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JP Hodnett, M-NCPPC, Department of Parks and Recreation, Prince George's County Dinosaur Park Paleontologists and Program Coordinator, discusses the bone bed.



PHOTO CREDIT M-NCPPC

M-NCPPC staff unearthing the bone bed.

## Rare Dinosaur Fossils Discovered at M-NCPPC, Department of Parks and Recreation, Prince George's County Dinosaur Park

First of its Kind Found in Maryland Since 1887

By PRESS OFFICER  
Prince George's County  
Department of Parks and  
Recreation

LAUREL, Md. (July 12, 2023)—M-NCPPC, Department of Parks and Recreation, Prince George's County paleontologist and volunteers discovered the largest theropod fossil in Eastern North America

during a dig experience program at the Dinosaur Park on April 22, 2023. Additional fossils found nearby elevate the Dinosaur Park's classification to a "bonebed." The term "bonebed" is used by paleontologists when bones of one or more species are concentrated within a geologic layer. This is the first dinosaur bone bed discovered in Maryland since 1887.

"Finding a bonebed like this is a dream for many paleontologists as they can offer a wealth of information on the ancient environments that preserved the fossils and provide more details on the extinct animals that previously may have only been known from a handful of specimens," said JP Hodnett, M-NCPPC, Department of Parks and Recreation, Prince George's

County Dinosaur Park Paleontologists and Program Coordinator. "Most paleontologists have to travel across the country or go overseas to find something like this, so having this rare find so close to home is fantastic!"

Hodnett made the initial dis-

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## The Maryland Commission on African American History and Culture Announce New Chair and Vice Chair

By JAN F. LEE

Banneker-Douglass Museum & Maryland Commission on African American History and Culture

ANNAPOLIS, Md. (July 12, 2023)—The Maryland Commission on African American History and Culture (MCAAHC) is pleased to announce the newly elected leadership of Chair Dr. Edwin T. Johnson and Vice Chair Maya Davis effective July 1, 2023.

Dr. Edwin T. Johnson is a son of Maryland—a product of the Prince George's County Public School system and Maryland's public higher education system with degrees from Morgan State and Towson State Universities. Johnson was appointed to the MCAAHC by Governor Larry Hogan in March 2016 and has served representing Baltimore City since that time, which includes his election to Vice Chair of the Commission in July 2022.

Vice Chair Maya Davis, representing Prince George's County, was appointed to the Commission in 2017 by Governor Larry Hogan. Davis is currently the Director of the Rivers-



PHOTO COURTESY MCAAHC

Dr. Edwin T. Johnson, Chair MCAAHC

dale House Museum in Riverdale Park, MD, bringing twenty years of public history experience to the commission.

Chair Johnson plans to build upon the legacies of his immediate predecessors, Rev. Dr. Tamara E. Wilson and Professor Dale Green, who developed the African American Heritage Preservation Program (AAHPP) grant into a national model. In the 2022 legislative session, the Commission successfully peti-

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## Bowie State Reaches \$50 Million Campaign Goal Over Two Years Ahead of Schedule

Elimination of Student Loan Forgiveness Program Among Factors Necessitating More Private Support

By JONATHAN SAXON and DAVID THOMPSON  
Bowie State University

BOWIE, Md. (July 11, 2023)—Bowie State University (BSU) the first HBCU in the State of Maryland has met its goal of raising \$50 million as part of its fundraising campaign, BSU Bold: The Campaign for Excellence, two and a half years ahead of its scheduled 2025 closing date. The largest campaign in the history of the university has been fueled by strengthening the university's professional fundraising organization and developing new relationships with alumni, friends, corporations and foundations.

As part of the campaign, gifts have been raised for a variety of purposes including the endowment which has increased over 500% from \$7 million to \$40 million. This explosive growth provides extraordinary benefits to the university, including a new level of private scholarship funding for students.

"We have not wasted a moment asking our philanthropic partners to invest in the success of our students through this campaign," said Dr. Aminta Breaux, president of Bowie State University. "We are appreciative of all the individuals and organizations who have invested in our historic institution. Now we're able to provide more of our students with scholarships. While we have met our initial campaign goal of \$50 million—we are challenged and inspired to continue our fundraising and expand the campaign, inviting others to join as we raise an unprecedented level of support for our students. We must continue and work to help make college more affordable and reduce student loan debt."

Bowie State University is one of 12 institutions and 3 regional centers in the University System of Maryland (USM), and is one of only two institutions in the system with an increase in enrollment between 2017 and 2022. In addition, the university is the school of choice for more high-caliber students pursuing undergraduate and

graduate degrees in nursing, teacher education, computer science/cyber security and other areas where jobs are in demand.

"The university is attracting students from all backgrounds and is growing rapidly due to new degree and certificate programs, our facilities and a faculty and administration committed to providing students with a high-quality higher education experience," said Dr. Breaux. "Our first-time applications and freshman enrollment are up, and we have more students requesting on campus housing."

The Public Phase of BSU's Campaign for Excellence began in December 2021, in the midst of the COVID pandemic and required the university to fine tune its fundraising processes and organizational structure. A unit dedicated to administering privately funded scholarships was established in the Office of Financial Aid, along with new stewardship and alumni engagement units created within what is now known as the Division of Institutional Advancement. In executing the initial phase of the campaign, the university leveraged technology and implemented industry best practices to engage with potential supporters.

"Given the urgency of the moment, the Campaign for Excellence will not only continue, but we are accelerating into an expanded

See GOAL Page A6

## Governor Moore Announces Vegetable and Butcher to Relocate Headquarters to Maryland

By PRESS OFFICER  
Maryland Governor News

ANNAPOLIS, Md. (July 13, 2023)—Governor Wes Moore today announced that Vegetable and Butcher, a subscription-based food delivery service, is relocating its headquarters to Maryland. The company is moving from Washington, D.C. to a 32,000 square-foot Class A industrial space at 6001 Fallard Drive in Upper Marlboro.

"We are ecstatic to welcome Vegetable and Butcher to the Prince George's County business community," said Gov. Moore. "The company has a strong commitment to working with farmers and growers while providing nourishing meals to families throughout the region. Its mission is admirable and we are proud to have the company select Maryland for its new headquarters location."

Formed in 2016, Vegetable and Butcher delivers ready-to-eat meals to approximately 150 zip codes in the Mid Atlantic region. The company offers two types of chef-inspired meals—plant-based or with animal protein—and are always dairy and gluten-free. Since

its launch, the company has delivered more than 1 million meals to people in the area and currently donates hundreds of meals each week to assist those in need.

Vegetable and Butcher currently employs 56 workers and plans to create an additional 184 full-time jobs over the next three years.

"We find ourselves in an unprecedented and exciting time at Vegetable and Butcher," said Vegetable and Butcher Founder Turner Hoff. "If there's anything the past few years have taught us, it is that the way we access and enjoy food has transformed in unimaginable ways. Truth is, digital access and personalization mean we are unlikely ever to return to a solely physical dining experience. But there's a powerful upside to this deluge of change: Eaters today are more empowered and informed than ever before. That's what makes us excited. The food industry has exposed its resiliency and its vulnerabilities—and it is our honor and privilege to help define what the industry can become."

"We've spent an incredible amount of energy streamlining a vertically integrated approach to our business, and we aspire to take

our approach much further," said Vegetable and Butcher Co-Founder and Chief Experience Officer Ariane Valle. "When we commit to securing a regional farmer's harvest, we create impact. When we build embedded supply chains that support local communities, we become a catalyst for change. And when we let our values lead the way, we can completely redefine what it means to be a food ecosystem."

To assist with project costs, the Maryland Department of Commerce has approved a \$480,000 conditional grant through Advantage Maryland. Additionally, Prince George's County is providing a \$480,000 conditional loan through its Economic Development Incentive Fund to help the company complete the project. Vegetable and Butcher is also eligible for various other incentives and tax credits, including the More Jobs for Marylanders program and the state's Job Creation Tax Credit.

"By moving to Upper Marlboro, Vegetable and Butcher can maintain quick access to its Washington, D.C. customer base while benefiting from Maryland's talented workforce," said Maryland Department of Commerce Secretary Kevin Anderson. "With nearly 200 new jobs being created in Prince George's County, the company

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Maryland Transit Administration and Purple Line Transit Partners Reach Agreement on Revised Opening Date for Light Rail Line

The project will relieve vehicle traffic in the National Capital region...and will spur economic growth through community revitalization and job creation. Community, Page A4

PGCEDC Congratulates 2U, Inc. for Making Top 100 Public Companies List

Free Entrepreneur Training for Veterans

Veteran Law Enforcement Leader Named Interim Chief of Cheverly Police Dept. Business and Finance, Page A5

4 Ways to Promote Positive Maternal Mental Health

What Women Need to Know About Stroke Risks

Health and Wellness, Page A7

# TOWNS *and* NEIGHBORS

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

### Skyline Citizens Association reborn with Kenia Spivey, President

Covid killed the Skyline Citizens Association's 50th anniversary banquet. But now we have some remarkable residents who want to reactivate SCA. I met with them at the firehouse July 11 where we voted to retain most of our last Board of Directors.

Former president, Stanley Holmes had submitted his resignation, so members of the last board have just moved up an office: Kenia Spivey is now president; Dennis Loufik, vice president; Suzanne Kenney, 2nd vice president Ashby Harmon, treasurer; Alice G. Ward, corresponding secretary; Betty Cottrell, recording secretary; Yvonne Garvin, membership; Mary McHale, newsletter; Tony Proctor, assistant to the board; and former president Stanley Holmes, special advisor to the board. Our next meeting is August 1st but may be rescheduled due to Night Out.

The Skyline Citizens Association (SCA) grew from a meeting February 27, 1970, in the social hall at Skyline Elementary School. About 100 attended, including Morningside Mayor Jerry Glaubitz. Dolores Steinhilber was selected Chairman of the meeting. She assigned the task of composing the by-laws to Charlie Tretler. He chose Gene Dunlap, Cecil Matthews, Frank Robbins and Arthur Zdobysz as his committee. The by-laws were drawn up, voted on at the next meeting, and the Skyline Citizens Association was born. It thrived for 50 years.

I became editor of the Skyline Newsletter which was printed and delivered four times a year to every home in Skyline. I edited it for 50 years and had an amazing staff of about 20 delivery people, mostly kids.

### Town of Morningside

The Morningside Police Department hosts National Night Out Against Crime on Tuesday, August 1, at the Town Hall. There'll be free hamburgers, hotdogs, the trimmings and snow-cones, dunk tank, basketball hoop shooting, Fire Department demos and motorcoaches. The VFW and its Auxiliary will have tables;

they'll talk about VFW benefits and give general information. The food & fun begin at 5:30 p.m. and end at 8:30.

GI Liquors has their Coming Soon sign posted on the boards that cover the smashed windows. We're waiting.

### Neighbors & other good people

Dave and Carolyn Williams celebrated their 48th anniversary at the Candlewyck Inn in Keyser, W.Va. Carolyn says, "Forty Eight and counting."

Helen J. Marshall, 82, of Woodbridge, Va., died June 7. She was born in Upper Marlboro and made her career in the Prince George's County School System. Services were in Virginia and a graveside life celebration was held June 22 at Resurrection Cemetery.

### Academia

Dr. Henry A. Wise, Jr. HS is proud to announce their Valedictorian, Olabisi Bashorun, and Salutatorian, Razak Dillo. Wise is the school highschoolers from Morningside and Skyline attend. As for other honors:

Crossland HS: Sydney Thompson, Valedictorian; Cristian Agustin Lopez, Salutatorian.

Suitland HS: Mmesoma Emekekwe, Valedictorian; Kamryn Forrest, Salutatorian.

Alicia Nelson, of Upper Marlboro, has graduated from Hood College, Frederick, with a BA in Social Work.

Email me (muddmm@gmail.com) with 2023 grads.

### Places to go and things to see:

#### Planet Word

Planet Word is a language arts museum which opened in Washington in October 2020. It's "The museum where language comes to life." I've been twice and I'll be back. I promise you'll do the same and tell everyone about it. Admission is free, but a \$15 donation is welcome. It's at 925 13th St. N.W. Hours: Wed.-Fri., 10 a.m. to 5 p.m.; Sat. & Sun., 10 a.m. - 6 p.m.; and Mon., 10 a.m. - 5 p.m. More info: 202-931-3139.

I also enjoyed eating just outside the museum, on the sidewalk, under a canopy, at Immigrant Food. My waiter was an immigrant from South America.

### Coming up

Suitland Road Baptist Church hosts its annual Community Health and Wellness Outreach on Saturday, August 5, 11 a.m. to 3 p.m. Dr. Kelvin McCune, Pastor, invites you to participate. Suitland Road Baptist is 6412 Suitland Road. Information, call 301-219-2296.

St. Philip's Parish is holding an All-you-can-eat Crab Feast fundraiser on Sunday, August 20, 1-5 p.m. at Sarto Hall, 3611 Stewart Rd., Forestville. Crabs, BBQ chicken, fried fish, hotdogs, beef/turkey burgers, potato salad, coleslaw, corn-on-the-cob, soda, beer, music & more. Tickets, \$75. (You can also reserve a table.) Tickets and information: Andre Jordan, 202-841-0141; Renee @ Church, 301-423-4244; or Stephanie @ School, 301-423-4740.

The National Book Festival is coming to the Walter E. Washington Convention Center, in Washington, August 12. There'll be conversations with authors, stories for children, and book signings. Free for readers of all ages. More info: loc.gov/bookfest.

### Changing landscape

The Frederick Douglass National Historic Site in Southeast Washington has reopened to the public after the Covid closing. I highly recommend a visit. My father grew up only blocks from there and I feel an association with the Site. I visited years ago and took the excellent tour. Info: 202-426-5961.

There was a Virtual Meeting July 12 by developers and community members to discuss questions and concerns regarding the Swann Road proposed development in Suitland.

Metro is moving forward with multi-billion-dollar expansion proposals which include a tunnel between D.C. and Virginia as well as a station for National Harbor, in Prince George's, at the Potomac River.

A house at 6900 Marianne Drive, in Morningside, just sold for \$340,000.

### The way it used to be

Last week I came across an Enquirer-

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## Brandywine-Aquasco

by Audrey Johnson 301-922-5384

### BSU YEAR IN REVIEW HIGHLIGHTS AND POINTS OF PRIDE

YEAR AT A GLANCE: Thank you to our community of donors and supporters for your contributions of time, talent, and treasure for fiscal year 2023 (July 2022–June 30, 2023). Because of you, Bowie State University experienced unprecedented success. We applaud your commitment to supporting the mission, vision, goals, and strategic priorities. BSU-academic excellence, student success, and the long-term viability of the University.

Hear from Carla Henry Hopkins, Director of Alumni Engagement and Stewardship, as she shares Bowie State University's most notable highlights and points of pride for fiscal year 2023. #BowieBOLD Campus Visits were President Joe Biden, Vice President Kamala Harris, Senator Ben Cardin, Congressman Steny Hoyer, Governor Wes Moore.

Celebrating a BOLD Icon, Dionne Warwick honored at BSU. Bowie State University unveils the Dionne Warwick Theater.

BOLD FUNDING: Bowie State University receives \$1 million from the Adobe Foundation. Bowie State University receives a \$2.1 million grant from the National Science Foundation. BGE AN Exelon Company to provide \$3 million in grants to continue BGE Scholars Partnership with Bowie State and two other Maryland HBCUs. U.S. Department of Education awards Bowie State University \$5 million grant to diversity pipeline of school counselors. Bowie State University receives \$1.5 million Augustus F. Hawkins Centers of Excellence Grant.

ACADEMIC HIGHLIGHTS: U.S. News and world report rankings. Bowie State University ranked #18 among best HBCU's by U.S. News & World Report. U.S. News and world report ranks Bowie State University among 2023-2024 best Graduate Schools. Computer Science, Education and Public Administration, Grad programs rank.

FACULTY AND STAFF ACHIEVEMENTS: Bowie State University President completes five years of Maryland's First HBCU. President Aminta Breaux honored on the Daily Record's 2023 higher education power list. President Aminta Breaux honored on U.S. Black Chamber's 2023 Women of Power" Power 50" list.

USM BOARD OF REGENTS: Honors three BSU professors with highest faculty award to Dr. Charles Adams, Dr. Monifa Love and Dr. Sumanth Reddy recognized for excellence.

The University System of Maryland has awarded a prestigious Wilson H. Elkins Professorship to Dr. Karen Cook-Bell associate professor and chair of the Department of History and Government.

Dr. Jaqueline Smith became the first ever Bowie State Uni-

versity professor to earn the National Science Foundation's (NSF) Career grant, which is awarded to early-career faculty members that are recognized as academic role models in research and education.

This historically Black University created its own tech intern pipeline. A new program at Bowie State University connects computing students directly with companies, bypassing an often-harsh Silicon Valley vetting process. (New York Times).

#BowieBOLD Students on the National Stage. Justina Miles, a BSU nursing student and American Sign Language (ASL) interpreter, made history as the first deaf female to sign at the Super Bowl halftime show. She stole the show with her electrifying performance that went viral.

Miles was interviewed by Gayle King on CBS Mornings and was honored on the View talk show for Women's History Month. She was also the cover model for the May issue of British Vogue, which celebrated "a new vanguard of disabled talent."

Jakeya Johnson, a graduate student in the public administration and policy program at Bowie State University and a Langenberg Legacy Fellow, was the catalyst for a new state law requiring more reproductive health care services be provided on all University System of Maryland campuses.

The Jennifer Hudson Show Showcased Beat-making Skills of BSU Student. Queen Ife used the Pandemic to sharpen her ear for creating musical beats.

Bowie State University student and Tony Award-winner Myles Frost (Senior, Fine Arts: Music Technology) has had a phenomenal year since his debut in MJ: The Musical on Broadway. Frost kicked off 2023 with an appearance on the Tamron Hall Show to talk about his highly acclaimed portrayal of Michael Jackson. He was also a presenter at the Grammy's Pre-Show and announced the nominees for the 76th Annual Tony Awards.

He joined the cast of Academy Award nominee Ava DuVernay's latest film, inspired by Pulitzer Prize winner Isabel Wilkerson's "Caste: The Origins of Our Discontents." He will also perform in the world premiere symphonic concert adaptation of Jonathan Larson's Pulitzer-winning rock opera Rent, set to play at the Kennedy Center, July 26-28.

Frost is taking his talents across the pond where he will star in MJ: The Musical at London's Prince Edward Theatre. Performances begin in March 2024.

Kevin Durant and the Durant Family Foundation commit to major investment in Bowie State University.

Bulldogs headed to the NFL are Defensive End Joshua Pryor signed as an undrafted free agent to the Washington Commanders. Quarterback Dion "DJ" Golatt, Jr. signed as an undrafted free agent.

## FedChoice Continues Support for Food & Friends

By PRESS OFFICER

### FedChoice Federal Credit Union

LANHAM, Md. (July 12, 2023)—FedChoice Federal Credit Union staff members teamed up for a visit to Food & Friends to help package meals. A group of 10 volunteers from the Credit Union participated in the fourth annual Credit Union sponsored outing to put together meals for delivery to those in need.

"FedChoice staff was delighted to lend support to Food & Friends for a day. The work the organization does to make sure people in need have access to healthy food is absolutely incredible—as are the many staff members and volunteers we met. We look forward to continuing our tradition of partnering with Food & Friends in the years to come," said Brett Noll, President and CEO. FedChoice's mission is to serve its members as well as being an integral part of the local community.

Hunger is an issue faced around the world and can be even more acute when someone is battling illness. Food & Friends is the only community-based organization in the D.C. region providing home-delivered medically tailored meals and medical nutrition therapy to people

with serious illness.

Food & Friends Volunteer Services Team Coordinator Saskia Sams-Yeboah spoke to the impact that volunteers can make. "We are currently packing about 36,000 meals a week, so thanks to the work of your amazing team, FedChoice helped get about 6,000 meals packed."

FedChoice Federal Credit Union was originally chartered in 1935 when a group of Bureau of Internal Revenue (aka IRS) employees decided to establish a credit union to meet their financial needs. Since then, FedChoice has grown stronger each year by serving all federal employees, retirees, and their immediate family and household members in the Washington DC, Baltimore and Philadelphia metro areas.

Started in 1988, Food & Friends is the only community-based organization in the D.C. region providing home-delivered medically tailored meals and medical nutrition therapy to our neighbors living with cancer, HIV/AIDS, and other serious illnesses. In 2022, Food & Friends delivered 1.59 million freshly prepared meals to nearly 5,000 clients, caregivers, and dependents.

### Fossils from A1

covery and classified the 3-foot-long shin bone as a theropod, a branch of the dinosaur family that contains carnivorous dinosaurs such as Tyrannosaurus rex. His initial hypothesis of this fossil is an Acrocanthosaurus, the largest theropod in the Early Cretaceous period, estimated to measure about 38 feet long. Acrocanthosaurus teeth have been previously collected from Dinosaur Park.

"Dinosaur fossils are exceptionally rare in the eastern US, and among these only Maryland has produced dinosaurs from the Early Cretaceous Period. Typically, only one or two bones are found at a time, so this new discovery of a bonebed of fossils is extremely important. It is certainly the most significant collection of dinosaur bones discovered along the eastern seaboard in the last hundred years," said Matthew Carrano, a paleontologist with the Smithsonian.

University of Maryland Paleontologist Thomas Holtz, the first to verify the theropod discovery at the park, said "The dinosaur site at Laurel is by far the most important dinosaur dig site in America east of the Mississippi. It is historically significant, as it was one of the first dinosaur fossil sites found in the U.S. More importantly, it gives us insights into the diversity of animals and plants at a critical period in Earth's history."

The first fossil found in the bonebed was a four-foot-long limb bone encased in ironstone of a large dinosaur, the identification is unknown at this time. Additional ancient plant and animal fossils found between 2018 to present include:

- *Priconodon*, a large, armored dinosaur, teeth, osteoderms, and vertebra
- Sauropod (Long Necked plant-eating dinosaur, 60–70 feet long), possibly *Astrodon*, one tail vertebra.
- Ornithomimid, ostrich-like dinosaur, ankle bone, claw, and a vertebra
- Large theropod, possibly *Acrocanthosaurus*, 3-foot-long shin bone from a 35+ foot long meat-eating dinosaur.
- *Deinonychus*, a bird-like predatory dinosaur and larger *Velociraptor*-relative, tooth
- Small tyrannosaur, early *T. rex* relative and first evidence of this group in Maryland, potential oldest in Eastern North America, tooth.
- Small theropod (coelurosaur), chicken-sized meat-eating dinosaur and distant relative to *T.*

- rex, thigh bone.
- Crocodile, tooth.
- Turtle, multiple shell segments and limb bones, possibly more than one individual.
- Stingray, oldest North American fossil representative, 2nd oldest globally, tail barb.
- Coprolites, fossilized animal poops.
- Large freshwater clam.
- Large, carbonized conifer wood log segments.
- Carbonized seed cone clusters.

"This discovery marks an extraordinary milestone in the field of paleontology and opens a window into the ancient world and species that once roamed this land millions of years ago," said Peter A. Shapiro Chairman of The Maryland-National Capital Park and Planning Commission. "We are proud of our dedicated team of experts at the Department of Parks and Recreation, Prince George's County and their ongoing efforts in preserving and studying our natural heritage."

The Dinosaur Park located in Laurel, Maryland is a property of the Maryland-National Capital Park and Planning Commission (M-NCPPC). M-NCPPC, Department of Parks and Recreation, Prince George's County provides a variety of educational experiences where the public can assist Dinosaur Park staff and be paleontologists for a day. Fossils found at the park are 115 million years old (Early Cretaceous period), occurring approximately 50 million years before the Tyrannosaurus Rex. The area represents what remains of an Early Cretaceous period river and wetlands, similar in environment to the Patuxent River Park in Upper Marlboro, Maryland today.

The fossils found will be excavated out of the field and will be cleaned, examined, and cataloged into the Department's museum system.

To learn more about Dinosaur Park and its programs visit [pgparks.com](http://pgparks.com).

The M-NCPPC, Department of Parks and Recreation delivers an award-winning park system through progressive, innovative leadership and a commitment to the community and the environment in Prince George's County. The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities in all programs and services. Register at least a minimum of two weeks in advance of the program start date to request and receive disability accommodation. For more information on the Department, visit [www.pgparks.com](http://www.pgparks.com).

# COMMUNITY

## PGCMLS Wins 2023 Core PR Xchange Award for “Hard Hat Librarian”

By ANDREA CASTILLO  
PGCMLS

LARGO, Md. (July 12, 2023)—Prince George's County Memorial Library System (PGCMLS) received a 2023 Core PR Xchange Award for its “Hard Hat Librarian” series. PGCMLS Chief Operating Officer for Support Services Michael B. Gannon hosts the series, providing humorous, yet informative construction updates about library branches in the county. The annual PR Xchange Awards Competition recognizes public relations materials pro-

duced by libraries in the past year and is coordinated by Core, a division of the American Library Association (ALA).

PGCMLS won in the External Communications category for electronic products from library systems with annual budgets over \$20 million. A 15-member jury made up of marketing professionals, graphic designers, librarians and visual artists judged the entries based on quality of content, format, design, creativity, and originality.

In the series' most recent video, showing updates at the Surratts-Clinton

Branch Library, Gannon starts his tour peeking out of the location's book drop, before telling the camera that he doesn't think he can get out again. “A little help here, please!” he cries.

“These videos started out as a fun way to inform our customers about the progress of the Library's various construction projects,” Gannon said. “Then the videos suddenly went viral and I started hearing from people from all over who had discovered them on YouTube. Once that happened, the challenge became for me to make them even more over the top.”

In all, the Core PR Xchange Committee judging the competition received more than 215 entries for print and electronic products from more than 100 institutions, giving awards to 27 print winners and 34 electronic winners.

Watch the video (<https://youtu.be/Tg6vV928Td>) of “Hard Hat Librarian: Surratts-Clinton Branch Library Renovation” and the video (<https://youtu.be/3EqBmg89ZW0>) of “Hard Hat Librarian: Hyattsville Branch Library—It's Done!”



PHOTO COURTESY PGCMLS

“Hard Hat Librarian” Michael B. Gannon

## Fashion for a Cause Breaks its Record, Raises Close to \$200K for Children's Care Programs

By ELYZABETH MARCUSSEN  
Hospice of the Chesapeake

PASADENA, Md. (July 10, 2023)—A high-spirited crowd took over an automotive service center to break a record—the most money raised in one night in the 13-year history of Fashion for a Cause. On June 8 at Porsche Annapolis, businesses, organizations and individuals broke that record, raising nearly \$200,000 for Chesapeake Kids, the Hospice of the Chesapeake program which supports children living with and affected by advanced illness and loss.

This unique event began in the morning with Porsche Annapolis surrendering their facility to a production team that turned their service bays into a happening night spot complete with a fashion runway. Tool carts lined the walls, food trucks parked outside the garage doors and food and drink vendors set up throughout the room. Bryan Nehman, cohost of C4 and Bryan Nehman weekday mornings on WBAL NewsRadio, once again emceed the event, having made his debut appearance last year.

As violinist and Prince George's County Police Officer Alex Strachan played, “Somewhere Over the Rainbow” Laura Fitzsimons shared her story. With her youngest daughter Brielle by her side, she told the audience how her eldest daughter, Laney, was cared for by the Chesapeake Kids team and how the Chesapeake Life Center helped them cope with their loss when she passed. Her poignant story no doubt inspired many in the room to donate on the spot to help make the event

a record-breaking fundraiser.

Then the music pumped up as 34 community members modeled summer fashions and accessories provided by Annapolis clothing retailers 3 Sisters, Alpaca International, Anthropologie, B Boutique, Bohemian Black, Charm City Run LLC, The Cottage, Helly Hansen, J. McLaughlin, Lilac Bijoux, The Lucky Knot, Modern Lusso, Parlay, Scout & Molly's of Annapolis, South Moon Under, Stardust Deluxe and Trendy Tides Boutique. There were many delicious sips and bites provided by a variety of vendors, including Caliente Grille, Carpaccio, Diehl Farm, Gray Wolf Spirits, Kilwins, Main and Market, Pussers Caribbean Grille, Tap 99 –Beer and Wine, and True Food Kitchen as well as from food trucks, Green Valley, Sweet Satisfaction and Truck of Deliciousness.

The event was generously supported by community businesses and leaders including Presenting Sponsor Porsche Annapolis; Red Carpet Sponsors Sara Starry and The Wilburn Company; Fashionista Sponsors Charter Financial Group, Moran Insurance, The Murray McGehrin Group, Dr. Mairead O'Reilly, Bill & Laura Westervelt and Tap 99; Supermodel Sponsors, #makingadifference Fund, Appliance Distributors Unlimited, Dr. Parabh Gill, HM2 Buck for Hope Foundation, M&T Bank, and REJ Consulting; Celebrity Sponsors, Baldwin Homes, Michael and Stacy Brady, Brennan Title Company, Campion Hruby Landscape Architects, Amy Castleberry, Dr. Maria Colucciello, Dr. Paul Davies Family Foundation, First Citizens Bank, J. A. Chisholm PE LLC, John and Terri Hussman, Marian and Barry Kaufman, Tim



PHOTO BY MIKE B. PHOTOGRAPHY.

Annapolis, Md. (June 8, 2023)—Laura Fitzsimons and her daughter Brielle share the story of their daughter and sister, Laney, who was cared for by the Chesapeake Kids team and how the Chesapeake Life Center helped them cope with their loss when she passed.

McDonough and Cary Melnyk, Patient First, Nancy Smit and Julien Hecht, University of Maryland Baltimore Washington Medical Center, Wendy Urban and What's Up? Media; and dozens more.

For more photos from the event, visit the nonprofit's Facebook page at [https://www.facebook.com/hospicechesapeake/photos\\_albums](https://www.facebook.com/hospicechesapeake/photos_albums).

### Chair from A1

tioned the state government to increase the funding for the grant program to \$5 million up from \$1 million. The AAHP was established under the leadership of Chair Emeritus Theodore “Ted” Mack in 2010. In light of recent challenges to the legitimacy of African American Studies as an academic discipline, Chair Johnson endeavors to establish the Commission as a state-wide resource for educators, organizations, agencies, and generally interested individuals to be effectively equipped to teach African American History.

“As race relations in America have become increasingly polarizing, we want to ensure that the Commission remains true to its mission of preserving, protecting, defending, and illuminating the history of people of color in the state of Maryland,” said Chair Johnson.

Among his administration's priorities, Chair Johnson aims to address the omission of women from the landscape of Maryland's African American history. “The Honorable Verda Freeman Welcome, who co-founded both the Commission and the Museum, is largely unknown and that needs to change,” said Chair Johnson.

Professionally, Johnson serves as Special Assistant to the Provost, and University Historian at Morgan State University. He is also an adjunct professor at Stevenson University and the University of Maryland Global Campus, where he teaches African American Studies. Johnson is the fourth Morgan Historian to chair the Commission. He follows in the legendary footsteps of Commission Co-founder, the late Dr. Benjamin Arthur Quarles, the late Dr. Roland C. McConnell, and Prof. Dale Greenwood Green. As a three-time Morgan graduate and one of the last doctoral students of the late Dr. Rosalyn Terborg-Penn, Johnson understands the his-

toric relationship between the Commission, Morgan State University, and the stewardship of African American History in the state of Maryland.

Chair Johnson will host the upcoming MCAAHC Public Meeting on August 7 at Morgan State University.

**August 2023 Public Meeting** Monday, August 7, 2023, 11 a.m.

Morgan State University University Student Center, Room 316

1700 E. Cold Spring Lane, Baltimore, MD 21251

In addition to new leadership, the Commission welcomes a host of new commissioners that will serve various regions across the state, who will be announced and featured on social media channels this month.

*The Maryland Commission on African American History and Culture is committed to discovering, documenting, preserving, collecting, and promoting Maryland's African American heritage. The Commission also provides technical assistance to institutions and groups with similar objectives. Through the accomplishment of this mission, the MCAAHC seeks to educate Maryland citizens and visitors to our state about the significance of the African American experience in Maryland. To learn more, visit <https://africanamerican.maryland.gov/>.*

*The Banneker-Douglass Museum is the State of Maryland's official museum of African American heritage. It serves to document, interpret, and promote African American history and culture through exhibitions, programs, and projects in order to improve the understanding and appreciation of America's rich cultural diversity for all. The museum is open to the public Tuesday through Saturday from 10 a.m.–4 p.m. Admission is free. Visit <http://bdmuseum.maryland.gov>. Follow on social media: Facebook, Instagram, LinkedIn, and YouTube.*

## 10th Annual Wine & Jazz at Marietta House Museum

By STACEY HAWKINS  
Marietta House Museum

Enjoy a relaxing afternoon on the grounds of Marietta House Museum, on **Saturday, Aug. 5**, from 2 p.m.–7 p.m. (Rain date Aug. 12) Bring a blanket or lawn chair and enjoy wine tastings, local artists, food and craft vendors, and tours of the historic home.

Core Entity Jazz will start off the event and jazz performed by AJQ Plus 1 will complete the day. Wineries at this year's event are Cove Point Winery, Olney Winery, Friday's Creek Winery, and Misfit Winery.

Crafters will be demonstrating their beautiful woodcarving work for display and hand carved wood boards for sale, and canvas artists will display their artwork to enjoy and buy. Vendors' products include handmade textiles, soaps, fragrances, lip balms, jewelry, herbs, lavender items, Caribbean sauces, wine jellies, wreaths, candles, lip balms, and more!

Food vendors will have BBQ, shrimp, fish, Caribbean food, vegan, vegetarian, ice-cream, funnel cakes, and more! Tours of the historic house and law office will be given during the day at listed times.

Ages 21 and up. \$10 per person. Advance registration at this direct link: <https://tinyurl.com/2c8avfcs>

Cash only will be accepted at the door. For more information call 301-464-5291 or email [mariettahouse@pgparks.com](mailto:mariettahouse@pgparks.com) We look forward to seeing you.

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.

## Hospice of the Chesapeake 20th Annual Golf Tournament Registration Is Open

By ELYZABETH MARCUSSEN  
Hospice of the Chesapeake

PASADENA, Md. (July 11, 2023)—Hospice of the Chesapeake invites all area golfers to reserve their foursome now for the nonprofit's 20th annual Golf Tournament on Thursday, Sept. 28, at Queenstown Harbor Golf Course in Queenstown, Maryland. Registration will begin at 9 a.m., followed by a 10 a.m. shotgun start.

The day includes a full breakfast by Main & Market; lunch at the turn by Buddy's Grill with RaR craft beer, Pusser's Painkillers, a Bourbon Bar, and hand-rolled Cigars from The Cigar Box; an awards banquet by Two Rivers Steak & Fish House; beverages on the course; range time; greens fees; golf cart; and goodie bag.

Last year's event raised nearly \$240,000 for the programs and services offered by the nonprofit serving Anne Arundel, Calvert, Charles and Prince George's counties. This year's event is already off to an amazing start thanks to its many sponsors, including master's level sponsor Michael Stanley Foundation; U. S. Open sponsors All Green Management and First National Bank; Heritage Level sponsors Carpet and Wood Floor Liquidators, Crescent Cities Charities, Inc., Tom Howell, and The Wilburn Company; and Pebble Beach sponsors DataLink Interactive, Inc., First Citizens Bank, GreenPoint Wellness, Shore United Bank and Sturbridge Development Company.



PHOTO BY ELYZABETH MARCUSSEN, HOSPICE OF THE CHESAPEAKE

Queenstown, Md. (Sept. 29, 2022)—Golfers at last year's Hospice of the Chesapeake Golf Tournament enjoyed the beauty of Queenstown Harbor's bayside links along with all the perks that come with this popular event.

To reserve your foursome or to become a sponsor or underwriter, visit <https://www.hospicechesapeake.org/golf>. For details, contact Lauren Thurston at 443-837-1531 or [events@hospicechesapeake.org](mailto:events@hospicechesapeake.org).

# COMMUNITY

## Maryland Transit Administration and Purple Line Transit Partners Reach Agreement on Revised Opening Date for Light Rail Line

*Purple Line Now Scheduled to Open in Spring 2027*

By PRESS OFFICER  
Maryland Transit Administration

BALTIMORE (July 14, 2023)—The Maryland Department of Transportation Maryland Transit Administration and Purple Line Transit Partners today announce they are seeking Board of Public Works approval of a modification to the Purple Line Public-Private Partnership Agreement that extends the contractual deadline for achieving Revenue Service Availability to Spring 2027.

“Updating the schedule to reflect the challenges we are facing on the project is an important step in accountability and delivering a project that the region can be proud of,” said Maryland Transit Administrator Holly Arnold. “We are thankful to our partners and the community for their support and patience as we work to complete the Purple Line.”

This schedule change reflects delays in completion of utility relocation activities, the challenges and complexities of completing construction in a dense urban environment with significant pedestrian and vehicular traffic, the ongoing national workforce and supply chain issues, and the unique history of the Purple Line Light Rail Project. The project’s history includes two highly uncommon events: a set aside, and later reinstatement, of a key federal government environmental approval in 2016 and the replacement of the design-build contractor in 2022. The new design-build contractor faced unexpected conditions as some construction sites that sat dormant for nearly two years were reopened.

“We understand the impacts that pro-

longed construction creates for the residents and businesses along the Purple Line alignment and will continue to minimize disruptions where possible,” said Ray Biggs, II, Purple Line Project Director. “We are also focused on improving collaboration with stakeholders and third parties to maximize the ability to advance the rate of construction. For example, this summer, the University of Maryland, College Park, agreed to a closure of Campus Drive and Union Lane to help expedite construction on campus by enabling the contractor to complete construction quicker than if they were working around vehicular traffic.”

Work on the Purple Line continues to advance. The project is more than 50% complete, and construction is actively progressing along the entire alignment from New Carrollton to Bethesda at 60 active construction sites with approximately 700 workers. A significant amount of construction activity currently underway, including utility relocation work and replacement and upgrading of storm drain systems, has less of an impact visually than building a station but is inherently critical to the completion of the overall project.

More recognizable activities underway include several Purple Line stations currently under construction, including Bethesda, Connecticut Ave, Lyttonsville, Manchester Place, Silver Spring, Silver Spring Library, Campus Drive UMD, Riverdale Park – North, and Glenridge; bridge and retaining wall construction, including completion of Talbot Avenue in Silver Spring; light rail track being laid at several locations, including Ellin Road, the Plymouth

Tunnel, and Campus Drive at the University of Maryland; and vertical excavation (blasting) of a 130-foot shaft at the Bethesda station that will connect future Purple Line riders to the Washington Metropolitan Area Transit Authority Metro’s Red Line. Additionally, work continues to prepare the Glenridge Operations and Maintenance Facility to start receiving light rail vehicles in early 2024.

The Maryland Transit Administration and Purple Line Transit Partners collaborated over the last several months to identify and mitigate delays where possible and to reach agreement on an equitable resolution of project delays. In addition to the extension of the project’s Revenue Service Availability deadline, the Maryland Transit Administration will provide net compensation to Purple Line Transit Partners of \$148 million, including an increase of \$205 million paid during the construction period, less a \$57 million reduction to payments made during the operations and maintenance period. This compensation amount reflects the additional cost of continuing construction activities during the extended period. The agreement is subject to approval by the Board of Public Works and is scheduled for review on July 19, 2023.

The Maryland Transit Administration and Purple Line Transit Partners meet weekly to review construction progress, anticipate potential schedule impacts, and develop mitigation strategies to reduce the risk of further delays. A project of this size and complexity will face many challenges that will require the project team to develop alternative solutions and strategies to mitigate cost

and schedule impacts. Mitigation strategies may include rescheduling certain work to run concurrently rather than sequentially, resequencing work activities, extending work hours, adding additional crews, revising maintenance of traffic plans, and ordering materials in advance to ensure timely delivery.

“Together with the Maryland Transit Administration and our design-build contractor, Maryland Transit Solutions, we’re doing everything in our power to identify innovative solutions to fast-track progress,” said Purple Line Transit Partners Chief Executive Officer Doran Bosso. “Purple Line Transit Partners values the partnership we have with the Maryland Transit Administration to deliver this important project to the citizens of Maryland, and we strive to be good neighbors to the communities impacted by construction.”

Purple Line Transit Partners is developing a grant program to support community initiatives and to provide tangible resources to organizations in Prince George’s and Montgomery counties that work to improve the lives of local residents. This community grant program will be in addition to grants available through a partnership with the Maryland Department of Commerce and Montgomery and Prince George’s counties to local businesses negatively affected through revenue loss by the construction of the Purple Line.

The Purple Line is a critical infrastructure project that will expand transit opportunities between Prince George’s and Montgomery counties, two of the most populated counties in the state. The 16.2-mile, 21-station light rail line will offer convenient east-west transit

access for jobs, school, shopping and recreation and will provide connections across the region with links to five branches of Washington Metropolitan Area Transit Authority’s Metrorail, three MARC commuter rail lines, Amtrak and a host of regional and local bus services.

The project will relieve vehicle traffic in the National Capital region—one of the most congested areas of the country—and will spur economic growth through community revitalization and job creation. Project construction supports more than 6,000 jobs, with a goal of 26% for design services going to small and minority-owned businesses and 22% for construction going to small and minority-owned businesses. In addition, the Maryland Department of Transportation, Montgomery and Prince George’s counties, and private developers are actively expanding opportunities for Marylanders through transit-oriented development and economic development activities along the Purple Line corridor.

The Maryland Transit Administration is one of the largest multi-modal transit systems in the United States, and operates local and commuter buses, Light Rail, Metro Subway, MARC Train Service and a comprehensive Mobility paratransit system. The goal of the Maryland Transit Administration is to provide safe, efficient and reliable transit across Maryland with world-class customer service. To learn more, visit [mta.maryland.gov](http://mta.maryland.gov), check us out on Facebook at [facebook.com/mtamaryland](https://www.facebook.com/mtamaryland) and follow us on Twitter @mtamaryland.

## Helping Hands Family Expands Into Maryland, Bringing Hope to Children With Autism and Their Families

By PRESS OFFICER  
Helping Hands Family

BETHESDA, Md. (PRNewswire)—Demand for services to support Maryland’s children with autism spectrum disorder (ASD) is expected to rise. According to the Johns Hopkins Bloomberg School of Public Health Research, the prevalence rate of ASD today is approximately 1 in 44 children. Helping Hands Family (HHF), which now provides Applied Behavioral Analysis (ABA) therapy in Maryland to Bethesda, Lanham (<https://hhfamily.com/locations/lanham-md/>), and Columbia, is providing a needed service for families.

HHF is dedicated to meeting the needs of autistic children and their families through science-based autism treatment. The team of skilled and experienced therapists are passionate about supporting children with autism to enhance communication, social, and motor skills.



ABA is a treatment for autism that fosters new skill development, enhances social engagement, and decreases problematic behavior. The American Psychological Association and the United States Surgeon General, have supported ABA, establishing it as the gold standard of care for autism. Research shows that children with autism can benefit from ABA therapy to enhance various socially relevant abilities.

HHF’s skilled clinical professionals employ the advantages of

ABA in all their behavior plans, prioritizing approaches that integrate personalized, play-based therapy. Clinical Director Matthew Leal, M.A., BCBA, LBA comments,

“Today’s ABA is about acceptance, compassion, empowerment, and contextual skill-building. I am so excited to be a part of HHF, providing personal value-based ABA services, and have a direct impact on the operations in our Maryland locations.”

The use of empirically supported strategies is a key element of ABA. HHF implements a multitude of proven methods that increase children’s growth and achievement. Ongoing assessments allow the clinical staff to monitor each child’s development and make any necessary modifications to treatment plans. Using a collaborative approach, families are involved in every step of the process, from setting treatment objectives to tracking progress. ABA sessions provide a secure and regulated setting where therapists can model and teach desired behaviors, helping children confidently achieve their goals.

Helping Hands Family (HHF) is a growing provider of Applied Behavior Analysis therapy in the Northeast. The HHF clinical team is comprised of autism professionals with decades of experience. They are devoted to delivering customized treatment plans through science-based programs to help children with autism progress socially and support new ways of interacting with the world.

## Hoyer Statement on Passing of Former Maryland State Senator Tommie Broadwater

WASHINGTON (July 12, 2023)—Congressman Steny H. Hoyer (MD-05) released the following statement on the passing of former Maryland State Senator Tommie Broadwater:

“I join people throughout Prince George’s County and Maryland in mourning former Maryland State Senator Tommie Broadwater, who sadly passed away July 11. We became friends when he started getting involved in Maryland politics more than fifty years ago and remained friends ever since.

“I always admired his strong work ethic and his commitment to people and community, and I appreciated his candor and sense of humor. Tommie was an effective leader because he deeply understood the challenges facing many Marylanders and had the willpower and political instincts necessary to find solutions. As someone who managed to escape poverty through hard work and ingenuity, he overcame many of those same challenges. Throughout his life, Tommie

sought to better himself and his entire community. He succeeded in both pursuits.

“Tommie’s leadership in the community did not diminish when he left the State House at the end of 1983. Instead, his influence continued to grow. He remained a crucial advocate for greater equity, justice, and prosperity for Black Marylanders and our state’s working families.

“Like all of us, Tommie was not perfect. In pursuit of trying to ensure his community had access to nutrition, he found himself on the wrong side of the law. Tommie was a man of integrity and paid the price for his transgression in full. He overcame that experience and continued to contribute to his community and do whatever it took to ensure his community felt supported and seen.

“Many up-and-coming leaders saw Tommie as their mentor, frequently looking to him for wisdom on how they too could make a difference in the community. Additionally, average Marylanders would often seek out

Tommie’s help when confronted with a problem. Whether trying to pay their rent, find work, or put food on the table, they knew they could trust Tommie to lend a hand.

“Indeed, we will remember Tommie not only for his career in government and his accomplishments in business but also for his positive impact on the lives of his friends, neighbors, and family members. I was reminded of that impact just a few weeks ago when I attended Tommie’s 81st birthday celebration. Scores of people from all walks of life gathered to honor our friend and give thanks for all that he had done for the community. We join together again now as we mourn his loss. I offer my sincerest condolences to Tommie’s relatives, his wife Lillian, and his children Jacqueline, Anita, Raymond, and Tommie who have lost a devoted and loving family man. May they find some comfort in knowing that Marylanders grieve with them.”

### Relocate from A1

will make a significant impact locally as it continues its growth in the Mid Atlantic.”

“We are Prince George’s Proud that Vegetable and Butcher has chosen Prince George’s County as the new home of their

headquarters and manufacturing facility,” said Prince George’s County Executive Angela Alsobrooks. “Throughout our administration, we have remained committed to bringing quality businesses and amenities to our county, as well as providing meaningful employment opportunities for our residents

right in their own community. We also recognize that our residents should have access to a range of healthy food options, and we are pleased that Vegetable and Butcher will offer a variety of healthy choices to Prince Georgians.”

Prince George’s Post  
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Since 1932

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P.O. Box 1001 15207 Marlboro Pike  
Upper Marlboro, MD 20772-3151  
Phone: 301-627-0900 • Legal Fax: 301-627-6260  
Email: [pgpost@gmail.com](mailto:pgpost@gmail.com)  
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Legusta Floyd

**Editor**  
Lisa Duan

**General Manager/  
Legal Advertising Manager**  
Brenda Boice

**Administrative Assistant/  
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-

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# BUSINESS AND FINANCE

## Prince George's County Economic Development Corporation Congratulates 2U, Inc. for Making Top 100 Public Companies List

### 2U, Inc. Named One of the Top 100 Public Companies

Prince George's County Based Company Makes The Washington Business Journal List

By PRESS OFFICER  
PGCEDC

LARGO, Md. (July 11, 2023)— Prince George's County-based company, 2U, Inc., was announced as one of the Top 100 Public Companies List entrants by the Washington Business Journal. Prince George's County Economic Development Corporation (PGCEDC) assisted 2U, Inc. in receiving investment from

the Economic Development Incentive Fund.

The company retained 650 jobs and added 665 jobs to Prince George's County.

"2U, Inc.'s expansion project in Prince George's County was the ideal candidate to receive funding from the Economic Development Incentive Fund (EDIF)," said PGCEDC Financial Service Program Manager Andre Plummer. "The EDI Fund

is designed to assist on eligible expansion, attraction, or retention projects providing significant full-time employment. Additionally, 2U's expansion project produced important local, county, and state tax receipts with a significant economic impact."

The EDI Fund is structured to support the County's economic strategic action plan, in which four industry sectors are

prioritized to maximize overall economic impact (federal government, hospitals & health services, research-intensive technologies, and information technology). 2U's industry sector classification (information technology) and total capital expenditure, job retention, and expansion ideally illustrate how "Expansion Starts Here" in Prince George's County.

As the parent company of



edX, 2U, Inc. works with top-tier partners to offer high-quality online education and services that span free courses to degree programs. With a mission-driven, student-focused culture, 2U is driven to help partners thrive in the digital age.

Wall Street has been positive on 2U Inc. (Stock Ticker Symbol: TWOU). On average, analysts give 2U Inc a Buy rating and expect the stock to increase

by 150.37% over the next twelve months. That average ranking earns 2U Inc. an Analyst Rating of 33, which is better than 33% of stocks based on data compiled by InvestorsObserver.

For more information about the EDI Fund and the services the Economic Development Corporation provides to local companies, visit [www.pgcdec.com](http://www.pgcdec.com).

*Celebrating 40 years, the mission of the PGCEDC is to cultivate and promote a strong local economy that supports the growth and prosperity of entrepreneurs and businesses dedicated to strengthening communities through business development and job creation.*

## Social Security Matters

### Ask Rusty:

#### My State Pension Eliminated My Social Security Survivor Benefit

By RUSSELL GLOOR,

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

**Dear Rusty:** My husband of 21 years died in January 2022 at the age of 70. We were both retired at the time of his death, and they immediately stopped his Social Security payments. After many calls to Social Security asking why I was not receiving his benefits, I was finally told since I have my own pension from the State of Ohio that I would receive none of my husband's Social Security.

I cannot see why my OH retirement has anything to do with my husband's Social Security. I do get a small payment from SS based on my past earnings before I worked for the State of Ohio. Is there any chance of fighting this since we were married when they took money from his earnings for SS? If I wanted to write to an elected official to see if these rules could be changed, who would I write to or call?  
**Signed: Upset Widow**

**Dear Upset Widow:** Unfortunately, your entitlement to a Social Security survivor benefit from your husband is affected by a provision known as the Government Pension Offset, or "GPO," which affects any surviving spouse with a federal, state, or local government pension earned without contributing to the Social Security program. Ohio is one of 26 states which have opted not to participate in Social Security, thus exempting state employees from paying Social Security taxes on their earnings. The OH state pension which resulted from your state employment means that any Social Security benefits earned outside of your state employment are reduced. The GPO reduction to your survivor benefit is severe—a reduction by 2/3rds of the amount of your Ohio state pension, which can—and often does—completely eliminate any SS survivor benefit you might otherwise be entitled to.

For clarity, the monthly SS payment your husband was receiving at his death stops automatically. At that point, your eligibility for additional SS benefits from your husband was assessed and, because of the GPO, Social Security offset your potential survivor benefit from your husband by 2/3rds of your Ohio state pension, which apparently eliminated your survivor benefit. As unfair as this may seem to you, note that the same thing happens to any surviving spouse who also has their own earned SS retirement benefit—their personal SS retirement benefit offsets their SS survivor benefit, so a spouse with a regular SS retirement benefit higher than their deceased spouse's benefit gets no surviving spouse benefit.

FYI, the State of Ohio has an obligation to make clear that by not paying into Social Security your future SS spousal/survivor benefits are affected. Without knowing how that was presented to you during your OH state employment, here's a quote from Ohio's Public Employee Retirement System (OPERS) website: "If you are eligible for Social Security benefits and are receiving a retirement benefit from OPERS, your Social Security benefits may be affected by the Government Pension Offset or the Windfall Elimination Provision. The Government Pension Offset may also affect you if you are eligible for Social Security benefits through your spouse. The Windfall Elimination Provision may affect you if you qualify for Social Security benefits due to your own work history."

In any case, you are certainly not alone in your feelings about how your Social Security benefits have been affected by the GPO. This provision was enacted in 1983 and has been challenged in just about every Congressional session since that time, without success. In fact, there is a legislative bill active in the current Congress—H.R. 82—The Social Security Fairness Act—which was introduced on the House floor in January and "referred to committee" for consideration. Like all preceding WEP/GPO reform bills, this one sits idle in Committee. If you wish to add your voice to those who oppose the GPO, you should contact your Congressional Representative to solicit action on H.R. 82.

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

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

## Free Entrepreneur Training for Veterans

Must Be Prince George's County Resident

By PRESS OFFICER  
Project Opportunity

*Is Entrepreneurship the right choice for you?*

*Do you have a business idea but not sure where to start?*

*Do you have a business and want to take it to the next level?*

Want to know more, register for the Project Opportunity Prince George's Fall 2023 Orientation Session which will be held on Tuesday, August 22, 2023 from 6:30–8:30 p.m. at Prince George's Community College Lanham Hall (Room 203), 301 Largo Road,

Largo, Maryland [www.project-opportunity.com/class/registration](http://www.project-opportunity.com/class/registration)

Attendance at the Orientation Session is a vital step in our application process. If you are interested in this class but unable to attend you must contact Program Director Joe Giordano, [joe.giordano@project-opportunity.com](mailto:joe.giordano@project-opportunity.com)

Classes Begin Tuesday, September 12, 2023. Project Opportunity is an intensive curriculum based 10-week cohort program. The Fall 2023 program will meet every Tuesday, September 12–November 14, 2023 from 6:30–9:30 p.m. at Prince George's Community College, Lanham Hall Room

203. Sponsored By Employ Prince George's this program is free to all veterans. The curriculum and material are facilitated by small business professionals and subject matter experts. The program concludes with a formal business pitch and Graduation Ceremony on Tuesday, November 28, 2023

Training Includes:

- Assessing Your Business Idea
- Marketing Analysis
- Financing and Financial Management
- Business Structure and Taxes
- Development of a Business Plan

For more information, visit [www.project-opportunity.com](http://www.project-opportunity.com)

## Veteran Law Enforcement Leader Named Interim Chief of Cheverly Police Department

By PRESS OFFICER  
The Town of Cheverly, Maryland

Cheverly Town Administrator, Dylan Galloway, announced today that David Morris will serve as interim Chief of Police for the Cheverly Police Department. Morris brings nearly 40 years of law enforcement experience to the agency. A nationwide search will be underway to select a permanent chief.

Interim Chief Morris [began] on July 10, 2023. He replaces the former chief, Carl Miller, who resigned from the department last month.

Interim Chief Morris has an extensive law enforcement background and has served residents of Prince George's County and the immediate region dating back to 1985. He began his of Prince George's County and the immediate region dating back to 1985. He began his career with the Prince George's County Police Department. He rose through the ranks of that agency and served in a variety of critical roles until his retirement in 2011. Interim Chief Morris then took the

helm as Chief of Police of the Riverdale Park Police Department and led that agency for 10 years. In 2021, he was selected by the Chief of the Anne Arundel County Police Department to serve as her Chief of Staff until April of 2023. In addition to serving in these key positions, Interim Chief Morris has worked on behalf of the Maryland Chiefs of Police and Maryland Sheriffs' Associations in multiple leadership roles for more than a decade.

Quote from Interim Chief David Morris:

"I'm both honored and humbled to have been asked to serve the Town of Cheverly in this role and to assist the Mayor and Council, Town Administrator Galloway, and all those who call Cheverly home during this time of transition."

Statement from Town Administrator Dylan Galloway:

"Interim Chief Morris's resume is extensive and impressive. For decades, he has been committed to service and he will continue that dedication as our interim chief. I am grateful he has agreed to take on this



PHOTO COURTESY TOWN OF CHEVERLY

**Interim Chief David Morris** role and serve the residents of Cheverly. He is a deeply respected public servant and law enforcement leader in both Prince George's County and across the state of Maryland. I look forward to working with him as we search for the next chief of the Cheverly Police Department."

To learn more about the Cheverly Police Department visit: <https://www.cheverly-md.gov/cheverly-police-department>

## NASA Goddard Employee Receives Achievement Award From Society of Asian Scientists and Engineers

By ANANYA UDAYGIRI  
NASA's Goddard Space Flight Center, Greenbelt, Md.

The Society of Asian Scientists and Engineers announced the winners of its 2023 achievement awards July 5. One recipient in the ERG Leadership category is Alicia Jose, who chairs the Asian American, Native Hawaiian, and Pacific Islander (AANHPI) Employee Resource Group at NASA's Goddard Space Flight Center in Greenbelt, Maryland.

SASE presents this award to individuals who exhibit strong leadership and drive toward advancing AANHPI causes within their employee resource groups, according to its website.

"It's an honor to be selected for the work that I've done," Jose said. "But I definitely didn't do it on my own. The whole ERG works together."

Jose, who was born in Korea and grew up in Maryland, began working at NASA as a branch secretary in 2008. After joining the AANHPI group, she jumped from member to secretary to vice-chair, and now, as of this year, to chair. She was nominated for the award by her vice-chair, Kan Yang, as well as Goddard's deputy director of the Engineering and Technology Directorate, Joanne Hill-Kittle, and Goddard equal opportunity specialist Gerald Tiqui.



PHOTO CREDITS: COURTESY OF A. JOSE

**Alicia Jose, who chairs the Asian American, Native Hawaiian, and Pacific Islander (AANHPI) Employee Resource Group at NASA's Goddard Space Flight Center in Greenbelt, Md., was announced on July 5 as a recipient of an achievement award from the Society of Asian Scientists and Engineers.**

"The work of an ERG chair is completely voluntary and in addition to the hours one puts in for their normal job," Yang said. "With this award, I am thrilled that Alicia is getting the recognition she deserves."

Her tenure with the group included leadership through the challenges of the COVID-19 pandemic. Jose and her team

organized listening sessions, a forum about the AANHPI experience, and factsheets on how supervisors and peers could support their coworkers. Jose also helped celebrate several holidays at Goddard, including Nowruz and Diwali. Recently, Jose collaborated with the ERG to bring accent bias training to Goddard.

"She works with every level to make sure that we're really moving the needle and making a difference," Hill-Kittle said.

Jose has also had occasion to involve her family in her work with the resource group. For Goddard's "Taste of Asia and the Pacific Islands" event, Jose's mom and her troupe would perform Korean dance.

Jose credits some of her success in leadership with her own involvement in music.

"I used to perform and being on stage helped me with public speaking," Jose said. "I still have trouble with my nerves when I do public speaking, but being a singer-songwriter has helped me with that."

Jose will be recognized alongside the other winners at the 2023 SASE National Convention in October.

"Her diligence over the past few years to tackle challenges that face AANHPI individuals and organize events that celebrate the diverse elements of our workforce has made our center a more inclusive empathetic and equitable place for all," Yang said.



# HEALTH *and* WELLNESS

## 4 Ways to Promote Positive Maternal Mental Health



Photos courtesy of Getty Images

### Mapping Out Maternal Mental Health

Intended as a resource for policy action, funding drivers and strategic planning, the Maternal Mental Health Risk Factors and Resource Maps developed by Plum Organics and the Policy Center for Maternal Mental Health revealed these findings:

- The highest risk factor levels were concentrated in the Deep South with severe conditions identified in the Mississippi Delta region, Gulf Coast, greater Appalachia, New Mexico and Arizona.
- Higher risk factor levels tend to be associated with rural and less-populated regions. Conversely, most major metropolitan areas in the U.S. tend to have comparatively moderate or lower risk factor scores.
- More than 600,000 mothers will suffer from a MMH disorder in the U.S. every year. Left untreated, these disorders can have devastating impacts on a mother's health and functioning, the baby's health and development, and overall family stability.



#### FAMILY FEATURES

The joys of raising and nurturing a baby are practically endless for new parents, yet there remain challenges to overcome. While it may be natural to focus attention and energy on caring for a new baby, it's equally important for mothers to maintain their own mental health.

According to Malina Malkani, MS, RDN, CDN, maternal mental health (MMH) is often negatively affected by the belief that there is only one "right" or "best" way to feed a baby. Mothers are exposed to this message through peer-to-peer communication, social media, health care providers and more.

To combat negativity, Malkani promotes the importance of family, friends, online communities and others contributing a positive impact toward MMH by recognizing all babies are different, acknowledging there's no one "right" way to feed a baby, refraining from parent-shaming and judgement, and remembering caregivers have personal feeding decisions to make based on a variety of factors.

The saying "it takes a village" is as applicable today as ever, which is why Plum Organics and the Policy Center for Maternal Mental Health partnered to share resources and information mothers can use to find support in their communities. Consider these ways moms can nurture their little ones along with their own mental well-being.

#### Understand the Signs of Mental Health Conditions

Depression and anxiety are the most common complications in pregnancy and postpartum, affecting 1 in 7 women, according to the Policy Center for Maternal Mental Health. If you feel any of these symptoms, seek help from a health care provider: overwhelmed, weepy, anxious or nervous, angry, scared by your thoughts, like you're not yourself, guilt, regret or shame.

#### Engage in Self-Care

Spending your time thinking about baby is natural, but it's important to take care of yourself, too. Watch a movie, socialize with friends, meditate, rediscover hobbies – whatever you enjoy doing, prioritize making it part of your life again.

#### Join a Supportive Movement

Creating a "village" is a key step toward positive mental well-being for moms as it allows them to build support systems showing they're not alone in their struggles. To continue efforts to destigmatize mental health challenges for moms and deliver research and support, Plum Organics and the Policy Center for Maternal Mental Health are asking mothers (and their loved ones) to sign a "Pin-tition," wherein a pin is placed on the U.S. map to indicate where participants want to build a village of support.

- The movement encourages participants to put a pin on the map if:
- You think moms suffering from postpartum depression should have access to a professional trained in MMH disorders
  - You think moms suffering from MMH disorders should have access to mental health providers within driving distance
  - You think moms should be screened for MMH disorders during prenatal and postpartum periods
  - You think OBGYNs should discuss mental health at the beginning of pregnancy
  - You think mental health care is health care
  - You think providers should be reimbursed by insurance for MMH care

#### Prioritize Physical Health

Taking care of yourself includes physical health as well as mental health. Doing yoga, walking or working out 15-30 minutes a day and nourishing your body with nutrient-rich foods can help restore your sense of balance and provide a boost in self-esteem.

Find more information and drop a pin to shed light on your area by visiting [PlumOrganics.com](https://PlumOrganics.com).

## What Women Need to Know About Stroke Risks

#### FAMILY FEATURES

It may not be widely known that women face unique risk factors for stroke throughout their lifetime. Things like pregnancy, preeclampsia and chronic stress can increase the risk for high blood pressure, a leading cause of stroke.

Cardiovascular disease, including stroke, is the leading cause of death among women, according to the Centers for Disease Control and Prevention (CDC), and 1 in 5 women will have a stroke. However, a large majority of strokes can be prevented.

Caring for yourself by understanding your risk factors can help reduce your risk for stroke and provide a better quality of life. Start managing your stroke risk with these tips from the American Stroke Association, a division of the American Heart Association:

#### Monitor Your Blood Pressure

The first step you can take in reducing your risk for stroke is knowing your blood pressure and keeping it in a healthy range. High blood pressure is the No. 1 preventable cause of stroke, according to the American Heart Association.

The best way to know your blood pressure is to have it measured at least once per year by a health care professional and regularly monitor it at home then discuss the numbers with a doctor. For most people, a normal blood pressure should be 120/80 mm HG or less.

In addition to properly monitoring blood pressure, maintaining a healthy weight, being physically active, eating healthfully and reducing or eliminating alcohol and tobacco usage can help control blood pressure. If you do develop high blood pressure, work with a health care professional on a plan to help manage it.

#### Plan for Pregnancy

In the United States, high blood pressure during pregnancy is becoming more common, according to the CDC, and medical conditions including preeclampsia, gestational diabetes and blood clots during pregnancy all increase stroke risk during and immediately following a pregnancy.

Managing conditions like high blood pressure before getting pregnant helps keep you and your baby healthy during pregnancy and beyond. In addition, your health during and immediately after a pregnancy can shape the lifelong health of you and your child. If you're planning to become pregnant or are currently pregnant, it's important to regularly monitor your blood pressure.



Photos courtesy of Getty Image



#### Take Care of Your Mental Health

Some stress is unavoidable but constant stress is not healthy. Chronic or constant stress may lead to high blood pressure and other unhealthy behavior choices, which can increase risk for stroke.

Based on findings in a Stress in America 2020 survey conducted by the American Psychological Association, the top sources of stress are money, work, family responsibilities and health concerns. Managing your stress and blood pressure can improve your overall health and well-being. Reclaim control of your schedule and build in time to invest in your health. Find 10 minutes every day to do something for you, like listening to music, meditating or going for a walk.

#### Learn the Warning Signs

A stroke can happen to anyone at any point in life. Immediate treatment may help minimize the long-term effects of a stroke and even prevent death.

#### Learn how to spot a stroke F.A.S.T:

- Face drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- Arm weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- Speech difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence like "The sky is blue."
- Time to call 911 – If someone shows any of these symptoms, even if the symptoms go away, call 911 and get to a hospital immediately. Check the time so you'll know when the first symptoms appeared.

Talk to your doctor about ways to improve your well-being and help prevent stroke. Find more wellness tips at [stroke.org](https://stroke.org).