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## Andrews Federal Credit Union Hosts Successful Back-to-School Bash to Connect With Fort Washington Community

*Credit Union Team Focused on Building Relationships during Development of Newest Maryland Branch*

By PRESS OFFICER  
Andrews Federal Credit Union

SUITLAND, Md. (Oct. 7, 2025)—Andrews Federal Credit Union celebrated the start of the school year with a high-energy Back-to-School Bash at the site of its under-development Fort Washington branch. The event united local families, students, and community members for an afternoon of fun, support, and school preparation.

The event welcomed more than 300 guests. Families in attendance received free school supply giveaways, including backpacks, which the credit union collected through a Back-to-School drive at its many branches throughout the region.

Guests were able to enjoy family-friendly games, refreshments, and interactive activities.

See SCHOOL Page A2



PHOTO CREDIT: KAQUAN LITTLE

Andrews Federal employees, along with Radio One on-air talent Trey Raney, paused for a photo during the busy Back-to-School Bash community celebration at the credit union's under-development Fort Washington branch. (L to R): John Masterson, Trey Raney, Dayonna Welch, Damita Robinson, Rosalind Bishop, Todd Olszowy, Linda Thompson

## WSSC Water Raises a Beaker and Celebrates Grand Opening of its Newly Expanded, Technologically Advanced \$38 Million Water Quality Laboratory

*Project Nearly Doubles Lab Capacity, Setting Standard for the Future of Water Quality Testing On-Site PFAS Lab Enables Testing of Forever Chemicals, Saving Time and Money Construction of State-of-the-Art Facility Supports Local Jobs and Businesses*

By LUIS MAYA  
WSSC Water

LAUREL, Md. (Oct. 7, 2025)—WSSC Water officials today joined Maryland Department of the Environment Secretary Serena McIlwain, State Delegates Lorig Charkoudian and Greg Wims, county representatives and dedicated staff to officially open its state-certified, newly expanded and technologically advanced laboratory in Silver Spring, Maryland—a \$38 million investment that will significantly increase the utility's ability to monitor and protect water quality for 1.9 million residents in Montgomery and Prince George's counties.

The original lab was built in 2001 to consolidate smaller labs across WSSC Water's 1,000-square-mile service area. The newly expanded laboratory nearly doubles the size of the facility from 19,720 square feet of workspace to 27,193 square feet and features advanced instruments including:

- A new PFAS lab section dedicated to testing Forever Chemicals on site, eliminating the need to ship samples out of state, saving time and money—cutting wait times from weeks to hours;
- A new taste and odor testing system;
- A new algal toxin analyzer, a critical tool for detecting and measuring toxins produced by algae;
- Enhanced emergency response capabilities for rapid testing following chemical spills or other watershed threats.

"WSSC Water's newly expanded laboratory demonstrates a commitment to protecting public health by meeting the highest standards of water quality excellence," said



PHOTO COURTESY WSSC WATER

WSSC Water officials, county representatives and dedicated staff officially opened their state-certified, newly expanded and technologically advanced laboratory in Silver Spring, Maryland on October 7, 2025.

Maryland Department of the Environment Secretary Serena McIlwain. "We take certification of these labs very seriously and are proud to recognize this facility as a State Certified Water Quality Laboratory—ensuring compliance with the Safe Drinking Water Act."

Over 500,000 water quality tests are performed annually at this laboratory, including analysis of drinking water, source water, wastewater, stormwater, landfill effluent, water main break samples and biosolids. The results of these tests are used to make operational changes, adjust treatment processes, and for regulatory reporting.

The number of water-quality analyses

performed each year by WSSC Water is expected to increase to more than 750,000 by 2045. The expanded facility ensures the utility continues its exceptional track record of 107-years without a single drinking water quality violation.

"I am proud to join WSSC Water in celebrating the opening of its expanded laboratory in Silver Spring, Maryland," said Maryland State Delegate Lorig Charkoudian. "This investment underscores the importance of protecting water quality, safeguarding public health, and ensuring reli-

See LABORATORY Page A0

## Join the Ebenezer Ministry as we Celebrate NAHM This Friday

By J. JOY "SISTAH JOY" MATTHEWS ALFORD  
Ebenezer A.M.E. Church Poetry Ministry

You are invited to join the Ebenezer Poetry Ministry on **Friday, October 17, 2025**, 6:30–8:30 p.m. as we celebrate The Arts. This is a Poetry & Praise service and Open Mic celebration. The event will be at Ebenezer A.M.E. Church, 7707 Allentown Road, Fort Washington, MD.

The Ministry member poets, The Anointed P.E.N.S., and musicians, The Psalmists of Solomon, invite you to join us as we celebrate the arts with poetry, African drumming (Doc Powell on Djembe), visual art, and song. Spoken Word Artist, Ambery Bowman, will be our Featured Poet. Light refreshments will be served, and a free-will offering will be accepted. Bring a poem to share during the open mic. We also welcome you to bring an art item of your choice to include on our "Celebrating The Arts" display tables during the celebration. If you wish to do so, you may briefly describe/discuss your art item during the open mic segment of the celebration. We are celebrating the arts, and we invite you to become part of our celebration!

*Sistah Joy, President, Ebenezer A.M.E. Church Poetry Ministry, Home of The Anointed P.E.N.S. (Poets Empowered to Nurture Souls) & The Psalmists of Solomon*

## Prince George's County Council Member Calvin Hawkins and M-NCPPC Chairman Darryl Barnes to Host 30th Anniversary of the Million Man March

*"Summit on the State of Black America" to be held on October 18 to commemorate 30 years since the historic 1995 march*

By PRESS OFFICER  
Prince George's County Council

LARGO, Md. (Oct. 10, 2025)—On **Saturday, October 18, 2025**, Council Member At-Large Calvin Hawkins and Chairman Darryl Barnes of the Prince George's County Planning Board and The Maryland-National Capital Planning Commission (M-NCPPC), in partnership with non-profit TJC Inc., will host the 30th Anniversary of the Million Man March: A Summit on the State of Black America, "Where We Were, Where We Are, Where We Are Going." The Summit will take place at Fairmont Heights High School Auditorium, located at 6501 Columbia Park Rd, Landover, MD 20785, from 8 a.m. to 2 p.m.

The event will include public discussions and reflections about the progress and setbacks in the Black community during the 30 years since the 1995 Million Man March, particularly in the Greater Washington Region, and prospects for charting a greater path to progress in the future. The event will feature three engaging sessions, consisting of a Black Public Officials Roundtable, Black Media and Entertainment Roundtable, and Black Business Roundtable, with robust audience discussion. Popular morning radio show host Todd B. will be the event emcee.

"The Million Man March in 1995 was a historic gathering to emphasize the need to empower change within the Black community, particularly Black men, through atonement and ac-

tivism," says Council Member Hawkins. "While we've seen progress in the past 30 years, too many of the same challenges persist. Issues like the impact of the federal government shutdown, economic despair amidst the rising cost of living, struggles with academic achievement, and persistent public safety challenges among our youth affect the Black community more than any other part of our population. We must aggressively and proactively address these challenges with an ambitious agenda for moving forward."

"Now more than ever, it is imperative that residents, leaders, and community partners unite to solve the pressing concerns and issues impacting our neighborhoods, County, and region," says M-NCPPC Chairman Darryl Barnes. "Through our big dreams, unified vision, collective voices, and strategic actions, we can develop new approaches to fulfill the promise of the original march and create a future where our communities thrive and flourish. We encourage everyone to join us at the pivotal summit focused on conversations that will shape actionable solutions."

The 30th Anniversary of the Million Man March: A Summit on the State of Black America, also abbreviated as MMM30, is free and open to the public, but registration is recommended. **Those wishing to attend should register at this link:** <https://tinyurl.com/millionmarch30>. Event panelists will be announced during the week of the event.

### INSIDE

- St. Philip's Little Chapel Food Pantry Distribution Sunday, October 19, 9–noon
- NCRTV's Hallo-Weekend!
- Innovation in Rural America Showcased in Smithsonian Traveling Exhibition at Accokeek

Around the County, Page A2

#### 'Clean and Green: Elevate the Scene' Annual Countywide Cleanup and Community Planting Event

"I'm personally inviting residents countywide to sign up and join us for the annual cleanup and community planting event," said County Executive Aisha Braveboy.

Community, Page A3

#### To Be Equal: The Death of Kyren Lacy Falls on Lafourche Parish Sheriff's Office. We Need Police Reform Now.

Our vision is not anti-police; it is pro-justice. We believe in a model of community policing rooted in respect, empathy, and shared responsibility.

Commentary, Page A4

#### Understanding the Hidden Dangers of LDL (Bad) Cholesterol

Many people think high cholesterol has obvious signs, but that's not always the case. High LDL cholesterol typically doesn't show any signs, which is why it's known as a silent threat to your heart.

Health and Wellness, Page A5

# TOWNS *and* NEIGHBORS

## Brandywine-Aquasco by Audrey Johnson 301-922-5384

### INTERNATIONAL SUNDAY AT CUMC

We had a beautiful International Service at Clinton United Methodist Church Sunday, September 28, 2025. "THINK ON THESE THINGS" Pastor Rev. Melaina Trice. Guest Speaker Rev. Narcisse (Cherie) Hamilton-Philips, a native of Jamaica, West Indies, who delivered a very powerful Sermon: "Go Light Your World—Living Lives that Tell His Story". Rev. Philips started her educational journey at Barracks Primary School in Spanish Town, St. Catherine, Jamaica. She then completed her secondary education at St. Jago High School and was included in the second class of students to have received their legal education in the west Indies Academia. She attained a Bachelor of Laws Degree from the University of the West Indies, followed by a Certificate in Legal Education from the Norman Manley Law School in Jamaica. She was admitted to the Bar in Jamaica in 1976 and worked in her own Law Practice of Hamilton & Bennett and under the tutelage, mentorship, and exposure of Frank Phipps, QC. In just a few short years she gained the reputation of being an accomplished and feisty lawyer with whom one should not be eager to contend with. She was engaged in a vibrant criminal/civil law practice before migrating to the United States of America in 1983. In 1985 she was further admitted to the First Judicial Department of the Supreme Court for the State of New York as an attorney and counselor at law. She practiced law in the United States as the in-house counsel for FML Manufacturer's Corp., New York, and Chicago branches, and then in private practice specializing in real estate law, probate, and administration matters.

In the year 1994, after having a Christ-changing 'conversion' experience, her life's direction changed dramatically. It was for her a 180-degree turn around from a life devoted to secularism to a life devoted to Christ. In response to God's later 'unequivocal and clarion' call to ministry, she obtained a Master of Divinity, Magna Cum Laude from Drew Theological School, Madison, New Jersey in 2004 and pursued ordination in the United Methodist Church. Rev. Philips served the Peekskill UMC in Westchester County for 6 years, Bethany UMC in Brooklyn for 9 years and recently retired in June after serving at UMC of Hempstead in Long Island for two years. Her favorite response when asked about her transition from a lawyer to servant/leader ministry, is "Being a pastor was never on my things-to-do-list, but it was certainly on God's."

Rev. Philips' heart is in God's ministry, and the sharing of the gospel and the teaching of God's Word are her passions. She is committed to uncompromising preaching and fidelity to God's Word which she finds fresh, exciting, transforming, and relevant. Rev. Philips is married to Locksley Philips, an IT

Manager at Fujifilm Head Office in Valhalla, New York who is on countdown to retirement at the end of this month. They will be celebrating their 37th anniversary in November. They are the proud parents of two sons, Aronn and Jordan, 35 and 33 years respectively: granddaughter Kennedi 3 years, grandson Carter 22 months, the delight of their hearts, and God's gift of their daughters-in-law Tobi and Nahomy.

Pianist Avis Balkcom-Williams, Worship Leader Alysia Falby Lay Servant, Praise Music Dr. Kenneth Newby Men's Choir of CUMC. Parade of Flags and Targe on Steel Music.

### TICKLE ME TUESDAY'S COMEDY

Piano Keys Restaurant and Lounge presents Mike Brooks and Friends TICKLE ME TUESDAY'S COMEDY every 2ND and 4TH Tuesday. Special Guest Comedian. Free Admission. Doors Open 6–11 p.m. Showtime 8 p.m. No boring Tuesdays in the DMV. Join us for Tickle Me Tuesday's, a night full of laughs with Mike Brooks and friends. Enjoy a hilarious comedy line-up, great vibes, delicious food and refreshing cocktails—the perfect date night or a fun outing with friends. We have TACOS! Indulge in tasty tacos and other mouthwatering dishes. Seating is first come, first served, so arrive early. Want a guaranteed VIP table? Reserve one in advance for the best experience. DON'T MISS IT! Tell a friend, grab a drink, and get ready for a night of non-stop laughter! The address is 7651 Matapeake Business Drive, Brandywine, Maryland 20613. More information: (240) 816-2211. FREE TICKETS OR VIP TABLES.

### BOWIE STATE UNIVERSITY HOMECOMING

We are excited for this year's Homecoming Week celebration! Taking place from October 27–November 2, 2025. There will be various activities planned. Visit the BSU Homecoming website: <https://www.bowiestate.edu/alumni/university-signature-events/homecoming/>, 301-860-4000 or 1-877-BOWIE, 14000 Jericho Park Road, Bowie, Maryland 20715-9465.

### SAARC

"The Guardians by Judy Sutton Moore. Judy Sutton Moore is the artist who created "The Guardians" an imposing 22-foot steel sculpture posted at the entry to SAARC. The inspiration for this outdoor work is the majestic, 150-year-old willow oak tree that resides on the SAARC site. Using an actual leaf that had fallen from the tree, the artist fashioned the design concept which developed into "The Guardians." Southern Area Aquatic and Recreation Complex (SAARC) is located at 13601 Missouri Avenue, Brandywine, Maryland.

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

### Halloween in Morningside

Morningside is hosting a Trunk-or-Treat event on October 25 from 6–9 p.m. at the Town Hall. It will include a haunted excursion through the woods, harkening back to the haunted hayrides of past years. The event will include games and fun. There will be a small fee.

Be careful when you drive in Morningside on October 31 because Trick-or-Treaters will be haunting our streets. The hours have not yet been announced.

For more information, call Karen at the Morningside Town Hall, 301-736-2300.

### Mark Mangold

Mark Mangold, of Camp Springs, died August 20 at his son's home in Bowie. He was 80. He had worked as an Information Specialist at the Census Bureau.

Mark was born October 24, 1944, in Orlando, Florida, son of Dolores and CMSgt John Mangold. He was the oldest of siblings Monty and Matthew, Monica and Madonna.

He served in the U.S. Army from 1968 to 1971 at Ft. Belvoir, Virginia, during

which he completed basic combat training and clerical work. His duties included writing awards for soldiers who were wounded in combat during the Vietnam War.

Mark married Carol in October 1970 and went on to have two children. Their daughter, Danielle, was born in 1976, and son, Darren, in 1982. The family lived in Camp Springs, where he worked as an Information Specialist at the Census Bureau until retirement in 2002.

He was a devout Catholic and served as a lector at St. Philip the Apostle Catholic Church in Camp Springs and at the Basilica of the National Shrine in Washington D.C.

### A Killens Pond adventure

On a recent weekend, my children organized a family camping trip to Killens Pond State Park in Delaware. Usually, I can come up with an excuse not to join them, but this time, there was no escape.

We had a total of 4 cabins: one with my daughter Therese and me, one with my daughter Elaine and her husband Luke, one with my grandson Conor and

his wife Heather, and one with three of my granddaughters—Naomi, Rose, and Claire—and their two dogs, Kiedis and Pocket.

There was a lot of talking, eating, being silly (and loud!) as we sat around the fire pit on a couple of very chilly nights. They hiked during the day while I read.

We all enjoyed a visit to the Nature Center, where we met the 2025 Killens Pond Animal of the Year: the Spotted Turtle.

Next time you're in the mood for a fun get-away, consider camping. For more information, go to [www.destatoparks.com](http://www.destatoparks.com) or call (877) 987-2757.

### Milestones

Happy Birthday to TJ Foster, Oct. 12; Andrew Colandrea, Oct. 13; Mildred Peaire and Carolyn Williams, Oct. 16; Mary Louise Patterson, Oct. 17; Andrew Nicholas Smith, Carol Kline DeGraba and Nola Cook, Oct. 18; Clyde Miller, Catherine Alvis, Jody Nyers and Christina Ramsey Eckloff, Oct. 22; Mary Flood Dawes, Oct. 23; Daniel John Fitzgerald and Anna Norris, Oct. 24.

### School from A1

Talent from Radio One WKYS also energized the crowd with a live, on-site broadcast.

The celebration aimed to help families gear up for the upcoming academic year while creating greater awareness for the new Fort Washington branch. "The incredible turnout at the Fort Washington Back To School Bash is an exciting indication of things to come," said Damita Robinson,

Chief Operating Officer for Andrews Federal Credit Union. "The families who joined us for the Back-to-School Bash are the future of our communities, and it's a privilege to help ensure another successful year of education for them."

This new branch, currently under development and slated to open during fall 2025, is the credit union's fourth location in Prince George's County, Maryland. The credit union team is planning additional events to strengthen relationships in the

area, including a grand opening/community day celebration scheduled for later this fall

*Founded in 1948, Andrews Federal Credit Union has grown to serve more than 145,000 members in the District of Columbia, Maryland, Virginia, New Jersey, and military installations in central Germany, Belgium, and the Netherlands. For more information about Andrews Federal, visit [andrewsfcu.org](http://andrewsfcu.org).*

Tyvell Rhue of Upper Marlboro, MD (20774), majoring in Political Science, Philosophy, and Economics.

### Georgia Tech Summer 2025 Graduates Announced

ATLANTA, Ga. (Oct. 10, 2025)—The Georgia Institute of Technology awarded approximately 2,000 degrees to undergraduate and graduate students at the conclusion of summer semester. Among the graduates were:

**Christian Fin** of Greenbelt (20770)  
**Adesimisola Onitiri** of Upper Marlboro (20774)  
**Abiyu Tegegn** of Lanham (20706)  
**Wesley Thurner** of Bowie (20720)

## Around the County

### St. Philip's Little Chapel Food Pantry Distribution Sunday, October 19, 9–noon

Our next St. Philip's Little Chapel Food Pantry distribution event is scheduled for Sunday, October 19, from 9 a.m. to noon. While supplies last, fresh produce, some frozen items, and non-perishable goods will be available. We are located at the corner of 6th and Prince George Streets, behind the church off Main Street in Laurel. We encourage people to bring their reusable bag(s).

### NCRTV's Hallo-Weekend!

Halloween is almost upon us! Join NCRTV to celebrate the spooky season during our Hallo-Weekend from 10/31–11/2. Kids dressed in costume get free admission! Special Spooky Radio programs will be playing all weekend long, and we'll have some radio, television and Halloween themed crafts to keep their chocolate covered hands busy (no candy in the museum though—SORRY!). Enjoy docent-led tours of the museum as you learn about the unique and interesting history of broadcasting! Visit [NCRTV.org](http://NCRTV.org) for more information!

Where: National Capital Radio and Television Museum  
 2608 Mitchellville Rd. Bowie, Maryland, 20716  
 When: Friday 10/31: 10 a.m.–4 p.m.  
 Saturday 11/1: 12 p.m.–4 p.m.  
 Sunday 11/2: 12 p.m.–4 p.m.

### Innovation in Rural America Showcased in Smithsonian Traveling Exhibition at Accokeek

From October 11 through November 23, the Accokeek Foundation will host "Spark! Places of Innovation," part of the Smithsonian's Museums on Main Street program. This national traveling exhibition showcases stories from more than 30 rural communities across the nation, exploring how creativity and innovation are rooted in place—from small industries to technological advances. Through photographs, hands-on interactives, objects and videos, "Spark!" reveals the leaders, challenges, successes and future of innovation in each featured town. The exhibit will be free and open to the public from 10 a.m.–4 p.m., Wednesdays through Sundays.

In addition, the Accokeek Foundation will present a companion exhibit, "Narratives of the Potomac," highlighting recent research into the region's history and culture. Stories feature the contributions of local veterans, Indigenous history, watermen, and new educational programs that connect Piscataway Park to its surrounding communities. Since its 1957 founding, the Accokeek Foundation has embraced innovation in conservation and preservation—protecting culturally and environmentally significant landscapes and interpreting the region's heritage. Today, through its Reimagining Accokeek initiative, the Foundation is carrying that spirit forward by working hand-in-hand with the community. With support from the NPS Chesapeake Bay Gateways Network and the Maryland

Center for History and Culture, this work makes the message of "Spark!"—celebrating community and innovation in rural America—come alive here in Southern Maryland.

To enrich the exhibit experience, educational programming will be offered from October 14–November 21. Visitors can enjoy a guided 60–90-minute experience: 30–45 minutes in the "Spark!" exhibit followed by a deep dive into innovation with Accokeek Foundation staff. Advance registration is required through the Accokeek Foundation website at [www.accokeek.org](http://www.accokeek.org).

• Schools: Tuesdays, Wednesdays, and Fridays at 10 a.m.  
 • Public Tours: Fridays, Saturdays, and Sundays at 1 p.m.  
 The Accokeek Foundation is honored to be one of only six cultural organizations in Maryland selected by the Maryland Humanities Council to host "Spark!" through the Museums on Main Street initiative—a partnership of the Smithsonian Institution, state humanities councils, and local organizations bringing world-class exhibitions to rural communities.

The opening of this exhibit allows us to reflect on the more than two years of research and program development," said Anjela Barnes, Executive Director of the Accokeek Foundation. "As we have been reimagining Accokeek, we are lifting up the stories of Southern Maryland—its unique history, culture, and the deep stories of the land and waters as shared through community oral histories. This work has been about honoring the past while inspiring dialogue about our shared future."

The exhibition is part of Museum on Main Street, a unique collaboration between the Smithsonian Institution Traveling Exhibition Service (SITES), state humanities councils across the nation, and local host organizations. "Spark!" was inspired by "Places of Invention," an exhibition developed by the Smithsonian's Lemelson Center for the Study of Invention and Innovation. To learn more about "Spark! Places of Innovation" and other Museum on Main Street exhibitions, visit [www.museumonmainstreet.org](http://www.museumonmainstreet.org)

SITES has been sharing the wealth of Smithsonian collections and research programs with millions of people outside Washington, D.C., for more than 70 years. SITES connects Americans to their shared cultural heritage through a wide range of exhibitions about art, science and history, which are shown wherever people live, work and play. For exhibition description and tour schedules, visit [www.sites.si.edu](http://www.sites.si.edu).

### Venue Information

Accokeek Foundation at Piscataway Park  
 3400 Bryan Point Rd  
 Accokeek, MD 20607  
 Open 10 a.m.–4 p.m., Wednesday through Sunday

### La Salle University Welcomed Largest Undergraduate Class Since Before the Pandemic

PHILADELPHIA, Pa. (Oct. 9, 2025)—The University welcomed nearly 700 new first-time, full-time students this fall, representing a 40% increase over last year. La Salle also enrolled 150 new transfer students, an increase of nearly 60% from the prior year.

Among the students are:

**Carleen Lionel** of Temple Hills, MD (20748), majoring in Criminal Justice.

**Kingston Nkanu** of Bowie, MD (20715), majoring in Nursing.

# COMMUNITY

## Social Security Matters

Ask Rusty:

### Should I Take Social Security Now, or at age 70?

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 April 1958, and my plan has been to take my Social Security at age 70. However, my sister-in-law says that it is smarter to take it now while I am still working. I will be 70 in 2.5 years. Her husband collects his SS and has kept working. She believes their strategy will net more money than mine due to the fact he has continued to pay into the system, and she believes it has super boosted his monthly benefit. What say you? BTW, Lord willing and the creek don't rise I plan on living at least till 87. **Signed: Questioning My Plan**

**Dear Questioning:** You have already reached your SS full retirement age (FRA), so you can earn as much as possible without your SS benefit being negatively affected by Social Security's Annual Earnings Test. In fact, if your current earnings are among the highest over your lifetime, your SS benefit amount will continue to increase because of your higher current earnings. You are now also earning Delayed Retirement Credits (DRCs), which will improve your monthly amount by .67% for each month (8% for each full year) you delay. That means that if you wait and claim at 70 you will get about 127% of what you would have gotten had you claimed at your FRA of 66 years and 8 months (plus you'll also get all COLA increases which occur between now and then). So your life expectancy is key.

It usually takes about 12 years to breakeven moneywise by claiming at age 70 vs. at FRA. In other words, if you claim at 70 instead of FRA, you'll have received the same amount of SS money after you are 82. Thus, if your life expectancy is greater than age 82, you'll get more in cumulative lifetime benefits by waiting until 70 to claim. Of course, no one really knows how long they will live, so it is a judgement you need to make. "Average" life expectancy for a man your current age is about age 84, but if you'd like to get a more personalized longevity estimate you can use this tool we use here at the AMAC Foundation: <https://socialsecurityreport.org/tools/life-expectancy-calculator/>

Another thing to keep in mind is whether your wife will get a widow's benefit if you die first. A widow will get the higher of either her own SS retirement benefit, or the husband's benefit amount when he died. So, if you claim at age 70, your surviving spouse will benefit (if her own SS is smaller) because you waited until 70 for your higher SS amount. Just something else to keep in mind.

Yet another is whether your wife will be entitled to a higher benefit as your spouse while you are both living. (FYI, a spouse will get a "spousal boost" if her own SS retirement benefit at FRA is less than 50% of her spouse's FRA entitlement). If so, your wife cannot claim her spousal benefit until you take your own SS retirement benefit. If your wife will be entitled to more as your spouse while you are both living, then delaying until age 70 means your wife cannot collect her higher spousal amount until you claim. Depending on your financial needs as a couple, that may affect your decision as well.

When to claim is always a judgement call which should consider your life expectancy, your financial needs, and your marital status. If you don't need the SS money now (while you are working) and believe you will, indeed, live "at least till 87," then waiting would likely be your best long-term decision. If you have doubts about your life expectancy, and/or if your wife will substantially benefit from a "spousal boost" if you claim earlier, then claiming now would also be a wise choice.

Finally, it's also important to understand that your SS benefits may be taxable by the IRS and, if you are still working, your IRS tax rate will likely be higher now than it would be after you retire from working. (Note: The so-called "one big, beautiful bill" provides only temporary tax relief (thru 2028) on SS benefits - the IRS will still tax SS benefits but also allow a separate tax deduction to offset those SS taxes you pay).

*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).*

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).

## The Prince George's Post

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## 'Clean and Green: Elevate the Scene' Annual Countywide Cleanup and Community Planting Event

Residents Invited to Participate in Countywide Cleanup & Beautification Day  
DPW&T to Provide Free Supplies, Mulch, and Plants

By PRESS OFFICER  
Department of Public Works and Transportation

LARGO, Md. (Oct. 9, 2025)—The Department of Public Works and Transportation (DPW&T) and County Executive Aisha Braveboy invite residents, businesses, and community organizations to sign up and join the County's fall beautification event, Clean and Green: Elevate the Scene, on **Saturday, October 25, 2025**, from 8 a.m. to 12 noon.

"I'm personally inviting residents countywide to sign up and join us for the annual cleanup and community planting event," said County Executive Aisha Braveboy. "We've made tremendous progress cleaning up the county and I'm looking forward to a day full of fun, planting, and working with residents. This event is more than a cleanup—it's a celebration and we're going to have a great day!"

For registered participants and organizations, DPW&T will provide plastic gloves, trash bags, safety vests, plants, trees, litter grabbers, plants, and a maximum of 6 bags of mulch. **Registration for 'Clean and Green: Elevate the Scene' closes Friday, October 17, 2025.** Student participants will receive community service credits. Verification forms for community service can be obtained at the schools.

"Our department is proud to partner with residents and volunteers to elevate the County," said DPW&T Director Michael Johnson. "When County agencies and residents work together, we can make an even greater impact on Prince George's County communities."

For additional information, please contact the DPW&T Office of Highway Maintenance at (301) 499-8641 or e-mail Tonya Hairston at [CleanandGreen@co.pg.md.us](mailto:CleanandGreen@co.pg.md.us). Register [https://www.princegeorgescountymd.gov/departments-offices/public-works-transportation/community-engagement/clean-green-elevate-scene-fall-clean-event?utm\\_medium=email&utm\\_source=govdelivery](https://www.princegeorgescountymd.gov/departments-offices/public-works-transportation/community-engagement/clean-green-elevate-scene-fall-clean-event?utm_medium=email&utm_source=govdelivery) to join this Countywide event.

WHAT:

Clean and Green: Elevate the Scene—Fall 2025

WHEN:

Saturday, October 25, 2025  
8 a.m.–12 noon

WHERE:

Prince George's County Communities

WHO:

Prince George's County Government  
Neighborhood Design Center  
Prince George's County Public Schools  
Maryland-National Capital Park and Planning Commission (M-NCPPC)  
Residents  
Community Organizations  
Volunteers

## Governor Moore Announces Appointment of State Senator Michael A. Jackson as Acting Superintendent of the Maryland Department of State Police

By PRESS OFFICER  
Office of the Governor

ANNAPOLIS, Md. (Oct. 10, 2025)—Governor Wes Moore today announced the appointment of Maryland State Senator Michael A. Jackson as acting superintendent of the Maryland Department of State Police. Jackson will assume the post as acting superintendent beginning Nov. 12, following the retirement of Col. Roland L. Butler on Nov. 1. Lieutenant Colonel Daniel C. Pickett will serve as interim superintendent.

"Colonel Roland Butler is a true public servant in every sense of that phrase, and our state is safer because of his distinguished leadership," said Gov. Moore. "During Colonel Butler's tenure at the helm of State Police, Maryland has become a national leader in crime reduction and public safety gains. He leaves behind a profound legacy as he enters retirement. And I also know Senator Michael A. Jackson—an exceptional public servant in his own right—will build on the foundation Colonel Butler laid. Together, we will continue our all-of-the-above approach to public safety, grounded in accountability, coordination, and partnership."

Col. Butler is retiring after more than

31 years in law enforcement. In addition to serving as Maryland Department of State Police Superintendent, he served as the Chairman of the Police Training Commission, Vice President of the Maryland Chief's Association, and the Vice Chair of the High Intensity Drug Trafficking Areas (HIDTA) program. During his career Col. Butler also served as chief of the Maryland State Police Field Operations Bureau, where he led a patrol force of more than 1,000 troopers and investigative personnel assigned to 23 barracks. During his career, Col. Butler served in both line and supervisory positions as he was promoted through the ranks. He served on the superintendent's staff in the Maryland State Police Support Services Bureau Office of Equity and Inclusion, and in other positions throughout the Field Operations Bureau.

A lifelong public servant, Michael A. Jackson served twenty-two years with the Prince George's County Sheriff's Office, including eight years as elected sheriff for Prince George's County and more than five years as Fraternal Order of Police Lodge #112 president.

Elected to the Maryland General Assembly in 2014, Jackson served as the state delegate for legislative district 27B from 2015–2021. While a member of the

House of Delegates, he sat on the Appropriations Committee and served as vice chair in 2020. In January 2021 he was appointed and subsequently elected in November 2022 to represent district 27 in the State Senate. During his tenure, he has served as chair of the Pensions Subcommittee as well as the Public Safety, Transportation and Environment Subcommittee. He also served as the chair of the Senate Veterans Caucus and as a member of the Senate Budget and Taxation Committee.

A recipient of numerous honors and awards, Jackson's name was entered into the Congressional Record for having established the first 24/7 Domestic Violence Intervention Unit in the Mid-Atlantic Region. He also directed the Maryland Community Crime Prevention Institute, the Leadership Development Institute, and the Maryland Sheriffs' Association.

Jackson is a United States Marine veteran and an alumnus of The Johns Hopkins University (M.S., Management); DeVry University (B.S., Technical Management/Electronic Engineering Technology); and St. Mary's Seminary and University (Graduate Certificate, Biblical Studies).

## Laboratory from A1

able service for our communities. On behalf of the District 20 Delegation, we commend WSSC Water for its commitment to the residents of Montgomery and Prince George's counties.

"As a former WSSC Water Commissioner, I am proud to see this expanded laboratory come to life," said Maryland State Delegate Greg Wims. "It reflects the utility's ongoing commitment to innovation, water quality, and public health. This investment ensures that residents of Prince George's and Montgomery counties continue to receive safe, reliable water while strengthening WSSC Water's role as a trusted community partner."

"This facility is more than just bricks, mortar, and high-tech instruments," said WSSC Water Commission Chair Mark J. Smith. "It's a promise kept—to protect public health, support economic development, and uplift our communities. In total, this project supported 350 local jobs and invested \$5.6 million with our diverse business partners, and that is mu-

sic to my ears."

WSSC Water previously relied on contract laboratories for critical and regulatory analyses due to space, infrastructure and instrument limitations. The expansion dramatically increases in-house testing capability and reduces reliance on outside testing: faster results at a lower cost.

"This expanded laboratory is where science meets service," said WSSC Water General Manager and CEO Kishia L. Powell. "The quality of the work done in this lab ensures that when families in Prince George's and Montgomery counties fill a glass, cook a meal or bathe their children, they can trust their taps because of our dedicated employees and steadfast commitment to public health."

The upgraded and newly expanded facility also includes overnight accommodations for lab staff during emergencies and meets LEED Gold certification standards, meaning a much more efficient building with significantly lower climate impacts.

Grunley Construction, the lead con-

tractor on this project, has been involved since the 2022 groundbreaking, playing a key role in delivering this state-of-the-art laboratory.

"It's been exciting to see this project come full circle from the first shovel in the ground to completion," said Michael Thiele, Contract Executive for Grunley Construction. "As a local company with employees and subcontractors in the community, we take great pride in delivering what matters, a culture of trust and respect while performing with the highest standard of excellence. Partnering with WSSC Water on this state-of-the-art laboratory has been an honor, and it demonstrates what strong partnerships can achieve in strengthening essential infrastructure and the communities it serves."

*WSSC Water is the proud provider of safe, seamless and satisfying water services, making the essential possible every day for our neighbors in Montgomery and Prince George's counties. We work to deliver our best because it's what our customers expect and deserve.*

# COMMENTARY

**Marc Morial**

*President and CEO, National Urban League*



**To Be Equal:**

## The Death of Kyren Lacy Falls on Lafourche Parish Sheriff's Office. We Need Police Reform Now.

*"Every day we wake up, we fight battles nobody sees. Be kind. Be accountable. Be human."*  
—Ryan Clark

America has a long history of overpolicing Black men, scapegoating them as criminals without due process. The tragic death of rising LSU football star Kyren Lacy is no different. Not only was his death completely preventable, but the LaFourche Parish Sheriff's Office should be held accountable for an arrest and prosecution without cause, without an investigation, and investigated for discriminatory policing practices.

Upon review of the footage of the accident that caused 78-year-old Herman Hall to lose his life, it is clear that this young man does not bear responsibility for this tragic car crash; his vehicle was not even present when it occurred.

Yet deputies from Lafourche Parish's office not only arrested Kyren Lacy but also charged him with negligent homicide, felony hit-and-run, and reckless operation of a vehicle, while failing to review any evidence in the process.

The unimaginable anxiety and shame that mounted on a young man who entered the 2025 NFL draft the same month that this tragedy

changed the trajectory of his life ultimately claimed his own this April, ahead of a trial.

Lacy, a former LSU football player with immense promise, died by suicide during a police pursuit, months after being charged in connection with a fatal crash. Before the courts could determine the facts, before the truth could fully surface, his life came to an abrupt and irreversible end. For those who knew him, he was not a headline or a statistic; he was a son, a teammate, and a young man still finding his way in a world that too often shows young Black men its harshest face.

This tragedy is about more than a single moment. It speaks to the deep failures of a justice system that too often confuses accountability with punishment, and law enforcement practices that escalate when they should de-escalate. It calls into question whether our public safety institutions are designed to preserve life or to control it.

At the National Urban League, we know that public safety cannot exist without public trust. Through our 21 Pillars for Redefining Public Safety and Restoring Community Trust, we have outlined a comprehensive framework for real reform, reform that moves us beyond rhetoric and toward results.

These pillars demand transparency, community engagement, and accountability at every level of law enforcement. They call for independ-

ent civilian review boards, strict standards for the use of force, and a nationwide system to prevent officers with histories of misconduct from quietly transferring from one department to another.

Our vision is not anti-police; it is pro-justice. We believe in a model of community policing rooted in respect, empathy, and shared responsibility. Officers should be trained and equipped to respond to crises with compassion as well as control, and departments must reflect the diversity and values of the communities they serve. Reform must also include investment in mental-health response, conflict resolution, and economic opportunity, because proper safety is not built on fear, but on fairness and trust.

Kyren Lacy's death reminds us that every encounter between law enforcement and the public is not just a matter of law, but of life. His story joins too many others in the long record of loss that demands our nation's attention and action. The goal of justice cannot simply be punishment after tragedy; it must be prevention before it.

To be equal means more than equality before the law; it means equality in treatment, in dignity, and in the chance to live freely and fully. The work of reform is not abstract. It is urgent. It is human. And it is the only way to honor those we have lost while ensuring that fewer lives meet the same fate.

—October 11, 2025

## Governor Moore Announces Historic Conowingo Dam Agreement to Promote Landmark Chesapeake Bay Restoration Efforts and Supercharge \$3.2 Billion Bay Economy

By PRESS OFFICER  
Office of the Governor

ANNAPOLIS, Md. (Oct. 2, 2025)—Governor Wes Moore today announced a historic agreement with Constellation Energy to fund and implement operational improvements and environmental projects at the Conowingo Dam. The commitments—valued at more than \$340 million and negotiated in partnership with Waterkeepers Chesapeake and Lower Susquehanna Riverkeeper Association—will meet enforceable water quality standards by mitigating the impacts associated with the dam's operation.

"The Chesapeake Bay is the keystone to Maryland's prosperity," said Gov. Moore. "This agreement will lead to real improvements in water quality in the biggest tributary of the Chesapeake Bay, while securing the future of one of our state's largest clean energy producers. By bringing everyone to the table, we have struck an agreement that is good for the environment, good for energy production, and good for Marylanders."

The agreement clears the way for the re-licensing and continued operation of the dam's hydroelectric facility on the Susquehanna River, which is the largest source of renewable energy in the state. The terms of the agreement, announced today at the dam, include operational improvements and upfront and ongoing annual payments:

- **Water quality and resiliency:** \$87.6 million for pollution reduction and resiliency initiatives, including shoreline restoration, forest buffers, fish passage projects and planting underwater grasses that produce oxygen, stabilize sediments and provide habitat for countless species.
- **Trash and debris removal:** \$77.8 million to strengthen efforts that already clear an average of about 600 tons of debris each year, with innovative approaches like barging for removal.
- **Aquatic life passage:** More than \$28 million for fish and eel passage improvements and protections at the dam, helping American shad, river herring, and freshwater mussels rebound while reconnecting

habitats across the Susquehanna.

- **Freshwater mussel restoration:** \$23.3 million to build and operate a hatchery that will seed the river with mussels, which, like oysters, are natural filters that clean the water and reduce pollution flowing into the Bay.
- **Dredging:** \$18.7 million to support additional studies on dredging and related activities.
- **Invasive species management:** \$9.4 million to control destructive species like snakeheads and blue catfish, protecting the river's ecosystem and supporting Maryland's fishing economy.
- **Ongoing:** Lower Susquehanna Riverkeeper Association and Waterkeepers Chesapeake have an ongoing role in aspects of the implementation of the certification and settlement agreement.

"This historic agreement ensures that our children and grandchildren will inherit a Chesapeake Bay and Susquehanna River that are cleaner and healthier than they are today," said Attorney General Anthony G. Brown. "I'm proud of our office's tireless efforts in this case to improve water quality and protect the lives and livelihoods of Marylanders who depend on these essential waterways for recreation and work."

The commitments are contained in a Revised Water Quality Certification issued by the Maryland Department of the Environment and a companion settlement agreement. The department issues certifications pursuant to authority from Section 401 of the Clean Water Act. For a dam, a certification works like a permit and has conditions and requirements for the operation of the dam.

An initial certification was issued in 2018, but legal challenges led to a 2019 waiver of that certification and settlement, requiring the dam owner to invest in improvements valued at \$230 million. The terms were dependent on the facility's receipt of a 50-year federal license, but an appeals court vacated that license in 2022.

To reach the agreement announced today, the extensive reconsideration process included a public comment period and more than a year of mediation involving the State, Constellation,

Lower Susquehanna Riverkeeper Association and Waterkeepers Chesapeake, leading to the agreement announced today. A Revised Water Quality Certification will be filed with the federal government for the dam's license to be renewed.

"With this agreement, we are protecting clean water and vibrant ecosystems for generations to come while supporting jobs, commerce, and energy security," said Maryland Department of the Environment Secretary Serena McIlwain. "All parties—including environmental groups who challenged a previous framework—have signed on. From restored fisheries to enhanced recreation and tourism, the benefits of a healthier Susquehanna River flow through our communities, our industries, and the Chesapeake Bay."

"The Susquehanna watershed is home to one of the largest concentrations of clean energy generation in America, and Constellation is proud to build on that nearly century-old legacy, investing heavily in clean generation, protecting water quality and powering Maryland's economy," said Constellation President and Chief Executive Officer Joe Dominguez. "But it's not just the scale of the investments we are making that makes us proud, it's how we are investing. Some utility monopolies are claiming they can lower your electricity costs by building new generation, but they want you to guarantee their profits. That's just not fair, especially now, when many families are already struggling to pay higher electricity bills. In the last decade, Constellation has invested more than \$1 billion in Maryland clean energy projects, from wind and hydro to state-of-the-art nuclear energy, and we will never ask Maryland families to bear business risks that we won't."

Cleaner waterways bolster tourism in Maryland, which generates about \$3.2 billion a year in economic activity. Improved water quality and habitat also benefits Maryland's seafood industry, which contributes nearly \$600 million to the state's economy each year.

"The relicensing of Conowingo Dam is critical to the health of the Susquehanna River and the overall restoration of the Chesapeake Bay," said Waterkeepers Chesapeake Acting Ex-

ecutive Director Robin Broder. "Today's agreement marks a new era for the dam and a new commitment for clean water. The funding for water quality projects, a pathway to dredging, and investments in living resources such as the freshwater mussel hatchery are significant steps forward. Though more than a decade in the making, this agreement is not the end of our efforts, but rather the beginning of an important new chapter. Waterkeepers Chesapeake and Lower Susquehanna Riverkeeper look forward to providing oversight on the implementation of this important agreement."

"Today's announcement marks 16 years of tremendous effort and perseverance by our organization to assure Conowingo Dam is relicensed with proper conditions that protect the health of the Lower Susquehanna River and Chesapeake Bay," said Lower Susquehanna Riverkeeper and Lower Susquehanna Riverkeeper Association Executive Director Ted Evgeniadis. "Without the unwavering commitment of the Lower Susquehanna Riverkeeper, dredging the reservoir to stop harmful pulses of sediment and pollution from reaching the bay would not have been considered. In partnership with Waterkeepers Chesapeake, our successful appeal of the license and the 2019 Settlement brought the parties back together to renegotiate far better terms that will improve water quality and protect our aquatic species for the next 50 years."

Once the conditions of the Revised Water Quality Certification are incorporated in the dam's operating license, Maryland will ensure that the obligations in the Certification are fully and effectively enforced.

"Restoring the Chesapeake Bay is both an environmental and economic imperative for Maryland—countless lives and livelihoods throughout the watershed depend on it," said U.S. Senator Chris Van Hollen. "This agreement marks a major step toward a healthier Bay and a stronger Maryland. With it we are poised to make important strides in improving water quality and bolstering our seafood and outdoor recreation—while securing a key source of clean energy for our state for years to come."

"I am looking forward to this \$340 million agreement which will invest in environmental projects over the next 50 years to support the health of the Susquehanna River and the beating heart of our state—the Chesapeake Bay," said U.S. Senator Angela Alsobrooks. "This settlement will continue to provide reliable, clean energy for Maryland, clean up our environment by removing trash and debris, control invasive species, protect our ecosystem, and improve our state's water quality."

"I am proud that all parties, under the leadership of Governor Wes Moore and his administration, reached an agreement on the Conowingo Dam that balances the needs of all Marylanders," said U.S. Congressman Steny Hoyer. "The Conowingo Dam settlement represents an important investment in the health of our treasured Chesapeake Bay, something I have spent my career fighting for, as well as a clear path forward for Conowingo to continue providing clean, reliable power for Maryland and the broader region."

"The Conowingo Dam, while an important renewable source of energy for the State of Maryland, has also played a role in sediment reaching the Chesapeake Bay," said U.S. Congressman Kweisi Mfume. "I com-

mend Governor Wes Moore and the Maryland Department of the Environment's success in bringing all parties together for a new Conowingo Dam settlement agreement which will increase investment into environmental remediation and restoration."

"The new Conowingo Dam settlement is an excellent example of solutions-oriented stakeholder engagement," said U.S. Congresswoman Sarah Elfreth. "The impact of this historic investment in water quality and the Chesapeake Bay ecosystem will have generational impacts, including the development of a new freshwater mussel hatchery, water quality monitoring, and combating invasive species like the blue catfish. I look forward to the implementation of these exciting projects."

"It is critical we protect and invest in the Chesapeake Bay—a cultural and economic lifeline for our state," said U.S. Congressman Johnny Olszewski. "I applaud our state agencies and Constellation for their collaboration with local conservation organizations to reach a deal that will strengthen the health of the Bay for years to come. I thank all of the stakeholders who understood the urgent need to support this essential Chesapeake

See RESTORATION Page A6

### The Prince George's Post

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# HEALTH *and* WELLNESS

## Understanding the *Hidden Dangers* of LDL (Bad) Cholesterol



**FAMILY FEATURES**

These days, wellness information is practically everywhere you turn. Do this; don't do that. Eat more of this; eat less of that. This is good for you; that is bad.

It can be hard to cut through all the noise, but the reality is, when it comes to something as serious as your heart health and LDL cholesterol – the “bad” cholesterol – ignoring it can be downright dangerous for your health.

According to the American Heart Association, about every 40 seconds, someone in the United States has a heart attack, and strokes occur at about the same frequency.

High LDL cholesterol, often called “bad” cholesterol, significantly increases your risk of heart disease.

A poll conducted by The Harris Poll for the American Heart Association revealed 75% of heart attack and stroke survivors reported having high cholesterol. Yet nearly half (47%) of heart attack and stroke survivors are unaware of their LDL cholesterol number. This lack of awareness shows more knowledge is needed to help survivors proactively manage their health.

In fact, knowledge is key to reducing your risk of heart disease. Understanding the impact of LDL cholesterol and knowing your LDL number can help you make informed decisions.

**Cholesterol: The Good and The Bad**

Cholesterol is a waxy, fat-like substance your body needs to build cells and produce

hormones. However, not all cholesterol is created equal:

- **LDL (low-density lipoprotein) Cholesterol:** This is the “bad” cholesterol. When too much LDL cholesterol circulates in the blood, it can build up in the inner walls of the arteries that feed the heart and brain, forming plaque that can narrow and eventually block these arteries, leading to heart attack or stroke.

- **HDL (high-density lipoprotein) Cholesterol:** Known as the “good” cholesterol, HDL helps remove the “bad” cholesterol from the arteries, protecting against heart attack and stroke.

**A Silent Threat**

Many people think high cholesterol has obvious signs, but that's not always the case. In fact, about half of U.S. adults and 42% of heart attack and stroke survivors mistakenly believe high cholesterol has clear symptoms. However, high LDL cholesterol typically doesn't show any signs, which is why it's known as a silent threat to your heart.

People who have had a heart attack or stroke are at higher risk of future cardiovascular problems, which is why it's important to monitor your cholesterol regularly to help prevent future events.

It's also important to know high LDL cholesterol can be genetic, meaning someone who eats a healthy diet and exercises

regularly can still have high cholesterol. Additionally, the risk of high LDL cholesterol increases with age.

That's why the American Heart Association's “Lower Your LDL Cholesterol Now” initiative, nationally sponsored by Amgen, emphasizes the importance of regular cholesterol checks regardless of your weight, diet and physical activity levels. Knowing your LDL cholesterol number – and understanding the target levels based on your health history – gives you the opportunity to manage your health proactively. This enables you to make informed decisions to prevent future heart issues.

**Know Your Number**

You can reduce your risk of a heart attack or stroke by knowing and addressing your LDL cholesterol number.

Working closely with your doctor allows you to actively manage high LDL cholesterol – often a key risk factor you can help control – and together, you can develop a personalized treatment plan. Ask your doctor or health care provider for a cholesterol test to know your LDL number. Understanding your cholesterol number is the first step toward managing it effectively. If necessary, appropriate management of your LDL cholesterol can help reduce your risk of a heart attack or stroke.

Your doctor may also talk with you about your personal and family medical history; previous heart-related medical events such as a heart attack or stroke; lifestyle habits such as tobacco use, obesity, unhealthy living or aging; racial and ethnic backgrounds; and reproductive health.

**Lower is Better**

When it comes to your cholesterol, guidelines from the American Heart Association and the American College of Cardiology recommend “lower is better” to reduce your risk. Studies show that an LDL number or below 100 mg/dL is ideal for healthy adults.

If you have a history of heart attack or stroke and are already on a cholesterol-lowering medication, your doctor may aim for your LDL to be 70 mg/dL or lower.

Talk to your doctor about the right treatment plan for you. Positive lifestyle habits, such as exercising and eating a healthy diet, may also help.

However, if you've had a heart attack or stroke before, lifestyle changes alone may not be enough to lower your risk of another event. Your doctor may recommend cholesterol-lowering medications to protect your heart health.

Learn more about LDL (bad) cholesterol by visiting [heart.org/LDL](http://heart.org/LDL).

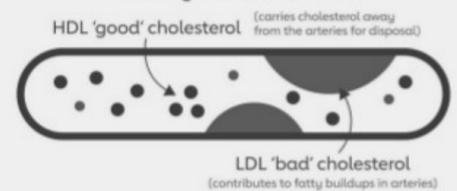


**What You Need to Know About LDL (Bad) Cholesterol and Your Health**

As a heart attack or stroke survivor, knowing the connection between high cholesterol and the risk of another cardiovascular event is vital.

However, less than half (49%) of heart attack and stroke survivors prioritize lowering their cholesterol.

**70% of survivors can't properly identify 'bad' cholesterol**



According to a 2023 survey from the American Heart Association with The Harris Poll:

**75%** of heart attack and stroke survivors reported having high cholesterol...

**47%** of survivors are unaware of their LDL number.

**98%** are willing to get their cholesterol measured if recommended by their health care professional.

**Lower Your LDL Cholesterol Now**



**Know Your Risk**  
Getting your cholesterol checked is as simple as getting a blood test from your doctor.



**Take Your Medication**  
Talk to your doctor about cholesterol-lowering medication.

Visit [heart.org/LDL](http://heart.org/LDL) to learn how to lower your LDL and reduce your risk of heart attack or stroke.

The American Heart Association's LDL-C Awareness Initiative is sponsored by **AMGEN**



