

# The Prince George's Post



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## Hoyer, Maryland State Department of Education Celebrate 25 Years of Judy Center Early Learning Hubs

Governor Wes Moore celebrated the Judy Center 25th Anniversary at Rosa L. Parks Elementary School, on Nov. 6, 2025. The celebration honored the visionary leadership and legacy of Congressman Hoyer's late wife and early childhood advocate Judith P. Hoyer. With Gov. Moore are (L to R) Congressman Steny H. Hoyer (MD-05), Dr. Carey M. Wright, State Superintendent of Schools, and Dr. Joshua Michael, State Board of Education President.



PHOTO CREDIT  
JOE ANDRUCYK,  
MARYLAND GOVERNOR'S  
PRESS OFFICE

## UCAP Hosts "Walk in Their Shoes" 5K Walk to Raise Awareness and Support for Homelessness

By PRESS OFFICER  
United Communities Against Poverty, Inc.

CAPITOL HEIGHTS, Md. (Nov. 3, 2025)—United Communities Against Poverty (UCAP), the State of Maryland's designated Community Action Agency for Prince George's County, is bringing the community together again for its annual Walk in Their Shoes 5K event. This purposeful event dedicated to raising awareness, driving empathy, and strengthening support for families experiencing homelessness, will start at 8 a.m. on **Saturday, November 22, 2025**, at Bladensburg Waterfront Park.

For more than 60 years, UCAP has provided critical services including housing assistance, food support, and workforce development resources to Prince George's County residents. With nearly 10,000 individuals currently experiencing homelessness across the DC metro region, UCAP's mission to reduce poverty and support families on that path to self-sufficiency remains critically important. This year's walk takes place during a period of economic instability and uncertainty. Rising

EVENT DETAILS  
United Communities Against Poverty  
**Walk in Their Shoes 5K**  
**Saturday, November 22, 2025, 8 a.m.**  
Bladensburg Waterfront Park  
4601 Annapolis Rd.  
Bladensburg, MD 20710  
Register: [www.ucappgc.org/ucapwalks](http://www.ucappgc.org/ucapwalks)  
**Bring non-perishable food items**

costs of living, employment instability, and the widespread effects of the recent federal government shutdown have placed additional strain on families across the region and across the country. As federal workers and contractors face lost wages and lingering uncertainty, UCAP has started to see a rise in emergency assistance requests for rental support, housing support, groceries, and additional resources. In response, UCAP is expanding its supportive housing fund, which provides emer-

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## A Driver Convicted of Reckless Driving in Maryland Could Now Face Jail Time

By ALAYSIA EZZARD  
Capital News Service

On Oct. 1, the Sergeant Patrick Kepp Act went into effect in Maryland. Senate Bill 590 makes adjustments to what constitutes reckless, aggressive and negligent driving. Drivers convicted of these offenses face increased maximum fines and even possible jail time for reckless driving. "The purpose of this law change is not to put people in jail or not to take their licenses away, but it's to hold them accountable... even just with some probation or some driver improvement classes that a

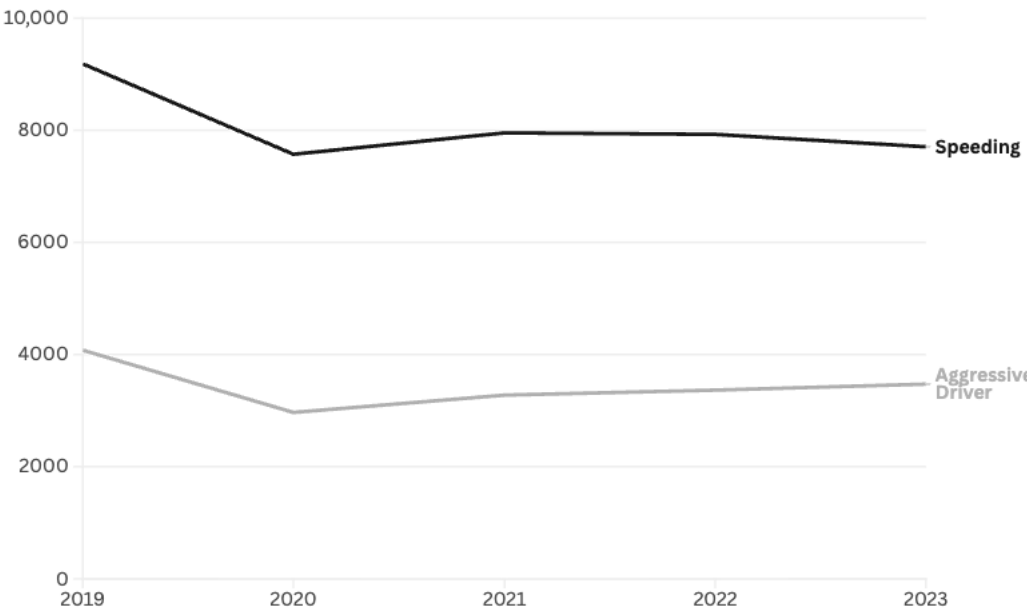
judge can enact to keep the roadway safe," said Lt. Patrick Kepp, for whom the bill is named. Reckless driving is the most serious of the offenses covered by the bill and is defined as operating a motor vehicle "in wanton or willful disregard for the safety of persons or property." With the passage of the bill, driving 30 miles per hour or more over the speed limit can now be considered reckless driving and an accused driver must appear in court and can face a fine of up to \$1,000 and/or up to 60 days in jail. A driver convicted of reckless driving will have six points assessed against their license

and could have an additional six points assessed if they were driving 30 mph or more over the speed limit. Because of the change, a convicted driver could have their license revoked for six months or more. "What I want to do as the author of the legislation is give it one year to see what happens," said Del. Greg Wims (D-Montgomery), a sponsor for the bill. "Hopefully, we'll see that the speeding has decreased somewhat and that, of course, no life has been lost, hopefully anywhere in the state of Maryland."

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### Speeding and aggressive driving accidents have decreased in Maryland

Speeding accidents dropped 16% and aggressive driving went down 15% between 2019 and 2023.



Source: Maryland Highway Safety Office, Maryland Highway Safety Office  
Chart: Alaysia Ezzard

## City of Bowie Announces Grand Opening of Workforce Training Center

By PRESS OFFICER  
City of Bowie

BOWIE, Md. (Nov. 4, 2025)—The City of Bowie Office of Grant Development and Administration is proud to announce the Grand Opening of the Bowie Workforce Training Center (WTC) on Wednesday, November 12, 2025, at 10 a.m. The event [took] place at the Kenhill Center, located at 2614 Kenhill Drive, Bowie, MD. The Workforce Training Center is a major initiative in partnership with Employ Prince George's (EPG), the county's principal workforce development and training entity. The center is part of the American Job Center Community Network (AJCCN), which includes six other locations across Prince George's County. The Bowie Workforce Training Center is designed to support local job seekers by providing access to computer terminals, online career resources, resume-building tools, job search assistance, and online learning opportunities. It also

serves as a resource hub for residents looking to explore new career pathways or enhance their skills in a supportive environment. Following the grand opening, the Center will be open to the public: • Tuesdays and Wednesdays: 3–7 p.m. • Thursdays: 12–4 p.m. (Closed on City holidays) All services are free and open to any job seekers in Prince George's County. "The Workforce Training Center represents Bowie's commitment to empowering residents with the tools, technology, and training they need to thrive in today's job market," said Kay Starr, Program Coordinator for the Office of Grant Development and Administration.

**Additional resources:**  
• [www.cityofbowie.org/joblab](http://www.cityofbowie.org/joblab)  
• <https://labor.maryland.gov/county/pg/>  
• <https://www.employpg.org/>  
• [www.cityofbowie.org/worktraining](http://www.cityofbowie.org/worktraining)

## Governor Moore Signs Executive Order Establishing the Maryland Horse Industry Strategic Plan

By PRESS OFFICER  
Office of the Governor

ANNAPOLIS, Md. (Nov. 6, 2025)—Governor Wes Moore today signed an executive order today formally establishing the Maryland Horse Industry Strategic Plan to guide the future of Maryland's \$2.9 billion equine sector. The initiative marks a historic step toward unifying the state's diverse horse community under a single, coordinated vision for growth, sustainability, and collaboration. "Maryland's horse industry is a powerful symbol of the state's heritage, agricul-

ture, and economic vitality," said Gov. Moore. "This strategic plan will bring together all facets of the equine community to ensure the industry continues to thrive for generations to come." With more horses per square mile than any other state, Maryland's equine ecosystem supports thousands of jobs, maintains open space, and attracts visitors from across the nation and world through premier events. Maryland's horse industry also supports more than 28,000 jobs and \$1.24 billion in wages statewide. "From racing to recre-

ational riding, from therapeutic programs to trail systems, Maryland's equine ecosystem touches every corner of our state," said Maryland Secretary of Agriculture Kevin Atticks. "This effort ensures that all sectors have a seat at the table to build a unified vision for the future." The steering committee leading this work will include state agencies as well as representatives from across Maryland's horse ecosystem. These representatives reflect the breadth and diversity of

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### INSIDE

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University of Maryland Launches Forward: The University of Maryland Campaign for the Fearless

"We will begin a new era in education and research that develops a fearless generation and makes real change for real people," said University of Maryland President Darryll J. Pines.

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How to Cut Medication Costs Without Cutting Corners

A health care insider shares tips for staying well and financially grounded, even in a tough economy.

Health and Wellness, Page A5

# TOWNS *and* NEIGHBORS

## Tau Delta Zeta & Partners Host Annual Thanksgiving Food Drive in Laurel

As families across Maryland prepare for the holiday season, Zeta Phi Beta Sorority, Incorporated – Tau Delta Zeta Chapter is continuing its commitment to community uplift through our Annual Thanksgiving Food Drive, in partnership with The City of Laurel, The Distinguished Pearls Foundation, and the 0-Six Ryderz Motorcycle

Club. This food drive reflects our continued commitment to the Extraordinary Power of S.H.E.—advancing Social, Health, and Economic equity throughout our communities.

**Event details:**  
What: Annual Thanksgiving Food Drive

& Community Distribution  
Who: Zeta Phi Beta Sorority, Inc. – Tau Delta Zeta Chapter, The City of Laurel, The Distinguished Pearls Foundation, and the 0-Six Ryderz  
When: **Saturday, November 22, 2025**  
Where: Laurel Multiservice Center, 204 Fort Meade Road, Laurel, MD 20707

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

### WEDDING ANNIVERSARIES

Congratulations to Brandon and Ashley Holmes, Barron and Kendra Neal who are Clinton United Methodist Church members celebrating Wedding Anniversaries in November.

### THE BOLD BUZZ

Where are they now? Calling all former Bowie State University Student-Athletes. Are you a former Bulldog student-athlete? If so, the Department of Athletics wants to reconnect with you. Please complete the form online to stay in touch and to receive updated information from the Department of Athletics. Once a Bulldog, always a Bulldog. STAY CONNECTED: Website: bsubulldogs.com, Facebook:@BSUBulldogs, Twitter:@BSU-Sports-Info. BSU-Sports-Info, Instagram:BowieStateBulldogs.

### KRIS KRINGLE CHRISTMAS MARKET

Join us for the 2025 Kris Kringle Christmas Market on Friday, December 12th (4–8 p.m.), Saturday, December 13th (9 a.m.–8 p.m.), Fireworks Saturday at 6 p.m. Sunday, December 14th (10 a.m.–3 p.m.) The Charles County Fairgrounds will once again be transformed into Winter Wonderland, complete with festive light displays, a spectacular fireworks show, live music. Southern Maryland’s favorite food trucks, one-of-a-kind handmade crafts, photos with Santa, children’s activities, and so much more.

Admission is \$5 (Children 10 and under FREE). This is a non-profit event, with all proceeds benefitting the Southern Maryland Food Bank, the Charles County Volunteer Firemen’s Association, the Charles County Association of Emergency Medical Services, Inc. and the Charles County Fair. Charles County Fairgrounds, 8440 Fairgrounds Road, La Plata, MD, 20646. For further information contact 301-932-1234.

### CELEBRATING 158TH CHURCH ANNIVERSARY

Nottingham Myers United Methodist Church will be celebrating their 158th Church Anniversary November 16, 2025, at 10 a.m. “Standing on Faith Covered by Grace” (2 Corinthians 12:9 (NRSVUE). Rev. Shemaiah Strickland, Pastor. Telephone: 301-888-2171.

### LOVE, PEACE, AND UNITY HOLIDAY CONCERT

Join us for an exhilarating concert celebrating love, peace, and unity filled with positivity and connection. Cultural Academy for Excellence: Love, Peace and Unity Holiday Concert will be on Saturday, December 13, 2025, from 2–4 p.m. EST. By CAFÉY-outhOrg.

Cost \$12–\$25 Location: Elizabeth Seton High School, 5715 Emerson Street, Bladensburg, Maryland.

### HOLIDAY MARKETPLACE

Get ready to immerse yourself in the festive spirit at Harmony Hall’s annual Holiday Marketplace on Saturday, December 6, 2025 from10 a.m.–4 p.m. Enjoy the enchanting sounds of live music while sipping on warm refreshments. Explore a variety of vendor tables offering unique, handcrafted items and perfect stocking stuffers for everyone on your list. This free event is open to all ages, so bring your family and friends for a delightful holiday experience. Do not miss this magical opportunity to cel-

ebrate the season with us at Harmony Hall Arts Center, 10701 Livingston Road, Fort Washington, Maryland. Telephone 301-203-6070. Event Category: Special Event Special Events Holidays Celebrations Arts Senior Youth Free. Event Programs & Series of Arts Special Events (Harmony Hall) Workshops & Events (Harmony Hall).

### FESTIVAL OF LIGHTS AT WATKINS

The Watkins Park Lights is held at Watkins Regional Park in Upper Marlboro at 301 Watkins Park Dr, Upper Marlboro, Maryland 20774-1950. Another year rolls on, and yet another Christmas is upon everyone. The merriest and happiest time of the year is loaded with great food, family traditions, and a whole lot of adult drinks to make the party a lot jollier. While sitting by the fire is certainly cozy, adventure junkies like you should not miss visiting the Watkins Park Festival of Lights.

If you are looking for something festive and fun for the entire family to enjoy this upcoming yuletide season, you have come to the perfect place. From illuminated trails loaded with fairytale characters to shining Christmas lights brightening up some of Watkins Park’s every winter, Watkins Regional Park in Upper Marlboro invites visitors to see the stunning drive-through holiday show with more than two million blinking Christmas lights.

This is a family event for all ages. You can drive through this event every night from November 28 through January 1, 5 p.m. until 9:30 p.m. Please donate canned goods or non-perishable food to a Prince George’s County family in need. Get tickets [https://www.pgparcs.com/event\\_list/festival-of-lights-3](https://www.pgparcs.com/event_list/festival-of-lights-3)

And Bikes and Lights is back! Attendees can get a chance to explore the lights while riding their bicycles. This particular event will take place on Sunday, November 23, 2025. For more details, you can visit the festival’s website. [https://www.pgparcs.com/event\\_list/festival-of-lights-bikes-and-lights](https://www.pgparcs.com/event_list/festival-of-lights-bikes-and-lights)

### UNIVERSITY OF MARYLAND (UMES)

Alumni Updates: Anthony Brew (Class of 2005, Criminal Justice) has been selected to lead the Montgomery County’s (MD) Human Resources Department as its new Chief Human Resource Officer. Brew joins Montgomery County with more than two decades of experience in leading employee engagement and talent management at large organizations, including in Philadelphia and Montgomery County. Brew holds a bachelor’s degree in criminology from the University of Maryland Eastern Shore and an Executive MBA from the Fox School of Business at Temple University.

Crystal Berger (Class of 2000, English), the founder and CEO of Baltimore-based EBO Corp, secured a \$200,000 investment from TEDCO to help take automation, inclusivity, and AI innovation to the next level. Berger’s company is one of the only Black women-owned AI start-ups in the U.S.

Alexander Ryan Wycoff (Class of 2023, Aviation Science) became a pilot with Delta Air Lines in March at age 23. Information from University of Maryland Eastern Shore (THE KEY). A newsletter for students, faculty, staff, alumni, and friends May 25, 2025.

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

### New LED-light signs

According to the Morningside Newsletter, three LED-light signs are coming. They will be installed at the VFW, Glaubitz Circle, and the Firehouse. Watch for them. And slow down!

The Town is also in the process of seeking a grant to build a Public Works building to house their vehicles and attachments. This would free up space in the municipal center basement for more storage and office space for Morningside’s growing Police Department.

Then there’s winter: Morningside is getting snow equipment ready to go. Trucks and plows are being serviced now so they can respond when the snow and ice arrive.

### Retaining wall work on Woodland Road

Work is well underway for replacing the retaining walls in the 6800 block of Woodland Road. These walls support the road and sidewalk and prevent erosion for a stretch of houses downhill from the road. Councilman John Anthony is the town’s manager for this project.

The timber walls date back to the 1970s. They are rotting, doing damage to sidewalks and some driveways.

A construction crew has torn out the timbers and dug down below the frost-line. They now are putting in concrete retaining walls, with a brick pattern to improve the aesthetics. Once the walls are finished, the town will repair the curbs and sidewalks damaged by the erosion and settling.

This project is on-track to be completed by the end of November.

### I appreciate grants!

The Morningside Recreation Committee was recently awarded another grant from Maryland-National Capital Park and Planning. This grant is for \$50,000.

Previous grants have funded a variety of town activities and events, as well as allowing the town to purchase a shed, two golf carts, a trailer, chairs and tables for events, and Blackstone grills.

Keep those grants coming!

### Happy birthday to Post 9619!

VFW Post 9619 was chartered on November 4, 1947, 78 years ago. Robert Burns was its first commander.

### Happy 100th anniversary to St. Mary’s School

St. Mary of the Assumption Regional Catholic School, in Upper Marlboro, is celebrating its 100th anniversary.

They celebrated the occasion with a Courtyard Dedication on Sept. 26, a Centennial Gala on Sept. 27 and a Centennial Open House & Picnic on Sunday, September 28.

### New Schools coming

Ground has been broken for several new schools through Phase 2 of the innovative Alternative Construction Finance Program: • Robert Frost K–6 School in New Carrollton

- Templeton Elementary School in Landover
- Fairwood Elementary in Bowie.

### Register for Eagle Claw Karate

Eagle Claw Karate & Self Defense. Registration started Saturday, September 27 and can happen any Saturday until December 6, 9 a.m. at the Morningside Town Hall. Fee, \$40 a month (with discounts available for multiple-child families).

### A Visit with a Longtime Friend

Dee Eskew, who grew up in Morningside and now lives in Dunkirk, recently came by for a visit. Accompanying her was her son Ian Simms, who lives in Sebastopol, Calif., but had flown in for the annual Eskew family crab feast. The event, hosted by Dee’s uncle Pat Bright, is always in the fall when the crabs are the fattest.

Also expected to attend the feast are Dee’s mother, Peggy (living in E. Ocean City) and Dee’s siblings, Fred, Joe and Mary Catherine. Dee invited us to join them. Maybe next year I’ll show up, with my crab mallet.

### Milestones

Happy Birthday to Robin Brown, Nov. 13; Tyrell Boxley, Nov. 14; Michael Spennard, Ty Poe, Bob Davis and Carolyn Holland Bennett, Kendra MacLean and Katie Frostbutter, Nov. 18; Herbert and Andrew Boone, Nov. 20; Linda Cullinan and Brea Sandy-Hanson, Nov. 21.

## Around the County

### The Washington International Horse Show Celebrates 2025 With Sold-Out Nights, Star Riders, and Renewed Energy

UPPER MARLBORO, Md. (Nov. 7, 2025)—The 67th annual Washington International Horse Show (WIHS) presented by MARS Equestrian™ once again brought world-class equestrian sport, community spirit, and unmatched energy to The Show Place Arena on October 20–26, 2025. Nearly \$1 million in prize money, a star-studded lineup of Olympians, a dynamic Kids’ Day, and packed stands made this year’s WIHS one for the record books.

With two sold-out nights, including MARS Barn Night and World Cup Night, the atmosphere was electric. The upgraded schedule, community engagement, and return of fan-favorite events delivered a memorable experience for riders and spectators alike.

WIHS 2025 raised the bar for excitement and entertainment. Opening Night, held in honor of the U.S. Military on Thursday, October 23, honored service members with patriotic pageantry and elite sport, including the \$63,000 Welcome Stake and the thrilling new \$63,000 Stars and Stripes Speed Stake for the General Dwight D. Eisenhower Trophy. Twelve Olympians from 13 different countries highlighted the international jumper division.

On Friday, October 24, MARS Barn Night, presented by Walkenbach Equestrian returned in full force, drawing barns and fans from across the region for the \$63,000 Accumulator Costume Class, the fan-favorite WIHS Shetland Pony Steeplechase Championship, and an autograph session with top athletes. This year’s safari-themed “Wild for WIHS” celebration kept energy high all evening.

Internationally renowned performer Sylvia Zerbini and her Grande Liberté troupe of 12 Arabian horses performed on both Friday and Saturday, captivating audiences with their artistry and harmony.

Saturday’s Kids’ Day presented by Delta brought hundreds of families to WIHS for a free day of pony rides, crafts, and performances. With local schools, volunteers, and sponsors uniting to celebrate the joy of horses, it was one of the most well-attended Kids’ Days in WIHS history.

The Embassy Night Reception on Saturday evening, hosted in partnership with Prince George’s County, welcomed local leaders, government officials, and diplomats from more than 20 nations, underscoring the show’s cultural and economic impact in the region.

In a thrilling jump-off on Saturday, October 25, U.S. Olympic team gold medalist Laura Kraut wowed the crowds as they cheered for her victory in the \$340,000 Longines FEI Jumping World Cup™ Washington CSI5\*-W, presented by Maryland Sports Commission on Tres Bien Z, owned by St. Bride’s Farm.

### A Renewed Spirit of Success

“We couldn’t have asked for a more vibrant and inspiring week,” said WIHS President Vicki Lowell. “To see two nights completely sold out, to watch Kids’ Day thrive, and to host so many members of the Maryland and D.C. community at the Embassy Reception—it’s a true reflection of the incredible spirit surrounding WIHS right now. The show continues to evolve and grow, and this year felt like a turning point—a renewed feeling of success that celebrates both our history and our future.”

### Looking Ahead

With its growing fanbase, world-class competition, and unwavering commitment to excellence, WIHS 2025 once again proved why it stands as one of the most beloved indoor horse shows in the world. The event will return to The Show Place Arena on October 19–25, 2026, promising even more magic, community, and competition. For more information, visit [www.wihs.org](http://www.wihs.org).

### PGCPS Launches Dashboards Highlighting Student Growth, Performance and Progress

UPPER MARLBORO, Md. (Nov. 5, 2025)—Prince George’s County Public Schools (PGCPS) has launched new district and school data dashboards that provide a real-time look at student growth and performance across the system. The dashboards expand on traditional proficiency measures to offer a clearer picture of progress for students, schools and the district as a whole.

The initiative emphasizes fairness, equity and actionability, with students measured against their own growth trajectory rather than a fixed benchmark. Parents can also view individual student performance through ParentVue, allowing them to see how their child is progressing throughout the school year.

“This data helps us understand how our students are growing,” said Interim Superintendent Dr. Shawn Joseph. “Families can see not just where their child stands, but how their school and district are moving forward. Growth looks different for every student, and what’s most important is that we’re improving together. Our goal is for families to be informed partners and fully engaged in every step of that journey.”

Each dashboard is designed to be user-friendly and rich in information. Metrics are updated continuously to reflect current data by week, month, quarter and year.

Categories include:

- Enrollment
- Service Groups
- Demographics
- Graduation Rate and On-Track for Graduation
- College and Career Readiness
- Suspension and Chronic Absenteeism
- Academic Proficiency and Academic Growth
- On-Time Arrivals
- School Culture and Climate
- Staff Vacancies

These measures help district and school leaders, educators and families monitor key performance indicators and identify areas for targeted support, interventions and improvement.

The dashboards build on new public accountability tools released in August—including the 100-Day Plan Progress Tracker and Priority & School Staffing Vacancy Dashboards—that deepen transparency and provide real-time performance insights.

View the new dashboards here: <https://microstrategy.pgcps.org/pgcps-dashboard/>.

# COMMUNITY

## Marietta Lecture: Reverend Josiah Henson and the Underground Railroad

By STACEY HAWKINS  
Marietta House Museum

Please join us on **Saturday, November 15**, from 1–2:30 p.m. for a presentation with Diana Klein, Education Program Manager for Josiah Henson Museum and Park as she discusses the life of Reverend Josiah Henson. Reverend Henson was enslaved in Montgomery County for about 25 years before he self-emancipated with his family to Canada and became a conductor on the Underground Railroad, eventually freeing 118 people. He wrote his life story, which inspired Harriet Beecher Stowe’s novel “Uncle Tom’s Cabin”, a bestselling book in the 19th century.

In his lifetime, Henson was a well-known abolitionist who met with Queen Victoria, President Hayes, Frederick Douglass and other movers-and-shakers of the era. So why has his story slipped into obscurity? In this presentation, Diana Klein will delve into Henson, his life, and the social forces that shape how we view history today.

Following Ms. Klein’s presentation, Dr. Julie Rose, Director of Marietta House Museum, will present a short talk about researching the history of the Marietta enslaved families, and the self-emancipation of the Duckett and Brown families. These talks are in partnership with the African American Historical and Genealogical Society of Prince George’s County.

\$5/person. However, it is free for members of AAHGS. A hybrid program. Ages 12 & up. Children must be accompanied by an adult. Online attendees must register to receive a TEAMS link. Walk-ins are welcome. Registration ticket code: MHM-SPEC-GA-20251115

For more information, please call 301-464-5291 or email mariettahouse@pgparks.com

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

### Walk from A1

agency financial assistance to Prince George’s County residents at risk of displacement. A portion of the proceeds from Walk in Their Shoes will directly support this fund, helping ensure families can remain stably housed during moments of crisis.

Taking place during National Hunger and Homelessness Awareness Week, The Walk in Their Shoes 5K brings together residents, community partners, and civic leaders in a shared community-wide commitment to empathy, action, and hope. Participants will enjoy a scenic walk along the Anacostia River, followed by family-friendly activities, food trucks, community resources, and partnership exhibits.

“Walk in Their Shoes is more than a fundraiser, it’s a call to action,” said Rasheeda Jamison, UCAP President & CEO. “We walk to honor the dignity of every individual, to recognize the challenges facing our neighbors, and to strengthen the community network that lifts families. This movement reflects our ongoing commitment to building solutions that eliminate poverty across Prince George’s County.”

Registration for Walk in Their Shoes is open to all. Students with valid school IDs and seniors 60+ receive discounted registration, while children under eight may participate for free. Furloughed federal workers are also invited to walk at no cost. Groups, faith organizations, schools, and corporate teams are encouraged to register and walk together in support of UCAP’s mission.

**Participants are also invited to bring non-perishable food items to help local families enjoy a warm holiday meal.**

To register, visit [www.ucappgc.org/ucapwalks](http://www.ucappgc.org/ucapwalks)

United Communities Against Poverty, Inc. (UCAP) is one of Prince George’s County’s leading nonprofit organizations focused on combating poverty, promoting self-sufficiency, and creating pathways to prosperity for underserved communities. Through housing, economic empowerment, education, and advocacy, UCAP provides resources that uplift and transform lives.

### Driving from A1

Negligent driving is defined as driving a motor vehicle “in a careless or imprudent manner” that endangers property or life. The penalties now include an increase of the maximum fine to \$750 and the MVA will assess two points, three if the offense contributes to an accident.

The definition for aggressive driving has expanded to include 12 additional traffic offenses, including the failure to follow or avoid a traffic control device, passing a school vehicle that’s stopped with its flashing red lights on, failing to stop for pedestrians in a crosswalk, passing a car that is stopped for pedestrians in a crosswalk and other offenses. The bill increases the maximum fine for aggressive driving to \$1,000.

The Sergeant Patrick Kepp Act was introduced in January and was approved by Gov. Wes Moore in May.

Kepp is a Montgomery County police officer who was struck by a vehicle that was being operated in a negligent man-

ner in October 2023. The perpetrator, Raphael Mayorga, was a repeat offender and was sentenced to 22 years in prison at the end of August, according to court records.

Due to the accident, Kepp had both of his legs amputated, but this didn’t stop him from getting back to work, something very important to him.

“The support from the law enforcement community..., I got to see that firsthand and to be able to give back to all those people, not just in the Montgomery County Police Department, but across the state, across the country, that have supported me, it was really important,” said Kepp. “I felt obligated to come back, continue to do the job in whatever capacity I could.”

He was promoted to Lieutenant on Oct. 5 and he is the Deputy Commander of District 3.

In Maryland, speeding accidents from 2019 to 2023 have fallen, but fatal accidents have increased from 72 in 2019 to 95 in 2023. There were 101 fatalities from speeding-related acci-

dents in 2020.

In that same year, Brett Richard Badin, was fatally struck by a car while crossing the street in Montgomery County. Three years later, his mom and chair of the Transportation Committee of the Greater Olney Civic Association, Mindy Badin, was a witness for the Sergeant Patrick Kepp Act.

Prior to the passing of her son, aggressive driving wasn’t much on her radar, but now she’s more aware. Nearly every time she drives to the cemetery to visit her son, she experiences tailgating or a car following too close to another vehicle.

“It’s very unsettling,” said Badin. “Having had this horrendous loss in my family and then seeing firsthand these very, very reckless drivers and aggressive drivers.”

Accidents involving an aggressive driver also decreased between 2019 and 2023, though the number of fatal accidents increased from 37 in 2019 to 55 in 2023.

Since her son’s death, Badin has been and will continue ad-

## Hoyer Supports Attorney General Brown and Prince George’s County’s Suit Against Trump Administration to Stop Unlawful Diversion of FBI Headquarters Project From Maryland

By PRESS OFFICER  
Congressman Steny Hoyer’s Office

WASHINGTON (Nov. 6, 2025)—Today, Congressman Steny H. Hoyer (MD-05) expressed support for Attorney General Anthony G. Brown and Prince George’s County’s lawsuit to stop the Trump administration’s unlawful attempt to sabotage the new FBI headquarters project in Greenbelt, Maryland, and redirect over \$1 billion in congressionally appropriated funding to a different location. The lawsuit challenges the administration’s July 2025 decision to abandon the lawfully selected Greenbelt site in favor of the Ronald Reagan Building in Washington, D.C.—a location that violates specific instructions that Congress established by law.

“Instead of working with Team Maryland to proceed with the FBI’s new headquarters in Greenbelt, President Trump and FBI Director Patel are trying to redirect funding Congress appropriated for the project and crowd the agency into the 30-year-old Ronald Reagan building in D.C. In doing so they are openly defying Congress, the law, and the Constitution. Crucially,

the Trump Administration is undermining the FBI and its vital law enforcement and national security mission by continuing to deprive it of a secure, consolidated facility. I commend Attorney General Brown for his leadership in holding the Trump Administration accountable for trying to ditch this project to the detriment of the American people,” said Congressman Steny Hoyer.

“Maryland earned the new FBI headquarters through a fair and transparent selection process that took more than 10 years—a rigorous evaluation that identified Greenbelt as the site best suited to meet the FBI’s security, operational space, and mission needs,” said Attorney General Brown. “Now, the Trump administration wants to undermine that process, ignore the law, and divert more than \$1 billion meant for a purpose-built headquarters—redirecting it instead to a nearly 30-year-old building unfit to accommodate the Bureau. We will not let the Trump administration strip away what Prince George’s County won and deny its communities the transformative benefits this project would bring.”

“The problem with the current FBI building is that it’s too old, too small, and too exposed. So what does the President do? He moves the FBI to another building that is too old, too small, and too exposed,” said Governor Wes Moore. “Trump’s actions aren’t just illegal, they lack common sense. And his foolishness will put law enforcement in jeopardy. Greenbelt has been, and still is, the best home for the FBI.”

Prince George’s County Executive Aisha Braveboy, as a party to the lawsuit said, “Attorney General Anthony Brown and my County Attorney Anthony Jones laid out the facts of this case clearly. The history in this region demonstrates that landing a federal agency like the FBI has been a catalyst for major economic development. It was true when the National Institutes of Health located in Bethesda, and true when the Pentagon went to Northern Virginia, catalyzing growth in Montgomery, Arlington and Fairfax Counties. We want the same opportunity in Prince George’s County and in Maryland and we

See SUIT Page A4

## On Maryland Report Card, More PGCPs Schools Rise in Ratings; Majority Earn Three Stars or Higher

Nearly 20% of schools gain at least one star as progress in academics and school climate improve districtwide.

By PRESS OFFICER  
PGCPS

UPPER MARLBORO, Md. (Nov. 4, 2025)—The Maryland State Department of Education (MSDE) has released the 2024–2025 Maryland School Report Cards, and the results show continued upward momentum for Prince George’s County Public Schools (PGCPS). More than three in four schools (over 75 percent) earned ratings of three, four, or five stars, and more schools improved than declined compared to last year.

The Maryland School Report Card measures multiple academic and school climate indicators to provide families and educators with a comprehensive look at school performance and growth.

This year, 34 PGCPs schools gained at least one star and more than half of all schools (124) improved their total points earned, signaling strong progress across elementary, middle, high, combination, and charter schools.

**Academic and Climate Gains**

The 2025 Maryland Report Card reinforces broad academic growth across the district—progress also reflected in this year’s Maryland Comprehensive Assessment Program (MCAP) results, where students recorded broad academic gains across grade levels and student groups.

- Math proficiency rose 3.9 percentage points, nearly double the statewide increase of 2.0 points.
  - English Language Arts (ELA) scores improved by 2.8 points, closely matching the statewide average.
  - More than 30,000 students are within reach of proficiency, including nearly 10,000 within five points of meeting state standards.
  - Multilingual learners and students with disabilities achieved consistent gains across both math and ELA, and Comprehensive Support and Improvement (CSI) schools are closing gaps faster than comparable schools statewide.
- Middle and high schools also recorded notable reductions in chronic absenteeism, while survey data show that students and staff feel more positive about school climate and engagement districtwide.
- PGCPS Maryland School Report Card Ratings**
- Five-star:** 6 schools (2 elementary, 1 high, 3 combination)
  - Four-star:** 26 schools (16 elementary, 1 high, 9 combination)
  - Three-star:** 111 schools (75 elementary, 13 middle, 14 high, 9 combination)
  - Two-star:** 45 schools (23 elementary, 12 middle, 8 high, 2 combination)
  - One-star:** 0 schools
- Combination schools include those with

elementary, middle, and/or high school grade configurations.

This year, the district’s number of five-star schools increased from four to six, reflecting growth at both the elementary and secondary levels. Five-star schools include Glenarden Woods Elementary, Heather Hills Elementary, Robert Goddard Montessori, Judith P. Hoyer Montessori, Dora Kennedy French Immersion, and the Academy of Health Sciences at Prince George’s Community College.

**How the Ratings Work**

School star ratings are based on multiple indicators, including non-academic measures.

**Elementary and middle school indicators:** Academic Achievement, Academic Progress, Progress in Achieving English Language Proficiency, and School Quality and Student Success.

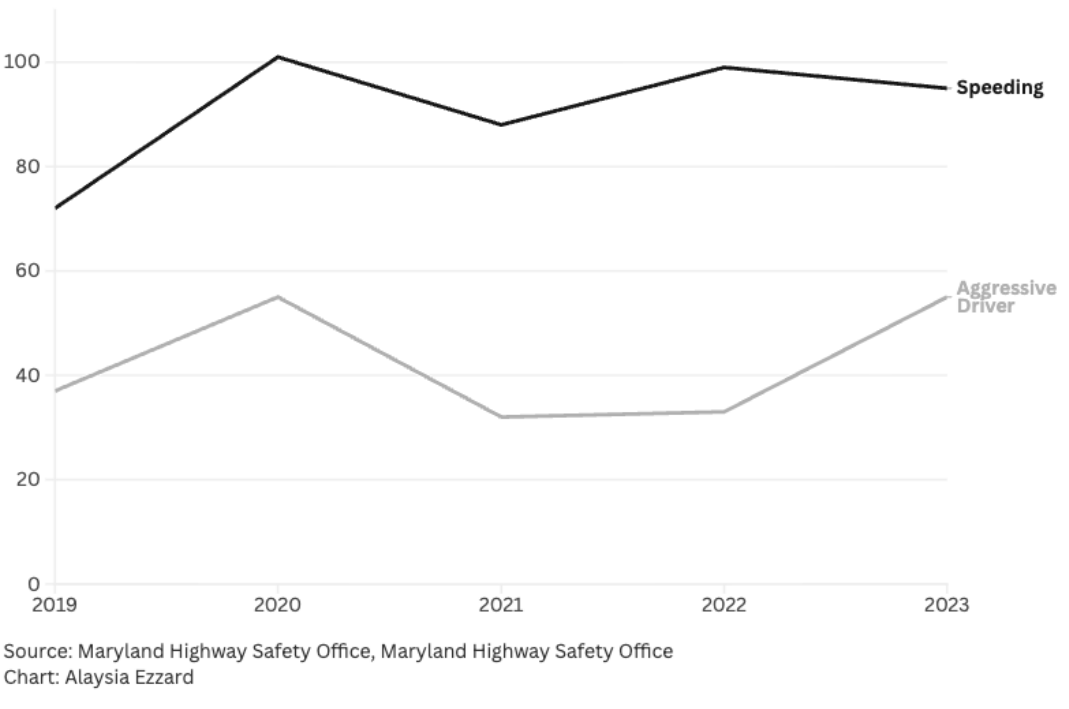
**High school indicators:** Academic Achievement, Graduation Rate, Progress in Achieving English Language Proficiency, Readiness for Postsecondary Success, and School Quality and Student Success.

Schools earn between one and five stars based on the percentage of points earned across these indicators.

Results can be viewed on The Maryland Report Card website: <https://reportcard.msde.maryland.gov>

### At the same time, fatal accidents involving speeding and aggressive driving have increased.

Fatal accidents involving speed were up 32% and aggressive driving were up 48% between 2019 and 2023.



vocating for safer roads in Maryland.

“We all need to look out for

each other on the roads,” said Badin. “I just hope that by me testifying for safer bills, for

working for safer roads, that no other families have to go through what ours went through.”

# BUSINESS AND FINANCE

## University of Maryland Launches Forward: The University of Maryland Campaign for the Fearless

*The largest fundraising campaign in the university’s history aims to elevate interdisciplinary initiatives and build on momentum as a Top 20 public institution*

By PRESS OFFICER  
University of Maryland

COLLEGE PARK, Md. (Nov. 3, 2025)—The University of Maryland announces today the launch of its largest fundraising campaign in history: *Forward: The University of Maryland Campaign for the Fearless*. The \$2.5 billion initiative advances the university’s vision and values by expanding access to its world-class education, accelerating groundbreaking research, and uniting a global community committed to excellence and a mission to Do Good.

*Forward* will fuel the university’s momentum as a Top 20 public research institution by supporting discovery and innovation in artificial intelligence, quantum science, the arts and more. It will also invest in key areas to enhance the student experience and strengthen the academic enterprise.

The campaign will focus on three themes:

- **Forward for Tomorrow’s Trailblazers**—Expanding and enhancing access to education that prepares the world’s future leaders and changemakers to launch careers in a quickly evolving job market.
- **Forward for Bold and Brave Solutions**—Making groundbreaking discoveries and spinning out innovations that tackle our world’s most pressing problems.
- **Forward for Stronger Communities**—Deepening Terrapin pride, supporting student-athletes, elevating the visual and performing arts, fostering civic engagement and coming together to Do Good.

“The *Forward* campaign is a turning point. It will change the conditions through which our students, faculty and staff are able to reach their goals, achieve their dreams and make a positive impact in the world,” said University of Maryland President Darryll J. Pines. “We will begin a new era in education and research that develops a fearless generation and makes real change for real people.”

This transformative campaign launches with a strong foundation, with \$943 million raised since November 2021 from many generous donors and through landmark gifts from benefactors such as the A. James & Alice B. Clark Foundation, civil engineering alum Stanley Zupnik ’59, mathematics Professor Emeritus Michael and the late Eugenia Brin and the Sergey Brin Family Foundation, cell biology and molecular genetics Professor Anne Simon and sports marketing pioneer Steve Schanwald ’77. Their investments support education in fundamental and groundbreaking subjects while also teaching students skills to solve problems, launch brands and businesses, and find innovative ways to serve their communities.

“The heart of the *Forward* campaign lies within realizing the potential of people: the discoveries they will make, the lives they will touch and the communities they will serve,” said Senior Vice President and Provost Jennifer King Rice. “We’re ready to think big, courageously take on grand challenges, believe in a better future for all, and celebrate the people who make it possible.”

Set in motion by the university’s 2022 strategic plan, *Forward* will accelerate the university’s progress in delivering impact

in service to the public good. It follows the success of *Fearless Ideas: The Campaign for Maryland*, a record-breaking, multiyear fundraising effort that generated more than \$1.5 billion in philanthropic investments.

“This campaign is about building a future as bold as the dreams that walk this campus daily,” said Campaign Co-chair Jimmy Reyes ’85. “It’s about the fearless spirit that defines Maryland in every area of study. It’s about every student and every breakthrough.”

To learn more about *Forward: The University of Maryland Campaign for the Fearless*, visit [forward.umd.edu](http://forward.umd.edu).

*The University of Maryland (UMD) is the state’s flagship university driven by a community of more than 50,000 fearless Terrapins. As a leading research university and top 20 public institution, UMD is proud to be part of the Association of American Universities. Dedicated to excellence and impact for the public good, the university is propelled by a \$1.4 billion joint research enterprise. UMD is the nation’s first Do Good campus, and is consistently ranked for its innovation, research and top-tier academic programs. Located in the National Capital Region, the university offers an unparalleled student experience with federal internship opportunities, hundreds of academic programs and study abroad options, and top-ranked living-learning programs. Spurred by a culture of innovation and creativity, UMD’s faculty are global leaders in their fields and include Nobel laureates, Pulitzer Prize winners and members of the national academies. For more information, visit [umd.edu](http://umd.edu)*

### Plan from A1

the state’s horse community, from thoroughbred and standardbred racing and sport horses to trail riders, jousters, and therapeutic programs.

“This executive order moves Maryland forward, bringing together leaders from Maryland’s horse racing, competition, recreation, and wellness sectors under a shared vision,” said Maryland Secretary of Labor Portia Wu. “Our Maryland Racing Commission has provided oversight for safety and integrity in Maryland horseracing for more than a century, and we are excited to plan for a vibrant future.”

- The committee will lead the development of a comprehensive strategic plan designed to strengthen Maryland’s horse ecosystem across seven key focus areas:
- Strategic Planning and Policy Guidance
  - Collaboration and Communication
  - Economic Development
  - Advocacy, Public Awareness, and Promotion
  - Education and Workforce Development
  - Sustainability and Land Use
  - Health and Welfare

### Suit from A3

earned it. I want to thank Governor Wes Moore and the entire Maryland Delegation which has been unified around this issue. With limited resources, we can’t fight every battle, but this is a battle worth fighting for.”

Congress explicitly directed the General Services Administration (GSA) to choose from only three suburban locations: Greenbelt, Maryland; Landover, Maryland; or Springfield, Virginia. After years of bipartisan effort, the GSA selected Greenbelt as the site for the new FBI headquarters in September 2023, following a rigorous evaluation process mandated by Congress. Congress appropriated more than \$1.1 billion specifically for this project through multiple laws between 2016 and 2024.

“The FBI headquarters should be housed in a facility that meets the highest level of security for the men and women of our top law enforcement agency—full stop. The location in Greenbelt, Maryland meets those requirements, as determined by a lengthy, fair, and transparent process that Republicans have arbitrarily overturned. Team Maryland will fight tooth and nail to ensure this Administration follows the law, so the brave men and women who work at the FBI will be able to do

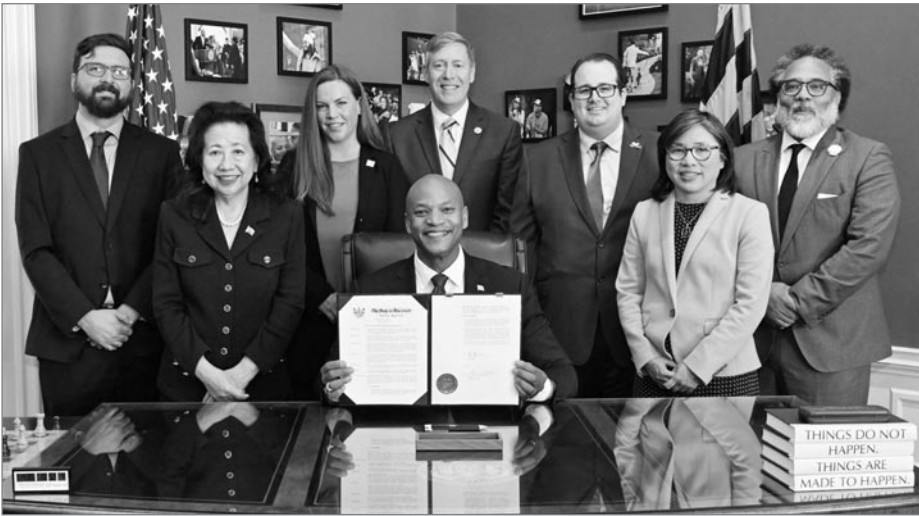


PHOTO CREDIT JOE ANDRUCYK MARYLAND GOVERNOR’S PRESS OFFICE

**On Nov. 6, Governor Moore signed an executive order to synchronize the horse industry at Governor’s Office, State House, 100 State Circle, Annapolis, MD 21401.**

The Maryland Department of Agriculture and the Maryland Horse Industry Board will partner with the Maryland Departments of Labor, Commerce, and Natural Resources; the Office of the Secretary of State; the Maryland Racing Commission and others to coordinate planning and stakeholder engagement. They will produce a report, including recommendations

and measurable goals, to present to the governor and the Maryland General Assembly.

Through this executive order, Maryland affirms its leadership in equine excellence, preserving a proud, three-century tradition while shaping a vibrant and sustainable future for the horse ecosystem.

their work without political interference and without compromising their safety and by extension, our national security,” said Senator Angela Alsobrooks (D-MD).

“I applaud Attorney General Anthony Brown and Prince George’s County for stepping up. The Trump administration has steamrolled the law and overturned a bipartisan, twelve-year process to bring the new FBI Headquarters to Greenbelt. I stand squarely behind these legal challenges and look forward to welcoming the FBI home to Prince George’s County,” said Congressman Glenn Ivey (MD-04).

Maryland and Prince George’s County made extraordinary commitments to secure the FBI headquarters, including over \$300 million for transportation infrastructure, parking facilities, and other improvements, based on the promise of high-paying jobs and the economic development the project was expected to bring.

However, in July 2025, the FBI and GSA abruptly announced they had selected the Ronald Reagan Building, a nearly 30-year-old facility in Washington, D.C., that was never among the three congressionally selected sites. In the lawsuit filed today, Maryland and Prince George’s County allege that the Trump administration provided no explanation for discarding the careful selection process—which identi-

fied Greenbelt as the best option for transit accessibility, cost-effectiveness, and positive community impact—conducted no consultations with Maryland as required by federal law, and violated explicit Congressional directives limiting the site selection to the three specified suburban locations. Maryland and Prince George’s County also challenge the administration’s plans to redirect the funds Congress designated for the Greenbelt project.

Furthermore, the lawsuit alleges, this decision not only breaks with federal law and Congressional intent but also harms Maryland by denying the state and county significant economic benefits, jobs, and development opportunities.

With this lawsuit, Attorney General Brown and Prince George’s County seek to:

- Stop the unlawful selection of the Ronald Reagan Building as the FBI headquarters site;
- Prevent the diversion of more than \$1 billion in congressionally appropriated funds from the Greenbelt project;
- Ensure the federal government follows the law and honors Congress’s explicit directives; and
- Protect Maryland’s investment and the economic opportunities promised to Prince George’s County communities.

### Social Security Matters

**Ask Rusty:**

## Consider the “Wearing Out” Factor While Deciding When to Claim Social Security

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

**Dear Rusty:** Enjoyed your recent article on claiming SS benefits. I feel, however, any decision making should also include what I call the “wearing out” factor. Yes, financial need, health, and longevity are definite criteria for a decision. The inevitable problem (I just turned 83) is the speed at which many of us descend down the back side of that hill after we hit around age 65. Yes, one might live to 85–90 but as you age after 65, many physical limitations begin to appear. Only then does one realize their earlier retirement decision (waiting to max out SS) might not have been honestly evaluated to the extent needed. I speak from experience: after having reached 60 in excellent health, I took early retirement from work, then Social Security at 62, and glad I did so. I figure the degree of slope on the backside of that “hill” will increase with age (it did quickly for me), so one best start enjoying a retirement life as soon as financially possible. **Signed: Glad I claimed at 62**

**Dear Glad I Claimed at 62:** Thank you very much for your excellent perspective on the “wearing out” factor. And please know that I wholeheartedly concur with your opinion that waiting for a higher Social Security benefit is not always the most prudent choice. For perspective, however, we have found that far too many people claim Social Security as soon as they are eligible at 62 simply because “it is there,” without fully analyzing whether that is the best option considering their personal circumstances.

You are correct—enjoying your retirement life while you are still physically able is a valid consideration. And that is why we always suggest that evaluating both your financial needs as well as your health and life expectancy is important. Fulfilling one’s “bucket list” is, indeed, an important consideration and if claiming Social Security at age 62 (after evaluating all factors) enables one to do that, then that is exactly the right choice. It obviously was for you.

Age does, indeed, tend to slow us down, so if taking the SS money early means being able to enjoy life while you still can, then that is a good decision. But having more money as you age can also make your “golden years” a lot more comfortable.

As we have recently witnessed, inflation has an insidious way of reducing our financial comfort in retirement. Despite having a retirement pension from your primary working career, imagine how another 25% in your monthly Social Security payment (had you claimed at full retirement age instead of age 62) would help make your senior years more comfortable.

The fact is that no one can predict how long they will live nor whether they will do so in good health. All we can do is evaluate all our options under varying circumstances and make our claiming decision based on that analysis. And that is precisely what we advocate for at the AMAC Foundation’s Social Security Service. In no way did I intend to say that claiming at 62 was never the right choice; only that everyone should look at their complete personal circumstances when deciding when to.

*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 [ssadviser@amacfoundation.org](mailto:ssadviser@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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# HEALTH *and* WELLNESS

## How to Cut Medication Costs Without Cutting Corners



Photos courtesy of Shutterstock

## A health care insider shares tips for staying well and financially grounded, even in a tough economy

### FAMILY FEATURES

As the cost of living continues to rise, many Americans are being forced to make difficult financial decisions – weighing whether to pay rent, get groceries or fill prescriptions. Skipping medications might seem like a quick way to save money, but this can lead to serious health risks and even higher costs down the road.

In fact, research shows 27% of Americans skip prescriptions each month due to cost. More than half of Americans who filled a prescription this year said the cost felt like a financial burden, with 1 in 3 people cutting back on essentials like food or clothing to afford their medications.

These trade-offs highlight just how important it is to find practical, affordable ways to stay on treatment. Fortunately, there are proven strategies to help individuals stay current with their medications without breaking the bank. Cindy George, MPH, a senior personal finance editor at GoodRx and nationally recognized health journalist, shared expert advice to help consumers and their families improve their health care cost literacy, reduce expenses and stay healthy without overspending.

### Understand the True Cost of Medications

Many people assume the pharmacy counter price is non-negotiable, but in reality, the cost of the same medication can vary significantly depending on the pharmacy or use of available savings tools.

“Many people don’t realize there is no single price for a prescription,” George said. “Costs can vary by upwards of \$100 from one pharmacy to the next, even in the same ZIP code. Understanding how to compare prices and find the most affordable option is incredibly valuable. Just like travel sites show you different options for airlines or hotels and their associated expenses, prescription price comparison sites show how much your medication costs at each pharmacy and provide you with available savings.”

By entering the medication name, along with dosage and ZIP code, individuals can quickly compare prices in their area using GoodRx. Using the website or app, you can explore alternative forms of a medication and get suggestions to help you talk with your doctor or pharmacist about more affordable options.

### When Insurance Falls Short, You Still Have Options

Today, only about half of all prescriptions are fully covered by insurance without restrictions. Many have conditions, such as step therapy, quantity limits or prior authorizations, that can lead to delays or higher costs at the pharmacy counter.

“Even insured individuals are struggling to keep up with health care costs,” George said. “More and more are finding themselves underinsured, and that’s making basic health care harder to afford – and harder to access – for millions of families.”

That’s why comparison shopping is increasingly important for people in the U.S. Even those with Medicare or Medicaid may benefit from cost comparisons. For that reason, George said it’s smart to look at all your options, including price comparisons at different pharmacies.

“Cost comparison tools can help people find lower prices on both generic and brand-name medications, regardless of their coverage status,” she said.

While these resources are not a full replacement for health insurance, they can be a helpful way to reduce medication costs and avoid unexpected surprises at the pharmacy.

### Build Confidence Through Cost Literacy

Cost literacy is about more than just looking up prices. It involves understanding how insurance works, what’s included in a plan’s formulary, how to interpret billing documents and how to challenge costs that seem too high. According to George, “health care cost literacy” is one of the best investments you can make in your overall financial well-being.

“Improving your health care cost literacy starts with being aware of your options and asking the right questions,” she said. “Learn the basics, like what a premium, deductible or copay means, and review your insurance plan’s benefits and covered medications.”

George recommends starting with trusted tools that break down health care costs and terminology.

“Tools like the GoodRx Guide to Drug Costs, Coverage and Savings, cost estimators from hospitals and insurance plans and State Health Insurance Assistance Programs –

known as SHIPs – for Medicare can help you better understand and manage costs,” she said. “If something is unclear, don’t hesitate to ask your provider, pharmacist or insurance representative to walk you through your bills or Explanation of Benefits.”

### Simple Strategies Can Add Up

Small adjustments in how medications are filled can make a major difference over time. George recommends a few consistent strategies that can reduce out-of-pocket costs:

- **Always compare prices, including your insurance copay.** “People assume their insurance copay is the best deal for accessing a medication at the lowest cost, but that’s not always true,” George said. “It’s important to compare prices upfront to ensure you’re taking the most affordable option.”
- **Uncover brand-name savings programs.** Many pharmaceutical companies offer copay cards or patient assistance programs that can dramatically reduce your costs for brand-name or specialty medications.
- **Explore generic medications, if available.** Generic medications typically cost less than their brand-name counterparts. Check with a health care professional before opting for a generic, because there might be specific reasons the brand-name version was prescribed.
- **Consider a 90-day supply.** For chronic conditions, ask a health care professional whether you can switch from a 30-day supply of medication to a 90-day supply, since this is often cheaper per dose.
- **Try delivery.** Ordering through a mail-order pharmacy can add convenience and, in many cases, offer lower prices, particularly for ongoing prescriptions.

### Stay Grounded in Your Health – and Your Finances

Rising health care costs can feel overwhelming, but knowledge and planning go a long way. By building confidence through cost literacy, comparing prices and using tools to explore savings opportunities, consumers can remain in control of both their care and their budgets.

Visit GoodRx.com to explore options, compare prices and take more control over your medication costs.



EarthTalk®  
Q&A

How to Fight Warming-Caused  
Ocean Acidification

By Rachel Berliner | October 30, 2025

Dear EarthTalk:  
What are some natural ways to fight ocean acidification?  
—Jim Kline, Boston, MA

Ocean acidification, the lowered pH levels of ocean water, has become a big threat to the environment in recent years. According to the European Environment Agency, the ocean’s acidity has increased 15 percent from 1985 to 2024 because of rising levels of carbon emissions. It occurs when excessive amounts of carbon dioxide (CO2) are absorbed by the ocean, causing naturally-forming carbonate ions to break down into hydrogen ions. This lowers both the pH level of the water and the quantity of available carbonate ions. For mussels, coral, clams, crabs and other organisms that depend on carbonate ions to create their shells, ocean acidification is extremely detrimental. Furthermore, losing a consistent supply of mussels, oysters, clams and lobsters endangers a 100-million-dollar industry and many employees.

Kelp farms are one sustainable local solution. These underground farms cultivate seaweed that naturally consume CO2 and prevent it from harming other marine life. “We always suspected that there was this positive interaction between the mussels and kelp,” says Matt Moretti, CEO and co-owner of Bangs Island Mussels. “We suspected that because kelp photosynthesises, it sucks carbon out of the water and therefore must be good for the ocean and good for

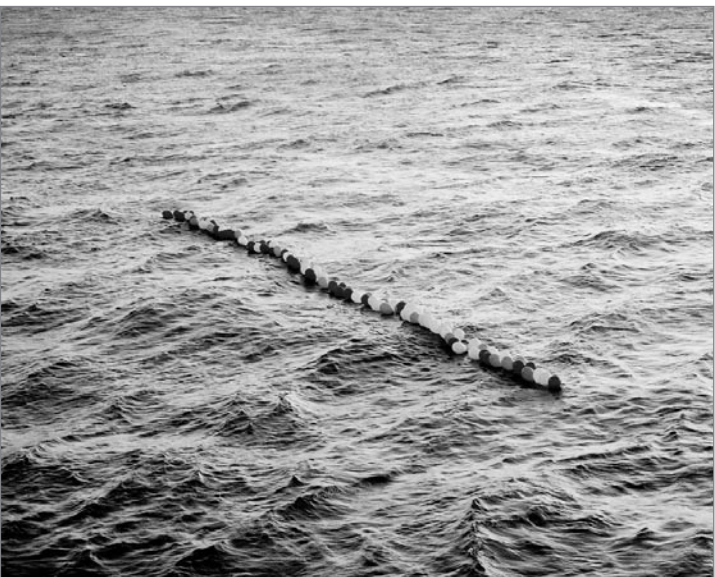


PHOTO CREDIT: PEXELS.COM.

Environmentalists are embracing everything from kelp farming to societal CO2 reduction strategies to turn the tide on ocean acidification.

the mussels.” Colder regions with lower ocean temperatures are typically at higher risk for acidification. With growing numbers of kelp farms in regions like New England and the Pacific Northwest,

experts are effectively fighting acidification where it matters most. Moretti says that kelp farming actually has a significant impact. In many cases, farmers pass along the cultivated kelp to local producers who then create kimchi and other fermented products.

In addition, the National Oceanic and Atmospheric Administration (NOAA) is addressing ocean acidification at a federal level with their CO2 Reduction (CDR) strategy. This method takes atmospheric CO2 and keeps it on land or underground instead of in the atmosphere. NOAA is making progress in the industry with leading CDR pathway models and projections, data observations of coasts, and research on ecosystems. Also, NOAA plays a crucial role in regulating voluntary carbon markets and CDR technology. According to a report by McKinsey & Company, by 2050, the CDR industry is projected to generate over a trillion dollars. NOAA’s oversight ensures the credibility of the growing industry and promotes long-term impact on ocean acidification.

Alongside the efforts of local kelp farmers and national organizations, individuals can work to fight ocean acidification by reducing their personal carbon emissions and supporting organizations that are committed to minimizing their carbon footprint.

**CONTACTS:** Carbon Dioxide Removal - NOAA Ocean Acidification Program, <https://oceanacidification.noaa.gov/carbon-dioxide-removal/>; CO2 and Ocean Acidification: Causes, Impacts, Solutions, <https://www.ucs.org/resources/co2-and-ocean-acidification>.

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

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