

The Prince George’s Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE’S COUNTY *SINCE 1932*

Vol. 94, No. 33 August 13 — August 19, 2026 Prince George’s County, Maryland Newspaper of Record Phone: 301-627-0900 25 cents



PHOTO COURTESY OF NATIONAL HARBOR
This immersive display in the MGM Conservatory takes visitors through a whimsical landscape inspired by iconic DMV landmarks.

Eight Ways to Beat the Heat at National Harbor This Summer

From Dueling Pianos and Escape Rooms to Film Developing, Creative Fashion, Books, AR, Indoor Landscapes and a Ride on The Capital Wheel, National Harbor Offers Plenty of Ways to Stay Cool

By PRESS OFFICER
National Harbor

NATIONAL HARBOR, Md. (July 30, 2026)—National Harbor has long been known as the Washington region’s premier waterfront destination. From boutique shopping and acclaimed restaurants to waterfront attractions, premium hotels and a full lineup of summer events, there’s no shortage of ways to enjoy the season. And when temperatures soar, visitors can escape

the heat while enjoying these eight indoor attractions:

Sing, dance and celebrate at Bobby McKey’s Dueling Piano Bar

Turn up the fun this summer at Bobby McKey’s Dueling Piano Bar. This high-energy spot blends live request-driven music, crowd participation, and lively themed weekends into an unforgettable night out. Throw on your best matching outfits and enjoy special theme line-ups all month-long including

Prom Party (July 31–Aug. 1), Piano Man (Aug. 7–8), Groovy ‘70s & Motown (Aug. 14–15), ‘80s & ‘90s (Aug. 21–22) and Country (Aug. 28-29). For tickets and additional information, visit www.bobbymckeys.com/summer-concert-series. 172 Fleet St.

Take in spectacular views from a cool gondola on The Capital Wheel

Step into one of The Capital Wheel’s climate-controlled gondolas and enjoy panoramic

views of D.C., Virginia, and Maryland from 180 feet above the Potomac River. Riders can take in breathtaking views of the Washington Monument, Masonic National Memorial and surrounding waterfront—all while staying cool. Purchase tickets and learn more at www.thecapitalwheel.com. 141 American Way.

Put problem-solving skills to the test at Escapology

Challenge family and friends with an immersive escape room adventure at Escapology National Harbor. The venue offers eight private escape experiences, including Scooby-Doo and the Spooky Castle Adventure, Cyber Heist, Batman: The Dark Knight Challenge and more. For hours and tickets, visit www.escapology.com/en/national-harbor-md. 230 American Way.

Make lasting memories and develop film at Sip & Develop

Discover the art of black-and-white photography at Sip & Develop, where guests learn to develop their own film in a relaxed, social setting. No experience is necessary, as instructors guide participants through the process while they sip beverages and create lasting mem-

See MGM Page A3

Accokeek Foundation Receives Congressionally Directed Spending (CDS) Funding to Expand Environmental Education Opportunities for Maryland Students

By CASEY WILLSON
Accokeek Foundation

ACCOKEEK, Md. (August 6, 2026)—The Accokeek Foundation has been awarded \$425,000 in Fiscal Year 2026 Congressionally Directed Spending (CDS), included in the FY26 Appropriations bill passed by Congress and signed into law by the President. The funding will expand hands-on environmental education and workforce readiness opportunities for students in Southern Maryland. The request was advanced by Maryland’s U.S. Senators Chris Van Hollen and Angela Alsobrooks.

This targeted federal investment supports the Piscataway Environmental Education Program which is provided by the Accokeek Foundation and headquartered in Piscataway Park. The program provides practical, place-based learning experiences for students in Prince’s George’s and Charles County Public Schools and equips students with opportunities in public land management, environmental science, and Southern Maryland life ways. These skills are increasingly important for America’s future workforce.

The project addresses the significant gap in access to environmental education oppor-

tunities for low-to-moderate income students and underserved communities in Southern Maryland. Through teacher training, classroom support, and field-based learning at Piscataway Park, the initiative strengthens partnerships between schools and the broader community while enhancing academic instruction beyond the classroom.

By expanding access to these programs, the project is expected to reach approximately 15,000 students, giving more young people the opportunity to participate in experiential learning opportunities that reinforce core academic skills and real-world applications. The federal funding bill, now signed into law, was requested by Senators Alsobrooks and Van Hollen.

“Federal investment that protects our environment and supports our students just makes sense. I am so proud to have secured over \$400,000 in federal funding to expand the capabilities of the Piscataway Environmental Education Program provided by the Accokeek Foundation. It is critical that we are teaching today’s students about environmental stewardship, public land management, environmental science, and more—this funding will make that possible,” said Senator Alsobrooks.

“Outdoor, hands-on learning experiences

give our students the opportunity to see up close the real-life importance of what they’re learning in school. That’s why we worked to deliver this federal funding to help the Accokeek Foundation partner with Prince George’s and Charles County Public Schools to expand access to experiential education opportunities for thousands of students,” said U.S. Senator Chris Van Hollen, a member of the Senate Appropriations Committee.

“This support marks a significant milestone for the Accokeek Foundation, enabling us to broaden the reach of our place-based environmental education programs for thousands of students across Maryland,” said Anjela Barnes, Executive Director of the Accokeek Foundation. “We are deeply grateful to U.S. Senators Van Hollen and Alsobrooks for their leadership in making these enriching outdoor learning experiences possible.”

“We are committed to ensuring this funding delivers real value for students and teachers by strengthening academic outcomes, supporting educators, and making responsible use of federal resources,” said Tiara Thomas, Managing Deputy Director. “This investment expands access to engaging, hands-on education while maintaining a strong focus on accountability and measurable results.”

About the Accokeek Foundation: *As a nonprofit partner to the National Park Service at Piscataway Park, the Accokeek Foundation supports the daily operations and stewardship of this nationally significant landscape along the Potomac River. The Foundation welcomes hundreds of thousands of park visitors each year by providing accessible outdoor recreation, educational programming, and immersive visitor experiences. Learn more at: www.accokeek.org, Facebook and Instagram.*

M&T Bank Launches Prince George’s County, MD Small Business Accelerator Program

Free, 8-week Program for Local Business Owners Begins September 10, 2026

By PRESS OFFICER
M&T Bank

PRINCE GEORGE’S COUNTY, Md. (July 15, 2026)—Now through Sunday, August 23, M&T Bank is seeking entrepreneurs to participate in its Prince George’s County Small Business Accelerator Program, a program designed to provide small business owners with the guidance and skills needed to build strong businesses, spur economic growth, and build generational wealth for their families.

Registration is now open for the free, 8-week program held in partnership with the Prince George’s County Economic Development Corporation. The program’s sessions will focus on business planning, establishing credit, accessing capital, marketing, branding, and networking. The Accelerator begins September 10, 2026, with in-person courses held at the Prince George’s County Economic Development Corporation each Thursday evening. It will conclude on October 29 with a pitch competition and opportunity to win grants totaling \$5,000 for first

place, \$3,000 for second place and \$2,000 for third place—all funded by M&T.

Entrepreneurs interested in participating in the program must complete an online application no later than August 23, 2026, and meet the following eligibility requirements:

- In business between two–five years;
- Annual business revenue of \$50,000–\$500,000; and,
- Principal owner must be 18 years or older; and,
- Operate a business located in Prince George’s County, MD or surrounding areas.

Qualified applicants will be enrolled in the free program on a first-come, first-served basis. To apply for the Prince George’s County Small Business Accelerator Program, visit <https://www.mtb.com/pgcprogram>.

WHEN:

- Applications open through Sunday, August 23, 2026
- Program begins Thursday, September 10, 2026
- Program concludes Thursday, October 29, 2026



PHOTO BY ALDEN CORRIGAN MEDIA

Kids’ Day is an unforgettable introduction to the magic of horses and the world of WIHS.

The Countdown Is On: Secure Your WIHS Seats Now

Evening Tickets Start at \$20, 2 Grand Prix Free for Kids, Saturday Kids’ Day and Daytime Sessions Are Free for All*

By PRESS OFFICER
Washington International Horse Show (WIHS)

UPPER MARLBORO, Md. (July 30, 2026)—Tickets for the 2026 Washington International Horse Show (WIHS) presented by MARS Equestrian™ in The Show Place Arena at Prince George’s Equestrian Center on October 19–25 are now available for purchase at www.WIHS.org/tickets and through Ticketmaster.

There’s nothing quite like the excitement of WIHS! From thrilling competition featuring Olympic and international stars to crowd-favorite exhibitions, one-of-a-kind shopping, and affordable fun for the whole family,

there’s something for everyone to enjoy. Reserve your seats now for Thursday’s Opening Night Salute to Service, Friday’s MARS Barn Night, and the can’t-miss World Cup Saturday evening.

Looking for even more? Daytime competition runs Monday through Sunday, with free admission to most daytime sessions, including the fan-favorite Kids’ Day on Saturday. (Adults are ticketed for Saturday afternoon’s Grand Prix CSI2*). Whether you’re a

See WIHS Page A6

INSIDE

Brandywine-Aquasco

In & Around Morningside-Skyline

Calendar of Events

Towns and Neighbors, Page A2

Prince George’s County Animal Services Joins Two Major Adoption Campaigns

M-NCPPC Prince George’s County Planning Department Announces Application Process for the Neighborhood Planning Academy

Community, Page A3

Medical Pavilion I & II Benefits From Tightening D.C. Medical Office Market

Governor Moore Announces \$5 Million in Awards to Expand Registered Apprenticeship Opportunities

Business and Finance, Page A4

5 Nutrition-Boosting Tips to Spread Protein Throughout the Day

Strong at Every Age: How Women Can Help Combat Muscle Loss

Health and Wellness, Page A5

TOWNS *and* NEIGHBORS

Brandywine-Aquasco by Audrey Johnson 301-922-5384

EMBRACING CHANGE WORDS BY KENDRA NEAL

We as women gracefully evolve experiencing many things throughout the course of our lives, and the emotions that they bring not only in our bodies. Fearfully and wonderfully made but with our hopes and dreams careful to not let them fade. We face all the changes with each high and with each low trusting God to be our guide wherever His will goes. Sometimes it is not so easy to try something new not realizing the impact made when we let go and do. The possibilities are endless. May we occupy until Jesus comes. Never too young or too old to help get the job done. Changes can be for our good, leading us to the best next place. May we look to the Lord, moving forward in faith and to the future let us embrace emotions. Embracing Change Words by Kendra Neal who is a member of Clinton United Methodist Church in Clinton, Maryland.

PROGRAMMED MOVIE PREMIERE

Bowie State University President Aminta H. Breaux attended the red-carpet premiere of *Programmed*, an independent film co-produced by Bowie State alumnus Antwan Chambers (*04). Alumni Dr. John Word (*77) and Alvin Pindell (71), who taught Chambers during his time at BSU, were also in attendance. #BowieBOLD.

THE BOLD BLAST

Are you registered for the BULLDOG Golf Classic ? Help shape the next generation of Bulldog Champions! Join the Bowie State University Department of Athletics on the green in support of our #BowieBOLD student-athletes as they pursue academic excellence and athletic success Tuesday, October 6, 2026. The Country Club at Woodmore. Take advantage of the Early Bird registration fees through September 1: Per Foursome: \$700, Per Golfer: \$200. Registration includes 18 holes, green fee and golf cart, continental breakfast, lunch during tournament, post-networking event, gift bags, and so much more!

2026 Bulldog Golf Classic Sponsors: ABM Building Value, bge AN EXELON, South Lake MARKETPLACE COMPANY, R.I.S.E Lifting as We Climb. We look forward to hosting you at the 15th Annual Bulldog Golf Classic. For more information, and to learn more about sponsorship opportunities, please visit bowiestate.edu/bulldogclassic or contact Jennifer Coke Executive Director of Philanthropy 301-860-4778, jcoke@bowiestate.edu.

ALUMNI SPOTLIGHT

Congratulations to Zipporah Miller (*97) who was elected in June 2026 to represent District 1 on the City of Bowie City Council in a special election. She serves as Council Liaison to the Arts Committee and Community Outreach Committee. #BowieBOLD.

A CREATIVE BUSINESSWOMAN

Zahra Tholley (*25) Boldly expresses her range. When Zahra Tholley (*25) walked across the stage last year to receive her degree in Visual Communication and Digital Media Arts, she carried far more than a diploma. She carried years of energy, creative exploration and an award-winning business idea she had been nurturing long before graduation day. Bowie State University gave her the tools and platform to blend her love of the arts with her budding entrepreneurial concept.

Tholley, a native of Accokeek, Maryland, is a joyful spirit who directed a team of 16 cast and crew members in what she says was the culminating project of her undergraduate journey. “I performed my senior thesis, called Express Your Range, at the Fine & Performing Arts Center. It was a multimedia project that revealed the pressures of beauty standards within the dance community.”

Her installation of theater, film, dance and creative direction was a showcase of her vision and lived experiences. Tholley used her technical skills to deliver a powerful message of representation, confidence and freedom to encourage people to accurately express themselves, and her message didn’t end at graduation. She combined her practical experience and entrepreneurial vision to create ZEERANGE Dance Apparel, an inclusive dancewear line for dancers of all skin tones.

“My goal is to make tights to match every complexion. So, I had a strategic business mindset while I was part of the BSU dance community. I used a skin analysis tool and a quiz to match tights colors of BSU dancers.” During senior year, Tholley submitted her business idea to the Entrepreneurship Innovation Center’s (EIC) 8th Annual Bulldog Pitch Competition and placed as a runner-up. The experience helped validate her idea while giving her valuable feedback from business leaders and entrepreneurs. It was a particularly impressive accomplishment, considering she was competing with 50 student venture applications from across all four academic colleges and the graduate program.

A lot of my entrepreneurship skills were developed in the EIC. Although I’m a creative person. I really do like to incorporate what I’m doing with my business.” Tholley says her college experience was defined by classes, projects and the people who crossed her path, and she made connections campus-wide. One of her Bowie State friends started a group called the New Generation Artists Guild and asked Tholley to serve as its social media manager. At first, I didn’t think I could handle it, but I wanted to be there for her. I ended up having a lot of fun with it and I built up my graphic design skills.” In that spirit, she advises today’s students the chances to connect are everywhere at Bowie State.

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

4th of July Festivities Moved to National Night Out

With temperatures over 100 degrees and threats of severe thunderstorms, many area 4th of July celebrations had to modify or cancel their plans. Even the big firework display in Washington, D.C., was delayed until shortly after midnight, and a D.C. Fire and EMS statement noted that they treated 603 people for heat-related illness across the day at the National Mall festivities.

The afternoon of July 3rd, Morningside made the tough decision to cancel the annual parade up Suitland Road and move the Family Fun Day activities and fireworks display to the National Night Out on August 4.

Maybe because of all that unfulfilled Independence Day enthusiasm, this year’s National Night Out was unusually well attended.

The event still featured the regular array of first responders mixing with the community and showing off the tools of their trades. There were representatives from the police and fire departments of Morningside and Boulevard Heights, someone from the Maryland State Police Crash Team, a Prince George’s County bomb squad truck, and members of Maryland State Police Motorcycle Unit.

There were several food trucks selling pizza, tacos, or hot dogs, plus two trucks selling ice cream. One person ran a lemonade stand, and another set up a table offering a full chicken dinner for \$10.

The town handed out popcorn, as well as coupons that could be used for free food at the trucks, but with the large crowd, the coupons ran out quickly.

The Family Fun Day games and activities were set up, including the mechanical bull and the basket raffle, which offered themed baskets with things like beach gear, school supplies, a snack assortment, and even a couple of tablet computers.

Washington Commanders’ Mascot Major Tuddy Even put in an Appearance

And the whole day was capped with the fireworks display starting at 9 o’clock on the dot. My son Mike, visiting from El Paso, walked over with his son Conor, to join the throngs at Morningside town hall. Mike’s wife Sandy, Conor’s wife Heather

and I watched over by Suitland Road Baptist Church, where the tree cover was thin enough that we got to see all but the lowest fireworks. The show was spectacular, as usual.

Afterwards, the attendees went home while town workers stayed until 11:30 to clean up. They were back again the next day to finish. If you run into anybody who worked the event, be sure to thank them for their efforts.

Hopefully, next year’s 4th of July events actually will happen on the 4th of July. Make sure you come out for both Independence Day and National Night Out. Morningside always does a great job, and you’re sure to have a good time.

Karen Rooker to Retire

Congratulations to Morningside clerk/treasurer Karen Rooker, who is retiring at the end of the year. Karen has been heavily involved in Morningside government for years, joining the town council in 1991 before serving as mayor.

She also worked at National Geographic for thirty-five years. Not long after she left there, Morningside needed a new clerk/treasurer and Karen stepped up. She’s held that position for the last decade.

Karen looks forward to being able to spend more time focusing on her work with the VFW Auxiliary which this summer voted her the senior vice president for their Department of Maryland. While we still have a few more months of Karen answering calls and helping to keep Morningside running, she is busy getting her replacement, Alisha Cabrera, ready to take over. I met Alisha recently, and she was hard at work learning the ropes.

Of course, as far as I am concerned, one of Karen’s most important tasks has been taking time nearly every week to chat with me, sharing news, updates, and insider info about Morningside. She has been an invaluable source of both material for my column and good conversation. I will be sorry to lose her.

But I look forward to getting to know Alisha and seeing where her Morningside career takes her.

Spiggy and Deb Celebrate 57 years

Richard Landon always makes sure to keep me informed on anything going on in the District Heights/Forestville area. He

notes that his friends Dave and Deb Spigler celebrated their 57th wedding anniversary on July 19.

You may remember Dave as Spiggy, a member of the Hogettes, the unofficial fan group that supported the then-Washington Redskins football team. For thirty years, the Hogettes entertained fellow fans by donning dresses, big hats, and rubber pig snouts to cheer the team from the stands.

Along the way, they gained national attention, including an appearance on The Tonight Show with Jay Leno, using their fame to help them organize and attend charitable events that raised over \$100 million. The group officially retired in 2012.

Deb may have had a lower profile than Dave, but she made her own valuable contribution as a nurse, most recently at Calvert Hospital. Now they are both enjoying traveling the world in retirement.

Changing Landscape?

Rumor has it the Subway on Suitland Road might be closing. Any fans should stop in while they still can. And anybody who can confirm the rumor and give more information should reach out to me, so I can let my people know.

Upcoming Town Events

Plans for an August 14 senior picnic have changed. In light of this summer’s extreme weather, the event has been replaced by a lunch at Topolinos. By the time this item runs, it’ll be short notice, but there’s no harm in calling 301-736-2300 to see if you can still sign up.

Karate is back at the Morningside town hall. Sessions are held Wednesdays from 6–8 p.m. and Saturdays from 9 a.m. to noon. The classes have been filling up quickly, but you might drop by during those times to see if any space is still available.

August 15 will be the back-to-school giveaway, with Morningside offering residents a free backpack and school supplies. The event runs from 3–6 p.m., but get there early, before things run out.

The town is planning an outdoor movie night for September 12. More details—including the movie title—to come later.

And looking further ahead, the Haunted Trail is coming back the weekend of Oc-

Calendar of Events

Shop Maryland Tax-Free Week!

Date and time: August 9–August 15, 2026

Description: We encourage Marylanders to consider doing their Tax-Free Week shopping at Maryland businesses! Purchases made at local retailers help support neighborhood jobs and contribute to the strength of local economies. During this week, qualifying apparel and footwear priced at \$100 or less per item are exempt from the state sales tax. The first \$40 of a backpack or bookbag purchase is also tax-free. (Accessory items, except for backpacks, are not included.).

Too Toxic To Trash: FREE E-Waste and HHW Event

Date and time: Saturday, August 15, 8.a.m.–1 p.m.

Description: The Department of the Environment, Prince George’s County announced the next FREE E-Waste & Household Hazardous Waste (HHW) event will be held on Saturday, August 15, 2026, at Surrattsville High School, rain or shine. Be part of the movement to protect our environment—let’s make a difference together! For more information, visit mypgc.us/clearthecurb.

Cost: FREE

Location: Surrattsville High School, 6101 Garden Drive, Clinton, MD, 20735

50 Years of “Roots”: Exploring Its Legacy With Chris Haley

Date and time: Saturday, August 15, 2026, 11 a.m.–1 p.m.

Description:

Commemorate the 50th anniversary of “Roots” at Riversdale Historic Site & Museum with special guest Chris Haley, a member of the Haley family. Through a moderated conversation and audience Q&A, explore the lasting legacy of this influential work and its impact on how we understand history, family, and identity.

Cost: \$15 per person. Registration: Pre-registration is encouraged but not required on ParksDirect

Ages: 12 & up

Location: Riversdale Historic Site and Museum, 4811 Riverdale Road, Riverdale Park, MD 20737

2026 Price Benowitz Back-to-School Carnival

Date and time: Wednesday, August 19, 2026, 5–8 p.m.

Description: Join us for a free community event for local families. The event will provide free school supplies, family-friendly activities, entertainment, community resources, and opportunities for families to prepare for the upcoming school year.

Cost: Free. Register

at: <https://pricebenowitz.com/back-to-school-carnival/>

Audience: Students, parents, families, educators, and community members

Location: District Heights Recreation Center, 2000 Marbury Drive, District Heights, MD 20747

Contact: <https://pricebenowitz.com/back-to-school-carnival/>

27th Annual Suitland Festival

Date and time: Saturday, August 22, 2026, 10 a.m.–6 p.m.

Description: The M-NCPPC Prince George’s County Planning Department will join SuitlandFest Community Development Corporation and the Suitland Recreation Council for the 27th Annual SuitlandFest: Sankofa Rising. The family-friendly event will include multicultural programming, local vendors, and live entertainment. The Planning Department’s Placemaking Team will share details from the newly released Suitland Cultural Arts Implementation Strategy. For more details and an event schedule, visit <https://www.suitlandfest.org/>.

Ages: All ages

Location: Suitland Community Center, 5600 Regency Lane, District Heights, MD 20747

Contact: <https://www.suitlandfest.org/>

Seat Pleasant Back to School Event

Date and time: Saturday, August 22, 2026, 1–4 p.m.

Description: The M-NCPPC Prince George’s County Planning Department will join the City of Seat Pleasant for its Back-to-School community event to celebrate the E3 (Education Everywhere Every Day) Learning Lab and Little Library Initiative.

Location: Goodwin Park, 311 68th Place, Seat Pleasant, MD 20743

Concerts at Cosca

Date and time: Thursday, August 27, 2026, 6–8 p.m.

Description: 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.

Cost: FREE

Ages: All ages

Location: Cosca Regional Park, 11000 Thrift Road, Clinton, MD 20735

EPIC Masquerade Annual Gala

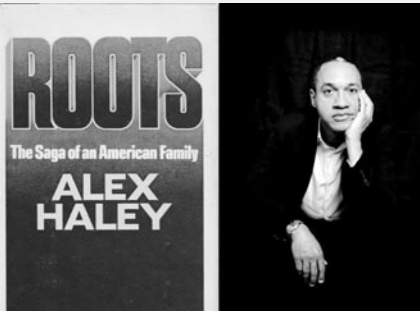
Date and time: Friday, October 30, 2026, 7–11 p.m.

Description: Join us for our annual fundraising gala! Enjoy a live band, casino night, silent auction, dinner and dancing. Mark your calendar, grab your mask, and join the fun. We can’t wait to see you there!

Cost: \$150.00 Formal Attire.

Get Tickets: <https://epic-smvi.org/epic-events/>

Location: Grand Ballroom, Bowie Comfort Inn, 4500 Robert S. Crain Highway, Bowie, MD 20716



COMMUNITY

Prince George’s County Animal Services Joins Two Major August Adoption Campaigns to Help Shelter Pets Find Loving Homes

Free Adoptions are Available all Month Through NBC4’s Clear the Shelters and Maryland’s Statewide Maryland 3,000 Challenge

By PRESS OFFICER
Prince George’s County Department of the Environment

LARGO, Md. (July 31, 2026)—August is the perfect time to welcome a new furry family member. The Prince George’s County Animal Services Facility and Adoption Center (ASFAC) is proud to participate in two of the nation’s largest pet adoption initiatives: NBC4’s Clear the Shelters campaign and Maryland’s statewide Maryland 3,000 Challenge, offering free pet adoptions throughout August.

Running from August 1 to August 31, these life-saving campaigns unite animal shelters across the country, including those in Maryland, with a shared goal: finding loving, permanent homes for thousands of shelter pets.

Since its launch in 2015, NBCUniversal Local’s Clear the Shelters campaign has helped nearly 1.2 million pets find homes while raising more than \$5 million to support animal shelters and rescue organizations nationwide. At the same time, the Maryland 3,000 Challenge, coordinated by the Baltimore Animal Welfare Alliance (BAWA), brings together shelters across the state to place at least 3,000 homeless animals into loving homes during August. Last year, participating shelters exceeded that goal, demonstrating the incredible impact communities can make when they come together for animals in need.

Throughout August, adoption fees at ASFAC will be waived for eligible animals, making it easier than ever for families to adopt a new companion. While adoption fees are waived, all standard adoption procedures, counseling, and licensing require-



PHOTO IMAGE BY
CHRISTINA CHIZ
FROM PIXABAY

ments will remain in place to ensure every pet is matched with the right family.

“We’re excited to once again partner with NBC4’s Clear the Shelters campaign while also joining animal welfare organizations across Maryland for the Maryland 3,000 Challenge,” said David Fisher, Chief and Administrator of the Prince George’s County Animal Services Division. “These initiatives save lives by creating opportunities for more pets to find their forever home. Whether you’re looking for a playful puppy, a loyal senior dog, a curious cat, or a small companion animal like a

rabbit or guinea pig, our team is here to help families find the perfect match.”

In addition to adopting, residents can support ASFAC in several ways throughout the campaign by:

- Fostering a shelter pet.
- Volunteering their time.
- Donating to support shelter programs.
- Sponsoring the care of homeless animals.
- Ensuring their own pets are properly tagged and microchipped.

Community members are also encouraged to attend ASFAC’s Drive-Up Pet Vaccination Clinic on Saturday, August 23, from 10 a.m. to 2 p.m., to help keep pets healthy and protected.

Support doesn’t end with adoption. Through September 15, animal lovers can donate to ASFAC through the Clear the Shelters Fund, led by Greater Good Charities. Donations may be directed to the shelter’s general fund or designated to support local shelter operations, helping provide medical care, food, enrichment, and lifesaving services for animals awaiting adoption.

Virtual pet adoptions are also available through WeRescue, allowing prospective adopters to browse adoptable pets and submit applications online. Hill’s Pet Nutrition returns as the national sponsor of the Clear the Shelters campaign for the eighth consecutive year.

To view adoptable pets, learn about the adoption process, make a donation, or explore upcoming events, visit www.princegeorgespet4Us.com.

For more information about the statewide Maryland 3,000 Challenge, visit www.Maryland3000.org.

For information about NBC4’s Clear the Shelters campaign, participating shelters, and donation opportunities, visit ClearTheShelters.com.

M-NCPPC Prince George’s County Planning Department Announces Opening of Fall Application Process for the Neighborhood Planning Academy

Fall 2026 Cohort will be Hosted in Virtual-only Format

By PRESS OFFICER
M-NCPPC

LARGO, Md. (August 6, 2026)—The Prince George’s County Planning Department of The Maryland-National Capital Park and Planning Commission (M-NCPPC) announces that applications for the next Neighborhood Planning Academy are now open. The free, seven-week, virtual course supports residents, municipalities, non-profit organizations, and the business community in understanding how the development process works, how to better engage, and how to advocate for community goals and visions.

The Neighborhood Planning Academy offers a unique opportunity for community-minded individuals to learn about urban planning and actively shape the future of Prince George’s County. The curriculum covers essential topics in urban planning, community engagement, and sustainable development. The program also aims to empower residents to actively engage in planning and decision-making processes in their communities.

“Strong communities are built when residents have a voice in the decisions that affect where they live, work, and play,” said James Hunt, Acting Director of the M-NCPPC Prince George’s County Planning Department. “The Neighborhood Planning Academy equips partici-

pants with practical planning knowledge and creates opportunities for meaningful engagement, helping to build informed community leaders across Prince George’s County.”

Applicants will be selected from each councilmanic district for geographic diversity. The fall cohort runs most Wednesdays from October 7, 2026—November 18, 2026, from 6:30—8:30 p.m. (except for one session on Tuesday, November 10 due to the Veterans Day holiday.) All classes will be conducted virtually via Microsoft Teams including the final session with capstone project presentations that highlight newly acquired skills and planning knowledge. The application deadline is August 31, 2026.

Since the launch of the program in the fall of 2023, the Neighborhood Planning Academy has hosted six cohorts and graduated approximately 300 Prince George’s County residents and stakeholders. Spaces are limited! To apply and learn more about the NPA program visit <http://academy.pgplanning.com>. For any questions, please email PGCNPA@ppd.mnccpc.org.

The Maryland-National Capital Park and Planning Commission encourages the participation of persons with disabilities in all its programs and services. To receive a disability

See NEIGHBORHOOD Page A6

MGM from A1

ories. The studio also offers custom portrait photography for individuals and families. For reservations and information, visit www.sipndevlop.com. 136 Waterfront St.

Become a fashion designer at Thread & Sole

Get creative at Thread & Sole, powered by Ki-netics Lab, where visitors can customize sneakers, apparel, and accessories through interactive workshops and do-it-yourself stations. Guests may bring their own items or purchase products on-site to create one-of-a-kind designs. Learn more or reserve a workshop at www.ki-neticslabhq.com. 178 Waterfront St.

Find a great read at Mahogany Books

Escape into a great book at Mahogany Books, the nationally recognized independent bookstore specializing in works written for, by and about people of the African diaspora. Browse hundreds of award-winning titles while enjoying a cool drink from their cafe. For store hours and additional information, visit www.mahoganybooks.com. 121 American Way.

Search for hidden wildlife at Gaylord National

The Wildlife Rescue app at Gaylord National transforms the indoor atrium into an interactive safari, allowing guests to use augmented reality (AR) to locate and display virtual animals. Visitors can unlock digital badges and take photos with these creatures, saving them directly to their devices. For more information, click here. 201 Waterfront St.

Wander a whimsical landscape inspired by area landmarks at MGM National Harbor

Explore a cool escape at MGM National Harbor’s stunning 15,000-square-foot indoor conservatory, a vibrant tribute to America’s 250th anniversary. This immersive display takes visitors through a whimsical landscape inspired by iconic DMV landmarks. While visiting, guests can also discover the \$12 million Heritage Collection scattered across the property, showcasing



PHOTO COURTESY OF NATIONAL HARBOR

diverse works from over a dozen artists using mediums like steel, clay, aluminum, and photography. More information is available here. 101 MGM National Ave.

“In addition to our outdoor waterfront attractions, National Harbor offers plenty of unique indoor experiences where visitors can stay cool while enjoying shopping, dining, and entertainment,” said Deborah Topcik, senior director of marketing at National Harbor.

For more information about National Harbor, visit www.NationalHarbor.com.

.....
About National Harbor. Situated on the banks of the historic Potomac River and just minutes from the nation’s capital, National Harbor is a waterfront resort destination unlike any other. National Harbor is home to two of Maryland’s Four Diamond rated hotels—Gaylord National Resort and Convention Center, the East Coast’s largest non-gaming hotel and convention center and has almost 2,000 hotel rooms and 660,000 sq. ft. of meeting space and MGM National Harbor, an integrated luxury casino resort with renowned chef-driven restaurants, a 3,000-seat state-of-the-art theater and one of the largest gaming floors outside of Las Vegas. The vibrant Waterfront District features boutique shops, restaurants and entertainment options along picturesque promenades. The iconic Capital Wheel, a 180-ft observation wheel, Tanger National Harbor’s 85 designer brands, and a robust calendar of events round out this destination that welcomes more than 15.2 million visitors a year. For more information, visit www.NationalHarbor.com.

Morningside from A2

tober 23rd. They’re already seeking volunteers to help them top last year’s success. If you’re interested in helping, call 301-736-2300.

Milestones

Happy Birthday to Carolyn Dade, Aug. 1; Chris Webb, Cornel Gotshall, and Samantha Wade, Aug. 3; Victoria Levanduski, Laura Cook, and Sallee Bixler, Aug. 4; Miss Bailey Sparks, GeGe Feeney, and granddaughter Rose Seidman,

Aug. 5; Markeyce Herring and Connie Kimbles, Aug. 6; Mary Dean, Aug. 7; Maximilian “Max” Howard, Ruth Sanford, and William Billy Stewart, Aug. 8; Savannah Foster, Aug. 11; Mary Berkley and Brittany Short, Aug. 13; Kathy Beardmore, Aug. 15; Margaret Hunt and Nancy Stacey, Aug. 16; Hildagard Koenig, Aug. 17; Le August Brent, Mark Cummings, Jr., and granddaughter-in-law Heather McHale, Aug. 19; Melody Barnes, Aug. 20.

Happy Anniversary to Denis & Donna Wood, Aug. 7; Sharon & Mike Fowler, Aug. 11.

BEFORE THE MARYLAND PUBLIC SERVICE COMMISSION

CASE NO. 9297

IN THE MATTER OF PARKWAY GENERATION KEYS ENERGY CENTER LLC’S APPLICATION FOR A CERTIFICATE OF PUBLIC CONVENIENCE AND NECESSITY TO MODIFY THE KEYS ENERGY CENTER GENERATING STATION LOCATED IN PRINCE GEORGE’S COUNTY, MARYLAND

NOTICE OF PRE-HEARING CONFERENCE AND DEADLINE FOR INTERVENTION

On June 8, 2026, Parkway Generation Keys Energy Center LLC filed an Application for a Certificate of Public Convenience and Necessity (“CPCN”) to modify the existing Keys Energy Center, a 755 MW natural gas-fired combined cycle generating facility located in Brandywine, Prince George’s County, Maryland (“Application”). The Application is available for public inspection or copying at the Baden Branch of the Prince George’s County Library, 13601 Baden Westwood Rd., Brandywine, MD 20613. The Application and other pleadings in this matter may also be viewed or downloaded from the electronic docket for Case No. 9297 through the Commission’s website at <https://psc.maryland.gov>.

A pre-hearing conference in this case will be held **virtually at 2:00 P.M. on Wednesday, August 19, 2026**. The pre-hearing conference will include topics such as the establishment of a procedural schedule, consideration of any petitions to intervene, and any other preliminary matters.¹ The pre-hearing conference will also be streamed live for viewing via the Commission’s PULJ Division’s YouTube Channel, www.youtube.com/mdpsepuljs327.

Any petitions to intervene in this proceeding must be filed **on or before August 14, 2026**, and may be filed electronically through the Commission’s website at <https://psc.maryland.gov> or sent by first-class mail to the Commission’s Executive Secretary, Andrew S. Johnston, at 6 St. Paul Street, Baltimore, Maryland 21202-6806, referencing Case No. 9297. The Commission encourages parties to use the Commission’s “e-file” system for filing. Instructions for e-filing are found under the “Tools” section of the Commission’s website, <https://psc.maryland.gov>.

¹ Reasonable accommodations will be made at Public Service Commission proceedings for qualified persons with disabilities, if requested 5 days in advance of the proceeding. (Dial 410-767-8000 or 1-800-492-0474 or access the prior numbers through the Maryland Relay Service at 1-800-201-7165.)

BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Is the Medicare Part B Premium a Percentage of Our Social Security Amount?

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

Dear Rusty: I have a simple question: Is the amount we pay for Medicare Part B premium a percent of our Social Security amount we receive? *Signed: Curious*

Dear Curious: Your Medicare Part B premium is not based on a percentage of your monthly Social Security benefit amount. Medicare Part B premiums are set in October of each year by CMS (Centers for Medicare and Medicaid Services) and are based upon anticipated total costs of the Medicare program in the forthcoming year. Generally speaking, Medicare Part B enrollee premiums are expected to offset about 25% of CMS’ anticipated total Medicare Part B costs; the rest is borne by the Federal Government. So, when CMS estimates Medicare program costs for the upcoming year, they also look at the number of anticipated Part B enrollees. They then divide 25% of total anticipated Part B program costs by the number of expected Part B enrollees, resulting in the “standard” Medicare Part B premium for next year. For 2026, the standard Part B premium amount is \$202.90. The standard premium for 2027 will be announced in October 2026 and will likely be different.

It’s important to understand also that not everyone pays the “standard” Part B premium. Some lower income seniors may pay less because of the so-called “hold harmless provision,” and some higher income folks may pay more than the “standard” monthly Part B premium because of a provision called “IRMAA.”

The “hold harmless provision” says that monthly Social Security benefits cannot decrease as a result of a Medicare premium increase, so if the annual SS COLA (cost of living adjustment) is insufficient to offset any increase to the standard Part B premium, then the SS beneficiary may pay a smaller Part B premium amount so that their SS benefit doesn’t decrease (note there are exceptions to this rule).

Conversely, those with a higher “provisional income” (an IRS definition), may pay more than the standard Medicare Part B premium. That’s because of a provision known as “IRMAA” (Income-Related Monthly Adjustment Amount), which adds a supplemental amount on top of the standard Medicare Part B premium. IRMAA supplement amounts are determined using a sliding scale to define the required higher Part B premium for each income level category, and IRMAA will cause the Part B premium to be more than the standard premium amount. For those with exceptionally high incomes, the Part B premium can be as much as \$690 per month.

FYI, income reported to the IRS two years ago is used to determine if an individual is subject to IRMAA for the forthcoming year. The reason for this is timing: when next year’s Part B premium is determined in October of each current year, the IRS has processed all tax returns for the preceding year but doesn’t yet have individual income for the current year. Thus, they must use a person’s income from October of the preceding year to determine who will pay the standard Part B premium next year, and who will pay a higher IRMAA amount.

And just to complete this picture, you should be aware that IRMAA also applies to Medicare Part D premiums. And that means that those with higher incomes who are affected by IRMAA for Part B will also pay a higher Medicare Part D premium. (Medicare Part D is private insurance coverage for prescription drugs). But none of this is related to your Social Security benefit amount.

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

Maryland Small Business Development Center

Marketing On A Budget: Big Impact Without Big Spending
8/24/2026 • 1 p.m. to 2 p.m.

Location: Online (Live) • Cost: No Fee-**Registration Required:**
https://mdsbdc.ecenterdirect.com/events/18583

Marketing on a Budget: Big Impact Without Big Spending Effective marketing doesn’t require a large budget—just the right strategy. This session is designed for small business owners navigating real-world financial constraints while still aiming for meaningful growth. Participants will learn how to leverage free and low-cost marketing strategies, implement organic growth tactics that build visibility over time, and make smart decisions about where to invest versus where to save. The training also introduces practical, do-it-yourself tools to help elevate branding without added expense. Attendees will leave with actionable approaches to maximize impact while minimizing costs. Presenter, Cassandra Ferguson, CEO; Elevation Global Media Group, LLC

Medical Pavilion I & II Benefits From Tightening Washington, D.C. Medical Office Market as National Outpatient Demand Accelerates

Medical Pavilion I & II at National Harbor Offers a Modern Outpatient Campus Designed to Meet Evolving Needs Amid Strong Demand for Healthcare Space

By PRESS OFFICER
Medical Pavilion I & II at National Harbor

NATIONAL HARBOR, Md. (July 30, 2026)—Surging outpatient demand is tightening medical office markets across the country, as construction pipelines stall nationwide and federal policy accelerates the shift from inpatient care.

Washington, D.C.’s medical office market is leading that trend, according to new data from CoStar Group, with local vacancy running nearly 6.5 percentage points below the region’s traditional office market. The outlook for local class-A offerings, such as Medical Pavilion I & II at National Harbor, Md., has improved as well, with occupancy rates dipping for multi-story, multi-tenant dropping from 14 to 13.5 percent across the region.

National Demand Accelerates

National data shows that outpatient occupancy continues to climb, reaching 92.5 percent across the top 50 U.S. markets in the first quarter of 2026, with absorption up 71 percent year-over-year, according to a new Cushman & Wakefield Vital Signs report. JLL’s 2026 Medical Outpatient Building Perspective separately reported occupancy reaching a record 92.7 percent to close out 2025, driven by a near-universal drop-off in new construction pipelines with new medical office building construction starts representing just over 1 percent of total existing inventory.

At the same time, the Centers for Medicare & Medicaid Services are further accelerating the shift from inpatient to outpatient care. Consequently, hospital systems are being asked to expand capacity, modernize facilities, and support physician alignment, all while managing limited capital and strict regulatory oversight. Medical Pavilion I & II was purpose-built to support the continued expansion of outpatient healthcare services.

“What we’re seeing in Washington, D.C. is really a local reflection of a national story,” said Peter Papantoniou, Principal at Gittleson Zuppas Papantoniou Medical Realty, the leasing broker for Medical Pavilion I & II at National Harbor. “Outpatient demand is growing faster than

the pipeline can keep up with, and that’s holding vacancy down and pushing rents up almost everywhere.”

“Our investment strategy has always been centered on creating long-term healthcare destinations rather than simply leasing office space,” said Malika Peltier, Managing Director at Rethink Healthcare Real Estate. “National Harbor offers providers the rare combination of modern medical facilities, strong health system partnerships, exceptional accessibility, and a growing patient population. Those fundamentals position the campus to benefit from the continued migration of care into outpatient settings for years to come.”

Washington, D.C. Metro MOB Market Heats Up

CoStar Group data shows medical office vacancy in the Washington, D.C. metro area held at 11.7 percent in the first quarter of 2026, with rent growth of 1.9 percent over the trailing 12 months, well ahead of the 0.2 percent growth rate for all D.C.-area office space. At the same time, large health systems are shifting away from small footprints, prioritizing multi-specialty clinics in the 40,000 to 60,000 square foot range to capture steady outpatient margins.

Medical Pavilion I & II at National Harbor is positioned squarely in that demand, offering Class-A outpatient space in one of the region’s most sought-after mixed-use settings. With limited new Class A medical office construction underway throughout the region, opportunities to secure large contiguous outpatient space are becoming increasingly scarce.

“Not all medical real estate is created equal,” Papantoniou said. “Medical Pavilion I & II gives practices the quality, visibility, and accessibility tenants are competing for right now.”

The waterfront destination includes more than 40 dining options, boutique shopping, MGM National Harbor, The Capital Wheel, hotels, and year-round events, all within a short walk of the medical offices. National Harbor’s I & II key amenities include:

- Two Class-A Medical Office Buildings consisting of over 190,000 rentable square feet.

- Co-located with luxury residential, retail, and office amenities immediately adjacent to major population growth.
- Anchored by major health systems and capable of accommodating large institutional users.
- One of the few large blocks of modern medical space available in Prince George’s County.
- Immediately available, built-out medical office suites.
- Ample structured parking, valet, and direct public transit access.
- Located within National Harbor’s mixed-use district, the campus offers patients and employees walkable dining, hospitality, retail, structured parking, and regional transit access

Despite broader economic uncertainty, the National Harbor district is set up with a steady pipeline of new economic stimuli, including the development of the East Coast’s first Sphere entertainment venue and a new \$720 million mixed-use development plan, which will bring over 1,000 more market-rate multifamily units and 485 affordable senior apartments, as well as new retail and office spaces, further expanding the population base that Medical Pavilion I & II is positioned to support.

As healthcare providers continue expanding outpatient services throughout the Washington metropolitan area, Medical Pavilion I & II represents one of the region’s few opportunities to secure large-format Class A medical office space in a growing mixed-use healthcare destination.

For more information or to schedule a walk-through, contact Papantoniou at peter@gzrealty.net or Winston Williams at winston@gzrealty.net.

Located on the iconic waterfront of Maryland, Medical Pavilion I & II at National Harbor is a class-A 190,000 square foot outpatient medical campus situated in a premier mixed-use location just eight miles from downtown Washington, D.C. Anchored by the University of Maryland Medical System and Adventist HealthCare, the campus provides a modern medical office space designed to support a broad range of outpatient specialties, accommodate the future growth of healthcare providers and deliver an exceptional patient experience.

Governor Moore Announces \$5 Million in Awards to Expand Registered Apprenticeship Opportunities Across Maryland

By PRESS OFFICER
Office of the Governor

ANNAPOLIS, Md. (July 30, 2026)—Governor Wes Moore today announced \$5 million in awards through the Maryland Department of Labor’s Industry Apprenticeship Accelerator, an initiative that will expand registered apprenticeship in Maryland’s high-growth industries, like healthcare, information technology, and early childhood education.

The investment will support 9 registered apprenticeship intermediaries that will support employers, educational institutions, labor organizations, and industry associations to launch and expand registered apprenticeship programs throughout Maryland. Collectively, the grant-funded projects are expected to develop 14 new registered apprenticeship programs, recruit nearly 150 employers, and add more than 650 apprentices in occupations critical to Maryland’s economic growth.

Awardees will partner with businesses to build industry collaborations, develop customized apprenticeship models, and support the launch and growth of apprenticeship programs. By guiding employers through every stage of the apprenticeship process, these intermediary organizations will reduce administrative burdens, enabling businesses to focus on growth while building the skilled workforce needed to meet their talent demands.

In addition to the state’s investment, the awardees will leverage more than \$5 million in financial and in-kind contributions from employers, educational institutions, workforce organizations, philanthropic partners, and other consortium members. These resources will significantly expand the program’s reach and further strengthen apprenticeship opportunities across the state.

Governor Wes Moore established the Industry Apprenticeship Accelerator program through the Registered Apprenticeship Investments for a Stronger Economy (RAISE) Act. Registered apprenticeship combines paid on-the-job learning with related classroom instruction, allowing apprentices to earn wages while gaining nationally recognized credentials.

Prince George’s County Awardees include:

- **Prince George’s Community College** (Behavioral Health, Financial Services, Human Services and Early Childhood Education | Capital Region)
- **University of Maryland, College Park** (Early Childhood Education | Statewide)

The Prince George’s Post

The Prince George’s Post
P.O. Box 1001, 15209 Marlboro Pike, Suite 209
Upper Marlboro, MD 20772-3151
Phone: 301-627-0900 • Legal Fax: 301-627-6260
Email: pgpost@gmail.com
Contents © 2026, The Prince George’s Post

Publisher/Senior Editor Legusta Floyd	Editor Lisa Duan
General Manager/ Legal Advertising Manager Brenda Boice	Administrative Assistant/ Billing Julie Volosin
Legal Advertising Assistant Robin Boerckel	Web Manager Kyler Quesenberry

Prince George’s County, Md. Member National Newspaper Publishers Association, and the Maryland, Delaware, District of Columbia Press Association. The Prince George’s Post (ISSN 10532226) is published every Thursday by the New Prince George’s Post Inc., 15209 Marlboro Pike, Suite 209, Upper Marlboro, Md. 20772-3151.
Subscription rate: 25 cents per single copy; \$15 per year; \$7.50 senior citizens and students; out of county add \$1; out of state add \$2.
Periodical postage paid at Southern Md. 20790.
Postmaster, send address changes to Prince George’s Post, P.O. Box 1001, Upper Marlboro, Md. 20773.

5 Nutrition-Boosting Tips to Spread Protein Throughout the Day

FEATURE IMPACT

Most Americans are eating enough protein. They’re just eating it wrong.

Protein is the macronutrient of the moment – for muscle building, losing weight and staying strong – but nutrition researchers say two things are missing from the conversation: timing and quality.

Spreading protein intake across the day produced about 25% greater muscle protein synthesis, even when the total daily intake was identical, according to research published in the “Journal of Nutrition.”

“Your muscles don’t have a bank account,” said Chris Mohr, PhD, RD, performance nutritionist. “You can’t deposit all your protein at one meal and expect your body to save it for later.”

Most researchers point to a target of about 30 grams of high-quality protein per meal to maximize muscle protein synthesis in most adults.

However, grams aren’t everything. The source matters just as much.

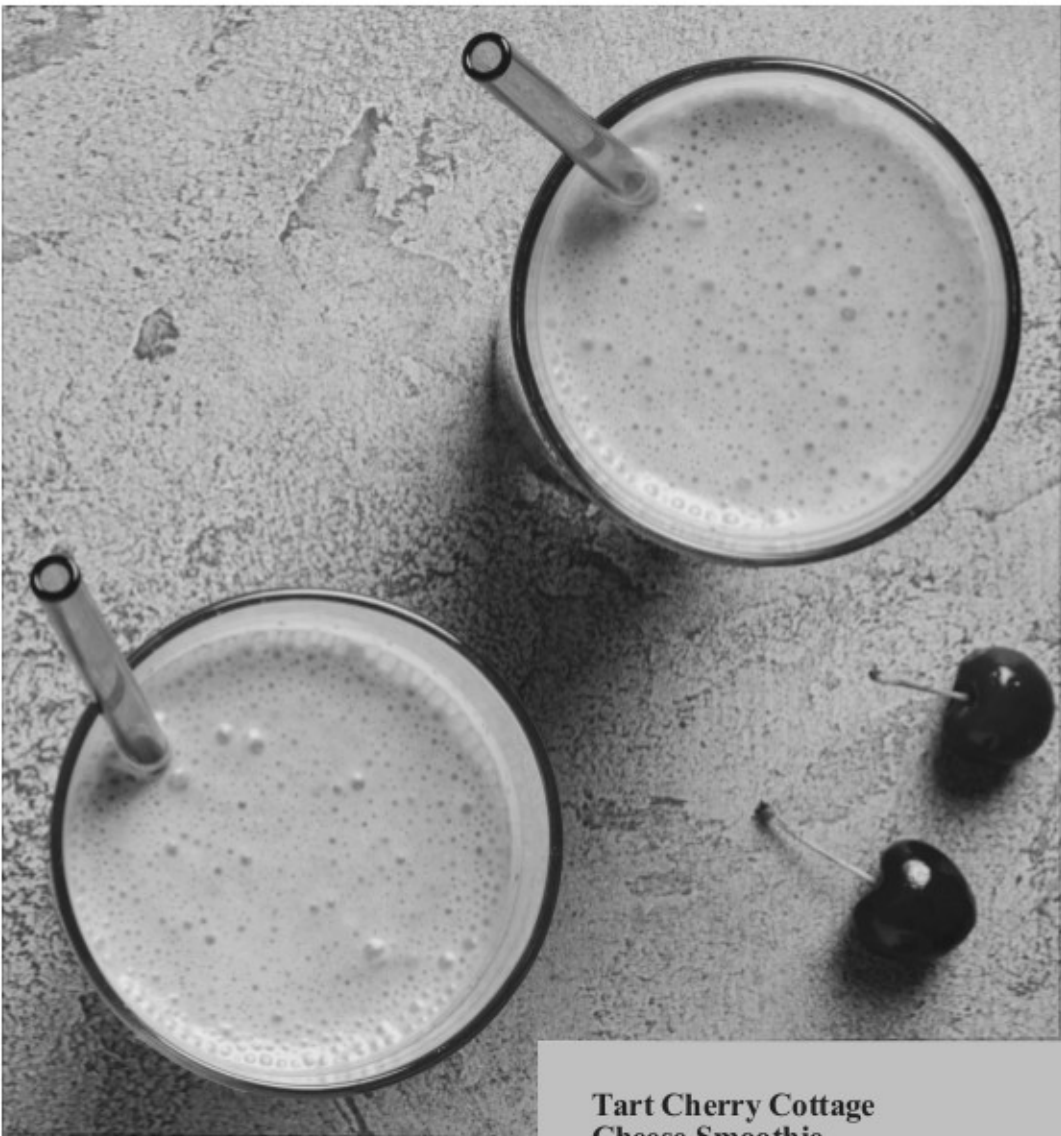
“Aim to get most of your protein from whole, nutrient-dense foods rather than relying on powders, bars and snacks that don’t have much else to offer,” Mohr said. “Supplements have their place but they should build on a real-food foundation, not replace it.”

Quality comes down to amino acids – specifically, whether a source contains all nine essential ones the body can’t produce on its own. Animal proteins (dairy, eggs, meat, fish) check that box. Many plant proteins don’t and tend to be lower in leucine, the amino acid most critical for triggering muscle growth. Dairy is especially rich in leucine.

Mohr recommends a source of dairy at every meal, including milk, Greek yogurt or cottage cheese. He suggests cottage cheese with the highest levels of protein, such as MULU cottage cheese

- that contains 18 grams of protein per serving – one-third more than the leading brand.
- Additionally, Mohr offers these tips to spread protein intake throughout the day:
- **Start with a protein anchor.** Build your morning meal around protein, such as scrambled eggs with cottage cheese or a Tart Cherry Cottage Cheese Smoothie with nut butter.
 - **Layer in protein at lunch.** A salad with grilled chicken, a turkey and cheese wrap or a grain bowl with edamame and hard-boiled eggs can hit the 30-gram target.
 - **Make snacks count.** Use cottage cheese as a base for dips or keep hard-boiled eggs on hand for quick, protein-rich options. Or, in just 7 minutes when time is of the essence, you can prepare Air Fryer Cottage Cheese Toast with a delicious drizzle of hot honey.
 - **Treat dinner as a cap, not a catchup.** By evening, protein intake should already be well distributed. Try a moderate portion of fish, lean meat or legumes alongside vegetables.
 - **Eat slow-digesting protein before bed.** Studies show consuming casein protein before sleep – the slow-digesting protein found naturally in dairy – supports overnight muscle repair. One-half cup of cottage cheese or a glass of milk before bed is a practical, evidence-backed way to put science to work.

To find more protein-rich solutions to power your day, visit [MULUProtein.com](#).



Tart Cherry Cottage Cheese Smoothie

Servings: 2

- 1 cup MULU low-fat cottage cheese
- 1 frozen banana, peeled
- 3/4 cup frozen tart cherries
- 1 tablespoon ground flaxseed
- 1 cup low-fat milk
- 1 tablespoon nut butter
- water

In blender, blend cottage cheese, banana, cherries, ground flaxseed, milk and nut butter on high speed until completely smooth, 45-60 seconds.

If smoothie is too thick, add water, 2 tablespoons at a time, and blend to preferred texture.

Pour into two glasses and serve or pour into sealed jar or container and refrigerate overnight; stir or shake well before drinking.

Nutritional information per serving: 310 calories; 35 g carbohydrates; 22 g protein; 10 g fat.

Air Fryer Cottage Cheese Toast

Servings: 2

- 1 cup MULU low-fat cottage cheese
- 2 slices sourdough bread
- 2 teaspoons hot honey
- 2 teaspoons chili crunch

Preheat air fryer to 400 F.

Spread 1/2 cup cottage cheese onto each slice of sourdough bread.

Transfer slices into fryer basket. Cook about 7 minutes, or until cottage cheese is golden, bubbly and lightly set. Remove toast from air fryer. Drizzle 1 teaspoon hot honey and 1 teaspoon chili crunch over each slice and serve.

Nutritional information per serving: 295 calories; 38 g carbohydrates; 19 g protein; 6 g fat.



Strong at Every Age

FEATURE IMPACT

Aging is inevitable, but losing muscle and mobility doesn’t have to be. For many women, maintaining strength, independence, energy and mobility are top priorities as they get older, particularly as they deal with the mental and physical responsibilities that come with working, caregiving, keeping up with friends, hobbies and enjoying an active lifestyle.

In fact, 58% of women in the United States are actively focused on staying healthy as they age, according to a recent survey commissioned by Viactiv, a line of award-winning supplements for women known for their unique formats and flavors. However, 73% of respondents weren’t aware of sarcopenia, or age-related muscle loss. According to the “International Journal of Women’s Health,” age-related muscle loss often begins between ages 30-35, with women losing 3-8% of their muscle mass per decade and increasing to 5-10% loss per decade after age 60.

Hormonal changes, decreased activity levels, stress, poor sleep and inadequate nutrition can all contribute to the decline in muscle, which can also negatively impact balance, bone health, metabolism, posture and everyday mobility.

Yet, despite 70% of women reporting some level of concern about muscle loss, 54% are unsure how to protect their muscle health.

“Women want to stay strong, active and independent as they age, but many are getting mixed messages about what actually supports long-term muscle health,” said Dr. Tania Elliott, a dual board-certified physician in internal medicine. “A lot of women are already making healthy choices like walking and staying active, which is a great start. However, maintaining muscle health really requires a more complete approach, and one that starts earlier than most women think, which is in your 30s.”

Prioritize Strength Training

Many women report barriers such as lack of time (15%), feeling overwhelmed (23%) or simply not enjoying exercise (23%). The key is finding realistic, sustainable habits. While walking and cardio exercise aid in heart health, which 58% of survey respondents report already engaging in, strength training is one of the most effective ways to preserve and build muscle as you age. Still, just 34% of women report doing strength or resistance training.

You don’t need an intense fitness regimen to support healthy aging. Aiming for at least two strength-focused workouts a week – lifting weights, using resistance bands, practicing weight-bearing yoga or doing bodyweight exercises like squats and pushups – that target major muscle groups can help maintain muscle health. The goal is to fatigue your muscles during sets so they build.

How Women Can Help Combat Muscle Loss



Photo courtesy of Shutterstock

Fuel Muscles with Proper Nutrition

Exercise is only part of the equation. Muscles also need proper nutrition to recover and stay strong. Protein plays a critical role in maintaining muscle mass, especially as women age. Incorporating high-quality protein throughout the day, such as eggs, Greek yogurt, fish, lean meats, beans, lentils, nuts and seeds, may help support muscle repair and overall strength.

Support Healthy Aging with Supplements

In addition to a balanced diet and exercise, some women may consider supplements that support healthy aging and energy production, including CoQ10, which is a naturally occurring antioxidant that helps cells produce energy. According to research published in “The Journal of Nutrition, Health and Aging,” because muscles require significant energy to function, CoQ10 shows potential for managing sarcopenia by improving mitochondrial function and reducing oxidative stress.

An option like Viactiv CoQ10 Cardio Complete, available in a tasty fruit-flavored chew, can help support heart health, muscles, nerve function and daily energy. Enhanced with vitamins D3 and K2, it provides daily essential nutrition for women without the need to swallow a large pill.

Practice Healthy Habits

Muscle health is influenced by more than workouts. Sleep, stress management and daily movement all play important roles. Adopting some simple habits, including prioritizing quality sleep, stretching regularly, staying properly hydrated, reducing sedentary time throughout the day and practicing stress-management techniques, like yoga, meditation or deep breathing, can help aid in healthy aging, including maintaining muscle.

The earlier women begin prioritizing muscle health, the better positioned they may be to maintain strength and mobility as they age. Visit [Viactiv.com](#) for more information and resources to help combat muscle loss.

EarthTalk®
Q&A

Is Climate-Induced Sea Level Rise
Already Significant?

By Saasthra Bojja | July 25, 2026

Dear EarthTalk:
Have we already begun to see a significant sea level rise as a result of climate change?

—Martin Smith, Detroit, MI

According to the National Oceanic & Atmospheric Administration (NOAA), sea levels have been relatively well-documented throughout the course of human history, making the recent sea level rise particularly noticeable. Since 1880, the global average sea level has risen by around eight to nine inches. According to the NOAA, sea level rise may be caused by factors such as “ground settling, up-stream flood control, erosion [and] regional ocean currents” on a more regional level.

On a world-wide scale, global warming due to extensive human emissions of greenhouse gases has led to the atmosphere increasingly trapping heat, and warming the ocean. As seawater gets warmer, it expands, increasing the sea level. Similarly, per SeaLevelRise.org, glaciers and ice sheets melt rapidly when faced by warmer seawater, which intensifies the rate of sea level rise. In a CNN interview, Benjamin Hamlington, a scientist in the Sea Level & Ice Group at NASA stated, “It’s like we’re putting our foot on the gas pedal,” regarding the rate of sea level rise due to global warming. While natural climate cycles contribute to sea level rise, it is exacerbated by human action.

However, sea level has consistently fluctuated with the Earth’s climate cycles, rising during warm periods and sinking during cool ones. With the definitive global increase in sea level, and the accelerated rate at which it is occurring, it’s clear that climate change and its human-driven exacerbation are at least partially responsible for sea level rise. Greenland’s and the Antarctic ice sheets are particularly concerning with regard to the animals there. Polar bears rely on sea ice for hunting, mating and resting. The glacial loss that contributes to sea level rise has resounding impacts for biodiversity across Earth. Further, it is likely that the global sea level will continue to rise in the coming decades, with scientific assessments projecting roughly another six to seven inches in growth of the global average sea level by 2050. This rapid sea level rise would likely lead to more high-tide flooding, storm surges, and pressure on coastal ecosystems.

Yet, sea level rise is not yet a catastrophe. Collective action can still significantly limit long-term damage. By cutting emissions through a rapid transition to clean energy, increased efficiency, and protecting valuable ecosystems, we can slow warming and its impacts. In this time coastal communities can expand their resources and infrastructure, planning for the slow sea level rise coinciding with the Earth’s natural climate cycles. To help support these efforts, advocate for reduced emissions in your own community, and coastal communities near you. Supporting communities already impacted by sea level rise can help ameliorate the impacts of the rapidly changing climate, reducing their burden.



PHOTO CREDIT: PEXELS.COM.

While natural climate cycles contribute to sea level rise, it is exacerbated by human action.

CONTACTS: CONTACTS: Rate of Sea Level Rise Doubled over 30 Years, New Study Shows, sealevel.nasa.gov/news/280/rate-of-sea-level-rise-doubled-over-30-years-new-study-shows/

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@earth-talk.org

CLASSIFIEDS

BUSINESS OPPORTUNITIES

Let the Multimedia Specialists of MDDC Ad Services help you in growing your business and increasing your customer base. CALL TODAY at 855-721-MDDC, Ext. 4 and start seeing results NOW!

BUSINESS SERVICES

Increase the digital presence of your business! Contact MDDC Ad Services to receive a FREE Digital Foot-print Consultation for your business from a TOP PERFORMING advertising agency! Call 855-721-MDDC, Ext. 4, www.mddcadservices.com.

FOR SALE

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-855-993-0969 today to schedule a free quote. Its not just a generator. Its a power move.

MISCELLANEOUS—FOR SALE

Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-855-407-6870

Get Boost Infinite! Unlimited Talk, Text and Data For Just \$25/mo! The Power Of 3 5G Networks, One Low Price! Call Today and Get The Latest iPhone Every Year On Us! 855-977-5719

SERVICES—MISCELLANEOUS

Save loads of money with your advertising budgets! CONNECT with the Multimedia Specialists of MDDC Ad Services. Expand your brand’s reach in our Bulk Advertising Network - CALL TODAY! With one call, one placement, one bill, you’ll reach over 1,000,000 readers in the entire Mid-Atlantic region. Call 855-721-MDDC, Ext. 4 or email kbrierier@mddcpress.com.

SERVICES—MISCELLANEOUS

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-337-5228 [#6258](http://www.dental50plus.com/MDDC)

Let the Multimedia Specialists of MDDC Ad Services help you in growing your business and increasing your customer base. Call today at 855-721-MDDC, Ext. 4 and start seeing results NOW.

REAL ESTATE

We Buy Houses for Cash AS IS! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer and get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-866-541-7929

THIS COULD BE
YOUR AD!

Call for a quote:
301-627-0900

SUBSCRIBE to The Prince George’s Post! Call 301-627-0900

DENTAL Insurance

from Physicians Mutual Insurance Company, Inc.

1-855-337-5228

Dental50Plus.com/MDDC

Product features not available in all states. Contact us for complete details about this insurance solicitation. To find a network provider go to physiciansmutual.com/. Underwriting: This specific offer not available in CO, KS, NY, OR – call 1-800-969-4788 or respond for a similar offer in your state. GetFitsiteC259/B465, ID: C254D, PA: C254P, Insurance Policy P54-B469-6A, P54-6A, OR: P54-9J, TN: P54-9N, 6/30/20

Audien Hearing

The World’s First Hearing Aids With Touchscreen Controls.

No tiny buttons. No apps. No prescriptions.

Atom X

Call 888-410-0534

to get your 45-day risk free trial.

WESLEY FINANCIAL GROUP

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

*This is an Advertisement. Wesley Financial Group, LLC (“WFG”) and/or its affiliates, successors, or assigns are not lawyers and is a law firm and do not engage in the practice of law or provide legal advice or legal representation. Actual results depend on each client’s distinct case, and no specific outcome is guaranteed.

Consumer Cellular®

OVER 50? UNLIMITED FOR JUST \$35/MONTH.

Backed by #1 Network Coverage and Customer Satisfaction.*

Switch & Save Today.

866-337-1676

© 2026 Consumer Cellular Inc. Terms and Conditions subject to change. Plans shown above include \$5 credit for Autopay, and E-Signing. Taxes and other fees apply. Credit approval required for new service. Cellular services not available in all areas and is subject to system limitations. For unlimited plans, high-speed speeds are reduced after 15GB on a per-line basis and Cellular services may be suspended for non-payment of your bill. See our website for complete details. For customer care, call 866-337-1676. The use of customer cellular services may require activation of PCP and 866 logo are registered trademarks of the American Customer Satisfaction Index LLC. For more about the ACSÍ, visit www.thcac.org.

HELLO SUNSHINE

Goodbye Clogged Gutters

Upgrade your gutters this summer! LeafFilter blocks out common debris.

Save up-to*

35% Off

+ Free gutter inspection, quote good for 1 year

Promo code: 285

Call 1-844-566-3227

*Promotional offer includes 25% off plus an additional 10% off for qualified veterans and/or service members. Cannot be combined with other offers. See representative for full warranty details. AK: 285022020, AZ: 285022020, CA: 285022020, CO: 285022020, CT: 285022020, FL: 285022020, GA: 285022020, HI: 285022020, IL: 285022020, IN: 285022020, KS: 285022020, KY: 285022020, LA: 285022020, MA: 285022020, MD: 285022020, ME: 285022020, MI: 285022020, MN: 285022020, MO: 285022020, MT: 285022020, NE: 285022020, NH: 285022020, NJ: 285022020, NM: 285022020, NV: 285022020, NY: 285022020, OH: 285022020, OK: 285022020, OR: 285022020, PA: 285022020, RI: 285022020, SC: 285022020, SD: 285022020, TN: 285022020, TX: 285022020, UT: 285022020, VT: 285022020, WA: 285022020, WI: 285022020, WY: 285022020. Printed on 8/17/2026.

GENERAC®

#1 standby generator worldwide.

Get whole-home power, automatically.

Call 855-993-0969 to schedule your free quote today!

*Terms & conditions apply

Neighborhood from A3

accommodation, call the Public Affairs Office at 301-952-3038, email PublicAffairs@ppd.mnccpc.org, or complete the online form.

The Prince George’s County Planning Department of The Maryland-National Capital Park and Planning Commission (M-NCPPC) *is responsible for preserving, protecting, and managing the county’s resources through high-quality planning services and growth management guidance. Visit our website, www.pgplanning.org, to learn how you can become engaged in shaping the future of your community.*

WIHS from A1

lifelong equestrian or experiencing the sport for the first time, WIHS offers an unforgettable week of world-class entertainment.

All tickets are reserved seating at one set price, making it easy to choose where you want to watch the show. Those who want to see riders prepare before they enter the ring can sit by the in-gate, while others who need a birds-eye view of the course can choose from the long side of The Show Place Arena.

On Saturday evening, in addition to reserved ticket seating, you also have the choice to watch and dine. This ticket package includes a hot buffet-style dinner you can enjoy at your seat, unlimited refills of non-alcoholic beverages, and two complimentary drinks of beer or wine for guests aged 21+.

Your Best Seats to WIHS Start Here:
Thursday, October 22—Opening Night Salute to Service
• Reserved Seat Tickets: Adult \$20, Child \$15
• Doors open at 6 p.m.
• \$63,000 Welcome Stake
• \$63,000 Stars and Stripes Speed Stake
• 50% discount for military, first responders, and teachers through Ticketmaster with code “USA2026”

Friday, October 23—MARS Barn Night, “Star-Spangled WIHS”
• Reserved Seat Tickets: Adult \$25, Child \$20
• Discounted Group Ticket Sales available through the box office
• Doors open at 6 p.m.
• \$63,000 Accumulator Costume Class
• WIHS Pony Jumper Championships, presented by World Wide Technology
• WIHS Shetland Pony Steeplechase Championship Race
• Barn Night Contest Winners
• International Jumpers Autograph Signing

Saturday, October 24—Ambassador’s Cup Grand Prix CSI2*
• Class starts at 1 p.m.
• Open Seat Tickets: Adult \$10, Children under 18 are free with wristbands available during WIHS Kids’ Day and at the arena box office

Saturday, October 24—World Cup Night, “Legends Are Made Here”
• Reserved Seat Tickets: Adult \$45, Child \$35
• Ticketed Dinner: Adult \$115, Child \$100
• WIHS Equitation Finals Top 10 Work-Off—starts at 6:15 p.m.
• \$340,000 Longines FEI Jumping World Cup™ Washington CSI5*-W—starts at 8:30 p.m.

Don’t miss Kids’ Day on Saturday, October 24, from 10 a.m. to 1 p.m. It’s a free, rain-or-shine family event full of pony rides, crafts, a pony kissing booth, face painting, and more. Plus, everyone can watch kids and ponies compete in the arena during the daytime session for free. For Saturday afternoon’s Ambassador’s Cup Grand Prix CSI2*, children under 18 can watch free, while adult tickets are only \$10. Kids’ Day is an unforgettable introduction to the magic of horses and the world of WIHS.

Get ready to experience the exciting and unforgettable nights of an iconic indoor equestrian event, only at Washington International Horse Show.

For more information, visit www.wihs.org.

Established in 1958, the Washington International Horse Show is one of North America’s most prestigious, competitive, and entertaining equestrian events with competition for international, professional, amateur, junior and child riders. Highlights include the Longines FEI Jumping World Cup™ Washington CSI5*-W for the President’s Cup, the WIHS Equitation Final, Pony Jumper Championships, and Children’s and Adult Hunter and Jumper Championships, top national hunters and jumpers, plus popular community and charity events. WIHS is an official USEF Heritage Competition. For more information, visit wihs.org.