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USDA AgDiscovery Summer Program at UMES Wraps Up

By GAIL STEPHENS
UMES

PRINCESS ANNE, Md. (June 27, 2022)—A group of 20 middle and high school students from Maryland and as far away as Puerto Rico just wrapped up the AgDiscovery summer program at the University of Maryland Eastern Shore. Participants experienced firsthand some of the careers that they could pursue in agriculture and related fields and interacted with scientists conducting state-of-the-art research over a span of two weeks.

Sponsored by the U.S. Department of Agriculture Animal and Plant Inspection Service, AgDiscovery is a free opportunity for the future workforce to not only explore agricultural sciences, but to also experience learning and living on a college campus. UMES' program is in its 10th year and has impacted over 170 youth.

Ryan Pasteur of Clinton, a junior at Frederick Douglass High School, reflected on his favorite part of the experience "hanging out with the sheep and goats and the K-9 Ambassador workshop. AgDiscovery gave

me different ideas on what I could do (with agriculture) career-wise." He was joined by Norman Trinidad Jr., a senior at Riverdale Baptist School in Upper Marlboro, who enjoyed getting to know other people in the program during freetime activities, such as playing UNO, bowling, laser tag, and hitting balls and putting at the golf facilities on campus.

"Agriculture is so much more than farming," said Corrie Cotton, a research assistant professor in the Department of Agriculture, Food and Resource Sciences and the program direc-

tor at UMES. "It touches every aspect of our lives."

"Participants learned about the diverse field through a series of student-centered labs, workshops, research projects and field trips," Cotton said. This year's program includes animal care and veterinary medicine, soil health and water analysis, poultry research, urban forestry, small ruminants, 4-H STEM, plant breeding, food safety, Geographic Information Systems and GPS, Asian vegetables, the UMES orchard and edible insects. The group also visited agricultural facilities in the state, such as the Horn Point Laboratory in Cambridge, the Wye Research and Education Center in Queenstown, and the Caroline County 4-H Center and an alpaca farm in Denton.



PHOTOS BY TODD DUDEK, AGRICULTURAL COMMUNICATIONS PHOTOGRAPHER/VIDEOGRAPHER, SCHOOL OF AGRICULTURAL AND NATURAL SCIENCES, UNIVERSITY OF MARYLAND EASTERN SHORE

Left, Ryan Pasteur of Clinton and right, Norman Trinidad Jr., of Upper Marlboro, participated in the USDA AgDiscovery program at UMES.

Library Staff Member Silvana Quiroz Receives EMMY® Award

By PRESS OFFICER
Prince George's County Memorial Library System

LARGO, Md. (June 28, 2022)—The Prince George's County Memorial Library System (PGCMLS) is proud to celebrate the outstanding achievements of staff members, which have included local, statewide, and national awards in recent years. Communications Specialist Silvana Quiroz, who joined the Library in April 2022, received an EMMY® Award at the 64th Capital Emmy Awards on Saturday, June 25. Her segment, "Mi familia," received an award in the diversity/equity/inclusion - long form content category. Quiroz served as the executive producer of the segment with Bravo Films. The video and award announcement are available for viewing <https://www.capitalemmys.tv/post/capital-emmys-diversity-equity-inclusion-long-form-content-capitalemmys>.

The winning segment is a mini-documentary that shares the story of a mental health program called Mi Familia. The program's impact over 20 years is reflected in three powerful stories. This film is Quiroz's third EMMY® Award, having previously been recognized for work documenting the impact of hurricane Maria in Puerto Rico and a non-profit organization that helps immigrant women access treatment for breast cancer.

"On behalf of the PGCMLS team, I congratulate Silvana on her outstanding accomplishment," said Nicholas A. Brown, the Library's chief operating officer for communication and outreach. "Silvana's excellence in journalism and communications brings to light stories that help strengthen the local community."

Silvana is a member of the Library's Public Relations/Marketing Department, coordinating media relations and supporting the Library's internal and external communications. "I'm happy to be part of the PGCMLS communications team and I'm ready to bring my craft into creating content that highlights the work the Library has been doing in the community," said Quiroz.

In addition to her work at PGCMLS, Quiroz is the chief executive officer/news director of Zoom Latino LLC and founder of Squiroz Communications, a company that provides services to non-profit organizations such as Casa Ruben Foundation. She has also worked as Development and Communications Manager at La Clínica del Pueblo. Silvana comes from a journalism background, working as a reporter, anchor, and executive producer for Univision, News Director at Telemundo ZGS radio, communications director



PHOTO COURTESY OF SILVANA QUIROZ

Communications Specialist Silvana Quiroz with her EMMY for "Mi familia".

at Labor Council for Latin American Advancement, and a reporter for Telemundo 44 in Washington, DC.

The Prince George's County Memorial Library System (PGCMLS) helps customers discover and define opportunities that shape their lives. The Library serves the 967,000+ 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 and refugees, job seekers, children, young professionals, seniors, and families alike. PGCMLS is the recipient of the 2021 Urban Libraries Council Top Innovator Award for Workforce and Economic Development. Learn more at pgcmls.info/about-us.

Group of Prince George's Students Wins First Place at National Competition

Trio of students won the Gold Medal at National History Day

Another Prince George's student received the Special Prize in Irish or Irish-American History, Second Place

By SARAH WEISSMAN
Maryland Humanities

BALTIMORE (June 24, 2022)—A trio of Maryland students won the gold medal in their category at National History Day, held virtually June 12–18, 2022. Lillian Merrill, Saniya Pearson, and Aliyah Smith attend Accokeek Academy in Prince George's County; they created a performance entitled "Debate and Diplomacy on Education of the Deaf." Abe Stohlbach, a student at Thomas Johnson Elementary/Middle School in Baltimore City, took home a silver medal. Sabrina Wang and Helen Zhu of Burleigh Manor Middle School in Howard County each received a bronze. Thirteen other Maryland students received Special Prizes, were awarded Outstanding State Entry, or received another form of special recognition at this year's national competition, where 61 Maryland students competed.

The National History Day competition involved more than 2,500 students in the final stage this year. Over a half-million students participate at the local level. Students from all 50 states, Dis-

trict of Columbia, Puerto Rico, Guam, American Samoa, and international schools in China, Korea, and South Asia participated in the event, conducted online this year due to the coronavirus.

For Maryland Humanities' Maryland History Day program, an affiliate of National History Day, students create original documentary films, exhibits, performances, research papers, or websites exploring a historical topic of their choice on an annual theme. Advancers to National History Day typically have won first or second place at the state contest, a culmination of the year-long program.

The following students received a Special Prize, were selected as a Finalist, or had their projects selected for a public showcase: Marshall Civin of Baltimore City; Simrah Khan, Ryan Tehrani, Charlotte Tettelin, Sakshi Tirodkar, Ryan Zhou, and Helen Zhu of Howard County; Dresden Benke, Grant Burthey, Dermott Foley, Parim Shah, and Nimay Sharma of Montgomery County,

See COMPETITION Page A6



PHOTO COURTESY MARYLAND HUMANITIES

The gold medal winners from Accokeek Academy (and a proud parent).

Council Unanimously Enacts Legislation Establishing a Property Tax Credit for the Elderly

Legislation Reduces Property Taxes for Eligible Prince George's County Seniors by 20%

By ANGELA ROUSON
Prince George's County Council Media

The Prince George's County Council, during session on Tuesday, June 28, 2022, unanimously enacted CB-29-2022, legislation proposed by District 8 Council Member Edward Burroughs, establishing a 20-percent Property Tax Credit for eligible Prince George's County seniors.

Under the legislation, residents 65 and older who have owned their homes for at least 10 years, are eligible for a 5-year,

20% Property Tax Credit. The limit on the property's value is \$500,000, indexed upward annually by 3% for normal inflation. The Property Tax Credit will remain in place for a period of up to five years.

Council Chair Calvin S. Hawkins, II, says CB-029-2022 lightens a financial burden for the County's senior residents, especially for those living on a fixed income in the current economic climate.

"Council Bill 29-2022 allows our seniors to benefit financially from a tax credit that puts extra money in their pocket,

which makes a difference during financially challenging times. Senior residents are the pillars of our community, and we want to provide them with the support they need, so we can continue to build on the foundation they have set. This legislation brings us another step closer to that goal."

District 8 Council Member Edward Burroughs, III, sponsor of the legislation,

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Every Fourth of July is another opportunity to rededicate our nation to making its founding principles real for all.

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TOWNS *and* NEIGHBORS

In & Around Morningside-Skyline by Mary McHale 301-735-3451

Roozen's Nursery closes its doors after 48 years

"Holland wasn't big enough for the Roozen boys," John Kelly says in his Post column, "so they left their tiny country in search of room to grow. For close to 50 years—until it closed last week—Roozen's Nursery, the business that brothers Jos and Eric Roozen nurtured, helped beautify suburban yards all around our area."

Jos came to the United States in 1971. He first worked at the now-closed Behnke's in Beltsville. In time he encouraged brother Eric to join him in America and Eric did so in 1975, a year after Jos had started the garden center on Allentown Road in Fort Washington.

At one time, Roozen Nursery grew so big they had three other locations: Silver Spring, Annapolis and Annandale. "The stores buzzed with gardeners seeking color for their yards or advice for their lawns."

The Roozens came from Holland, and when they first set up business, they sold a couple million tulips every fall. That ended because our deer ate them. (Don't they have deer in Holland?) Or the squirrels dug them up.

Roozen's Nursery was a regular advertiser in The Washington Post, where its ad was next to the column Jack Eden used to write. Starting in 1999, Jos would broadcast "Garden Sense" on WMAL every Saturday morning, later with co-host Rick Fowler. The show soon went national.

Jos died in 2018, five days after his last broadcast of "Garden Sense." Now, after nearly 50 years, the nursery is closed. It will not seem like spring without Roozen's.

Neighbors & other good people

Ruth Sanford, a long time Morningside resident and a regular provider of information for this column, died June 25. I will have an obituary next week. There'll be a memorial service for her at Suitland Road Baptist Church on August 7.

Father Marino I. Choi has been assigned parochial vicar at St. John the

Evangelist Parish, in Clinton.

Dave Williams was pleased I mentioned The Washington Daily News in a recent column. He used to deliver it back in the early 1950s. The paper was founded in 1921 and ceased publication in 1972. It was the home newspaper of Ernie Pyle, the famed WW2 correspondent.

Forty-six years ago this month, I wrote my first Morningside-Skyline column for the Enquirer-Gazette, at the request of Morningside Mayor Jerry Glaubitz who told me that Morningside had always had a column and he didn't want that to change. I told him I didn't live in Morningside, but he didn't care. And 46 years later I'm still here. Shortly after I started the column, I received a letter from Ann Brown (formerly of Marianne Dr.), postmarked Slidell, LA. She said she had once been the Morningside columnist.

Town of Morningside

Morningside's monthly Work Session will be July 12, 7 p.m., at the Municipal Center. The Town Meeting is July 19, 7 p.m., also at the Municipal Center. For information about these meetings, or anything else Morningside-wise, call 301-736-2300.

Blessed event

Zion Xavier Brooks was born May 13 to Christina and Steven Brooks of Calvert County, weighing in at 7 pounds, 9 ounces, and 19" long.

I was honored to meet baby Zion when I went to Hair Force on Old Alexandria Ferry Road in Clinton for a haircut by his mom Tina. He's a regular at Hair Force, and very well behaved.

St. Maria's Meals

Does someone you know need a warm and nutritious dinner? St. Maria's Meals program offers meals every Tuesday, 5 to 6 p.m. at the Mona Center, 5859 Allentown Way, Temple Hills.

Graduations

The College of William & Mary, founded in 1693, is the second oldest institution of higher learning in the

United States. It's in Williamsburg, Va. Congratulations to three local graduates of William & Mary:

- Zenobia Goodman, of Fort Washington, Bachelor of Arts,
- Malcolm Spencer, of Hillcrest Heights, Bachelor of Business Administration,
- Delharty Manson, of Fort Washington, Bachelor of Arts.

Email me (muddmm@gmail.com) with information about your graduate.

Changing Landscape

The new Victims of Communism Museum, at McPherson Square (900 15th St. NW) was dedicated last week memorializing the 100 million people murdered by communist regimes. Its first floor hosts three galleries that guide the visitor through communist history. Visitors can watch films and participate in state-of-the-art interactive exhibits that bring to life the stories of both victims and survivors. For more information, visit <https://victimsofcommunism.org>.

The Residence at Springbrook, 8239 Schultz Road in Clinton, will be a 4-story building with two elevators, a fitness center, café, and party room, walking paths and so much more. Groundbreaking was June 16; completion date slated for the fall of 2023.

The SAT or ACT requirement for Maryland state university admissions has been lifted. Joann Boughman, senior vice chancellor for academic and student affairs for the university system, said other factors, such as an applicant's grade-point average are reasonably good, if not better, at predicting success in college.

Have you seen the "new" Morningside Fire House? New roof, new paint—looks great. I'll go by for a tour one of these days.

A home at 4303 Maple Road in Morningside recently sold for \$350,000.

Resurrection

I received an email about hours at

See **MORNINGSIDE** Page A6

Around the County

Prince George's Soil Conservation District Board of Supervisors Meeting

The Prince George's Soil Conservation District will hold a Board of Supervisors meeting on **Monday, July 11, 2022**, from 4 p.m. to 5:30 p.m. This meeting will take place at 5301 Marlboro Race Track Rd, Upper Marlboro, MD 20772. Due to Covid-19 concerns, this Board of Supervisors meeting will only be available online. Times are subject to change; for more information on how to join our online meeting, please call our office at 301-574-5162 ext. 3. To learn more about the District and its programs, please visit our website at www.pgscd.org.

—Prince George's Soil Conservation District

New Principals on Board for 2022–23 School Year

UPPER MARLBORO, Md. (June 30, 2022)—Prince George's County Public Schools (PGCPS) is welcoming eight new principals for the 2022–23 school year. While some will be first-time PGCPS administrators, most were promoted through the school system's "growing our own" initiative, which offers school leadership training and mentoring.

The Board of Education approved the following new principal appointments for the 2022–23 school year:

- Portia Barnes, Eleanor Roosevelt High School
- Melissa Nankin, International High School at Largo
- Warren Tweedy, Andrew Jackson Academy
- Cecil Miller, Stephen Decatur Middle School
- Rebecca Turner, Kenmoor Middle School
- LaKeishia Strother, Kettering Middle School
- Ruben Chiza, Maya Angelou French Immersion School
- Debra Evans, Kenilworth Elementary School

Additional appointments will be announced in August.

—Prince George's County Public Schools

MedStar Southern Maryland Hospital Center Receives Primary Stroke Designation

CLINTON, Md. (June 28, 2022)—MedStar Southern Maryland Hospital Center has once again been designated as a Primary Stroke Center, signifying the hospital's ongoing commitment to quality care for patients who are experiencing a stroke or transient ischemic attack (TIA).

This is the fourth time the Maryland Institute for Emergency Medical Services Systems (MIEMSS) has designated the hospital as a Primary Stroke Center since 2007.

Stroke is a leading cause of death and adult disability in the U.S. Early stroke detection and treatment are key to improving survival, minimizing disability and speeding recovery times.

Primary Stroke Centers demonstrate they meet specific standards, including initial assessments, administration of clot-busting medication and stroke education, to achieve long-term, successful outcomes for patients.

"This certification speaks to the dedication of our team and wanting to make sure we provide our patients with the best care possible," said Shelley Lundegard, senior director quality, safety and HIM at MedStar Southern Maryland. "With stroke, time is tissue. Everyone knows when stroke patients come through the door, we've got to act fast to prioritize their treatment in order to provide the best chance for a meaningful recovery."

In 2021, MedStar Southern Maryland treated 332 stroke patients and 27 patients who experienced a TIA, also known as a "mini stroke." Even more patients experienced stroke-like symptoms like dizziness and changes in motor behavior, said Chiledum Ahaghotu, MD, vice president of medical affairs for MedStar Southern Maryland.

"We have a high prevalence of cardiovascular disease in this part of the region," he said. "It's important to have a facility that can provide comprehensive stroke management."

Offered in collaboration with the American Heart Association/American Stroke Association, Primary Stroke Center certification occurs every five years.

In addition to this designation, MedStar Southern Maryland also recently received the American Heart Association's Gold Plus Get With The Guidelines® - Stroke quality achievement award for its commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines.

—Cheryl Richardson, MedStar Health

Local Student Graduates From Clarion University of Pennsylvania

CLARION, Pa. (June 30, 2022)—The following students graduated from Clarion University of Pennsylvania during May commencement ceremonies:

Laurel, MD: **Virginia Mooney**, BS Environmental Biology, magna cum laude

—Tina Horner, Clarion University of Pennsylvania

Local Student Completes Degree at Wichita State University

WICHITA, Kan. (June 30, 2022)—More than 1,870 students completed a total of 2,075 degrees at Wichita State University spring 2022, including from Laurel, MD: **Nana Kwame Boateng**, Bachelor of Science, Biological Sciences BS

—Lainie Mazzullo, Wichita State University

Saint Vincent College Names 592 to Spring Dean's List

LATROBE, Pa. (June 28, 2022)—Five hundred and ninety-two students were named to the Dean's List of Saint Vincent College for the spring 2022 semester, according to Father Philip Kanfush, Interim Vice President for Academic Affairs and Academic Dean. In order to qualify for the Dean's List, a student must achieve a semester grade point average of 3.5 or better out of a possible 4.0.

Students are listed according to their hometown residence. Each name is followed by the student's academic major.

BOWIE (20715): **Molayo Irefin**, marketing

—Saint Vincent College Public Relations

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

ANNUAL DINNER AND COMMUNITY EVENT

St. Philip's Episcopal Church-Baden Parish Annual Dinner & Community Event (formally the Bull Roast) will be held Saturday, July 16, 2022, 12 p.m. until sold out. All are welcome! Dinners: Ribs \$18.00, Fish \$18.00, Fried Chicken, \$16.00. All dinners come with potato salad, green beans, bake beans, and bread. Sandwiches: Ribs \$11.00, Fish \$11.00, Fried Chicken \$10.00, Hot Dog \$2.00, Hamburgers \$3.00. Eat in or carry out.

Dinner Pre-orders and table rentals accepted until Wednesday July 13, 2022. Contact: Vivian Rich 804-301-9530, Trena Hall 703-201-3863, or Jackie Harper 301-385-2620.

Featuring: Car & Bike Showcase: come show off your wheels, free games and face painting, craft, and resale tables, 50/50 raffle, bake sale, and more. Feel free to bring your own lawn chairs and/or tent. Location: 13801 Baden Westwood Road, Brandywine, Maryland 20613. Telephone: 301-888-1536.

BOWIE STATE UNIVERSITY

Ring those bells. Bowie State University 1972 Football Team 50th Anniversary Reunion. Game day: September 3, 2022, at 1 p.m. in the Bulldog Stadium (Bowie State). We will be honoring the 1972 coaches who gave of their treasure, time, and talent to make it possible for the birthing of this legacy.

JOAN EVELYN HAYES, AFRO-AMERICAN POET (SAMPLE OF POETRY)

My close friend Joan gave me permission to submit this poem entitled JUMPING THE BROOM. Formal marriages for slaves were only done by their masters. The others were not recognized. Marriage was recognized within their community by jumping the broom. Some say broom jumping comes from an African tribe ritual of placing sticks on the ground.

Straw of the broom represents family; the handle represents the Almighty. The ribbon represents the tie that binds the bride and groom.

The custom and the honor of this ritual has been carried from past to future lives at the conclusion of the wedding ceremony, kiss, and introduction of the couple. One of the attendees produces the broom to an exceptional person from the gathering. The designated person brings the broom and places it in the path of the wedding couple awaiting their leap together as husband and wife.

After the leap, the broom sweeper was waved over the new spouses to banish evil spirits. Jumping the broom symbolized two things. The first was the wife who was entrusted to clean the new residence. The second thing was the dedi-

cation of who ran the household. Usually, the man jumped the highest over the broom and was deemed the decision maker. Both bonding together over the ceremony and joy of what the future would bring. Joan Evelyn Hayes, Afro-American Poet Email: fabulouspoet7450@gmail.com.

SPORTS HALL OF FAME ALUMNI CHAPTER

You are cordially invited to the Bowie State University National Alumni Association Sports Hall of Fame Alumni Chapter presenting the 8th Annual Sports Hall of Fame Induction Ceremony on Thursday, September 1, 2022, from 7 p.m. until 11 p.m. at Martin's Crosswinds, 7400 Greenway Center Drive, Greenbelt, Maryland, 20770. Tickets: \$100 per person/tax deduction portion: \$25.00 proceeds to benefit BSUNAA Sports Hall of Fame Alumni Chapter General Fund and Student Scholarships. bsushof@gmail.com.

NOTTINGHAM-CROOM CHARGE

Beginning in 1905, the ministers who served the Nottingham Charge were: Rev. D.L. Washington, Rev. James H. Jenkins, Rev. Virgil Carter, Rev. T.B. Snowden, Rev. A. Angold Brown, Rev. Charles Nelson, Rev. Emanuel Dent, Rev. James Carter, Rev. Preston Rand Vauls, Rev. Christopher Brady, Rev. Bash A. Pasha Jordan, Rev. S. A. Virgil, Rev. Benjamin Franklin Hall, Rev. Eugene Williams, Rev. Frederick Myers, Rev. Lawrence Smith, Rev. Norman M. Goolsby and Rev. James K. McCants.

Rev. James K. McCants, who followed Rev. Goolsby initiated the merger of the two churches. The ministers who pastured Nottingham-Myers United Methodist Church were Rev. James K. McCants, Rev. Alfred A. Vaughn, Rev. Aniachi Belu-John, Rev. Evan D. Young, Rev. Dr. Walter Middlebrooks, Rev. Victor Johnson, Rev. Thomas A. Austin, III, Rev. Daryl L. Williams, Rev. Constance C. Smith. Currently serving as pastor is Rev. Shemaiah Strickland.

CRAFT AND VENDOR FAIR

Nottingham Myers Christmas in July Craft and Vendor Fair will be held Saturday, July 30, 2022, from 8 a.m.–1 p.m. Shop-Shred-Support. Shop and support small businesses. Shred on site from 9 a.m.–Noon dispose of 2 boxes of your sensitive documents. Support-Donate non-perishable items for Community Services Pantry.

Nottingham Myers United Methodist Church address is 15601 Brooks Church Road, Upper Marlboro, Maryland 20772. Telephone number is 301-888-2171. Email: NMUMC@msn.com. Rev. Shemaiah Strickland, Pastor. Project #1867. #Give 1867 Email: nmfinance1867@gmail.com if you need additional information.

HEALTH *and* WELLNESS

Earth TALK™

Carcinogen in Our Bread?

Dear EarthTalk:

Why are food manufacturers adding potentially carcinogenic potassium bromate to the flour of many of the packaged baked goods we consume? What are the risks and how can we minimize them?

—Annie C., Poulsbo, WA

It may sound strange, but there are still many food manufacturers across the world who choose to enhance the quality and appearance of their baked products by adding the carcinogenic compound known as potassium bromate (KBrO₃) to their flour.

Potassium bromate, a “potential human carcinogen” as deemed by the International Agency for Research on Cancer, is often used as an oxidizing agent during the production of baked goods such as bread or pizza.

In order for a baked good to achieve that fluffy, high-risen appearance and texture, it must be oxidized first. In the past, dough would be kneaded repeatedly by a baker, then left out in the open air to oxidize naturally; a process that can take days, even weeks. Potassium bromate shortens this process by directly and more potently strengthening the bonds between gluten (the constituent parts of any baked good), resulting in a more efficiently-made, better-looking baked product.

But is the possibility of cancer worth it? Potassium bromate is unfortunately an excellent source of free radicals (unstable atoms) called reactive oxygen species (ROS), the kind that cause mutations in our DNA. These mutations can in some cases accumulate, producing cancers of the thyroid, liver, and kidneys.

In 1982, Japanese researchers were the first to publish a series of papers stating that potassium bromate was causing these different types of cancer in rats. Many countries shortly thereafter banned its use (including the European Union, Argentina, Brazil, Canada, Nigeria, South Korea and Peru,



CREDIT: PEXELS.COM

Flour-additive potassium bromate can enhance the quality and appearance of baked goods, but is it worth getting cancer over?

among others). The FDA, however, felt that the US need not ban potassium bromate as levels in most baked goods sold were unlikely to exceed 20 parts per million (ppm), an amount deemed safe for human consumption.

Before you run to the nearest poison control center, remember that it is the quantity of potassium bromate in the end product that ultimately determines its carcinogenic potential, not its mere presence. According to the FDA, 50 ppm (parts per million) is the upper limit for its use in bromated flour. As for its use in bread, 75 ppm is considered the limit for safe human consumption.

If you're a hobbyist who enjoys baking their own bread or other similar products, it should be noted that if your product fails to reach a high enough temperature, or if it isn't baked long enough, it may contain residual amounts of potassium bromate. Your best option for baking carcinogen-free items is by using unbromated flour, although the process is a little different. More mixing is required

See EARTHTALK Page A7

Upper Marlboro Woman Earns TOPS® Recognition

International Weight-Loss Organization Announces Leading “Losers” for 2021

By PRESS OFFICER
TOPS Club Inc.

TOPS Club, Inc. (Take Off Pounds SensiblySM), the nonprofit weight-loss support organization, has begun unveiling its top “royalty” from 2021 for 2022. TOPS® royalty are women and men who, at the end of the year, have officially recorded the largest weight loss from their starting weight, regardless of the time taken to reach their goal. Regina Barrett of Upper Marlboro, who lost 42.6 pounds, is the 2021 Maryland Queen. She was honored April 8–9 at the Maryland recognition event at the Princess Royale Oceanfront Resort in Ocean City.

TOPS provides an individual approach to weight loss and overall wellness. Consistent group support, health education, and recognition are all key components to successful weight management. Maryland has an adult obesity rate of 31%. During 2021, TOPS members in Maryland lost a cumulative 3,039 pounds.

“Through their participation in TOPS, we are extremely proud of our TOPS® members’ weight-loss accomplishments,” said TOPS President Rick Danforth, who has maintained a 100-pound weight loss for more than 15 years. “Celebrating the life-changing achievements of not only these individuals but those who have come before them is a hallmark of TOPS’ winning formula. By maintaining a commitment to personal lifestyle changes, TOPS members are given the tools and assistance to achieve their weight loss goals.”

Weekly meetings are the heart of TOPS support, whether they



PHOTOS COURTESY OF TOPS CLUB INC.

Photos of Regina Barrett, before weight loss on left, and after.

are held in-person or online. In-person meetings start with an optional weigh-in, with members then sharing challenges, successes, or goals, followed by a brief program covering a variety of health and wellness topics, and may conclude with awards and recognition for the week. Visitors can attend their first TOPS in-person meeting free of charge and encouraged to try more than one chapter, since they're all a little different.

For online membership, virtual meetings are conducted via Zoom and are offered three times during the week. The meeting starts with members disclosing challenges, successes, or goals. Next, the online facilitator presents a prepared program and sometimes includes guest speakers who share their expert views on fitness, nutrition, and more. Meetings conclude with action steps related to the program presented.

Membership is affordable, starting at \$49 per year in the

U.S. and \$59 annually in Canada, plus nominal monthly chapter fees. To learn more about membership options or to find a local chapter, visit the TOPS website or call 800-932-8677.

TOPS Club Inc. (Take Off Pounds Sensibly) is the original weight-loss support and wellness education organization. Founded in 1948, TOPS is the only nonprofit, noncommercial weight-loss organization of its kind. TOPS promotes successful weight management with a “Real People. Real Weight Loss.®” philosophy that combines support from others at weekly chapter meetings, healthy eating, regular exercise, and wellness information. TOPS has tens of thousands of members—male and female, age seven and older—in its network of thousands of weight-loss support chapters throughout the United States and Canada. For more information on the TOPS chapters in our area, visit www.tops.org.

Off-the-Shelf Blood Sugar Monitors Prove Accurate for Dialysis Patients

People on Dialysis Often Suffer Dangerous Swings in Glucose Levels

By PRESS OFFICER
UVA Health

CHARLOTTESVILLE, Va., (June 29, 2022)—In what is believed to be the first study of its kind, new UVA Health research reveals that a factory-calibrated continuous glucose monitor (CGM) may be sufficiently accurate for use by people on dialysis, a group often plagued by dangerous swings in blood-sugar levels.

The findings suggest that factory-calibrated blood glucose monitors could offer an important diabetes-management tool for patients on dialysis and those suffering end-stage renal disease [ESRD], the researchers conclude.

“Patients with end-stage renal disease are often excluded from clinical research trials, as they are medically complex. Therefore, these CGM devices—often considered ‘game changers’ for patients with diabetes to monitor their sugars—are not yet FDA approved for patients with ESRD on dialysis,” said researcher Meaghan M. Stumpf, MD, an expert on diabetes and diabetes-management technology at UVA Health. “However, ESRD patients and their physicians may still benefit from their use. Our research team conducted this pilot study so that we could begin to understand the accuracy of these devices for patients with ESRD on hemodialysis. This study is not large enough to lead to FDA approval, but it is important to take the first step.”

Continuous Glucose Monitoring for Dialysis

Continuous glucose monitors are becoming widely used by patients with diabetes. These devices allow patients to track their blood-sugar (glucose) levels automatically, helping them prevent their blood-sugar levels from getting dangerously high or low.

Managing blood-sugar levels is a particular challenge for patients on dialysis, which is a procedure to filter blood for patients whose kidneys can no longer do so adequately. Patients on dialysis often suffer from “hypoglycemia,” or low blood sugar, which is potentially deadly. That means that these patients need highly reliable, accurate ways to track their blood sugar. Until now, physicians and researchers did not have accuracy data for factory-calibrated continuous glucose monitors, so it was unclear if these devices would be up to the job.

To determine this, Stumpf and her colleagues enlisted 20 volunteers receiving hemodialysis at UVA to test such a device, the Dexcom G6-Pro. Most of the participants were male, African-American, and on insulin, with an average age of 61. The participants were asked to wear the CGM for 10 days and to take four to seven fingerstick blood-sugar readings per day with a home glucometer. Venous blood samples were also collected during their hemodialysis sessions. The researchers compared the CGM glucose results with the blood-sugar results collected by the patients and during the patients’ thrice-weekly dialysis sessions.

The researchers determined that the continuous glucose monitor, overall, showed “clinical reliability,” meaning that they were sufficiently accurate for estimating blood-sugar levels. Almost 99% of the readings were accurate enough to be used without confirmatory fingerstick blood sugar readings.

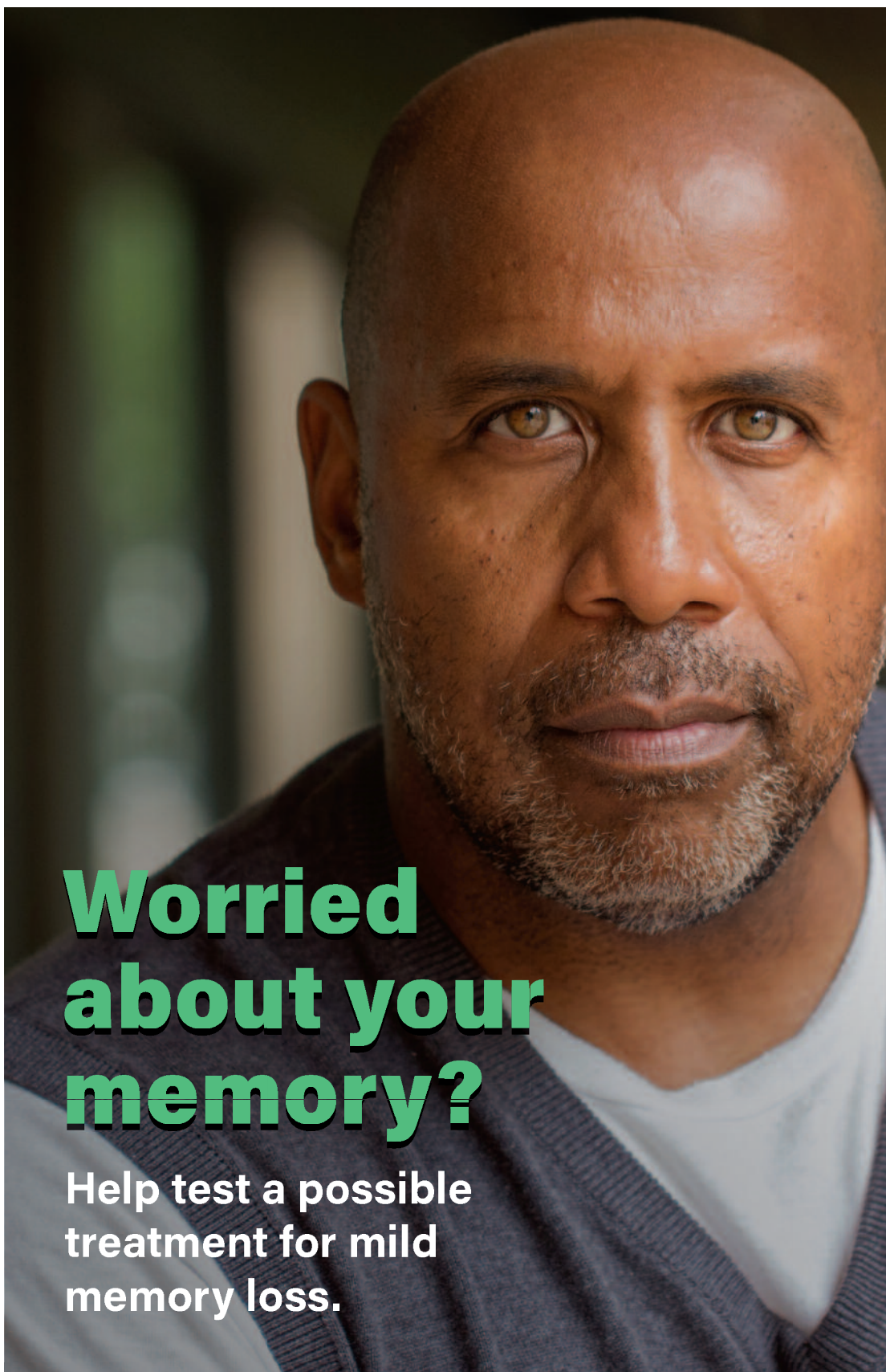
When the devices erred, they tended to overestimate, rather than underestimate, blood-sugar levels, prompting the researchers to note that additional research is warranted, especially considering that people on dialysis tend to be at elevated risk for low blood sugar.

“Although we certainly need larger studies, I am encouraged that these factory-calibrated continuous glucose monitors may be reasonably accurate for patients on hemodialysis therapy,” Stumpf said. “CGM use for these patients could lead to improved glucose control, improved safety from life-threatening hypoglycemia and, very importantly, improved quality of life.”

Findings Published

The researchers have published their findings in the scientific journal *Diabetes Care*. Dexcom provided the devices used in the study but had no role in the data collection, analysis or findings. Additional support was provided by UVA and a grant from the Societe Francophone du Diabete.

To keep up with the latest medical research news from UVA, subscribe to the Making of Medicine blog at <http://makingofmedicine.virginia.edu>.



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COMMENTARY

Marian Wright Edelman
*Founder and President Emerita,
 Children's Defense Fund*



ChildWatch:

The Fourth of July

In a sense we've come to our nation's capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was the promise that all men, yes, black men as well as white men, would be guaranteed the 'unalienable Rights of Life, Liberty, and the pursuit of Happiness.' It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check, a check which has come back marked 'insufficient funds.' But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds

in the great vaults of opportunity of this nation.
 —Dr. Martin Luther King, Jr., speech at the March on Washington

This year, as our nation celebrates the Fourth of July, crowds in Washington, D.C. will once again gather on the National Mall and watch fireworks launched from the sides of the Lincoln Memorial's Reflecting Pool. 2022 marks the centennial of the dedication of the Lincoln Memorial itself, and the 1963 March on Washington for Jobs and Freedom has been just one of the events held in the Lincoln Memorial's shadow that reminded us of the nation's founding promises the Lincoln Memorial was meant to reaffirm—and the work left to be done to live up to them.

When the Lincoln Memorial was dedicated in May 1922, Tuskegee Institute President Robert Russa Moton was the only Black American invited to speak to the segregated audience. Former President William Howard Taft, by then Chief Justice of the Supreme Court, was serving as president of the Lincoln Memorial Commission and asked to review an advance copy of Dr. Moton's speech. He requested that about 500 words criticizing the federal government for its failure to protect African Americans be taken out; as he put it, "suggest that in making the cut you give more unity and symmetry by emphasizing tribute and lessening appeal. I am sure you wish to avoid any insinuation of attempt to make the occasion one for propaganda." That kind of "suggestion" may still sound familiar today. Dr. Moton did make cuts, but opened with the metaphor of the two ships that symbolized America's founding: the Mayflower, which arrived in 1620 bearing "the pioneers of freedom," and the slave ship that arrived at Jamestown in 1619, bearing "the pioneers of bondage."

Dr. Moton noted those two forces had been destined for conflict from the beginning. He celebrated the Civil War as a turning point, but said the work continued: "There has been started on these shores the great experiment of the ages—an experiment in human relationships, where men and women of every nation, of every race and creed, are thrown together. Here we are engaged, consciously or un-

consciously, in the great problems of determining how different races can not only live together in peace but cooperate in working out a higher and better civilization than has yet been achieved."

Dr. Moton continued: "I like to think that here to-day, while we dedicate this symbol of our gratitude, that the Nation is dedicated anew by its own determined will to fulfill to the last letter the task imposed upon it by the martyred dead, that here it firmly resolves that the humblest citizen, of whatever color or creed, shall enjoy that equal opportunity and unhampered freedom for which the immortal Lincoln gave the last full measure of devotion . . . With malice toward none, with charity for all, with firmness in the right as God gives us to see the right, I somehow believe that all of us, black and white, both North and South, are going to strive on to finish the work which he so nobly began to make America an example for the world of equal justice and equal opportunity for all who strive and are willing to serve under the flag that makes men free."

That work would not be finished when Dr. King spoke from the steps of the Lincoln Memorial 41 years later, and it is not finished yet. But the chance for all of us to come together to make America the shining beacon it has always promised to be is still here today. Every Fourth of July is another opportunity to rededicate our nation to making its founding principles real for all.
 —July 1, 2022

Anthony Brown

Maryland Congressional District 4



Congressman Anthony Brown Champions \$111 Million for HBCU Research and Partnerships in NDAA

"We need to continue broadening our research capacity to include all Americans. That's how we invest in our future and our collective security."

WASHINGTON (June 27, 2022)—Congressman Anthony G. Brown (MD-04) released the following statement on his efforts to champion \$111 million for HBCU funding and research partnerships within the FY23 National Defense Authorization Act: "Our country's research dominance is critical to our national security. In order to continue this goal, we must ensure opportunity for all. Throughout my years on the House Armed Services Committee, I've prioritized the establishment of a greater research capacity and partnerships at HBCUs. These opportunities will ultimately lead to the

broadening and diversification of the untapped research talent within our country. "Despite the proven success of HBCUs, the Department of Defense still underfunds research at these institutions. This needs to change, and we have seen encouraging progress. Historically Black Colleges and Universities serve not only as vehicles to advance social equity but also address the deep-rooted institutionalized gaps in society for Black and minority communities. We need to continue broadening our research capacity to include all Americans. That's how we invest in our future

and our collective security." Additionally, Congressman Brown passed out of committee his amendment to require University Affiliated Research Centers and Federally Funded Research and Development Centers that receive contracts from the DoD to subcontract 2 percent to HBCUs and MIs. When Congressman Brown entered Congress in 2017, HBCUs received a mere 0.4 percent of Department of Defense research funding. Thanks to bipartisan efforts and commitments, that funding has more than tripled over the last five years.

Benjamin L. Cardin

United States Senator for Maryland



Cardin Praises SCOTUS Decision to Wind Down "Remain in Mexico" Policy

Calls for Congress to Enact Bipartisan Comprehensive Immigration Reform

BALTIMORE (June 30, 2022)—U.S. Senator Ben Cardin (D-Md.), a senior member of the Senate Foreign Relations Committee, released the following statement in response to the Supreme Court of the United States 5-4 decision in *Biden v. Texas*. "The Biden administration made the right decision to terminate the 'Remain in Mexico' policy of the Trump administration, so I am pleased with the Supreme Court's decision today. This Trump administration policy had forced asylum seekers fleeing persecution and violence in their home countries to remain in dangerous conditions indefinitely on the Mexican side of the border. While awaiting their court hearings, many asylum seekers were subject to sexual

assault, kidnaping, and torture. The United States must meet its international commitments to protect those seeking refuge and not place them in harm's way again. "The recent deaths of more than 50 migrants found in a truck outside San Antonio should spur Congress to enact bipartisan, comprehensive immigration reform that will fix our broken immigration system. Such reforms must include a pathway to citizenship for Dreamers (DACA recipients), those with Temporary Protected Status (TPS), and those long-standing residents and their family members who work hard, contribute to our economy, and now call American their home."

NACCHO Applauds Passage of Safer Communities Act

New Bipartisan Law Will Help Bring a Public Health Approach to Addressing Gun Violence

By PRESS OFFICER
 NACCHO

WASHINGTON (June 28, 2022)—The National Association of County and City Health Officials (NACCHO), on behalf of the nearly 3,000 local health departments across the country, applauds the passage of the Safer Communities Act, bipartisan legislation intended to reduce the threat of gun violence. The legislation passed both chambers of Congress, and President Biden signed the bill into law on Saturday, June 25.

"NACCHO thanks Senators Chris Murphy (D-CT) and John Cornyn (R-TX) for leading a bipartisan group of senators in crafting the first major gun safety legislation to pass Congress in decades," said Lori Tremmel Freeman, NACCHO Chief Executive Officer. "The Safer Communities Act takes important

steps toward reducing gun violence by investing in violence prevention programs, enacting common-sense rules to prevent individuals at risk of violence to themselves and others from possessing firearms, and expanding access to mental health services in communities and schools.

"Firearm-related injury and death is a preventable public health crisis; that is why NACCHO has repeatedly urged lawmakers to take a public health approach to the violence epidemic, including federal research on gun violence prevention, including suicide prevention, conducting background checks on all gun purchases, and preventing individuals most at risk of violence from purchasing guns.

"We also encourage important community conversations that bring together health officials, government leaders, law enforcement, faith communities, and concerned citizens, including lawful gun

owners, to address the social and cultural issues that cause individuals to resort to violence, including racism and xenophobia, which have motivated many high-profile acts of gun violence.

"We hope that this new law is the beginning of important actions to improve the health and safety of all communities."

The Safer Communities Act will:

- Establish an enhanced background check process for long gun purchasers under age 21.
- Provide federal funding to states to implement Extreme Risk Protection Orders, also known as "red flag laws."
- Expand current prohibition, preventing convicted domestic abusers from buying or possessing guns to include those

- who abused their dating partners.
- Provide federal funding for community violence intervention programs.
- Invest in mental health services through expansion of community mental health services program, school-based mental health support, guidance for states to increase access through telehealth, and other resources.

The National Association of County and City Health Officials (NACCHO) represents the nation's nearly 3,000 local governmental health departments. These city, county, metropolitan, district, and tribal departments work every day to protect and promote health and well-being for all people in their communities. Visit www.naccho.org.

Hoyer Statement on Supreme Court Decision Undermining the Clean Air Act

WASHINGTON (June 30, 2022)—Congressman Steny H. Hoyer (MD-05) released the following statement today on the Supreme Court's decision in *West Virginia v. EPA*: "Today's Supreme Court ruling is another dangerous setback for our country and the freedoms it promises to the American people. In less than three weeks, the Court's extremist and activist majority has endangered public safety by making it easier for dangerous guns to flood our communities, has endangered women's lives by overturning fifty years of precedent in striking down *Roe v. Wade*, and has now endangered the health of our children and grandchildren by limiting

the EPA's ability to protect public health and regulate dangerous air pollution like greenhouse gases. In today's ruling, the Court's extremist majority appears to see itself as the legislative branch instead of the judicial, claiming that it knows Congress's intent better than the lawmakers who acted clearly and plainly in enacting legislation that was meant to protect public health and the environment by regulating harmful emissions, including those that contribute to the climate crisis. As Justice Kagan points out in her dissent, 'the Court appoints itself—instead of Congress or the expert agency—the decision-maker on climate policy.' That is not

how our system of checks and balances works, and this new reality of an activist and extremist Court means that our country needs a strong Democratic Congress and Administration to enact policies that address the climate crisis, protect women's right to reproductive freedom, and further measures to keep our communities safe from gun violence. That is what is at stake this November for the years ahead and for the future of our country. I urge the Senate to act on legislation to address the existential threat posed by the climate crisis, including House-passed measures to lower Americans' energy costs and secure a clean energy future."

The Prince George's Post

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BUSINESS AND FINANCE

Elderly from A1

says the tax credit will provide senior residents with much-needed relief.

"I have had several opportunities to speak with our seniors, and many have expressed that our property taxes are just too high. They are trying to financially balance the cost of prescription drugs, gas prices, and various other responsibilities, which in many instances is extremely difficult. This legislation will provide our seniors with some financial relief in a challenging economy. I am grateful to my Council colleagues, and countless residents who voiced their support for this important measure."

Maryland's American Job Centers — Workforce Development

The state's 32 American Job Centers (AJCs) are now reopening physical locations to provide in-person services. Maryland's network of AJCs offer comprehensive employment, training, and business services that play a critical role in helping job seekers and employers fully participate in the state's expanding economic recovery. To find the nearest AJC and current information on hours of operation and appointment requirements, visit labor.maryland.gov/county.

American Job Center Largo

1801 McCormick Drive, Suite 120, Largo, MD 20774
Phone: 301-618-8400 Fax: 301-386-5533

Youth Career Center

5001 Silverhill Road, Suite 310, Hillcrest Heights, MD 20746
Phone: 301-316-9812

American Job Center National Harbor

6800 Oxon Hill Rd., Suite 298, National Harbor, MD 20745
Phone: 301-968-1658

Social Security Matters

Ask Rusty:

I'm Getting Spouse Benefits— What Happens to My Own?

By RUSSELL GLOOR,

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

Dear Rusty: I was born in late 1951. When I retired 5 years ago, I was made aware that my own Social Security benefit was less than half of my husband's SS Benefit. So, I chose to take half of his. What happens to my undispensed SS dollars? On the off chance the balance increases beyond the amount I am now collecting, can I eventually switch to my own full SS amount? **Signed: Curious Senior**

Dear Curious Senior: Much depends on exactly how you claimed your SS benefits five years ago and your age when you claimed. Because you were born in 1951, if you had reached your full retirement age (FRA) of 66 when you claimed SS five years ago and your husband was already collecting his benefits, you had the option to file a "restricted application for spousal benefits only" which would have enabled you to collect only your spouse benefit while letting your own benefit continue to grow. But if you were not yet 66 when you claimed, the "restricted application" wasn't available to you, so you are now receiving your own benefit plus an additional amount to bring your payment to your spousal amount.

I expect that the latter is the case (that you didn't file a "restricted application"), which would mean that your current payment amount consists of two parts—your personal benefit (from your own lifetime work record) plus a "spousal boost" to bring your payment to your spousal entitlement. Except for the restricted application, Social Security always pays your own benefit amount first and then supplements your own benefit with an additional amount to give you what you're entitled to as a spouse. Thus, your personal benefits aren't "undispensed"—you're already getting them, plus a spousal supplement.

Just to complete the picture, if you did file a "restricted application" at age 66, then your own benefit continued to grow until you were 70 (at which point it reached maximum). The growth amount would have been 8% per year additional benefit, so at age 70 your own benefit would have been 32% more than your FRA amount. If you know what your own FRA benefit amount was, then increase that by 32% to see if your own amount is now higher and, if so, contact Social Security to apply for your own higher benefit.

If you don't know what your personal FRA amount was and/or are uncertain if you filed a restricted application, you'll need to contact Social Security directly to see if you're entitled to any additional amount based on your own lifetime work record. You can contact Social Security at either the national center (1-800-772-1213) or at your local office (find the number at www.ssa.gov/locator). If you are currently getting spouse benefits only under a restricted application and your personal benefit is now higher, since you'll soon be 71 you should request six months of retroactive benefits when you switch from the restricted application to your own benefit.

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

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

National Capital Radio & Television Museum Welcomes New Staff

By PRESS OFFICER

National Capital Radio & Television Museum

BOWIE, Md. (June 27, 2022)—The Board of Directors of the National Capital Radio & Television Museum is pleased to announce the appointment of Kathleen Foster as Executive Director and Judy Hannon as Museum Coordinator.

Kathleen comes to the NCRTV Museum with six years of experience in museum and nonprofit administration, including three years as Administrator of the National Electronics Museum. She holds a Bachelors degree in History from the University of Maryland, Baltimore County, and a Master degree in History with a concentration in Public History from the University of Missouri — Kansas City. Kathleen specializes in oral history, and has had her work featured in From Langenbruck to Kansas City, as well as in archives, digital exhibits, and documentary projects. She is also proud to have her General Class Amateur Radio license, call sign KC3DSR.

Judy Hannon joins us from her previous role as a contractor with the Collections and Conservations departments at the National Air and Space Museum's Udvar-Hazy Center. She also has worked in collections care as an art handler for Crozier Fine Arts and a conservation technician for EverGreene Architectural Arts. Judy has a Bachelors degree in Art History and Studio Art from Towson University, and has recently completed her Masters degree in Museum Studies from Johns Hopkins University. Judy also serves on the Board of Directors for Historic Hancock's Resolution.

The Board looks forward to all that Kathleen and Judy will bring to the NCRTV Museum community.

The National Capital Radio & Television Museum collects, preserves, and interprets artifacts, programming, and publications to educate the public about the development and impact of electronic media. The museum is located at 2608 Mitchellville Road, Bowie, MD 20716. For more information, contact us at info@ncrtv.org or 301-390-1020.

Metro, Amazon, Urban Atlantic, and Prince George's County Officials Break Ground on Affordable Housing Development at New Carrollton

By PRESS OFFICER

WMATA

(June 29, 2022)—Metro, Amazon, Urban Atlantic, and Prince George's County officials today broke ground on The Margaux, a new 291-unit housing development at New Carrollton that will offer modern, transit-oriented housing at below-market rates.

The Margaux is part of a larger 2.3 million square foot, mixed-use joint development partnership between Metro and Urban Atlantic. This is one of several projects to break ground at the site, which also include office space, retail, additional housing, and Metro's new Maryland Office Building, all anchored by a multi-modal transportation hub. New Carrollton offers convenient access to Metrorail, Metrobus, Amtrak, Maryland Area Regional Commuter (MARC) Train Service, Prince George's County The-Bus, and the future Maryland Department of Transportation (MDOT) Maryland Transit Administration's (MTA) Purple Line.

Amazon provided \$25.4 million in low-rate financing to Urban Atlantic for the project through the Amazon Housing Equity Fund, a more than \$2 billion commitment to preserve and create over 20,000 affordable homes through below-market loans and grants to housing partners, traditional and non-traditional public agencies, and minority-led organizations. Amazon has committed \$125 million in below-market capital to expedite development of affordable homes so that moderate- to low-income families in the National Capital Region can afford to live in communities with easy access to employment, schools, healthcare, education, and other amenities.

Units at The Margaux will be affordable for individuals and families in the workforce making less than 80 percent of Area Median Income (AMI). Examples of these types of earners are often teachers, law enforcement, emergency response workers, hourly employees and others. These are residents who play a crucial role in the community, yet don't qualify for subsidies and whose wages haven't kept pace with escalating rents. According to a 2019 report by the U.S. Bureau of Labor Statistics, the average household nationally spends 13 percent of their income on transportation costs—the second highest expense after housing. This percentage increases and creates greater economic hardship for households making 80 percent of AMI and below.

Taking part in the groundbreaking were Prince George's County Executive Angela D. Alsobrooks, Prince George's County



PHOTO COURTESY METRO

Representatives from Metro, Prince George's County, Amazon, Urban Atlantic, and Eagle Bank break ground on The Margaux at New Carrollton

Councilmember Dannielle M. Glaros, Metro Interim GM / CEO Andy Off, Managing Partner and co-founder of Urban Atlantic Vicki Davis, Amazon Housing Equity Fund Director Catherine Buell, and representatives from Eagle Bank.

"The Margaux is now an exciting part of Metro's proud legacy of transit-oriented development, supporting the region's economy and a safe, reliable public transit system for generations to come," said Metro Interim GM/CEO Andy Off. "Metro has the most robust joint development program in the nation, and the transformation underway here at New Carrollton — housing, new business, and improved transit options including the Metrorail station that is currently being rebuilt and modernized—shows the positive impacts these partnership have for Metro customers and the entire region we serve."

"We are so proud to break ground on another historic project in New Carrollton," said Prince George's County Executive Angela D. Alsobrooks. "The Margaux is yet another symbol of rising opportunity for all Prince Georgians. We want to thank WMATA, Urban Atlantic, the Amazon Housing Equity Fund, EagleBank, and County Council Member Dannielle Glaros who all made this project possible. We have been collaborating for years to get to this day and we look forward to celebrating future successes at this very site in the years ahead."

"These new units at the Margaux represent a tremendous public-private partnership,

and it's this type of investment that Amazon believes will truly move the needle on the issue of affordable housing," said Catherine Buell, director of the Amazon Housing Equity Fund. "The private sector has an important role to play on the issue of housing affordability, and through innovative solutions like our partnership with WMATA, we're helping to bring people closer to more opportunities, services, and a better quality of life."

"The Margaux is part of the transformation of the most connected multimodal transit station at New Carrollton into an exciting place to live, work and play," said Vicki Davis, Managing Partner of Urban Atlantic. "We are proud to join with our long-term partners at WMATA, Prince George's County, and EagleBank to bring new housing that is affordable to our community's frontline workers. Through Amazon's support, we are creating a nationally replicable model for private sector investment in housing that is affordable to the workforce in the best transit locations."

"EagleBank is dedicated to supporting our community by providing financing for affordable housing projects so that everyone has equal access to housing," said Ryan Riel, EVP and Chief Real Estate Lending Officer at EagleBank. "The Margaux housing development will support the creation of additional affordable housing supply in Prince George's County. It has been a pleasure working with the development team and we look forward to continuing our partnerships in the affordable housing space."

Sigma Gamma Rho Sorority, Inc. Announces Countdown to Centennial Year Celebrations: Greater Women, Greater World

One of the world's largest organizations for women's service and development will celebrate 100 years of sisterhood, scholarship, and service on July 12–17, 2022 in Indianapolis, IN.

By PRESS OFFICER

Sigma Gamma Rho Sorority, Inc.

NASHVILLE, Tenn. (June 27, 2022)—On July 12, 2022, the trailblazing women of Sigma Gamma Rho Sorority, Inc. will celebrate 100 Years of greater excellence exemplifying their success in service and leader-

ship across the globe. The celebration began January 1, 2022 in New York City as they kicked off their centennial with a royal affair culminating the final year in their journey to 100. The festivities will happen throughout the year across the U.S. in cities Chicago, Los Angeles, Atlanta, and New Orleans with the biggest event happening in Indianapolis,

IN July 12–17. The women of Sigma Gamma Rho Sorority, Inc. welcome their members, trailblazing women, world leaders, National Pan-Hellenic Council members, and national and global media to celebrate the largest Black cultural legacy moment of 2022.

Learn more at <https://www.sgrho1922.org/>.

COMMUNITY

NASA Aircraft Conducting Atmospheric Studies Over DC to Baltimore

By KEITH KOEHLER

NASA's Wallops Flight Facility, Wallops Island, Va.

A NASA aircraft will fly over the I-95 corridor from Washington to Baltimore and Hampton, Virginia, in support of an atmospheric campaign in the mid-Atlantic region between July 5 and 16, 2022.

The four-engine turboprop P-3 aircraft, based at NASA's Wallops Flight Facility in Virginia, will fly five days during the 12-day period at altitudes from 1,000 to 10,000 feet.

Each flight during the campaign will include one low-level pass at 1,000 feet over I-95, two spiral tracks, ascending and descending, over Baltimore, and one spiral track over Greenbelt, Maryland.

Additional passes during each flight will include a 1,000-foot pass over the Chesapeake Bay and one spiral track over Hampton, Virginia.

The P-3 can be tracked in real-time at NASA Airborne Science Program Tracker. Look for the plane icon labeled NASA P-3 (N426NA). Also, flight updates will be available via the Wallops Facebook and Twitter sites. The day before a flight, Wallops will post the estimated time the P-3 aircraft will fly over the I-95 corridor and Hampton.

The P-3 aircraft will carry instruments collecting atmospheric data over variable surface types such as urban, rural, vegetation and water to support a variety of scientific projects. The flight path

was selected to correspond with ground instrumentation and previous NASA science flights. This allows scientists to compare the data with other instruments and time periods.

The flights are part of the Students Airborne Science Activation (SaSa) program coordinated by the NASA Ames Research Center in Moffett Field, California. This summer, the first student participants in the SaSa program will spend eight weeks gaining hands-on experience in all components of a scientific research campaign.

SaSa is on a mission to broaden the ethnic and racial diversity of researchers in the Earth sciences. The program is designed for first- and second-year undergraduates enrolled at Minority-Serving Institutions to participate in an authentic NASA field research campaign. Students from Howard University in Washington; University of Maryland Baltimore County, Coppin State University, and Morgan State University—all three in Baltimore, Maryland; University of Maryland Eastern Shore in Princess Anne, Maryland; and Hampton University in Virginia, are participating the inaugural SaSa class.

To help retain students for careers in the geosciences, SaSa aims to make its participants feel welcome and supported in the field. The program offers multiple kinds of mentoring, discussions of the barriers faced and tools that helped others overcome the challenges to be retained in STEM, professional development, and networking opportunities.

Remembering Pick Temple Open Now at the National Capital Radio & Television Museum

By PRESS OFFICER

National Capital Radio & Television Museum

BOWIE, Md. (June 28, 2022)—The National Capital Radio & Television Museum in Bowie, Maryland, is pleased to announce that our newest exhibit, Remembering Pick Temple, is now open to the public.

Folksinger Lafayette Parker "Pick" Temple, Jr., once called "The First Washington TV Superstar," was a D.C. area celebrity during the advent of television in the 1950s. After performing on radio briefly in the late 1940s, he transitioned to television, and for much of the 1950s appeared onscreen seven days a week on local television stations

WTTG, WTOP, and WMAL.

Temple was best known for his children's show, Pick Temple's Giant Ranch, which was one of the top-rated programs in the D.C. area during its run from 1952 to 1961. Children—and plenty of adults—loved his stories and songs, his dog, Lady, and his pony, Piccolo. For fans, many of whom joined his "Pick Temple Giant Rangers Club," Temple's show remains a cherished childhood memory.

The exhibit, made possible by a generous donation of memorabilia from Pick Temple's family, tells the story of this beloved, local television star. Visitors can view artifacts from Temple's career, including his cowboy clothing and personalized guitar, and watch

clips of his show on a vintage television set.

The Museum is open on Fridays from 9 to 4, and Saturdays and Sundays from Noon to 4. Group tours can be given on weekdays, by appointment only. Admission and parking are free, but donations are encouraged and appreciated.

The National Capital Radio & Television Museum collects, preserves, and interprets artifacts, programming, and publications to educate the public about the development and impact of electronic media. The museum is located at 2608 Mitchellville Road, Bowie, MD 20716. For more information, contact us at info@ncrtv.org or 301-390-1020.

Marietta House Museum's Poetry Lab

By STACEY HAWKINS

Marietta House Museum

Immerse yourself in a poetry workshop on **July 16, 2022**, at Marietta House Museum from 10 a.m. to 3 p.m. Led by acclaimed poet Tara Elliott and poets from EC Poetry and Prose, writers will enjoy creative inspiration from full guided tour of Marietta House, a 19th century Federal style plantation house, and the hallowed grounds where the enslaved community worked and lived.

Aspiring poets and practicing writers are invited to the workshop that will use multiple scenes on the lush landscape and in histori-

cally furnished rooms. The morning session will be led by award winning poet, Tara Elliott, President of Eastern Shore Writers Association. After a delicious lunch, participants will breakout into smaller writing groups that will be led by published poets including Terri Simon, Jay Hall Carpenter, Patrice Smith, Patrick Washington, Hiram Larew, and Diane Wilbon Parks. The day will conclude with sharing of poetry and insights. Seats are limited, please register early.

Lunch will be provided, along with supplies for writing.

This event is organized with partners Marietta House Museum, The Write Women

Bookfest, EC Poetry and Prose, and Eastern Shore Writers Association. This event is made possible through a Bright Ideas grant from M-NCPPC Foundation.

\$25/person, includes supplies and lunch. Recommended for ages 18 & up. Please register on Parks Direct with this direct link: <https://tinyurl.com/atrrfpxw> or call 301-464-5291.

Marietta House Museum is located at 5626 Bell Station Road, Glenn Dale, MD 20769 and is a property of the Maryland-National Capital Park and Planning Commission. For more information, call 301-464-5291 or visit PGParks.com.

forms, summer teacher institutes, workshops, and classroom outreach. Maryland Humanities produces Maryland History Day. For more information, visit www.mdhistoryday.org. Connect with Maryland History Day on Facebook and Twitter.

National History Day® (NHD): *NHD is a non-profit organization based in College Park, Maryland, which seeks to improve the teaching and learning of history. The National History Day Contest was established in 1974 and currently engages more than half a million students every year in conducting original research on historical topics of interest. Students present their research as a documentary, exhibit, paper, performance, or website. Projects compete first at the local and affiliate levels, where the top entries are invited to the National Contest at the University of Maryland at College Park. NHD is sponsored in part by BBVA, Behring Global Education Foundation, The Better Angels Society, Diana Davis Spencer Foundation, HISTORY®, Tom Lauer, the National Endowment for the Humanities, the National Park Service, and Pritzker Military Museum & Library. For more information, visit nhd.org.*

Competition from A1

and one anonymous student from that district. Devin Page, who teaches at Northern Middle School in Calvert County, was one of six finalists nationwide for the Junior Division of the Patricia Behring Teacher of the Year Award. Burleigh Manor Middle School teachers Beth Berkeley, Robyn Page, and Geordie Paulus received the Naval Historical Foundation Teachers of Distinction Award. The school is located in Howard County.

Maryland Honorees at National History Day

Prince George's County Gold Medal (First Place)

Students: Lillian Merrill, Saniya Pearson, and Aliyah Smith

Category: Junior Group Performance

Topic: Debate and Diplomacy on Education of the Deaf

School: Accokeek Academy

Teacher: Leslie Armstrong

Special Prize in Irish or Irish-American History

Second Place, sponsored by Ancient Order of Hibernians and Ladies An-

cient Order of Hibernian

Student: Stephen Albert

Category: Junior Individual Documentary

Topic: The Anglo-Irish Treaty

School: Kenmoor Middle School

Teacher: Carol Carter

Maryland Humanities creates and supports bold experiences that explore and elevate our shared stories to connect people, enhance lives, and enrich communities. For more information, visit www.mdhumanities.org. Maryland Humanities is generously supported by the National Endowment for the Humanities; the State of Maryland; the Citizens of Baltimore County; private foundations; corporations; small businesses; and individual donors. Connect with Maryland Humanities on Facebook, Twitter, Instagram, and YouTube.

Maryland History Day is an affiliate of National History Day and a year-long educational program of Maryland Humanities. More than 20,000 middle and high school students create original projects that explore a historical topic of their choice on an annual theme. Professional development for teachers is offered through online courses and plat-

Morningside from A2

Resurrection Cemetery in Rosaryville and called to verify. It opens every day at 7 a.m. and closes every day at 6 p.m. For more information, call 301-868-5141.

Resurrection is a beautiful cemetery; I recommend everybody—Catholic or not—

drive through it. It's a restful place in this crazy world. It was founded in 1940, encompassing several hundred acres of beautiful, wooded property.

Milestones

Happy Birthday to my grandson Zachary Seidman, July 9; my daughter

Elaine (McHale) Seidman, July 10; Kevin Kline, Nicole Wade, Dee (Curcio) Brown and Dave Williams Jr., July 11; Carolyn Pruitt, July 12; Kenard Simms, July 13; Laverne Peggy Simms, Krista Lanehart and Laura (Thompson) Hoffmann, July 14.

Happy 47th Anniversary to Dave and Carolyn Williams who wed July 11, 1975.



Free Summer Meals at Libraries for Prince George's County Youth

By SILVANA QUIROZ
PGCMLS

LARGO, Md. (June 27, 2022)—As part of ongoing efforts to provide access to healthy meals for children in our community, the Prince George's County Memorial Library System (PGCMLS) will offer free summer meals on weekdays at selected locations from June 27 to August 12, while supplies last. Children up to 18 years of age are eligible to participate in the program, regardless of the type of school they attend.

"The Library is proud to continue its free summer meal program, which started in 2014 and helps address the significant food insecurity in the community," said Roberta Phillips, CEO. "Data available from the newly released Capital Area Food Bank Hunger Report shows that 48% of Prince George's County residents have been affected by food insecurity.

PGCMLS is committed to providing these essential resources to local children and complement services provided by Prince George's County Public Schools."

Distribution Schedule Participating Branch Libraries and Times

Beltsville, 12–1 p.m.
Hyattsville, New Carrollton, 12:30–1:30 p.m.
Spauldings, Glenarden, Fairmount Heights, Hillcrest Heights, Oxon Hill, 1–2 p.m.

The status, location, or format of this event may be subject to change based on COVID-19 pandemic conditions and guidelines. Please visit pgcmls.info/events before traveling to the branch/venue for the program. NOTE: free summer meals are not available on weekends or when the Library is closed.

Library Announces Inaugural Class of Peer Mentor Interns

By SILVANA QUIROZ
PGCMLS

LARGO, Md. (June 30, 2022)—The Prince George's County Memorial Library System (PGCMLS) offers youth and young adults with a range of volunteer, summer employment, and internship opportunities to develop professional skills. This summer, the Library and PGCMLS Foundation host the inaugural class of Pull Up Fund Peer Mentor Interns. Supported by the Pull Up Fund, five peer mentors were selected through a competitive public application process to support summer teen programs focused on youth leadership development and social justice. This paid internship opportunity engages advanced teens who live in Prince George's County gain practical experience with program and project management, event planning and production, and community engagement. The peer mentor internships will be offered each semester through spring 2024 with fall, winter/spring, and summer cohorts. Interns support the programmatic themes of the forthcoming five new Commons labs, which are in design for the Beltsville, Bladensburg, Fairmount Heights, Largo-Kettering, and Oxon Hill branch libraries.

help of organizations like Black Girls CODE, Kode With Klossy, and TechGirls, she expanded my knowledge of Computer Science. Hardy-Njie founded a branch of CoderChicks in Maryland. CoderChicks is a non-profit organization that empowers young girls to take an interest in the STEM field. She wanted to provide children in her community, especially young girls of color, access to free STEM programs. In her free time, she leads workshops and classes that teach young girls how to create their own websites and games using HTML, CSS, and JavaScript. She has taught over 60 students and desires to teach more.

Ayda Girma (Laurel, MD—South Bowie Branch Library) is a rising senior at Eleanor Roosevelt High School. She enrolled in both the Science and Technology Program, as well as the Capstone Program at her school. Girma is the secretary of the Muslim Student Association, submissions leader of the National English Honor Society, and founder of the East African Student Association. Her personal interests include anime, Korean dramas, genshin impact, and drinking coffee. She is very committed to the environmental sciences and enjoys being able to create new things.

Meet the Summer 2022 Peer Mentor Intern Cohort:

Naomi Hardy-Njie (Temple Hills, MD—Spauldings Branch Library) is an incoming first year student at the University of San Francisco. She plans to major in computer science in the fall. In middle school, she found an interest in computers. After learning about her interests, her mother signed her up for a coding camp at Microsoft. In the camp, Hardy-Njie built games using simple coding commands and fell in love with Computer Science. From that point, she began to participate in more and more coding. With the

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EarthTalk from A3

(as there is less oxidative potential), as well as the setting of a lower initial temperature (due to the temperature increase from the mixing). As for those hoping to purchase unbromated baked goods, it is of course required by law that all ingredients be stated on the packaging. If you're lucky enough to live in California, a warning label stating carcinogenic ingredients should be visible on the packaging. Keep an eye out for "potassium bromate" or "bromated flour"—and if you see either ingredient, do yourself a favor and put it back.

CONTACTS: Potassium bromate: Effects on bread components, health, environment and method of analysis, pubmed.ncbi.nlm.nih.gov/31865111/; Was your bread bakes with flour containing a possible cancer-causing additive? ewg.org/research/potassium-bromate/; Toxicity and carcinogenicity of potassium bromate—a new renal carcinogen, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1567851/>

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

Interns from A6

University in the Walsh School of Foreign Service, with a major in international politics. He has been a very active debater since middle school and plans on continuing with Georgetown University's Policy Debate Team. As a highschooler he has done extensive work with the Maryland legislature, volunteering and interning with Delegate Joseline Peña-Melnik (District 21) for two years, and also serving as a state page for the 2022 Maryland General Assembly session, primarily focusing on hot-topic issues such as cannabis legalization, redistricting, chronic conditions, and LGBTQ legislation. In his free time, he likes to keep up to date and ramble about anything related to current events, go hiking, longboard, create mixed media art, and listen to music or various podcasts.

PGCMCLS is also pleased to participate in the Prince George's County Summer Youth Employment Program (SYEP). The Summer Youth Enrichment Program (SYEP) offers County youth and young adults ages 14 to 22 with enriching and constructive summer work experiences in community organizations, private sector companies, and government agencies. The following local youth will be supporting various branch libraries and departments this summer through SYEP:

- Saaniyah Mullen, Accokeek Branch Library
- Carlton Tillman Jr., Accokeek Branch Library
- Joi Kenner, Hillcrest Heights Branch Library
- Kennedie Robinson, Laurel Branch Library
- Nana Kwame Amo-Mensah, Oxon Hill Branch Library
- Kai Hall, Public Relations/Marketing Department
- Isaiah Prior, Spauldings Branch Library
- Sarai Mosby, Upper Marlboro Branch Library

Teens can engage and earn service hours with the Library year-round through volunteer opportunities ("Volunteer" program) and teen action groups. Learn more at pgcmcls.info/teens.

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