

# The Prince George's Post



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PHOTO COURTESY ANDREWS FEDERAL CREDIT UNION

The new youth financial literacy initiative provides financial education and hands-on learning experiences for a group of 10 high school students from communities served by Andrews Federal.

## Andrews Federal Credit Union Launches Inaugural Youth Financial Literacy Program With Support From Credit Union Industry Foundation Grants

By NATALIE TATE  
Andrews Federal Credit Union

SUITLAND, Md. (July 28, 2026)—Andrews Federal Credit Union launched its inaugural youth financial literacy initiative, “Make It My Life: Real World Money Empowerment Experience.” This new program, funded by credit union foundation grants, was designed to equip high school students with practical financial knowledge and life skills that will prepare them for future success.

The program provides financial education and hands-on learning experiences for a group of 10 high school students from communities served by An-

draws Federal. During the program’s four sessions, students will gain hands-on knowledge in budgeting, credit, fraud prevention, financial responsibility, career development and other essential topics that extend beyond the classroom and will empower them to make strong financial decisions in real-world scenarios.

“Our credit union team designed this program to give young people the knowledge and confidence to take control of their financial futures,” said Damita Robinson, Chief Operating Officer for Andrews Federal Credit Union. “As students complete the program, they will gain both practical skills they

can use immediately and a stronger understanding of how today’s financial decisions can shape tomorrow’s opportunities.”

During the course of the program, students will learn directly from Andrews Federal professionals. These subject matter experts will share practical insights from their careers while leading discussions on financial wellness, fraud prevention, risk management and everyday money management.

The credit union built this program using funding received from two credit union industry grants, the Vizo Financial Empowerment Grant and the Fi-

nancial Literacy Grant. As part of the grant funding, each student participant will receive a personal tablet to use during the program. They will also be allowed to keep the tablet following the completion of the program, which will help to bridge technology gaps and support continued learning.

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*Founded in 1948, Andrews Federal Credit Union has grown to serve more than 155,000 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](https://andrewsfcu.org).*

## Local Nonprofit Launches Student-Athlete Education Seminar to Help Families Navigate College Sports Scholarships

By PRESS OFFICER  
WAST Academy

UPPER MARLBORO, Md. (July 28, 2026)—The World Academic Sports Team (WAST) Academy is inviting middle and high school students and their families to attend “NEXT PLAY: The Blueprint to Earning College Sports Scholarship Opportunities,” an educational seminar designed to help families better understand today’s rapidly changing college athletics landscape.

The seminar will be held on **Thursday, August 14, 2026**, and is designed for student-athletes ages 8–18, parents, guardians, coaches, and educators who want to learn how academics, athletic development, character, and long-term planning work together to create opportunities beyond high school.

With significant changes occurring across NCAA athletics—including recruiting practices, roster management, transfer opportunities, and scholarship availability—many families are finding it increasingly difficult to navigate the path toward college athletics. WAST Academy aims to provide practical, reliable information that helps families make informed decisions early in a student’s academic and athletic journey.

Participants will learn about:

- College sports scholarship opportunities
- NCAA, NAIA, and junior college pathways

**Event Information**

NEXT PLAY:  
The Blueprint to Earning College Sports Scholarship Opportunities

Date: **Friday, August 14, 2026**, 7–9 p.m.

Location: First Baptist Church of Glenarden Community Life Center,  
600-J Watkins Park Dr, Upper Marlboro, MD 20774

Audience: Student-athletes (Ages 8–18), parents, guardians, coaches, and educators

Registration:  
<https://www.WorldAcademicSportsTeam.com>

Click the yellow button.

Admission is \$30 per adult, and each registered adult may bring up to two student-athletes at no additional cost.

- Academic eligibility requirements
  - What college coaches are looking for
  - Common recruiting misconceptions
  - Developing a long-term scholarship strategy beginning in middle school
  - Resources available to support student-athletes and their families
- “Our mission is to ensure that every family has access to accurate information about the college recruiting process,” said

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## Governor Moore Presents Governor’s Disability Awards, Honors Congressman Steny Hoyer with Inaugural Legacy Award

By PRESS OFFICER  
Office of the Governor

ANNAPOLIS, Md. (July 28, 2026)—Governor Wes Moore today hosted the annual Governor’s Disability Culture and Achievement Awards in the Governor’s Reception Room, celebrating the 36th anniversary of the Americans with Disabilities Act (ADA) and honoring leaders who have made historic contributions to the disability community. During the ceremony, Governor Moore presented an official statewide proclamation to Maryland Department of Disabilities (MDOD) Secretary Carol Beatty commemorating the ADA and noting July 26 as a day of observance for the landmark civil rights legislation.

“Despite unjust federal attacks on longstanding protections and progress for disability rights, Maryland’s commitment to the civil rights, independence, and community integration of individuals with disabilities remains unwavering,” said Gov. Moore. “Today, we don’t just celebrate a historic law passed 36 years ago; we honor the extraordinary Marylanders who actively build an inclusive state where no one is left behind. These award recipients show us what true belonging looks like, and their leadership will inspire generations to come.”

During the ceremony, Governor Moore also presented the Governor’s Legacy Award to Congressman Steny Hoyer (MD-05). As a principal sponsor and institutional architect of the ADA in 1990, Congressman Hoyer’s highly distinguished career has been defined by his tireless championing of disability rights. The Legacy Award recognizes his lifetime of dedication to equal opportunity, access, and choice at a pivotal moment as he prepares for retirement later this year.



PHOTO CREDIT POLLY IRUNGU, MARYLAND GOVERNOR'S PRESS OFFICE

Governor Moore presented the Governor’s Legacy Award to Congressman Steny Hoyer (MD-05) at the annual Governor’s Disability Culture and Achievement Awards in the Governor’s Reception Room, 100 State Circle, Annapolis on July 28.

“I was honored to join Governor Moore’s celebration to mark the thirty-sixth anniversary of the Americans with Disabilities Act and reflect on what its enactment has done for those living with disabilities across Maryland and our country,” said Congressman Hoyer (MD-05). “One of the proudest moments of my career in public service was sponsoring the ADA and championing its passage, en-



PHOTO CREDIT POLLY IRUNGU, MARYLAND GOVERNOR'S PRESS OFFICE

Eric Blessed Carpenter-Grantham, the namesake of “Eric’s ID Law,” speaks at the celebration of the 36th anniversary of the Americans with Disabilities Act (ADA) honoring leaders who have made historic contributions to the disability community.

abling millions to live with greater independence and dignity. However, the work to improve access, inclusion, and equality for all is far from over. We will keep fighting diligently to preserve and build

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Avocado Blueberry Chia Pudding  
Avocado Breakfast Bowl with Leafy Greens  
Heart-Healthy Frozen Avocado Banana Paleta

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# TOWNS and NEIGHBORS

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

### BSU ANNUAL GOLF TOURNAMENT

Bowie State Athletics to Host 15th Annual Bulldog Golf Classic on October 6, 2026 at the Country Club at Woodmore <https://www.ccwoodmore.com/>. Proceeds from the Bulldog Golf Classic will support the Bowie State University Athletics Department’s goal of establishing an ongoing student scholarship program. The Athletics Department is an auxiliary to the university and is responsible for program fundraising. Register by September 1, 2026, for the early bird rates: Individual Golfer: \$200, Foursome: \$700. Tournament Day Schedule: Registration 7:30 a.m., Shotgun Start 9 a.m., Bulldog Post-Networking Event (after tournament ends). If you are unable to participate or sponsor the 15th Annual Bulldog Golf Classic, you can still make a donation to support student-athletes at Bowie State University.

**Sponsorship Opportunities:** For more information about supporting the Bulldog Golf Classic and Sponsorship Opportunities, contact: Jennifer Coke, Executive Director of Philanthropy Engagement [jcoke@bowiestate.edu](mailto:jcoke@bowiestate.edu), 301-860-4778. Dr. Jolisa Williams, Interim Vice President for Intercollegiate Athletics and Recreation 301-860-4778 [jkwilliams@bowiestate.edu](mailto:jkwilliams@bowiestate.edu).

Bowie State University is a member of the Central Intercollegiate Athletic Association (CIAA), an NCAA Division II conference of 13 historically African American Institutions. The Bulldogs compete in six men’s sports: football, basketball, golf, cross country, indoor track and field, and outdoor track and field, and eight women’s sports: basketball, softball, tennis, volleyball, cross country, indoor track and field, outdoor track and field, and bowling.

### ANNIVERSARY HOMECOMING

St. Philip’s Episcopal Church, Baden Parish celebrates 150 years of Faith and Heritage. St. Philip’s Episcopal church, Baden Parish, located at 13801 Baden Westwood Road, Brandywine, Maryland, joyfully invites the community to celebrate its 150 Anniversary Homecoming on Sunday, September 20, 2026, at the church.

The anniversary worship service will feature the Reverend Sam of the Episcopal Diocese of Washington as the guest preacher. The theme for the celebration is “The Spirit of the Lord Is Here,” recognizing God’s faithfulness throughout the church’s 150-year history and looking ahead with hope for future generations. Following the worship service, guests are invited to enjoy a light luncheon and fellowship.

Each year, Homecoming at St. Philip’s is more than a reunion, it is a celebration of faith, family, and legacy. Members, former members, friends, and the surrounding community gather to reconnect with one another while honoring the vision, perseverance, and sacrifices of the church’s founders. Their steadfast faith established a foundation that continues to inspire generations to worship, serve, and share God’s love. Everyone

is warmly welcome to attend this historic milestone. Bring your family, invite a friend, and join us as we celebrate 150 years of God’s grace, enduring faith, and the rich heritage of St. Philip’s Episcopal Church, Baden Parish.

### AUGUST BIRTHDAY CELEBRATIONS

Happy Birthday to Marcus Long, Kari Crane, Brian Harper, Quivianna Stroman, Demetria Brooks Knight, Emeka Mbakwe, Ben Caple, Mason Alexander Stroman, Karl Pinkney, Val Valentine Grant, Sr., Mason Pilch, Donovan Joiner, Kevin Augustus, James V. Dorsett, Norville Hughes, Rev. Stella Tay, Esther Neckere, Denia Peralta who are Clinton United Methodist Church members in Clinton Maryland who are celebrating birthdays in August. Hope that you have more birthdays to celebrate.

### AUGUST WEDDING ANNIVERSARIES

Congratulations to Elton and Janet Smalling, Wayne and Beverly Baker, John and Pamela Stahl, Cameron and Betty Rivers Barron, Bonnie and Matilda Johnson, Umaru and Mariama Davies, William and Judy Terry who are celebrating Wedding Anniversaries who are Clinton United Methodist Church members in Clinton, Maryland celebrating Wedding Anniversaries in August.

### BEAUTY FOR ASHES RETREAT

Beauty for Ashes Retreat: Stepping Out of Fear will be held Friday, August 21, 2026, at 7 p.m. and Saturday, August 22, 2026, from 9 a.m. to 1 p.m. Hosted at Clinton United Methodist Church. Cost is \$20 (includes Breakfast/Refreshments.) RSVP by August 11th at [cumcmd@verizon.net](mailto:cumcmd@verizon.net). Telephone (301) 868-1281. Church address is 10700 Brandywine Road, Clinton, Maryland 20735.

### PRE-HOMECOMING GOSPEL PROGRAM

You are invited to join our Pre-Homecoming Gospel Program August 30, 2026, at 3 p.m. St. Philip’s Church Hall 13801 Baden Westwood Road, Brandywine, Maryland. The program will feature Marvelous Women of Zion, St. Philip’s Fellowship Choir, Nottingham Myers/Christ Men’s Choir, The New Burning Light, Southern Maryland Harmonizers, FBCFH Men’s Choir.

### 2026 ALUMNI DAY

Pomonkey High School celebrating 38 years of PHSAA, Inc. “Keeping the Legacy Alive” Saturday, August 15, 2026, from 1–6 p.m. at Village Green Pavilion, 100 Walter Thomas Road, Indian Head, Maryland 20640. Doors Open: 1 p.m. Food Sales: 1 p.m.-until. Program Starts: 3:00 p.m. Roll Call of Classes. BYOB. Donation: \$5.00 at the door. Music provided by DJ Jackie Baker. 50/50 Drawing. Funds raised go toward the restoration of the Old Pomonkey High School Building. Contact: Elnora Milstead: 301-643-9834, Vera Merritt: 240-381-2217.

## ShidaSweets Bakery Marks One-Year Anniversary During Black Business Month

*Prince George’s County boutique bakery celebrates a year of growth and gratitude in August through handcrafted pound cakes that honor baked legacy and create shared joy.*

By PRESS OFFICER  
ShidaSweets®

PRINCE GEORGE’S COUNTY, Md. (July 29, 2026)—ShidaSweets®, a woman-owned boutique bakery based in southern Prince George’s County, is celebrating its first year in business. Founded by Dr. Rashida Johnson, the company has spent its inaugural year turning handcrafted pound cakes into moments of connection, carrying cherished family traditions into celebrations, gatherings and gifts across the Washington, D.C., region.

The milestone reflects more than a year of sales. It marks the growth of a purpose-driven business built around legacy, sharing joy through pound cake, memory, hospitality and care. ShidaSweets began as a tribute to Johnson’s Great Aunt Isabel, whose 7-Up Pound Cake was a beloved presence at family gatherings. As Johnson began baking and sharing her own cakes, customers responded not only to their taste and texture, but also to the memories they stirred.

“This anniversary is a celebration of every person who trusted ShidaSweets to become part of a birthday, holiday, family table or meaningful moment,” said Johnson. “As we celebrate during Black Business Month, I am especially grateful for the community that has supported this vision and helped transform a treasured family tradition into a growing business. That is what Baked Legacy. Shared Joy. means to me.”

Before launching ShidaSweets, Johnson built a career that included federal service, executive leadership, data, strategy, organizational transformation and leadership development. Entrepreneurship became a new expression of those skills, while creating room for craftsmanship, creativity and storytelling. Her transition also offers a timely perspective on navigating career change, recognizing transferable skills and building a new chapter with intention.



PHOTO COURTESY SHIDASWEETS®

**ShidaSweets began as a tribute to Johnson’s Great Aunt Isabel, whose 7-Up Pound Cake was a beloved presence at family gatherings.**

To commemorate the milestone, ShidaSweets will host an invitation-only anniversary open house on Sunday, August 9, 2026, from 1:30 to 4 p.m. in Upper Marlboro. The celebration will feature cake samples, giveaways, tokens of appreciation, brief remarks and special moments of gratitude.

Dr. Johnson is available for interviews about building a woman-owned business, moving from federal service and career transition into entrepreneurship, the role of family legacy in brand storytelling, lessons from a first year in business, and the joy and discipline of baking.

ShidaSweets® is a woman-owned boutique bakery based in Prince George’s County, Maryland, specializing in handcrafted pound cakes made from scratch. Rooted in family tradition and guided by the promise “Baked Legacy. Learn more at [ShidaSweets.com](https://ShidaSweets.com) and follow @ShidaSweetsBakes on Instagram.



PHOTO COURTESY SHIDASWEETS®

**Dr. Rashida Johnson, ShidaSweets founder.**

## Around the County

### PGCPS Students Show Continued Growth On 2026 State Assessments

*District outpaced Maryland in Grades 3–8 mathematics while recording gains across nearly every English Language Arts and mathematics assessment.*

UPPER MARLBORO, Md. (July 28, 2026)—Prince George’s County Public Schools (PGCPS) students demonstrated continued academic progress on the 2026 Maryland Comprehensive Assessment Program (MCAP), with mathematics proficiency gains in every grade from Grades 3 through 8 outpacing statewide improvement and notable gains across nearly every English Language Arts (ELA) and mathematics assessment.

PGCPS students recorded gains in ELA across every assessed grade except English 10 and improved in every mathematics assessment except Algebra I. (Of note, the number of test takers largely increased by nearly 13,000 students from SY25 to SY26, impacting the overall assessment results reported). The results reflect continued momentum as the district strengthens instruction through Forward by Design: Acceleration 2029, its new three-year strategic plan focused on accelerating achievement in literacy and mathematics while ensuring every student has access to rigorous, high-quality learning experiences.

“These results demonstrate meaningful progress, but more importantly, they demonstrate momentum,” said Superintendent Dr. Shawn Joseph. “Our students are growing, our educators are strengthening instruction, and our system is becoming more focused on what matters most—accelerating learning for every student while reducing variation across schools.”

Our results also clarify where we must concentrate our efforts. Students in Grades 3–5 continue to trail the state in reading proficiency by approximately 10–15 percentage points, while Grade 10 performance in English 10 and Algebra I remains about 10 percentage points below statewide performance. These results will continue to guide our investments in high quality instruction, targeted supports, and rigorous learning experiences that prepare every student for future success.

“As a Board of Education, we have been unwavering in our commitment to strengthening outcomes in reading, mathematics, special education, and services for our multilingual learners,” said Board of Education Chair Brannndon Jackson. “We are encouraged by the progress, but also recognize that more must be done. We remain committed to accelerating student achievement, reducing disparities across our schools, and ensuring excellence in every school, every day, for every child.”

The results come as the Maryland State Department of Education (MSDE) prepares to transition from the MCAP to the Maryland System of Testing Academic Readiness (MSTAR) beginning this school year. The new assessment system places greater emphasis on measuring student growth over time, aligning with PGCPS’ ongoing focus on continuous improvement and ensuring every student makes meaningful academic progress each year.

### Progress Across Student Groups

PGCPS also recorded encouraging gains among student groups that remain central to the district’s instructional priorities.

- Students with disabilities demonstrated notable growth in:
- Grade 3, Grade 5 and Grade 6 English Language Arts
  - Grade 3, Grade 6 and Grade 8 Mathematics

- Multilingual learners demonstrated notable growth in:
- Grade 5 and English 10 English Language Arts
- Grade 4, Grade 8 and Algebra I Mathematics

Several Comprehensive Support and Improvement (CSI) and Additional Targeted Support and Improvement (ATSI) schools posted especially strong gains among historically underserved student groups, demonstrating what is possible through focused instructional support and high expectations.

### Highlights include:

- Barack Obama Elementary School, where multilingual learners achieved 42.8 percentage-point growth in English Language Arts.
  - Forest Heights Elementary School, with 24.7 percentage-point growth among economically disadvantaged students and more than 20 percentage-point gains in both English Language Arts and mathematics.
  - Robert Gray Elementary School, where students with disabilities posted a 28.4 percentage-point gain in English Language Arts.
  - Hillcrest Heights Elementary School, where students with disabilities achieved a 23.5 percentage-point gain in mathematics.
  - John Bayne Elementary School, which recorded 20-plus percentage-point gains in both English Language Arts and mathematics.
- “These schools remind us that demographics do not determine destiny,” Dr. Joseph said. “When instruction is coherent, expectations are high and students receive the right supports, extraordinary growth is possible. Our work now is to ensure those successes become common practice across every school in Prince George’s County.”

### Building on Momentum

The assessment results reinforce the district’s strategic priorities outlined in Forward by Design: Acceleration 2029, particularly accelerating mathematics and literacy outcomes, strengthening support for multilingual learners and students with disabilities, and investing in instructional excellence.

This fall, PGCPS will continue strengthening instructional coherence by engaging educators in curriculum refinement, aligning professional learning with classroom expectations and providing teachers with clear guidance and ongoing coaching before instructional changes are implemented.



# COMMUNITY

## ROOTS x OYATO Announces Inaugural Washington, D.C. Pop-Up Showcasing Contemporary African and Diaspora Fashion

*Curated Two-Day Fashion Marketplace Brings Designers, Tastemakers, Retail Buyers, and Fashion Enthusiasts Together in the DMV*

By PRESS OFFICER  
ROOTS x OYATO

WASHINGTON (August 1, 2026)—ROOTS x OYATO, a curated fashion marketplace dedicated to elevating designers of African and Black descent, will debut its inaugural pop-up experience in the Washington, D.C. metropolitan area on **August 8–9, 2026**, at Yolk Studio in Hyattsville, Maryland.

The two-day event will showcase a curated selection of contemporary African and diaspora fashion brands, including Ibilola Ogundipe, Talensi Atelier, Ibere, Moelle Zavian, and Lavish, each bringing a distinctive perspective to modern design while celebrating craftsmanship, heritage, and innovation. “ROOTS x OYATO was created to bridge the gap between African fashion talent and global retail opportunities,” says Co-Founder Blessing Odunayo. “Across the continent and throughout the diaspora, designers are producing exceptional work, yet many remain underrepresented within major fashion markets.”

Event Information

ROOTS x OYATO Washington, D.C. Launch Pop-Up  
**August 8–9, 2026**, 11 a.m.–6 p.m. daily  
Yolk Studio, 5600 Tuxedo Rd, Hyattsville, MD 20781  
Tickets available on Eventbrite: <https://www.eventbrite.com/e/roots-x-oyato-pop-up-experience-registration-1984510991798>  
Brand Website: <https://www.theoyatocollective.com/>

“Our goal is to create intentional spaces where design excellence can be experienced, celebrated, and connected to new opportunities.” —Rhoda Aguonigho, Co-Founder Roots

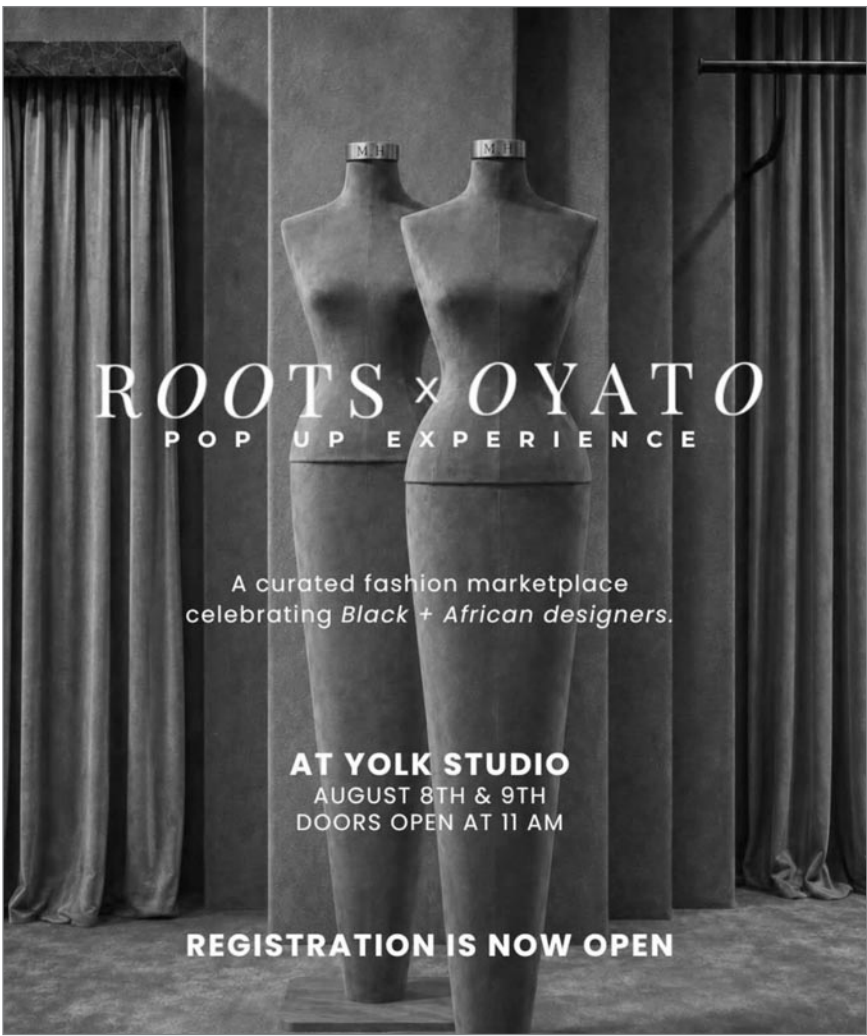
Attendees can expect:

- Curated shopping experiences featuring African and diaspora designers
- A VIP Style Lounge with personal styling opportunities
- Editorial photo moments and content creation activations
- Exclusive gift bags for select guests
- Culinary experiences from African-inspired food and beverage
- Opportunities to meet designers and learn the stories behind their collections

**PARTNERS**

ROOTS x OYATO is proud to partner with Modern Luxury DC Magazine and TapTap Send for its Washington, D.C. debut. Culinary partners Spice Kitchen Grill and Shuga x Ice will bring a taste of Africa to the experience through curated food and beverage offerings.

*ROOTS x OYATO is a curated fashion marketplace designed to introduce emerging and established designers of African and Black descent to the U.S. retail and fashion ecosystem. Through immersive pop-up experiences, the platform connects designers with culturally engaged consumers, fashion tastemakers,*



*ers, stylists, retail buyers, and members of the press. By creating intentional spaces where craftsmanship, heritage, and contemporary design meet, ROOTS x OYATO expands visibility, storytelling*

*opportunities, and commercial pathways for designers whose work reflects the richness and diversity of global Black creativity.*

### Around the County from A2

The district will also make progress more visible through quarterly Forward by Design Progress Reports, which will publicly track student achievement, mathematics and literacy growth, attendance, student belonging, college and career readiness, outcomes for multilingual learners and students with disabilities, and central office service measures.

“Our commitment is to make progress visible and act on what we learn,” Dr. Joseph said. “We will be transparent about our results, celebrate meaningful gains, confront challenges honestly and continuously improve. Every student deserves a school system that never stops learning, and these results show we are moving forward together.”

### M-NCPPC, Department of Parks and Recreation Announces Free and Low-Cost Events in Prince George’s County This August

RIVERDALE, Md. (July 30, 2026)—Celebrate the end of summer with the Maryland-National Capital Park and Planning Commission(M-NCPPC), Department of Parks and Recreation, Prince George’s County. Throughout August, residents and visitors can enjoy a variety of free and low-cost, family-friendly events, including outdoor concerts and movies, teen events and more!

#### Upcoming Events

**Outtabounds Teen Fest 2026** | FREE  
*Saturday, August 8, 2026*, 5–10 p.m.  
Southern Area Aquatics and Recreation Complex (SAARC)  
13601 Missouri Avenue, Brandywine, MD  
Celebrate the end of the summer in a fun and unforgettable way! Enjoy a night packed with music, good vibes, live DJs, basketball, and special guests.

**Rock the Boat Teen Cruise**  
*Tuesday, August 11, 2026*, 4:30–10:30 p.m.  
End-of-Summer Back-to-School Dinner Cruise! Dress to impress in your finest formal attire and dance the night away aboard a dinner cruise on the Potomac River. Enjoy great food, a live DJ, and an unforgettable evening celebrating the end of summer and the start of a new school year. Space is limited. No jeans allowed.

**Park Police Community Day** | FREE  
*Wednesday, August 12, 2026*, 5–8 p.m.  
Watkins Regional Park  
301 Watkins Park Drive, Upper Marlboro, MD  
Meet the officers who help keep parks safe while enjoying interactive demonstrations, emergency vehicles, games, family-friendly activities, and more.

**Concerts at Cosca** | FREE  
*Thursday, August 13 & August 27, 2026*, 6–8 p.m.  
Cosca Regional Park  
11000 Thrift Road, Clinton, MD  
The summer concert series at Cosca Regional Park offers free outdoor music to the community all summer long. Bring a lawn chair or blanket and spend time in the park with family, friends, and neighbors. Food vendors will be on-site, and all ages are welcome.

**50th Anniversary of Roots with Chris Haley**  
*Saturday, August 15, 2026*, 11 a.m.–1 p.m.  
Riversdale Historic Site & Museum  
4811 Riverdale Road, Riverdale Park, MD  
Join Riversdale Historic Site & Museum for the 50th anniversary of Alex Haley’s Roots to explore its legacy with Haley family member Chris Haley. In an intimate conversation with a moderator, questions from the audience will be welcome.

For more information about upcoming M-NCPPC, Department of Parks and Recreation events, visit [pgparks.com](https://pgparks.com).

## Christalis Invites Community to 2026 Superhero 5K Run/Walk & Pop-Up Market

By PRESS OFFICER  
Christalis

TAKOMA PARK, Md. (August 1, 2026)—Christalis will host its annual Superhero 5K Run/Walk and Pop-Up Market on **Sunday, September 27, 2026**, at Washington Adventist University. Proceeds from the family-friendly event will support Christalis programs serving vulnerable children in Uganda and the DMV area.

Participants are encouraged to dress as their favorite superhero—or come as themselves, because they are heroes to the children Christalis serves. The event will feature a 5K run/walk along the Sligo Creek Trail, a Little Hero Dash for children, snacks and hot drinks, children’s activities, a costume contest, and a pop-up market with local vendors and food. Attendees also get to meet Grace, a child who was raised in the Christalis Home from 6 months old.

Registration and packet pickup begin at 8 a.m., followed by the Little Hero Dash at 8:35 a.m., warm-up at 8:45 a.m., and the 5K and pop-up market at 9 a.m. Registration is \$35 in advance and \$40 on race day, with discounted pricing for undergraduate students and children.



More information for participants, vendors, volunteers, and sponsors is available at [christalis.org/5k-run-walk](https://christalis.org/5k-run-walk).

Started in 2014 at Washington Adventist University, the Christalis Superhero 5K has grown from a small community fundraiser into an annual event that brings together supporters from across the DMV and beyond.

“We have been a mostly volunteer-run and donor-funded organization since 2005. Our Christalis Superhero 5K represents the love and care of our donors and volunteers for the children we serve,” said Shalini David, President of

Christalis. “Be a part of the impact by running or volunteering this year.”

*Christalis is a 501(c)(3) nonprofit organization that has served vulnerable children and families for more than 20 years. Through its Child & Family Development Program in Uganda and Lilly’s Gifts Program in the United States, Christalis provides education support, food, emergency healthcare, school supplies, clothing, gifts, and other basic needs, while also helping caregivers through income-generating projects and microloans.*

## M-NCPPC Prince George’s County Planning Board Welcomes New Chair Kevin A. Anderson

By PRESS OFFICER  
M-NCPPC

LARGO, Md. (July 29, 2026)—The Prince George’s County Planning Board of The Maryland-National Capital Park and Planning Commission (M-NCPPC) welcomes Kevin A. Anderson as Chair of the five-member Planning Board. Appointed by Prince George’s County Executive Aisha N. Braveboy and confirmed by the Prince George’s County Council following a public hearing, Anderson was sworn in on Monday, July 27, 2026. Anderson will serve the four-year term expiring on June 14, 2029.

“I am grateful for this opportunity and responsibility. The work of the Planning Board is much more than approving site plans and reviewing development applications; it’s about shaping future communities and connecting people to opportunities. It is important that everyone sees themselves in the future we are planning together,” said Chair Anderson. “I look forward to the ongoing collaboration with community leaders, stakeholders, and elected officials in building a stronger, more connected, and prosperous Prince George’s County and bi-county region.”

Anderson joins Prince George’s County Planning Board members: Vice Chair Billy Okoye and Commissioners Brittany Jenkins, Gloria Gary Lawlah, and Lori Matthews. He will preside over his first Planning Board meeting on Thursday, July 30, 2026. In addition to serving on the Prince George’s County Planning Board, the Planning Board members work with their colleagues on the Montgomery County Planning Board and meet monthly as the M-NCPPC’s full Commission. The M-NCPPC Full Commission meetings will resume in September after the August recess. Anderson succeeds former Prince George’s County Planning Board Chair, Darryl Barnes, who resigned on May 16, 2026.

“I look forward to working with Chair Anderson as we continue our mission to plan for the long-range future of the bi-county area and offer world-class parks and recreation services,” said M-NCPPC and Montgomery County Planning Board Chair Artie Harris. “In addition, we will work collaboratively to address the priorities impacting the region including housing, transportation, preservation, and sustainability.”

### About Kevin A. Anderson

Kevin A. Anderson is a seasoned executive with more than three decades of leadership experience across state and local government, higher education, economic development, housing, public finance, and the private sector. Anderson served as the former Secretary of Commerce for the State of Maryland where he oversaw statewide initiatives involving economic development, business investment, workforce development, infrastructure, tourism, international trade, and strategic planning.

Throughout his career, Anderson has worked at the intersection of public policy, business strategy, and community development, bringing a strong understanding of the opportunities and responsibilities involved in shaping sustainable, equitable growth. He held senior leadership roles including Founder and CEO of Cardinal Atlantic Holdings as well as the President and CEO of City First Homes, Senior Vice President for Global Partnerships at EVERFI, Inc., and Chief Financial Officer and Vice President for



# BUSINESS AND FINANCE

## Social Security Matters

Ask Rusty:

### When Should My Wife File for Spouse Benefits?

By RUSSELL GLOOR, National Social Security Advisor at the AMAC Foundation, the non-profit arm of the **Association of Mature American Citizens** ***Dear Rusty:*** My wife is 66 (born February 1960) and started taking Social Security retirement benefits just over one year ago at age 65. She was a stay-at-home Mom for most of her adult life. I turned 62 this past March and received my first SS payment recently for a May 2026 start. We are scheduled to meet with SSA in late July to initiate spousal benefits because my wife’s current benefits are less than 50% of mine. We also have an adult disabled son who receives Supplemental Security Income (SSI) and Social Security benefits (this split in benefit sources happened after my wife filed - that whole process was confusing and we don’t understand it). My question relates to spousal benefits (I was a career finance person but don’t completely understand these rules). We were going to file in July but is there any benefit to waiting until she turns 67? And will her 50% benefit be 50% of my lower benefit due to my filing at 62 or is that based on another amount? ***Signed: Confused Finance Guy***

***Dear Confused:*** First, be aware that your wife’s spousal benefit will be based on her age when she claims it, and half of your full retirement age, or "FRA," amount (although you claimed at 62, her benefit as your spouse will still be based on your FRA entitlement). Because she claimed her SS retirement at 65, your wife will not get 50% of your FRA entitlement; rather she will get her own reduced SS retirement benefit (which was reduced by about 13% from her FRA entitlement) plus a "spousal boost." The amount of that "boost" will be the difference between her own FRA entitlement and half of your FRA entitlement, but that boost amount will also be reduced because she will be claiming in July before her FRA. Your wife will reach her FRA in February 2027, so by claiming her spousal boost in July her boost amount will be reduced by about 5%, and the "boost" will be added to her already reduced SS retirement about. The result will be your wife’s benefit as your spouse will be less than 50% of your FRA entitlement. And, FYI, your wife will be automatically deemed to be filing for her spousal benefit (she will not be able to defer claiming it).

As your son is now collecting SS benefits based on your wife’s personal SS record, you should ask Social Security to switch him over to payments based on your record (because you have the higher SS benefit). FYI, because your son is now receiving SSI (Supplemental Security Income), the SSDI (SS disability) benefit he receives will offset by his SSI benefit, and the payment amount will consist of two sources - SSI and SSDI. Nevertheless, he cannot get more than 50% of your SS retirement amount and will likely be affected by the Family Maximum which may further reduce his SSDI entitlement.

Your wife’s benefit as your spouse will also be affected by the "Family Maximum," which limits how much can be paid on any one person’s SS record (on your SS record). That also means that your wife will not get a full 50% of your FRA entitlement; rather she will get less because the family maximum limits how much all your dependents can receive to somewhere between 50% and 88% of your FRA benefit amount (after subtracting your own SS entitlement). That also means that your son’s SS payment, as well as your wife’s SS payment as your spouse, will be reduced to less than 50% of your FRA entitlement. SSA will be able to guide you through the Family Maximum calculations for both your son and your wife when you meet.

To recap all of this: a) your wife will be automatically deemed to be filing for her spousal benefit; she cannot delay until her FRA. b) her amount as your spouse will be less than 50% of your SS FRA entitlement. And c) both your wife’s and your son’s SS benefit will likely be also affected by the Family Maximum and, thus, be less than half of your FRA entitlement. Nevertheless, it was likely the right decision to claim as you have, considering that your son and wife have been receiving SS benefits for some time now, and both will continue to receive more as your dependents.

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

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).

## Governor Moore Announces Judicial Appointments to Prince George’s County and Washington County District Courts

By PRESS OFFICER  
Office of the Governor

ANNAPOLIS, Md. (July 27, 2026)—Governor Wes Moore today announced the appointments of Daniel Kyungmin Kim, Julia Simone Gagne Rupert, Jessica Lowell Garth, William Carl Isler, II to Prince George’s County District Court, and Travis William Poole and Mikhaila Miriam Eugenia Mc Nicolls to Washington County District Court.

Governor Wes Moore today announced the appointments of Daniel Kyungmin Kim, Julia Simone Gagne Rupert, Jessica Lowell Garth, William Carl Isler, II to Prince George’s County District Court, and Travis William Poole and Mikhaila Miriam Eugenia Mc Nicolls to Washington County District Court.

“It is an honor to appoint this slate of talented legal professionals to Prince George’s County and Washington County’s District Court,” said Gov. Moore. “Thanks to their years of experience and guided by a wealth of legal expertise, I know all of them will serve our state well.”

### Daniel Kyungmin Kim

Daniel Kyungmin Kim is currently the Assistant Chief of the Homicide and Strategic Investigations Units at the Prince George’s County State’s Attorney’s Office. After obtaining his master’s degree in International Affairs from American University, Kim worked for a private contractor that contracted with the Department of Defense in the national security field. During this time, he joined the Reserve Corps of the Metropolitan Police Department in Washington, D.C. and served as a Reserve Police Officer. While attending the University of Baltimore School of Law, Kim joined the Baltimore City State’s Attorney’s Office and spent the next eleven years as an Assistant States Attorney. He spent his last five years in that office working in the Homicide and Gun Violence Enforcement Divisions.

Kim received his law degree, cum laude, from the University of Baltimore School of Law.

### Julia Simone Gagne Rupert

Julia Simone Gagne Rupert has dedicated her career to public service. Rupert is currently an Assistant Attorney General

in the Criminal Appeals Division of the Maryland Office of the Attorney General. Prior to appellate litigation, Rupert spent nearly a decade working as a prosecutor in the District of Columbia and Maryland. She worked for the Office of the Attorney General for the District of Columbia in the Juvenile Section, rising to the role of Assistant Section Chief. Rupert served as an Assistant State’s Attorney in Prince George’s County, and as a law clerk to the Honorable Nicholas E. Rattle in the Prince George’s County Circuit Court. Prior to law school, Rupert served as a Hearings Clerk for the U.S. Senate Judiciary Committee, and also as an Assistant Scheduler for United States Senator Patrick Leahy. Rupert received her law degree, summa cum laude, from the University of the District of Columbia, David A. Clarke School of Law.

### Jessica Lowell Garth

Jessica Lowell Garth is the Chief of the Special Victims Unit at the Prince George’s County State’s Attorney’s Office. She has prosecuted cases of domestically related homicides, rape and sexual assault both of varying degrees of severity, child abuse, and the possession and distribution of child pornography. Garth also serves as the office’s Legislative Policy Director and has testified before the Maryland General Assembly to advocate for her agency. Garth has also served as an attorney in the Special Victims, Guns and Drugs, Juvenile, Grand Jury and Charging Units. In 2025, she was appointed to the City of Hyattsville’s Race and Equity Task Force where she contributed to the development of the City’s Equity Plan.

Garth received her law degree from the George Washington University Law School.

### William Carl Isler, II

William Carl Isler, II has served as Program Counsel in the Office of Compliance and Enforcement for the Legal Services Corporation for the past 11 years, ensuring the proper administration of congressional grants by low-income, civil legal services providers across the United States and territories. Previously, he worked as in-house counsel at the Washington Suburban Sanitary Commission for ten years and served as a law clerk to the Honorable Toni E. Clarke, Circuit Court for Prince George’s

County. Isler has served in various leadership roles within the Maryland State Bar Association, and is a graduate and former co-chair of its Leadership Academy. He also sat on the Board of Directors for Community Legal Services of Prince George’s County, the Women’s Law Center of Maryland, and the Maryland Bar Foundation.

Isler received his law degree from the University of Maryland, Francis King Carey School of Law.

### Travis William Poole

Travis William Poole currently serves as an Assistant Attorney General and recently became the Supervising Attorney for the Western Maryland Region, where he represents the Department of Human Services and the Washington County Department of Social Services. Alongside his primary duties, he also acts as counsel advising the Board of Appeals for the Washington County Board of Commissioners. Poole also served as an Assistant State’s Attorney for Washington County and was an Associate Attorney at Poole & Kane, P.A. He also served as a Law Clerk for the Circuit Court for Washington County and was a former President of the Washington County Bar Association.

Poole received his law degree from the University of Baltimore School of Law.

### Mikhaila Miriam Eugenia Mc Nicolls

Mikhaila Miriam Eugenia Mc Nicolls currently serves as co-managing partner at the Hagerstown-based law firm, Hutchison & Mc Nicolls, LLC. In addition to her leadership role at the firm, she concurrently serves as co-counsel for the Washington County Drug Court. Prior to establishing her own firm, Mc Nicolls was a trial attorney in the District Court Division of the Washington County Public Defender’s Office. Additionally, she worked in private practice as an Attorney with the Hagerstown-based Harbin Law Office. Originally from Trinidad & Tobago, Mc Nicolls possesses a strong foundation in contract and corporate governance law, an expertise she developed while working at firms while living in her home country before bringing her diverse legal talents to the United States.

Mc Nicolls received her law degree from the Howard University School of Law.

## Awards from A1

upon our progress, and I thank Governor Moore and his administration for all they are doing to ensure that no Marylanders with disabilities are left behind.”

Governor Moore also recognized three outstanding advocates with the Governor’s Disability Culture and Achievement Award, highlighting the profound impact of local leaders in expanding equality across the state:

- **Eric Blessed Carpenter-Grantham:** A dedicated young advocate with autism and the namesake of “Eric’s ID Law,” which allows Marylanders the option to display a butterfly symbol on their driver’s licenses and state identification cards to securely communicate a hidden disability to law enforcement officers and state entities.
- **Sharon Maneki:** A prominent, longtime leader within the National Federation of the Blind of Maryland, author of two books, and past President of the Board for the Maryland Library for the Blind and Print Disabled, who retired after a distinguished 27-year career as a Research Analyst for the Department of Defense.
- **Cathy Raggio:** A legendary policy changemaker and former Secretary of the Maryland Department of Disabilities. Raggio was the founder and CEO of Independence Now, Inc., served as the Executive Director of the Maryland Developmental Disabilities Council, and helped establish People on the Go, the state’s premier self-advocacy organization.

The annual awards ceremony was co-sponsored by MDOD and the Maryland Developmental Disabilities Council, and was attended by state cabinet officials, legislative leaders, and members of Maryland’s Commission on Disabilities.

“Representation matters,” said Maryland Department of

Disabilities Secretary Carol Beatty. “Lifting the voices and accomplishments of Marylanders with disabilities allows others to see their own value and dream big. Our department is proud to partner with Governor Moore to defend community integration and ensure Maryland remains a national leader in accessibility.”

“These awardees highlight the impact people with disabilities have on our communities,” said Rachel London, Executive Director of the Maryland Developmental Disabilities Council. “Inclusion matters, and honoring their contributions moves us closer to a Maryland where all people with disabilities live, learn, work, and play alongside their peers without disabilities.”

For more information on the Governor’s Disability Awards or the ongoing initiatives of the Maryland Department of Disabilities, please visit [mdod.maryland.gov](http://mdod.maryland.gov).

## The Prince George’s Post

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# HEALTH *and* WELLNESS

## BEYOND PROTEIN

### 2 Nutrients Your Plate Might Be Missing



FEATURE IMPACT

Everyone is talking about protein these days whether watching their weight or managing a disease like type 2 diabetes. However, fiber and healthy fats are nutrients many people are overlooking. The latest reports show most Americans already meet or exceed recommendations for protein while nearly all (about 95%) do not eat enough fiber, and many people consume too much saturated fat versus unsaturated fat, according to the 2025 Dietary Guidelines Advisory Committee. Prioritizing ways to get more fiber and healthy fats on your plate could be key to managing weight and type 2 diabetes goals this summer.

One food that makes it easier to invest in your health, according to nutrition experts: avocados.

A growing body of research and materials from Avocados – Love One Today, a science-based resource, suggests fresh avocados offer weight management benefits, help with type 2 diabetes management and are good for blood sugar management.

According to a study\* of more than 27,000 adults published in the journal “Internal Medicine Review,” people who ate just over half of an avocado per day weighed 7.5 pounds less, had smaller waist sizes and tended to have healthier overall eating habits, including higher intakes of fiber and healthy fats, compared to people who didn’t eat avocados. Among the list of benefits, this delicious and healthy fruit uniquely contains fiber and healthy fats in each nutrient-dense bite which slows digestion, helping you feel satisfied and fuller longer which can help you consume fewer calories overall. In fact, if you’re using a GLP-1, avocados are one of the foods to add to your menu to make small meals feel more filling and satisfying while supporting nutrient needs.

Scientists also recently took a second look at the largest study\* about avocado consumption to-date involving close to 1,000 adults, per the journal “Current Developments in Nutrition,” and found that consistently eating one avocado

every day for six months (no other diet changes required) significantly reduced dietary glycemic load (GL) by nearly 14 points, a metric that evaluates how what you are eating is affecting your blood sugar levels. GL may be an important consideration in the management of chronic diseases like type 2 diabetes. By slowing digestion, fiber and healthy fats also support stable blood sugar levels.

There are many ways to enjoy avocados, including chopped, sliced, mashed, blended, in baked goods or even frozen. Avocados add flavor, variety and nutrition across the day.

Try these recipes for Avocado and Blueberry Chia Pudding, Avocado Breakfast Bowl with Leafy Greens for your next breakfast or snack.

\*Remember: Small, consistent food choices can add up over time. Research suggests regularly eating avocados may support weight management and blood sugar targets while providing the fiber and healthy fats that many Americans are overlooking. These studies were supported by the Avocado Nutrition Center. While these findings are encouraging, the studies highlighted show an association, not cause and effect, and thus more research is needed to confirm these findings in other populations.

To explore evidence-based avocado nutrition information, along with practical tips and easy recipes, visit Avocados – Love One Today, a leading resource for avocado nutrition information.



#### Avocado and Blueberry Chia Pudding

- 1 1/2 cups plain, unsweetened soy milk (or milk of choice)
- 1 ripe, fresh avocado, halved, pitted and peeled
- 3/4 cup frozen blueberries
- 1/2 cup unsweetened vanilla Greek yogurt
- 1 tablespoon maple syrup
- 1/3 cup chia seeds

- To Serve:
- 1/3 cup granola
  - 1/3 cup fresh blueberries
  - 1 kiwi, chopped
  - 1/2 fresh, ripe avocado, halved, pitted, peeled and chopped

In blender, puree soy milk, avocado, blueberries, yogurt and maple syrup until smooth. Pour mixture into storage container or bowl and add chia seeds. Whisk well to combine. Cover with lid or plastic wrap and refrigerate 4 hours or overnight, until thickened.

To serve, divide into bowls and top with granola, fresh blueberries, kiwi and avocado.

**Notes:** Use any milk (dairy or non-dairy) that you prefer in pudding. Use fresh blueberries or conventional frozen blueberries. Other topping options include: nuts, seeds, hemp hearts, sliced banana or strawberries, or nut butter.

#### Avocado Breakfast Bowl with Leafy Greens

- Bowl:
- 1 medium sweet potato, chopped (about 1 3/4 cup)
  - nonstick cooking spray
  - 1/4 teaspoon smoked paprika
  - 1/4 teaspoon garlic powder
  - 1/4 teaspoon salt
  - 1/2 cup quinoa
  - 1 cup water, plus additional for boiling eggs, divided
  - 2 eggs
  - 2 cups arugula
  - 1 ripe, fresh avocado, halved, pitted, peeled and chopped
  - 1/4 cup pickled red onions

- Avocado Tahini Dressing:
- 1/2 large avocado
  - 1/4 cup tahini
  - 1 lemon, juice only (2 tablespoons)
  - 3/4 cup water
  - 1 tablespoon fresh chives
  - salt, to taste
  - pepper, to taste

Preheat oven to 400 F. Add chopped sweet potato to baking sheet. Spray with cooking oil then add smoked paprika, garlic powder and salt. Toss to coat in spices. Bake 22-25 minutes, or until tender.



In medium saucepan, add quinoa and water. Bring to simmer and cover, cooking 12-15 minutes, or until quinoa is tender and fluffy.

Fill small saucepan with water and bring to boil. Use slotted spoon to lower eggs into water. Cook 8 minutes then transfer eggs to bowl of ice water to cool before peeling.

To make dressing: In small blender, puree avocado, tahini, lemon juice,

water and fresh chives until smooth. Add more water, 1 tablespoon at a time, if needed, to thin until pourable. Season with salt and pepper, to taste.

Assemble bowls, each with 1/2 sweet potato, 1/2 cup quinoa, 1 egg, 1 cup arugula, 1/2 avocado, 2 tablespoons pickled red onion and 3 tablespoons dressing. Reserve remaining dressing in refrigerator.



#### Heart-Healthy Frozen Avocado Banana Paleta

- 1 ripe, fresh avocado, halved, pitted, peeled and diced
- 4 cups orange juice
- 2 medium bananas, peeled and sliced

- 1 tablespoon lime juice
- 8 paper cups (5 ounces)
- 8 wooden craft sticks

In blender, blend avocado, orange juice, bananas and lime juice on high until smooth. Divide into paper cups. Cover cups with aluminum foil. Insert one stick through center of each foil. Freeze 4 hours until firm.



## EarthTalk® Helping Snakes Climb Out of Their Hole

By Mia Barghout | July 25, 2026

*Dear EarthTalk:*

*How are the world's snakes faring these days? Are they on the decline like so much wildlife and what can we do to help them survive?*

—Rick Finch, Pittsburgh, PA

Snakes play a critical role in their ecosystems as well as in human society. They keep rodent populations in check and have had a large role in medicine. Proteins in snake venom have helped develop medications used to treat cardiovascular disease, including blood thinning medications. The negative perception of snakes has led to the neglect of their conservation value. As agricultural expansion and habitat loss threaten snakes, snake research receives little funding and conservation needs receive little attention.

Snakes are ectotherms, cold-blooded animals. They can't generate their own body heat, meaning that they have to move to suitable environments to regulate their body temperature. They can thrive in a range of habitats including forests, swamps, deserts, grasslands and salt, as well as fresh water. As agricultural expansion increases, snakes have been increasingly migrating. Nicolette L. Cagle, a Senior Lecturer in Ecology & Environmental Education at Duke University conducted her own field research on snakes, concluding that, "nearly two thirds of snake species are threatened by agricultural expansion."

Also, many snake species cannot respond flexibly to habitat destruction. Certain species have narrow geographical distribution, making them especially vulnerable to the risk of local extinction. Large snakes are particularly sensitive to habitat loss. Conservation Science Partners, a non-profit that specializes in helping other conservation groups conduct various kinds of quantitative analysis, conducted a project on the *Thamnophis gigas*, also called the giant garter snake, in California's Central Valley. They monitored the population dynamics of the species and the survival rates over a three-year period. Their research revealed that in California's Central Valley, land-use change has destroyed more than 85 percent of wetlands. The giant garter snake has now declined so greatly that it is now listed as a threatened species.

Helping snakes can be challenging. Their populations aren't easy to detect, and our attention to their conditions is a significant factor in helping them survive. By taking small initiatives on learning about snakes, we can help with the success of conserving snake populations. The Journal of Ethnobiology and Ethnomedicine conducted research on the awareness and knowledge of snakes in an effort to better understand challenges to snake conservation. They found that the attitude and participation of the public toward snakes largely affects the success or failure of snake protection. Thus, participation and research will be encouraged if we make efforts to adjust our current perceptions of snakes. Simple acts such as calling a wildlife expert to relocate a snake in your backyard instead of killing it, or donating to efforts protecting endangered snakes, such as to



PHOTO CREDIT: PEXELS.COM.

**As agricultural expansion and habitat loss threaten snakes, snake research receives little funding and conservation needs receive little attention.**

save the snakes, have long-term effects on snake populations.

**CONTACTS:** Snakes: Why We Need to Live Peacefully With Them, [duke.edu/2023/04/snakes-why-we-need-live-peacefully-them](https://duke.edu/2023/04/snakes-why-we-need-live-peacefully-them)

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1927 to acquire, develop, maintain, and administer a regional system of parks and administer a general plan for the physical development of both counties. In Prince George's County, the agency also administers the public recreation program. Visit [www.pgplanningboard.org](http://www.pgplanningboard.org) for more information.

*Founded in 1927, The Maryland-National Capital Park and Planning Commission (M-NCPPC) is a nationally recognized leader in land use planning, parks, and recreation achieving countless awards for innovation, stewardship and exemplary vision for enhancing the lives of current and future generations. The agency, which is chartered by the State of Maryland, has geographic authority in the Montgomery County and Prince George's County region, which are the two Maryland counties surrounding Washington, DC.*

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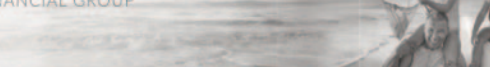
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## WE CANCEL TIMESHARES

Many people think they're stuck with their timeshare forever—but that's often not the case. Wesley Financial Group has helped more than 50,000 families break free from unwanted timeshares, and we may be able to help you, too. If you were misled, pressured, or deceived during your purchase, you could qualify for cancellation.

### How Does the Cancellation Process Work?

- Start with a **FREE consultation** to tell us your story.
- If we determine your case qualifies, you'll be paired with a specialist to guide you through the process.
- Our **Resolution Department** works diligently to cancel your timeshare and help stop related maintenance fees—permanently.

Thousands of timeshare owners have already found relief through our proven process. You could be just one phone call away from peace of mind. Our dedicated team is ready to help.

**Get your free information kit and see if you qualify:**

**Call 1.888.984.2917**

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