnic minorities, received the gift of life in 2019, the gap remains staggeringly high. On average, 20 people die every day waiting for a transplant.

Transplants can be successful regardless of the race or ethnicity of the donor and recipient. The chance of longer-term survival may be greater if the donor and recipient are closely matched in terms of their shared genetic background such as Dennis and Darlene. Donor diversity matching patient diversity can help save more lives. To read more about NMDAM or register as an organ donor, visit www.DonateLife.net.

Health and Well-Being

A New Reason to Quit Smoking Calls For New Ways to Quit Too

(NAPSI)—While you may already be aware of the many reasons to stop smoking, vaping, and chewing—from health risks (like heart disease, cancer and other illnesses) to the increasing cost of these products—many young Minnesotans are discovering a new one: they can no longer buy commercial tobacco if they're under 21.

The state's new Tobacco 21 law raises the legal sales age for commercial tobacco to 21.

This new piece of legislation has many thinking that now's a better time than ever to quit. While quitting is hard, especially during these stressful times, you can find healthy ways to manage it all without using commercial tobacco.

One such resource is Quit Partner, Minnesota's new family of free programs for people who are ready to quit smoking, vaping or using smokeless tobacco. Those interested in quitting can

try what appeals to them, including quit coaching over the phone and quit medications that are delivered by mail, such as nicotine patches, gum or lozenges. In addition to this free support, Quit Partner also offers Minnesota's first quit-nicotine program just for teens, My Life, My Quit. Along with other resources, teens can confidentially talk and text with coaches.

Whatever your reason for quitting, here are six tips that can help you stick to your quit:

- 1. Keep trying.** Everyone has one thing in common: hitting a few bumps along the way. Keep trying; it takes most people several attempts to quit.
- 2. Stay positive.** Focus on the benefits of quitting and what you're gaining instead of what you're giving up. Write these down to remind yourself.
- 3. Reach out.** Connect with friends and family to share your goals—and

your struggles. They can help you stay strong and remind you of your reasons for quitting. You don't have to go it alone.

4. Relax. Relaxing may be more difficult these days if you're out of your typical routine or not able to see friends and family as often. Try reading, talking on the phone, taking deep breaths, getting outside or practicing yoga.

5. Stay active. You may be sticking around the house more these days, but that doesn't mean you have to be inactive—try going for a walk, riding your bike, or doing an at-home workout. Doing something that gets you moving helps clear your mind and makes it easier to deal with new challenges. Start small and keep moving until you feel better.

6. Fuel your body. Find the right mix of foods—including treats—to keep yourself full of energy. Try different recipes to find something that's both healthy and tasty.

Interested in more helpful tips and free resources to quit smoking, vaping or using smokeless tobacco? Visit QuitPartnerMN.com or call 1-800-QUIT-NOW for judgement-free support.



Conference Speaker News: Professor Ibram X. Kendi and Actor Maurice Benard Confirmed for September!

We're thrilled to announce that Professor Ibram X. Kendi and actor and mental health advocate Maurice Benard will be joining us at Mental Health America's 2020 Annual Conference: COVID-19, Mental Health, and the Need for Equity!

Professor Kendi will be our closing speaker on Friday, September 4.

Maurice will speak to MHA's president and CEO, Paul Gionfriddo the afternoon of September 3.

MHA's 2020 Annual Conference will be 100% free of charge and take place virtually September 3-4, 2020 and is themed COVID-19, Mental Health, and the Need for Equity.

Earth TALK™ Is DEET Safe?

Dear EarthTalk:
Is DEET natural and is it safe to use topically as a mosquito repellent? And which formulations and concentrations are advised?
—M. Frey, Milwaukee, WI

DEET (short for "diethyltoluamide") is a synthetic compound invented by the U.S. Army in 1946 that can be applied topically to repel mosquitos, ticks, fleas, chiggers, leeches and other biting insects. Unlike other repellents which actually deter bugs with smells they don't like—or even kill them on contact—DEET just makes it harder for pests to smell us so they are more likely to leave us alone.

DEET has been available to the general public since the Army "released" it in 1957, and today it remains most people's repellent of choice, with 90 percent market penetration in the U.S. An estimated one-third of Americans use DEET to protect them from not only mosquito bites but also mosquito-borne illnesses like Eastern Equine Encephalitis, West Nile Virus, the Zika virus and malaria, not to mention tick-borne illnesses like Lyme disease and Rocky Mountain spotted fever.

DEET is not only effective, it's also convenient; it is sold in a variety of formulations (liquid, lotion, spray, towelette) ranging in strength from 5-99 percent. The U.S. Environmental Protection Agency (EPA) considers DEET safe to use topically, and has approved 30 companies to sell some 120 different DEET-based repellents online and in store shelves across the U.S. And with 90 percent market penetration for insect repellents, DEET seems to be here to stay.

That said, many of us are still concerned about the safety of DEET for our health and the environment. According to the non-profit Environmental Working Group (EWG), exposure to high concentrations of DEET can irritate the eyes and in very rare cases impair the nervous system, with symptoms including seizures, tremors and slurred speech. But despite these risks, EWG acknowledges that DEET is still probably the safest option for preventing insect-borne diseases.

If you want to use DEET, keep in mind that pediatricians generally recommend not using it on babies up to two months old, but otherwise sticking to concentrations of 10-30 percent for infants and children. The stronger the concentration of the DEET you apply, the longer lasting protection you'll get from mosquitoes. Consumer Reports found that 99 percent of DEET formulations gave up to 12 hours of protection while lower concentrations (20-34 percent) lasted 3-6 hours.

If you want to avoid DEET altogether, there are several effective alternatives available, including Picaridin and PMD (AKA Oil of Lemon Eucalyptus). Meanwhile, several botanical oils (castor oil, cedar oil, citronella oil, clove oil, geraniol oil, lemongrass oil, peppermint oil, rosemary oil, soybean oil) are known for repelling insects, but EWG warns most of these are not very effective, won't last long and could trigger allergic reactions in the user on their own.



CREDIT: LAURIE WILSON, FLICKRCC

Experts think the benefits of using DEET-based bug repellent to scare off mosquitoes and other biting insects outweigh the health and environmental risks.

To decide what's best for you and your family given where you live and the risks for insect-borne diseases there, check out the EPA's "Find the Repellent that is Right for You" search tool which bases its recommendations on your inputs regarding what you are trying to battle, how long you will be outside and potentially exposed, active ingredient preference, and even preferred brand name.

CONTACTS: EPA's "Find the Repellent that is Right for You," epa.gov/insect-repellents/find-repellent-right-you; EWG's Guide to Bug Repellents, ewg.org/research/ewgs-guide-bug-repellents; "Is DEET Bad for You (and Your Kids)?" health.clevelandclinic.org/is-deet-bad-for-you-and-your-kids/.

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

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Morningside from A2

great-grand, and siblings in Ireland survive him. Services were at Sts. Peter & Paul Church, in Easton.

By the way, Pat was the founder of the Prince George's County Police Drum & Bagpipe Band. He was a terrific piper.

Milestones

Happy birthday to Margaret Hunt, Nancy Stacey and Gracie Mothershead, Aug. 16; Hildagard Koening, Aug. 17; my granddaughter-in-law Heather McHale, Le August Brent and Mark Cummings, Jr., Aug. 19; Melody Barnes, Aug. 20; Austin Michael Fowler and my daughter-in-law Denise McHale, Aug. 21.

Nominations from A3

panel of community leaders, volunteers, and staff of the Governor's Office on Service and Volunteerism. Nominations will be scored and ranked, based on the eligibility criteria listed in the nomination form. Each recipient will be notified of their selection near the end of summer and invited to an awards ceremony in the late fall. Learn more at <http://govs.maryland.gov/governors-service-awards>.

The Governor's Office on Service and Volunteerism is dedicated to supporting the mission of Maryland Governor Larry Hogan to serve our neighbors in need. This coordinating office funds AmeriCorps programs supporting disaster relief, economic opportunity, education, veterans and military families, public safety, health, and the environment in Maryland. A unit of the Governor's Office of Community Initiatives, it has honored nearly 100,000 Maryland volunteers on behalf of Governor Hogan. Learn more by visiting our website at govs.maryland.gov and connect with us on Facebook and Twitter.

NIH Research from A4

those suffering from them. Beyond that, this major slowdown places an economic engine of over \$81 billion and nearly 476,000 jobs across the U.S. at great risk," the Senators wrote.

"Whether it's treating and eradicating the COVID-19 pandemic or continuing groundbreaking research toward deadly diseases such as cancer, Alzheimer's, heart disease, diabetes, and more, the NIH is at the forefront of improving and saving lives. This important work takes place in our universities in every state and produces results that drive our nation's health care forward," they continued.

Brands from A5

share positive messages, it works well. One of our clients is a corporate culture expert who has used his social media to offer businesses advice on keeping their company culture healthy during a crisis."

"As we go through these difficult times, businesses should remember that they can continue to pitch their expertise to the media, they just need to do so with empathy and sensitivity," Friedman says. "A little thoughtfulness and care can go a long way in helping them accomplish their goals."

Marsha Friedman, the ForbesBooks author of "Gaining the Publicity Edge: An Entrepreneur's Guide to Growing Your Brand Through National Media Coverage", is a businesswoman and public relations expert with nearly 30 years' experience developing publicity strategies for celebrities, corporations and professionals in the field of business, health and finance. Using the proprietary system she created as founder and President of News & Experts (www.newsandexperts.com), an award-winning national public relations agency, she secures thousands of top-tier media placements annually for her clients. The former senior vice president for marketing at the American Economic Council, Marsha is a sought-after advisor on PR issues and strategies, who shares her knowledge both as a popular speaker around the country and in her Amazon best-selling book, *Celebrity Yourself*.

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