

# The Prince George's Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY SINCE 1932

Vol. 88, No. 20 May 14 — May 20, 2020

Prince George's County, Maryland

Newspaper of Record

Phone: 301-627-0900

25 cents

## National Harbor Small Business Owner Paints to Support Those in Need

Abai Schulze of ZAAF donates 100 percent of her art proceeds to Employ Prince George's

By VICKI BENDURE  
for National Harbor / ZAAF

NATIONAL HARBOR, Md. (May 7, 2020)—Like other nonessential businesses, ZAAF at National Harbor, featuring high end goods made entirely in Africa, had to close its doors during COVID-19. Owner Abai Schulze has taken the opportunity of this newfound time to return to her first love, painting, and use it to give back to the greater community.

The collection, which Schulze calls "Humans in Color" examines and celebrates everyday people in Africa. 100 percent of the proceeds from each piece will be donated to Employ Prince George's, a nonprofit organization working to improve

the local economy through workforce development programs. Over the past several weeks, Employ Prince George's has raised \$331,000 to provide immediate assistance to low-wage hourly workers who have recently been laid off due to the COVID-19 pandemic. This relief has provided immediate cash assistance, \$200 per Prince George's County resident, to over 690 laid off residents.

"ZAAF has been an incredible addition to the business community in Prince George's County," said Employ Prince George's President and CEO Walter Simmons. "Abai's generosity through her paintings goes to show there are endless ways to help support those in need during this crisis. I know she will inspire others to

find ways to give back," said Simmons.

Schulze herself has an incredible life story. Originally an orphan from Addis Ababa in Ethiopia, she came to the United States as a child and later studied economics and fine arts at George Washington University. The creation of ZAAF combines her two interests of economic development, by creating jobs for artisans in Africa, and design. ZAAF merchandise includes beautiful high-end handbags, scarves, shoes and other accessories. With the addition of these paintings, Schulze feels like she has come full circle.

"I am a designer, an entrepreneur, a business person, and even an occasional speaker. But my first love that energizes all that I

do is the fact that I am an artist," said Schulze. "I love peering into the eyes and postures of the amazing diversity of people that inhabit the Continent. Each one tells a story; each one expresses a deep humanity. Life is not easy for many, so a smile, a look, an expression holds a depth that goes way beyond what many of us are accustomed to in our comfortable lives; it offers a treasure to behold and reflect upon."

Schulze and ZAAF have been recognized in various ways ranging from appearing on runways at New York Fashion Week, to being featured in Elle, Lucky and Vogue, to receiving the UNESCO Tremplin Prize for Entrepreneurship. In 2018, ZAAF was nominated for Socially Responsible Handbag Design at the Independent Handbag Designer Awards in New York.

More information about the Humans in Color collection and how to purchase can be found on the ZAAF collection website, [zaafcollection.com/](http://zaafcollection.com/).

Time to Vote!  
June 2, 2020 Vote By Mail Primary Election Ballot  
instructions are online at [elections.mypgc.us](http://elections.mypgc.us).

## MSP Still Seeking Public Assistance As Investigations Continue Into Two Fatal Hit-and-Run Pedestrian Crashes in Prince George's County

By OFFICE OF MEDIA COMMUNICATIONS  
Maryland State Police Headquarters

COLLEGE PARK, Md. (May 5, 2020)—Maryland State Police are continuing to seek public assistance as the investigations continue into two separate hit-and-run crashes that claimed the lives of two pedestrians in Prince George's County.

The first fatal hit-and-run crash occurred between 3 and 5:30 a.m. on Feb. 29, 2020 along the inner loop of I-495 near the ramp to northbound I-95 in College Park. The deceased was identified as Henry Washington, 60, of Washington, D.C.

Based on evidence at the scene, troopers believe the vehicle that struck and killed Washington was a silver 2018 or 2019 Nissan Altima. Investigators also believe the vehicle is damaged on the passenger side. Troopers describe the damage to the vehicle as potentially extensive and say it could involve the bumper, hood, headlight, fender and mirror along

the passenger side of the car. Anyone who witnessed this collision, or who may have information about the suspect vehicle, is urged to contact the Maryland State Police College Park Barrack at 301-345-3101. Callers may remain anonymous.

The second fatal hit-and-run crash occurred at about 8:30 p.m. on Sunday, March 1, 2020. In this case, 911 callers reported that they saw a pedestrian struck by at least one, and possibly two vehicles, on southbound Route 4 at Old Marlboro Pike in Forestville, Maryland. The deceased was identified as Earl Rogers, 74, of Largo.

Anyone who may have witnessed this fatal hit and run is urged to contact the Maryland State Police Forestville Barrack at 301-568-8101. As in the first case, callers may remain anonymous.

The cases remain under investigation.

## Campus Safety Reports Rank BSU as a Top Maryland School

Reports evaluate federal crime data from hundreds of colleges and universities

By DAMITA CHAMBERS  
Bowie State University

BOWIE, Md. (May 6, 2020)—Reaffirming its commitment to providing a safe campus, Bowie State University ranks as one of Maryland's safest campuses for the second straight year, based on two recent studies that analyze federal crime data from hundreds of colleges and universities around the country.

Your Guide to the Nation's Safest College Campuses in 2020 names Bowie State the safest campus in the state. The report—compiled by YourLocalSecurity.com, an authorized provider of ADT home security services—uses crime data that the institutions are required to send to the U.S. Department of Education and the Federal Bureau of Investigations (FBI). The report reviews the data from the main campuses of public, private and nonprofit colleges and universities that offer two- and four-year degrees and enroll at least 5,000 students. Out of those 435 schools, the study named the safest campus in each state, along with the nation's 25 safest campuses.

In another study, the 2020 Safest Colleges in America, Bowie State ranks 7th out of the 13 Maryland institutions evaluated. The National Council for Home Safety and Security reviewed FBI crime data for its ranking, as well as crime data for the area surrounding each campus. The report compares federal crime data from 490 colleges, excluding those with fewer than 1,000

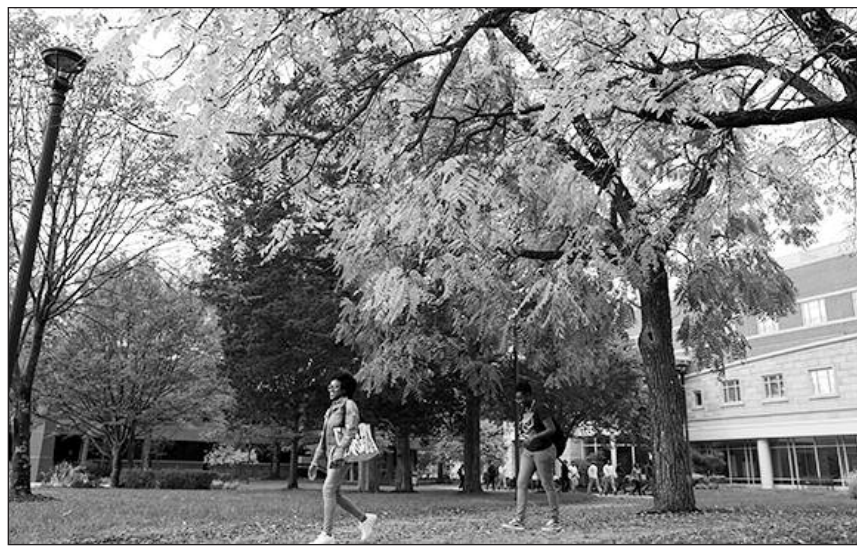


PHOTO COURTESY BOWIE STATE UNIVERSITY

Students on the campus of Bowie State University.

students and others that failed to report significant amounts of data to the FBI. The institutions were then ranked along two key variables: crime rate and police adequacy.

Parents rank safety as a top factor in evaluating a campus environment, and the award-winning Bowie State University Public Safety Department employs strategies incorporating the latest thinking in campus policing and security.

See CAMPUS SAFETY Page A8

## Council Announces Expansion of Special Partnership Grant With Venture Philanthropy Partners

Strategic Initiative Enhances Capacity of Youth-Serving Nonprofits in the County

By ANGELA ROUSON  
Prince George's County  
Council Media

UPPER MARLBORO, Md. (May 4, 2020)—The Prince George's County Council and Venture Philanthropy Partners (VPP) announced the continued expansion of its Ready for Work Nonprofit Capacity Building Initiative, an intensive three-year program and investment to strengthen nonprofits to better serve youth across Prince George's County, and help these students become college and career-ready adults.

Council Chair Todd M. Turner (D) – District 4, says Ready for Work is an important investment in the County's young people, reaffirming the Council's continued commitment to supporting local non-

profits. "The Council is pleased to continue its support of the Ready for Work initiative for a third consecutive year. We welcome the opportunity to partner again with VPP and congratulate the new cohort of nonprofits selected to participate in this fiscal year."

VPP's President and CEO, Carol Thompson Cole, remarked, "VPP is excited about our continued partnership with the Prince George's County Council for the Ready for Work Nonprofit Capacity Building initiative. We know that this current crisis presents even more challenges to nonprofits in our region, and this program is poised to help strengthen nonprofits in Prince George's County to navigate it and continue to serve our most vulnerable children and youth."

Nearly \$10 million has been raised for the Ready for Work initiative in partnership with Prince George's County. Following a competitive process, four additional nonprofits in the County have been identified as organizations specifically focused on serving children and youth through early childhood development, middle school, and high school with kindergarten readiness, academic achievement, middle and high school completion, post-secondary preparation, career readiness and healthy behaviors.

FY 2020 nonprofit recipients Side by Side, WeTATI, Ivy Community Charities, and Liberty's Promise will join previous recipients—The Training Source, College and Career Pathways, Inc., Community

Youth Advance, First Generation College Bound, the Foundation for the Advancement of Music and Education, Inc. (FAME), Joe's Movement Emporium and End Time Harvest Ministries, as a part of the Ready for Work Nonprofit Capacity Building Initiative.

Through the Ready for Work program, nonprofits will be provided the opportunity to strengthen grant writing, management and report writing skills and capacities to become high-performing organizations. Each of the participating nonprofits will compete for mini-grants to further enhance select organizational and programmatic capacities. The program will also focus on strengthening the boards of the participating organizations.

## Brighter Bites, Greater Riverdale Cares and County Council Member Dannielle M. Glaros Hosted Produce Distributions During Pandemic

Hopeful for additional weekly distributions beginning May 16

By KATHARINE PERROW  
Brighter Bites

PRINCE GEORGE'S COUNTY, Md. (May 7, 2020)—Throughout the month of April and in early May Brighter Bites, Greater Riverdale Cares and County Council Member Dannielle M. Glaros ensured that local families received the fresh produce and nutrition education they were on schedule to receive this school semester, even as the area experienced the uncertainty of the COVID-19 crisis. The Capital Area Food Bank, the program's main partner, committed 1,000 boxes of produce for each

distribution, which took place weekly. Each family received 2-3 bags of produce and groceries.

The produce was donated by Coastal Sunbelt, and a set of shelf-stable groceries, also generously donated by the Food Bank, was included in the families' bags. There was no need for families to leave their cars, as distribution staff was on hand to greet from a distance, and place the bags in cars.

Other partners for this program include Kaiser Permanente, Central Kenilworth Avenue Revitalization Community Development Corpo-

See BRIGHTER BITES Page A4

## M&T Donates \$200,000 to Maryland And Capital Area Food Banks

Funds will help food banks purchase and distribute meals to those in need

By PRESS OFFICER  
M&T Bank

BALTIMORE and WASHINGTON (May 5, 2020)—M&T Bank will contribute \$200,000 to the Maryland Food Bank and Capital Area Food Bank to help the region's two largest hunger relief organizations purchase and distribute food to those impacted by the coronavirus outbreak and related economic crisis throughout Maryland and Greater Washington.

M&T, which has the most bank branches and ATMs in Maryland, committed to match funds—up to \$100,000 for each food bank—raised during virtual food drives benefiting the two food banks. A virtual food drive for the Maryland Food Bank already has raised about \$500,000.

The need for food in this region is dire. The Maryland Food Bank is distributing about 140,000 meals per day, compared with about 100,000 meals a day prior to the pandemic. The Capital Area Food Bank, which serves Montgomery and Prince George's counties in Maryland as well as Northern Virginia and the District of Columbia, already has purchased 100 truckloads of food—almost three times what it buys in a typical year—to keep up with demand from its partner organizations.

Anyone interested in contributing to the Maryland Food Bank's virtual food drive can make an online donation or text "HUNGER" to 31996.

Donations to the Capital Area Food Bank's online fundraiser can be made on the food bank's website.

### INSIDE

• PGCP News  
• Prince George's and Montgomery County Councils Adopt FY 2021 Bi-County Budgets  
• Kevin Crosby Joins Phi Kappa Phi at UW-Madison

Around the County, Page A2

All Three State's Attorney Priority Bills Become Law Effective October 1

Share the Gift of Free Books From Birth

Community, Page A3

To Be Equal: Cities are the Economic Engine of The Nation; Congress Must Act Now to Deliver Relief

Make no mistake: politicizing aid for states and cities is life-threatening.

Commentary, Page A4

Closure of Maryland Casinos Reduces Revenues, Contributions To the State

MCAAHC Announces \$1 Million In Funding For Preservation Projects

Business and Finance, Page A5

UM School of Medicine is First in U.S. to Test Unique RNA Vaccine Candidate for COVID-19

Financial Barriers to Prostate Cancer Screenings Removed for Maryland Men

Health and Wellness, Page A7

# TOWNS *and* NEIGHBORS

## In and Around Morningside-Skyline

by Mary McHale 301-735-3451

### So, this is what it's like in the Outside World

I hadn't been out of my house in two months. So, donning my mask, and driving my car (something else I hadn't done in two months), with daughter Kathleen there just in case, I ventured to Clinton.

At the Bank of America, we lined up on the sidewalk (6 feet apart), and waited about 15 minutes to get inside to line up 6 feet apart again. After banking, we drove through the shopping center.

I spotted a very long, slow, ragged line outside Walmart (and probably inside as well). Everyone had a mask on.

Lowe's, Safeway and CVS were open. No lines. The Dollar Store had a sign, "No mask, No entry."

H & R Block was open. Which reminded me that I should think about filing.

The parking lot was pretty full; so all those people were in a store somewhere there. I hope they had their masks on.

Driving home, I noted Topolino's is open for carryout. So is Mama Stella's. Popeyes offers free delivery. And Dunkin' has drive-thru.

It's a whole new world.

### Back in Morningside

As I returned home, I drove into Morningside to deliver Mary Dean's Enquirer-Gazette, which had been misdelivered to my mailbox.

I took advantage of the detour to cruise the town looking for campaign signs. John Anthony, Sharon Fowler, Sheila Scott and Dave Williams are running for two seats on the Town Council. Where are the signs?

Karen Rooker emailed that the Town elections have been moved to July 27. She says information regarding mail-in ballots will be coming out in the next Morningside Newsletter and will be posted on the website, morningsidemd.gov.

### The virus in Maryland

For those of you out-of-state, here are the totals as of May 7, at 5 p.m.:

Total coronavirus cases in Maryland, 29,374; new cases yesterday, 1,211.

Coronavirus-related deaths: 1,503 total; 66 deaths yesterday.

Prince George's County, I'm sad to say, leads the state in totals and in deaths.

### St. Philip's class aide dies of COVID-19

Connie Madden, 1st grade aide at St. Philip's School, died April 27 of the coronavirus. Connie was my remarkable library aide at St. Philip's for about 15 years and then has been a much-loved classroom aide for 20 years. Her mother Annie Mae Fuller died just days before Connie, also of the virus. Connie's daughter Autumn, a veterinarian in Washington, also contracted the virus but is recovering. I'll pay tribute to the family in a future column.

### Russell asks a question

John Butler Jr., who grew up in Morningside, son of John and Marion Butler, died a day or two after his father John Sr. As he writes an obituary on his father and brother, Russell asks the question, "Is there anyone alive who has lived in Morningside longer than my Dad? He moved to Morningside in 1948." Let me know or contact Russell.

### Changing landscape

B-thrifty, "the super thrifty store," is opening soon in Andrews Manor Shopping Center. I found another B-thrifty in Woodbridge which offers a different thrift sale every Monday through Thursday so I'm sure it'll be popular. Racks of clothing have already been moved in.

Express Urgent Care is opening (or maybe have opened by the time you read this) in Andrews Manor. It advertises itself as "Urgent Care Center in Morningside, Md." Samuel Nokuri MD FACP (Fellow of the American College of Physicians) is listed as medical director.

A light rail line, 18.7 miles long, has been endorsed by the Charles County Board of Commissioners. It will extend from the Branch Avenue Metro to White Plains in Charles County. Stations along the route would include Coventry, Woodyard, Surratts, Brandywine and Timothy Branch in Prince George's; and Mattawoman, Acton, Downtown

Waldorf, Smallwood and White Plains in Charles County. We need it now. But don't plan on riding it for at least a decade.

A new acute-care hospital is due to be built on the grounds of St. Elizabeths in Southeast D.C., following an agreement between the District and George Washington University Hospital.

The Netherlands Carillon, next to Arlington Cemetery and the Iwo Jima Memorial, will soon have a big new bronze bell (7,595 pounds, six feet in diameter) ringing out next year. The Carillon was dedicated in 1960, a gift from the Dutch people as a thank-you for the assistance the U.S. provided during and after WWII.

The annual National Night Out Against Crime, usually held the first Tuesday in August, has been rescheduled for the first Tuesday in October, which is October 6, the date set by the National Organization.

### May they rest in peace

Marcy Canavan, 67, member of the Prince George's County Board of Education 1986-1996, chairman 1996, died Feb. 5 at her fruit, vegetable, chicken and turkey farm in Accokeek on Feb. 5.

Antoinette "Annette" Meyer, 95, of Hillcrest Heights, first female deputy sheriff in Prince George's County, died April 13 of presumed COVID-19 at a nursing home in Crownsville. Her husband Edward Meyer, retired D.C. police officer, died in 1999. Daughter Marianne Poe survives her.

### Milestones

Happy birthday to my first granddaughter Naomi (Gallegos) Albaugh and Helen Fadness, May 15; Fr. Charles McCann, Kenneth Darcey, Tim Cordero and Kitty Marshall, May 16; Morningside Mayor Benn Cann and Patti (Parco) Grey, May 18; Kaylin Barbour, Otis Jones and Ellen Ashby, May 19; Jim Behr, May 20; Crystal Foster, Juanita Hood, David Sanford and Linda Holsonbake, May 22.

Happy anniversary to Dennis & Leigh D'Avanzo, their 31st on May 20; and to Ronnie and Karen Ellis, their 54th (!) on May 20.

## Around the County

### PGCPS News:

#### Supper Now Available in "Grab And Go" Meals at Schools

As of Wednesday, May 6, Prince George's County Public Schools (PGCPS) students can pick up supper as part of their "grab and go" meals and more distribution sites are on the way.

Breakfast and lunch will continue to be served twice a week; the snack will be discontinued and replaced with supper. Six additional school sites opened for meal service on Monday, May 11: Dodge Park, Gaywood, Judith P. Hoyer Montessori, Mary Harris "Mother Jones" and Rosa Parks elementary schools, and Ernest E. Just Middle School.

Students can get meals for two days on Mondays and three days on Wednesdays. Parents may pick up meals for students who are unable to come to the site by showing a student ID or report card.

Meals are available from 10 a.m. to 1 p.m. Parents and guardians are not required to accompany students nor are students required to show ID.

The full list of sites is available at [www.pgcps.org/coronavirus](http://www.pgcps.org/coronavirus).

#### PGCPS To Hold Virtual Graduation Celebration Featuring Academy Award-Nominated Actress Taraji P. Henson

UPPER MARLBORO, Md. (May 7, 2020)—Prince George's County Public Schools (PGCPS) will honor the Class of 2020 with a systemwide eGraduation Celebration on Saturday, May 30, featuring Academy Award-nominated actress Taraji P. Henson as commencement speaker.

The event will pay tribute to an estimated 8,000 seniors at 31 traditional, public charter and alternative high schools. Produced in collaboration with ABC7/WJLA-TV, it will air that evening on WJLA 24/7 News (Comcast 808, FiOS 508, DirecTV/Dish 8) and Charge (Over the Air Channel 7.2). A replay is scheduled for the following day at noon on ABC7.

Chief Executive Officer Dr. Monica Goldson announced the news in a message to high school seniors.

"I know this doesn't make up for not being able to walk across the stage," said Dr. Goldson. "The Board of Education and I promise to do everything in our power to give you that moment once these restrictions are lifted. Your PGCPS family is so proud of your accomplishments and we want to send you into the real world not just #PGCPSproud, but #PGCPSFutureReady. You are unstoppable, Class of 2020."

Raised in Oxon Hill, Henson graduated from Oxon Hill High School in 1988. A Golden Globe winner, Emmy nominee and author, she is best known for her roles in Hidden Figures, The Curious Case of Benjamin Button, Empire and Person of Interest. Henson founded the nonprofit Boris Lawrence Henson Foundation to help change the perception of mental illness in the African American community and to connect those in need with resources, such as tele-therapy to address COVID-19 stress.

The eGraduation Celebration will also feature R&B singer Kenny Lattimore, a PGCPS Alumni Hall of Fame inductee; radio host/comedian Joe Clair; NFL cornerback Joe Haden; local news anchor Taylor Thomas and more.

#### PGCPS to Close Following State Superintendent COVID-19 Announcement

UPPER MARLBORO, Md. (May 6, 2020)—On May 6, State Superintendent of Schools Dr. Karen Salmon announced all Maryland public schools will close for the remainder of the 2019-20 academic year as a part of ongoing efforts to slow the spread of the coronavirus (COVID-19).

The last day for high school seniors will remain Friday, May 15. The last day of school for other students is Tuesday, June 16. The last day for teachers is Thursday, June 18. The process for retrieving items left in schools since March will depend on state social distancing guidelines and any restrictions on mass gatherings. PGCPS will continue its grab and go meals program, which now offers free breakfast, lunch and supper. An estimated half a million meals have been served since the start of this program at nearly 50 sites throughout the county. Prior to the conclusion of this school year, we will share our plans for academic enrichment over the summer and what to expect in the fall.

—Office of Communications, Prince George's County Public Schools

#### Prince George's and Montgomery County Councils Adopt FY 2021 Bi-County Budgets

UPPER MARLBORO, Md. (May 7, 2020)—Prince George's and Montgomery County lawmakers, convening virtually for the annual Bi-County Budget meeting on Thursday, May 7, 2020, unanimously adopted the FY 21 budgets for WSSC Water; the bi-county portion of the Maryland-National Capital Park and Planning Commission (M-NCPPC); and the Washington Suburban Transit Commission (WSTC). The Fiscal Year 2021 Bi-County budgets are effective July 1, 2020.

During Thursday's joint session, both Councils agreed to a WSSC Operating Budget of \$849.7 million and a Capital Budget of \$606.7 million for the utility, which includes funding to replace water mains and invest in new technologies; continue upgrades to more energy efficient equipment and systems; and increase the affordability of services for ratepayers and residents. The approved budget included a reduction in proposed rates from the proposed WSSC Operating Budget.

Pursuant to the County Charter, the County Council, in its role as fiscal authority, must adopt a new and balanced spending plan for Prince George's County on or before June 1. Visit the Council's FY 2021 Budget Portal for budget updates.

—Angela J. Rouson, Prince George's County Council Media

#### Kevin Crosby Joins Phi Kappa Phi at UW-Madison

MADISON, Wis. (May 7, 2020)—The Phi Kappa Phi, Chapter 021, at the University of Wisconsin-Madison has initiated 144 students into membership, including Kevin Crosby of Brandywine, MD.

Due to the COVID-19 pandemic, the 100th Phi Kappa Phi Induction Ceremony, typically held in the spring, has been postponed until Sunday, October 11, to be held in Tripp Commons, Memorial Union. The Keynote Speaker will be Provost John Karl Scholz.

Phi Kappa Phi was founded in 1897 at the University of Maine by a group of students who felt a need for an honor society that would recognize excellence across the whole range of academic disciplines. Under the leadership of student Marcus L. Urann, the group formed the Lambda Sigma Eta Society, later renamed Phi Kappa Phi from the letters of the Greek words forming its motto, Philosophia Krateito Photon, "Let the love of learning guide humanity." Today, Phi Kappa Phi recognizes and promotes academic excellence in all fields of higher education and engages the community of scholars in service to others.

—Mike Klein, University of Wisconsin-Madison

## Brandywine-Aquasco

by Audrey Johnson 301-922-5384

### HELPING HAWKS WITH HAWK PRIDE

Hawks return to the nest for Homecoming each year to revisit their roots and support their alma mater. At half time during the February 29, 2020 basketball game, the Greater Annapolis Alumni Chapter, the Baltimore Alumni Chapter, Groove Phi Groove, Kappa Alpha Psi Fraternity, Inc., Omega Psi Phi Fraternity Inc., the Southern Maryland Alumni Chapter and the Tri-County Alumni Chapter presented checks for funds given in support of current Hawks at the University of Maryland Eastern Shore.

McKinley M. Hayes, who presented the Kappa Alpha PSI check, class of '72, resides in Prince George's County, Maryland. Albert Cooks, who is a resident of Prince George's County, presented the Annapolis Alumni chapter check with George Trotter. Information from UMES THE KEY newsletter.

### FREDERICK DOUGLASS HIGH SCHOOL

Frederick Douglass High School was established in 1935 as Marlboro High School and renamed Frederick Douglass High School in 1935, is a public high school located in the Croom census-designated place of unincorporated Prince George's County, Maryland, United States, with a mailing address of Upper Marlboro and near Upper Marlboro. Douglass is a part of the Prince George's County Public Schools System and is named after the famous abolitionist, journalist, and orator, Frederick Douglass.

The current principal is Mr. Eddie Scott. The July 2019 student enrollment was approximately 1,050 students in grades nine through twelve. The hours are from 7:45 a.m. until 2:25 p.m. There is a mandatory uniform policy in effect at Douglass. The school features an International Baccalaureate (IB) Middle Years Program (MYP), a P-Tech programme as well as a school-wide America's Choice School Design signature program. Information from Wikipedia-Text. (Editors Note: Frederick Douglass High School is ranked #8 out of 36 in Prince George's County Public Schools Rankings: [www.usnews.com/education/best-high-schools/maryland/districts/prince-georges-county-public-schools-104078](http://www.usnews.com/education/best-high-schools/maryland/districts/prince-georges-county-public-schools-104078))

### BSU HEALTHCARE HEROES

Dr. LaTrice Dowtin ('12) is an alumna of Bowie State University's School Psychology program. She currently runs a private practice that is dedicated to serving the mental

health needs of infants, toddlers, parents, and adults alike through telehealth. Dr. Dowtin is the co-chair of the National Perinatal Association Network of NICU Psychologists Training and Education Committee, which has been working with neonatal intensive care units (NICUs) across the country. During this time, Dr. Dowtin and colleagues are working on the development, dissemination, and implementation of resources and policies for parents in the NICU during COVID-19. In private practice, at least 1/3 of Dr. Dowtin's clients are other frontline COVID-19 healthcare workers who are struggling with their mental health stability in this time of stress and uncertainty.

### COVID-19 (CORONAVIRUS)

Renters Fact Sheet. No one in Prince George's County should have to worry about losing housing in the middle of this public health crisis. Please know that your landlord/apartment management cannot evict you for being unable to pay your rent during this time, as all evictions and foreclosures in Prince George's County are currently suspended.

If you have the money to pay your rent, please continue to do so. If you find that your circumstances prevent you from paying part or all your rent, please be in communication with your landlord/management company so that they can help you map out a plan. If you are facing eviction, free legal help is available. Learn more at: <https://bit.ly/PGCCOVIDLegal>. Prince George's County Council Media@co.pg.md.us.

### THE DEMOCRATIC PRIMARY ELECTION

The Democratic Primary Election has been moved to June 2, 2020. To make sure Marylanders can stay safe and have their voices heard, statewide vote by mail has been implemented. For more information on your voting options, you can call 301-646-5710.

Ballots are being made to all eligible voters at the address on file. If you have moved or do not receive your ballot by May 15, you can request one at [elections.maryland.gov](http://elections.maryland.gov). Your returned ballot must be postmarked on or before June 2. Your ballot will come with a postage-paid return envelope, but voters who prefer to drop off their ballots can do so at designated ballot drop-off locations from May 21 through June 2. Prince George's County Council Media@co.pg.md.us.

**CASA/Prince George's County—Summer 2020 Online Volunteer Information Session**  
**Thursday, May 28, 2020 from 6–7:30 p.m.** To apply, visit <http://bit.ly/APPLYpgcasa>

# COMMUNITY

## The American Counseling Association's Counseling Corner

### Don't Let the Kids Drive You Crazy

One result of the health crisis has been a great many parents getting to spend a lot more home-time with their kids. While situations vary around the country, many school systems have ceased classroom instruction for the year. Instead, kids may be doing online classes, while complaining and trying to sneak in as much TV, cell phone and video game time as possible each day.

However, you can help minimize the complaining, the goofing off, and your own headaches, by taking action to make home-time more productive.

A starting point is having a real plan for your child's day. Experts recommended making a schedule sheet to hang on the wall or fridge where you and the kids can see what happens throughout the day and week. In school kids have set times for math, English or history lessons. Your home-time should be the same to help move the learning process forward and minimize arguments.

It's also important to offer choices. Reading time doesn't have to mean picking up the same book or story each day. Give your child a selection to choose from. This same sort of approach can work for art projects, writing lessons or virtually any subject.

Math studies, for example, might include lessons from a math book some days, but could also include practical math projects around the house. Does your child know how to measure and calculate the square feet in his or her bedroom? Can he or she figure out how to change that recipe to increase or decrease the number of cookies it will make? Then how about going right from there into a delicious baking session?

The opportunities to learn around the house are endless. Your backyard is probably filled with budding plants, small bugs or places to plant a few seeds, all part of science learning. What about helping your child put together a family history (writing project) or family tree project (research and art)? And yes, there are art projects for most kids, regardless of their age.

Kids are very social creatures, and being stuck at home with Mom and Dad (and maybe siblings) for any extended period isn't as much fun as hanging with friends, or even being back in school. But with a little planning and effort, parents can help fill up the days in productive ways to help make the time go faster and to minimize the complaining.

Counseling Corner is provided by the American Counseling Association. Comments and questions to [ACAcorner@counseling.org](mailto:ACAcorner@counseling.org) or visit the ACA website at [www.counseling.org](http://www.counseling.org).

### All Three State's Attorney Priority Bills Become Law Effective October 1

By DENISE SMITH  
Office of the State's Attorney

UPPER MARLBORO, Md. (May 7, 2020)—All three priority bills backed by the Office of the State's Attorney for Prince George's County became law, announced State's Attorney Aisha Braveboy. These new laws aim to strengthen Maryland's hate crime statute, make strangulation a first degree felony and require more appropriate training for special police officers in Maryland. Braveboy also acknowledged the hard work of her former legislative director, now District Court Judge, LaKeecia Allen who shepherded these bills through the House and Senate.

"We are extremely pleased that these much-needed pieces of legislation will finally become law," said Braveboy. "I cannot thank our legislative partners enough, Senator Joanne Benson and Delegate C.T. Wilson for taking the lead on the hate crime bill; Senator Susan Lee and Delegates Vice Chair Vanessa E. Atterbeary and Jesse T. Pippy for leading the way on the strangulation bill and Delegate Jazz Lewis for the special police officer training bill. Their leadership and partnership has provided important prosecutorial tools and public policy designed to make our community safer."

**Summary of Bills Signed May 7:**  
**SB606/HB917 – Criminal Law –**

### Hate Crimes Basis – 2nd Lieutenant Richard Collins, III's Law

This bill strengthens the current statute, clarifying that hate does not have to be the sole motivation for a hate crime.

### HB233/SB212 – Criminal Law - Assault in the First Degree - Suffocation or Strangulation

This bill changes strangulation from a second degree assault, carrying up to a \$2500 fine to a first degree felony assault and up to a \$5,000 fine.

### HB 1111 - Public Safety - Special Police Officers - Training and Renewal of Commission

This law now increases the amount of training hours, including de-escalation techniques, for Special Police Officers in Maryland.

The three new laws will go into effect October 1, 2020.

### Share the Gift of Free Books From Birth

PGCMLS supports early literacy with online resources and virtual programs

By NICHOLAS BROWN  
PGCMLS

LARGO, Md. (May 8, 2020)—The Prince George's County Memorial Library System (PGCMLS) is committed to advancing early literacy and kindergarten readiness for all Prince Georgians. One of the primary programs that supports early literacy is Books from Birth ([www.pgcmls.info/1886](http://www.pgcmls.info/1886)), a partnership between the Library and program Dolly Parton's Imagination Library designed to get books into the homes and hands of every young child in Prince George's County. Families can register their children to receive a free book (to keep!) every month by mail to build their home library. Dolly Parton's Imagination Library and PGCMLS have provided 15,919 Prince George's County

children with 239,218 free books over the past three years.

Registration is currently open and Books from Birth deliveries are taking place throughout the public health emergency. After registering, children will receive a free book in the mail every month until their fifth birthday. It's that easy!

With support from County Executive Angela Alsobrooks, the Prince George's County Memorial Library System (PGCMLS) is leading the charge in promoting kindergarten readiness, helping children excel in their early education. The Library also offers daily live virtual programs (Monday-Saturday) and on demand content through 85+ online resources to complement Books from Birth and maximize early literacy opportunities for children in Prince George's County.

**Live Virtual Read-Aloud** | Weekdays at 10 a.m.

**Storytime on Screen with Old Greenbelt Theatre** | Second/Fourth Mondays at 10:30 a.m.

**Biblióniños: Cuentos para niños** (Spanish) | Tuesdays and Thursdays at 11 a.m.

**Bilingual Live Virtual Read-Aloud** (English/Spanish) | Saturdays at 9:30 a.m.

**Storytelling with ASL** | Saturdays at 10:30 a.m.

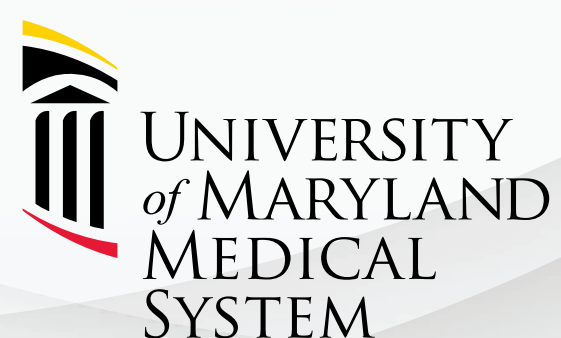
Visit [pgcmls.info/virtual-events](http://pgcmls.info/virtual-events) for direct links.

Families can register for a free virtual library card at [pgcmls.info](http://pgcmls.info). Prince George's County Public Schools (PGCPS) students may access the Library's free online resources with their LINK card number. No separate library card is required for PGCPS students. Customers can request card renewals online during the closure. Spanish card registration is available at [pgcmls.info/su-biblioteca](http://pgcmls.info/su-biblioteca).

# MASKS ON!

Some people who are infected by the coronavirus never show symptoms but are still able to spread the virus to others. Everyone should wear a face mask when out in public. This includes when shopping for essential items at the grocery store or pharmacy. Make a plan, and shop during less crowded times of day and if possible, purchase enough groceries for two or three weeks.

**We're in this together.**



Stay informed: [umms.org/covid](http://umms.org/covid)

# COMMENTARY

## Marc Morial

President and CEO, National Urban League



### To Be Equal:

## Cities Are the Economic Engine of the Nation; Congress Must Act Now to Deliver Relief

*"Cities are the economic engines of the nation and home to the workers who make those engines run. The result of the growing pandemic is that most of these engines, which account for 91 percent of U.S. Gross Domestic Product and wage income, have slowed, and many have stopped. Reliable economic forecasters are reporting that the nation will experience economic contraction during 2020, with income and consumer sales down significantly in real terms. This means that cities will suffer significant revenue loss at the same time their expenditures are increasing in response to the crisis - clearly an untenable situation."*

—U.S. Conference of Mayors

Garbage strewn in the streets. Buses and trains

at a standstill. Overflowing emergency rooms. Unanswered 911 calls.

This is what post-shutdown America will look like without a Rescue Plan for state and local governments.

While much of America is working from home and sheltering in place, "essential" workers—many of them state and municipal employees—literally are risking their lives to keep everyone else safe. But unless the federal government honors its responsibility to support the men and women on the front lines, more Americans will die and the nation will sink ever faster into a recession or even a depression.

Over the last seven weeks, a staggering 33 million Americans have filed for unemployment ben-

efits, and states are already running out of money to pay unemployment claims. Nine states have requested to borrow a collective \$38 billion from the federal government. That's almost as much as the total amount states borrowed for unemployment claims during the Great Recession.

Now, despite the desperate need for their efforts, state and municipal workers are joining the ranks of the unemployed.

More than 400 city employees will be impacted by a "personnel reduction" just announced in Rochester, New York. More than 3,000 people who work for the City of Rochester and others could be laid off or furloughed in the coming weeks. Louisville, Kentucky, has furloughed 380 workers and is within weeks of slashing its police force. In Tulsa, Oklahoma, 1,000 city employees are seeing their hours and their pay reduced. Dayton, Ohio, has furloughed a quarter of its staff, including some who manage the city's water system. Further layoffs could affect police officers.

The U.S. Conference of Mayors, of which I am a past president, has called for an investment of \$250 billion, which includes resources for public health departments, displaced workers, small business support, food insecurity and substance abuse programs, as well as existing federal programs such as the Community Development Block Grant and Head Start.

The National League of Cities is requesting the

same, plus an additional \$250 billion for the following fiscal year.

Since the first coronavirus Rescue Plan passed Congress in mid-March, there has been no direct aid made available to the vast majority of municipalities.

Unfortunately, instead of seizing the opportunity to stimulate the nation's economy by investing in the cities that are its engines, politicians in Washington are exploiting the crisis for partisan gain. Senate Majority Leader Mitch McConnell has suggested he would rather see states fall into bankruptcy than authorize relief. He also said that sustainability funding for state and local governments should be tied to liability protections for businesses.

The Trump administration, meanwhile, sees an opportunity to inflame xenophobia by trading relief for regressive, anti-immigrant policies in the cities.

Make no mistake: politicizing aid for states and cities is life-threatening. More than 75,000 Americans have died, and denying resources for first responders and front line workers will lead to more unnecessary deaths.

As Clarence Anthony, the leader of the National League of Cities, said: "This is not about bailing out local governments that have done something wrong, because we've not, we've stepped up. Playing with the lives of people over a narrative that is not accurate is just not right."

## Marion Wright Edelman

President Emerita,  
Children's Defense Fund



### ChildWatch:

## Sowing Seeds of Life and Hope

Parenting is a call and a blessing that can be a challenge under any circumstances. This has been a season like no other, but this Mother's Day is a time to celebrate all mothers (and fathers, teachers, and caregivers) who sow seeds of life and hope for the future and pray that they will be able to keep moving through their own uncertainties and challenges while loving and sustaining the children in their care.

As parents our instinct is to protect even when we know we cannot. I worry about my children and grandchildren every day as they go about their lives of study and work and play in our unpredictable world. I alleviate my anxieties by committing their safety and guidance to God. I recall times of great danger when I believe only a mother's primal plea to God for help rescued my children: when one dashed across a busy street with an unseen car speeding around the corner; when two of my grown children, heedless of warning signs all along the beach, were nearly washed out to sea in a dangerous ocean's undertow. And I am reminded of how good God is and how dependent on Him I am and they are.

And so each day I recommit my family to His care. A prayer from the Hebridean Altars is one I use—inserting my children's and grandchildren's names and those of other special people in my life in place of "me."

God, be with me in this, Thy day, every day and every way, with me and for me in this, Thy day.

On this Mother's Day weekend, I offer more special prayers.

\*\*\*

Dear God, I thank You for the gift of this child to raise, this life to share, this mind to help mold, this body to nurture, and this spirit to enrich.

Let me never betray this child's trust, dampen this child's hope, or discourage this child's dreams.

Help me dear God to help this precious child become all You mean him to be.

Let your grace and love fall on him like gentle breezes and give him inner strength and peace and patience for the journey ahead.

\*\*\*

God, help me to weave a tapestry of love and not hate in my children, a spirit of tolerance and caring, and a dedication to freedom for all and not just some. God, help me to sow seeds of peace and justice in my children's hearts today.

\*\*\*

Thank you, God, for Your never-ceasing love and inexhaustible well of hope through the gift of children.

\*\*\*

Oh God, help us to be worthy of the children You have entrusted to our care.

\*\*\*

The final prayer is a call to action.

O God of all time  
Yesterday, today, tomorrow, and eternity  
Give us courage in our lifetimes  
To make war on war  
Which leaves behind waifs and widows  
Rubble of spirit, home, and community.

Mothers, grandmothers, and all with a mothering spirit

Let us declare and demand:  
No more war  
No more violence and abuse  
No more killing of our young

O God of yesterday, today, tomorrow, and eternity

Our dwelling place in all generations  
Give us courage to sow seeds of life and hope for the future

And to fight with all our moral might for justice for every child

Help us to pluck the thorns of despair from our children's lives.

Mothers, grandmothers, and all with a mothering spirit

Let us declare and demand:  
No more hunger  
No more homelessness  
No more poverty

O God of yesterday, every child's history  
O God of today, every living child's birthright  
O God of tomorrow, every child's inheritance  
O God of eternity, every child's hope  
Lift our voices against the spiritual and cultural pollution  
which leave dreamless and purposeless the fruit of our wombs.

Mothers, grandmothers, and all with a mothering spirit

Let us stand together and build a world fit for children  
Calling all to serve, to care, and to act to leave no child behind.

—May 8, 2020

## Unfair Housing in the U.S.

By ANTOINE M. THOMPSON  
Housing Options Planning Enterprises (H.O.P.E.)

The Fair Housing Act was signed into law by President Lyndon Johnson on April 11, 1968, one week after the Assassination of the late Rev. Dr. Martin Luther King, Jr. Initially heralded as a major victory in the movement for Civil Rights in the U.S., the Fair Housing Law prohibited much of the overt or in your face discrimination based largely on race. However, the law lacked teeth for enforcement due to loopholes and much more. Just over 50 years later, housing in the U.S. remains largely racially segregated and very unequal.

### Discrimination in Purchasing a Home

Last year, Newsday released a report, "Long Island Divided- Investigation," a two-year investigation of housing discrimination of major southern suburbs of New York City. Prospective Black homebuyers were usually steered to mostly Black neighborhoods, and often required to provide a pre-approval letter from a lender before being shown a home by a real estate agent. The opposite was true for prospective White homebuyers. In fact, at least one Black buyer was told to provide a copy of their tax return prior to being shown a home. This pattern of housing discrimination is not unique only to New York State.

### Discrimination by Race and Income

When the Fair Housing Act was passed it permitted an owner-occupied, two-family home or duplex to engage a limited form of discrimination. Also, religious organizations and private clubs can discriminate limit housing to its members. Further, we know that organizations like the National Fair Housing Alliance and many of their local affiliates often bust unscrupulous landlords for racial bias in renting apartments. Unfortunately, in some neighborhoods in Maryland and across the country it is not un-

common for Black persons to be told that an apartment has been rented, only to be made available for a White person. Additionally, sometimes Black people may have to pay twice the amount of deposit compared to a White person. There remains constant bias in housing against persons on public assistance programs like Section 8 (which provides financial assistance to help pay the rent).

### Discrimination by Family Composition

While the Fair Housing Act prohibits discrimination on family status or composition, there continues to be ads on social media, newspapers and other public places where property owners and landlords blatantly break the law. In recent years, Craigslist and Facebook were busted for allowing advertising on their website and social media networks that had postings such as "No tenants with Children." In recent years, the U.S. Department of Housing & Urban Development has sued and had various male landlords prosecuted for trying to exchange sex for rent payments with female tenants.

### More Must Be Done to Stop Housing Discrimination

Although the signs may not say, "No Blacks" or "Whites Only," the legacy of Jim Crow and racial discrimination persists in the housing system with one process for Black people and another for White people. Renting an apartment or buying a home "while Black" needs to become a thing of the past. Increased funding for fair housing monitoring, education and outreach must be expanded at the local, state, regional and national level.

Antoine M. Thompson is the Chair of the Board of Housing Options Planning Enterprises (H.O.P.E.) a local community development corporation in Prince George's County, Maryland. He is also the National Executive Director for the National Association of Real Estate Brokers.

### Brighter Bites from A1

St. Mary's Catholic Church in Landover Hills, MD. "The onset of the COVID-19 crisis and widespread school closures have impacted Brighter Bites' ability to serve families who already struggle to make ends meet and rely on this produce for daily nourishment," said Brighter Bites CEO Rich Dachman. "We are working with local partners, such as Greater Riverdale Cares and County Council Member Glaros, to deliver fresh fruit and vegetables to as many of our families that we can reach."

**Brighter Bites and its partners are hopeful for additional weekly distributions in May, beginning May 16.** If scheduled, the distribution will take place at

## The Prince George's Post

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Contents © 2020, The Prince George's Post

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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., 15207 Marlboro Pike, 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. 20772-3151.

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# BUSINESS AND FINANCE

## Social Security Matters

Ask Rusty:

### Husband Confused About Spouse Benefits

By RUSSELL GLOOR,  
AMAC Certified Social Security Advisor  
Association of Mature American Citizens

**Dear Rusty:** I am 65 and still working and plan to work for some time to come. My birthdate is February 1955. My wife is 64 and not working. Her birthdate is January 1956. Half of my benefit is more than half of hers. I am confused on the spousal benefit rules. If she were to take her Social Security early before she reaches her full retirement age, what are the rules that affect her? **Signed: Confused Husband**

**Dear Confused:** First I must clarify that spousal benefits do not work as you have suggested, that “half of my benefit is more than half of hers.” Spousal benefits are always based upon the amount the individuals are due at their full retirement age, regardless of the age at which they claim. If half of your benefit at your full retirement age (FRA) is more than your wife’s full benefit at her full retirement age, then the difference between those two numbers is a “spousal boost” which is added to your wife’s own payment amount when her spouse benefit starts. If she has reached her FRA when you claim and her spouse benefit starts, your wife will get the entire spousal boost; if she has not, the spousal boost will be reduced. Your wife cannot collect a spousal benefit until you start collecting your Social Security, so if she claims benefits before you claim she will initially get only what she is entitled to on her own work record. Then when you claim, the “spousal boost” will be added to her benefit. If you claim at your FRA, your wife will not yet have reached her full retirement age, so her spousal boost amount will be reduced and added to her own reduced benefit amount, making her total benefit as your spouse less than 50% of your FRA benefit amount.

Your full retirement age is 66 years and 2 months, and you won’t be entitled to full benefits until you reach that age. For your awareness, you can wait beyond your FRA and earn delayed retirement credits, up to age 70 when your benefit would be about 31% more than it would be at your FRA, but your wife cannot get her spousal boost until you claim. And also for your awareness, if you claim benefits before you reach your FRA and continue to work, you’ll be subject to Social Security’s earnings limit (\$18,240 for 2020) which, if exceeded, will cause SS to take back some of your benefits. The earnings limit goes up by about 2.5 times in the year you reach your FRA and goes away when you reach your full retirement age.

Your wife’s full retirement age is 66 years and 4 months and any benefits she claims on her own record prior to reaching that age will be reduced. At 64 she could claim her own benefit from her own work record (assuming she has at least 40 SS credits), but that benefit would be reduced to about 85% of what she would get at her FRA. And claiming at age 64 would also affect the amount of her spousal benefit when that starts. The only way your wife can get 100% of the amount she is due as your spouse is to wait until her FRA to claim any benefit. If she claims her own benefit at age 64 or any time before her FRA, not only will her own benefit be reduced, but her eventual benefit as your spouse will be less than 50% of your FRA benefit amount, even if you wait to claim until your wife reaches her FRA. That’s because her spousal boost, when it occurs, will be added to the reduced SS retirement amount she is getting because she claimed before her full retirement age.

You are certainly not alone to be confused about spousal benefits as this is one of the most confusing areas of Social Security’s rules. But I hope the above provides what you and your wife need to make an informed claiming decision.

*The 2.1 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.*

*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.*

**Prince George’s County COVID19 Business Relief Fund—Funds may still be available for small businesses! <https://www.pgcedc.com/covid-business-fund-2020>**

## Closure of Maryland Casinos Reduces Revenues, Contributions to the State

*Maryland Lottery and Gaming working with casino operators to plan for reopening*

By CAROLE BOBER GENTRY  
Maryland Lottery and Gaming

BALTIMORE (May 5, 2020)—With Maryland’s casinos closed since mid-March due to the COVID-19 virus, Fiscal Year 2020 casino revenues and contributions to the state remained unchanged in April. All six casinos were closed to the public at 12 a.m. on March 16 as part of Maryland’s effort to halt the spread of COVID-19.

Casino gaming revenues for April of 2019 were \$145,236,133. Contributions to the state in that month were \$60,237,473, including \$45,205,542 for the Education Trust Fund. Casino gaming revenues also support communities and jurisdictions where the casinos are located, as well as Maryland’s horse racing industry.

Through the first 10 months of Fiscal Year 2020 (July 2019 through April 2020), Maryland’s casinos have generated \$1,245,029,239 in gaming

revenue. The total is \$220,212,971 (-15.0%) less than the \$1,465,242,210 generated through the first 10 months of FY2019.

Casino contributions to the state for the first 10 months of FY2020 are \$514,549,290, a decrease of \$85,162,830 (-14.2%) compared to the \$599,712,120 in contributions during the first 10 months of FY2019.

Casino contributions to the Education Trust Fund for the first 10 months of FY2020 are \$385,895,410, a decrease of \$63,972,903 (-14.2%) compared to the \$449,868,313 in ETF contributions during the first 10 months of FY2019.

“These are truly unprecedented times,” said Maryland Lottery and Gaming Director Gordon Medenica. “The casinos generate vital revenue for the state, but we remain focused on the health and safety of the casinos’ patrons and employees as we plan for reopening.”

Maryland has six privately owned casinos that offer both slot machines and table games: MGM National Harbor in Prince George’s County; Live! Casino & Hotel in Anne Arundel County; Horseshoe Casino Baltimore in Baltimore City; Ocean Downs Casino in Worcester County; Hollywood Casino Perryville in Cecil County; and Rocky Gap Casino Resort in Allegany County.

Maryland Lottery and Gaming is currently working with the casino management teams to create detailed safety measures and cleaning protocols that, once approved, will be implemented when the casinos are permitted to reopen. While no timetable for reopening the casinos has been established, the plans being developed are focused on the safety of employees and patrons.

“The casinos are working hard on preparations for reopening” said Medenica. “One advantage is that they already have extensive surveillance and security measures in place, which gives them unique capabilities for monitoring their patrons’ adherence to social distancing and other safety protocols.”



PHOTO COURTESY MGM NATIONAL HARBOR

MGM National Harbor, National Harbor Entrance

*Maryland Lottery and Gaming is responsible for oversight of the state’s casinos. In this role, the agency provides direction and guidance to its casino partners on financial, security, regulatory and licensing procedures for the facilities. To keep Marylanders informed and to maintain transparency of casino operations, monthly financial reports are posted on mdgaming.com. Maryland Lottery and Gaming reminds players to play responsibly and within their budget; resources are available at mdgambinghelp.org or by calling 1-800-GAMBLER.*

## Maryland Commission on African American History and Culture Announces \$1 Million In Funding For Preservation Projects

By PRESS OFFICER  
MCAAHC

ANNAPOLIS, Md. (May 5, 2020)—The Maryland Commission on African American History and Culture (MCAAHC) announces \$1 million in available funds for African American preservation projects. The goal of the African American Heritage Preservation Program (AAHPP) is to identify and preserve buildings, communities, and sites of historical and cultural importance to the African American experience in Maryland.

This year, the competitive annual program is celebrating its 10th anniversary. Since its inception, it has distributed nearly \$10 million to 115 preservation projects. AAHPP is supported through an annual appropriation from the Maryland General Assembly and is administered as a joint partnership of the MCAAHC and the Maryland Historical Trust (MHT).

Grant awards range from a minimum of \$10,000 to a maximum of \$100,000. Eligible applicants include non-profit organizations and local jurisdictions. Business entities and in-

dividuals may also apply for program grants when seeking funds for a preservation or development project that serves a high public purpose. Eligible projects include acquisition, construction, capital improvement, and certain predevelopment costs for African American heritage properties. Program guidelines and grant applications may be obtained from the Maryland Historical Trust ([https://mht.maryland.gov/grants\\_africanamerican.shtml](https://mht.maryland.gov/grants_africanamerican.shtml)).

**The American deadline is 11:59 p.m. on Wednesday, July 1, 2020.**

### TOWN OF BERWYN HEIGHTS CHARTER AMENDMENT NOTICE Summary of Charter Amendment RESOLUTION NO. 2020 – CR-01

On April 15, 2020, the Berwyn Heights Town Council adopted RESOLUTION NO. 2020 CR-01 amending the Town Charter to add Section 510, which reads as follows:

“When a State of Emergency has been declared for the Town by the Mayor and Council, or by the State of Maryland or Prince George’s County, pursuant to state or local law, and in the judgement of the Mayor and Council the State of Emergency prevents the safe, orderly and efficient conduct of a town election, the Mayor and Council may, by resolution, postpone an election until such time as the election may be conducted in a safe, orderly and efficient manner and make necessary changes to the method, conduct, or voting system of an election to ensure an accurate vote count and certification of the election results.”

RESOLUTION 2020 –CR-01 suspends the effect of the provisions of Title 4, Subtitle 3, of the Local Government Article of the Maryland Code with respect to the adoption of this Charter Resolution, pursuant to the Maryland Governor’s Executive Order No. 20-03-30-01.

The purpose of the Amendment is to enable the Berwyn Heights Town Council to postpone a municipal election during a State of Emergency, such as the current Coronavirus COVID-19 pandemic, and to adjust the method of election from the traditional in-person voting to another form to be determined by the Town Council.

For more information, please see the Town of Berwyn Heights website at [www.berwynheightsmd.gov/charter-and-ordinances](http://www.berwynheightsmd.gov/charter-and-ordinances), or contact Town Clerk Kerstin Harper at [kharper@berwynheightsmd.gov](mailto:kharper@berwynheightsmd.gov) or Town Manager Maria Broadbent at [mbroadbent@berwynheightsmd.gov](mailto:mbroadbent@berwynheightsmd.gov)

## SBA to Make Economic Injury Disaster Loans Available to U.S. Agricultural Businesses Impacted By COVID-19 Pandemic

By JACK SPIRAKES  
U.S. Small Business Admin.

WASHINGTON (May 4, 2020)—U.S. Small Business Administration Administrator Jovita Carranza announced today that agricultural businesses are now eligible for SBA’s Economic Injury Disaster Loan (EIDL) and EIDL Advance programs. SBA’s EIDL portal reopened last week as a result of funding authorized by Congress through the Paycheck Protection Program and Healthcare Enhancement Act. The legislation, signed into law by the President one week ago,

provided additional funding for farmers and ranchers and certain other agricultural businesses affected by the Coronavirus (COVID-19) pandemic.

Agricultural businesses include businesses engaged in the legal production of food and fiber, ranching, and raising of livestock, aquaculture, and all other farming and agricultural related industries (as defined by section 18(b) of the Small Business Act (15 U.S.C. 647(b)). Eligible agricultural businesses must have 500 or fewer employees.

The SBA will begin accepting new EIDL applications on a lim-

ited basis only, in order to provide unprecedented relief to U.S. agricultural businesses. For agricultural businesses that submitted an EIDL loan application through the streamlined application portal prior to the legislative change, SBA will move forward and process these applications without the need for re-applying. All other EIDL loan applications that were submitted before the portal stopped accepting new applications on April 15 will be processed on a first-in, first-out basis.

For more information, please visit: [www.sba.gov/Disaster](http://www.sba.gov/Disaster).

### Small Business Trainings

May 15, 2020: Market Your Business on a Budget Webinar  
by Maryland Women’s Business Center (MWBC)

June 2, 2020: Certification Application Assistance Workshop Webinar  
by MDOT Office of Small and Minority Business Policy

Visit [gomdsmallbiz.maryland.gov/Pages/Events.aspx](http://gomdsmallbiz.maryland.gov/Pages/Events.aspx)

**COVID-19  
Emergency Rental  
Assistance**  
[mypgc.us/renthelp](http://mypgc.us/renthelp)  
Call 211 or  
301-864-7161

# HOME AND GARDEN

## Take Steps to Protect Your Skin While Working in the Yard

(StatePoint) Do you spend summer days outdoors mowing the lawn, tending to the garden and working on the house? Here are a few steps you can take to help you care for and protect your skin as you complete your seasonal chores:

- **Dress right:** A few wardrobe considerations go a long way. Opt for long, lightweight clothing in light colors, which can protect your skin from sun exposure while keeping you cool. Sunglasses and a wide-brimmed hat can provide further coverage. If possible, arrange to spend the bulk of your time outdoors either before 10 in the morning or after 4 in the afternoon to avoid exposure while the sun's rays are at their strongest.

- **Don't forget the SPF.** Apply sunscreen and a lip balm containing SPF before heading outdoors. Reference the bottle's instructions to ensure you are reapplying as-needed. Dermatologists recommend an SPF of 30 or higher for extended outdoor

activity. For lawn care and gardening, you should also be on the lookout for a product that's resistant to sweat.

- **Promote resilience:** There are many outdoor elements that produce free radicals, such as sun exposure and pollution, and exposure to these free radicals can have harsh effects on the body. To help protect and maintain healthy, youthful-looking skin, consider incorporating Heliocare Daily Use Antioxidant Formula into your morning routine. In a survey conducted by Ferndale Healthcare Inc. between November 2019 and February 2020, of 923 U.S. dermatologists, more than half personally use Heliocare, and 87 percent of these experts recommend it to their patients.

"I tell all my patients who ask me how to maintain their skin's youthful appearance to consider taking Heliocare, particularly if they spend a lot of time out-



PHOTO SOURCE: © ROSSHELEN / ISTOCK VIA GETTY IMAGES PLUS

doors," says New York City dermatologist, Dr. Rachel Nazarian. The antioxidant-rich proprietary extract in Heliocare, Fernblock PLE Technology, has been studied for over 25 years by leading dermatologists.

To learn more and to access additional skin care information, visit [heliocare.com](http://heliocare.com).

- **Adopt healthy habits:** Drinking plenty of water and ensuring you are getting electrolytes can help regulate the balance of fluid in the body for healthy-looking skin. Also, be sure to get a great night's sleep. Not only do you deserve it after a hard day of work, but sufficient sleep is beneficial to skin health.

This summer, treat your skin right while working in the yard. Take steps to protect it from the inside out.

## Top Tips to Plant, Grow and Care for a Container Garden

(StatePoint) Container gardens are a viable and popular cultivation option, especially for those who have limited sun-exposed spaces or are looking to start small and learn the basics of gardening.

"Containers, whether bought or recycled, are a great place to plant herb and vegetable gardens," says landscape designer, Doug Scott of Redeem Your Ground in Atlanta, Ga. "But to get it right, there are a few things to keep in mind."

To help you successfully cultivate a container garden, Scott offers the following pointers:

- Well-drained, not dry or overly wet soil, is necessary for herb and vegetable growth, so using bottom-draining pots with a peat-based potting soil specifically formulated for herbs and veggies will facilitate proper soil drainage and moisture retention.

- The proper container size depends on what you'll be growing. Most small herbs do well in pots as small as eight inches in diameter, while larger plants may require a gallon pot or larger. For visual interest, consider repurposing items around the house to use as your container, such as an old pail.

- Incorporate a "thriller, filler, spiller" planting approach to maximize space and aesthetic appeal. This means tall focal plants in back, middle layer plants that fill in, and plants that will cascade over the container in front.

- Soil dries out more quickly in container gardens than garden beds, especially if you place containers outdoors in the sun. Perform daily soil moisture checks. You may need to water outdoor container gardens every day—and possibly twice a day—in extremely hot weather.

- Place your container garden where it will get the optimal amount of sunlight—between six and eight hours a day. The beauty of container gardens is their movability. You can even follow the sun as exposure changes throughout the seasons. Always refer to the care tags on the specific plant to determine a prime location.

- Gardens planted in a container are entirely dependent on you to provide nutrients. Start out with an organic, rich potting soil formulated for container gardens. Then, going forward, fertilize your container every two to four weeks by pouring a nutrient-rich

liquid solution directly into the soil.

- Don't forget to reap what you sow. Harvesting will generally help increase yields and prevent plants from outgrowing their containers. For best results, use this five-step method: water plants before harvesting, make clean cuts, keep them clean, dry your harvest quickly and store them away from sunlight and moisture.

More expert advice is available online. Scott has partnered with Exmark, a leading manufacturer of commercial mowers and equipment on a video series for DIY homeowners called "Done in a Weekend." Among the free videos is "Contain Your Enthusiasm," offering tips to help you successfully plant, grow and care for herbs and vegetable container gardens. To view the video, as well as access other videos in the series covering a range of home and garden topics, visit [Exmark.com/DIY](http://Exmark.com/DIY).

There are a few important considerations that every container gardener should know. Be sure you're equipped with the proper tools and knowledge before getting started.

# HEALTH AND WELLNESS

## Newly Unemployed? Understanding Your Health Insurance Options

(StatePoint) With millions of people nationwide filing for unemployment since the start of the COVID-19 pandemic, many individuals and families across the country are suddenly finding themselves without health insurance at a precarious time. Fortunately, new options may be able to help those on tight budgets.

"The sudden and unexpected loss of health insurance only compounds the stress caused by job loss amidst this unprecedented economic and public health crisis. However, unemployed individuals have more options for affordable health insurance than they did during past economic recessions thanks to provisions in the Affordable Care Act, along with actions recently taken by Congress and some states," says American Medical Association (AMA) president, Patrice A. Harris, M.D.

Whether you recently lost your job-based health insurance or were uninsured before COVID-19 struck, the AMA, a long-time advocate for health insurance coverage for all Americans, is highlighting the following options:

- **Affordable Care Act (ACA) Marketplaces:** Family and individual health plans can be bought in the health insurance marketplaces created by the ACA. Losing a job is a qualifying life event that allows unemployed individuals up to 60 days to enroll in a marketplace health plan before the close of a special enrollment period. Due to the

COVID-19 pandemic, certain states have reopened enrollment periods when all consumers—not only those who have experienced a job loss—can enroll in marketplace health plans and potentially qualify for financial assistance to purchase these plans based on their income. (*Editor's Note: Maryland Coronavirus Emergency Special Enrollment: Uninsured Marylanders can enroll by June 15. [www.marylandhealthconnection.gov](http://www.marylandhealthconnection.gov)*)

Subsidies available to eligible individuals through the health insurance marketplaces can help with premiums and out-of-pocket costs, making coverage more affordable. The Kaiser Family Foundation can help calculate an estimate of premiums and subsidies based on an individual's income, age and family size. It will also estimate an individual's eligibility for Medicaid.

- **Medicaid:** While each state's program has unique attributes for coverage, Medicaid can offer no- or low-cost coverage for those with the lowest incomes with limited cost-sharing requirements. Unlike the ACA marketplaces, there is no defined open enrollment period for Medicaid, and eligible people can sign up at any time. State eligibility requirements and income qualifications vary by state. Every state covers low-income children, pregnant women and people with disabilities, while 36 states and the District of Columbia have expanded Medicaid coverage so that adults with in-



PHOTO CREDIT: © FIZKES / ISTOCK VIA GETTY IMAGES PLUS

come up to 138 percent of the federal poverty level can qualify.

- **Beware Short-Term Plans:** The AMA cautions patients to avoid short-term limited duration plans whenever possible, especially during this pandemic. Short-term plans are designed to fill temporary gaps in health insurance when comprehensive coverage may not be an option. But it is important to understand that these plans offer very

limited benefits and do not usually cover COVID-19 testing and treatment, preexisting medical conditions, mental health services, prescription drugs, and preventative and wellness care.

"Avoiding gaps in coverage should be a top priority for anyone who has recently lost their health insurance," says Harris. "The COVID-19 pandemic has highlighted the importance of having meaningful health insurance coverage."



PHOTO COURTESY OF GETTY IMAGES

## How You Can Help Find a Solution to COVID-19

(Family Features) The human immune system holds important clues about how people naturally detect and defend against disease. For COVID-19, many people have been able to defeat the virus because of their natural defense systems.

Now researchers are working to learn from these survivors' immune systems to inform the development of new tests.

If you've been affected by COVID-19, you can help. A leader in immune-driven medicine, Adaptive Biotechnologies—which specializes in developing products based on the body's immune response to disease—is working with Microsoft on the virtual clinical study ImmuneRACE. As part of the study, they are seeking 1,000 participants between the ages of 18–89 from major metropolitan cities in the United States who:

- Currently have COVID-19
- Have recently recovered from COVID-19
- Were exposed to someone diagnosed with COVID-19

**Understanding testing options.** There are currently two types of tests for COVID-19: PCR tests that indicate the presence of live virus from a nose or throat swab and serology tests that indicate exposure to and potential immunity against the virus by measuring antibodies in the blood.

A third type of test could help address current

challenges with testing, resulting in these scenarios:

- Complementary or alternative testing for individuals who have had known exposures or symptoms
- Ability to triage patients and inform treatment strategies based on risk
- Confirmation that individuals have recovered and are no longer infectious

Such a test could also contribute key information as part of an immune scan.

**How you can get involved.** To participate in the study or learn about more ways to join in the fight against COVID-19, visit [ImmuneRACE.com](http://ImmuneRACE.com). If you decide to participate and qualify for the study, a trained technician will travel to you to collect a de-identified blood sample in the comfort and safety of your home.

**The global race for solutions.** Because COVID-19 is a disease affecting communities around the world, stopping its spread requires solutions from every angle. It is the belief of Adaptive Biotechnologies and Microsoft that the answers may lie within the immune systems of those who have been impacted by the coronavirus. The de-identified data collected through this study will also be made freely available to the global scientific community to help develop other solutions.

Source: Microsoft & Adaptive Biotechnologies

# HEALTH AND WELLNESS

## National Mental Health Awareness Month

### Mental Health Awareness Month Webinars

In recognition of National Mental Health Awareness Month, the County Executive's Health and Human Services team is hosting a series of virtual mental health mini-webinars throughout the month of May. They will be held every Thursday in May. These sessions are open to the entire community. Webinars coming up soon are:

- May 21, 10 a.m.: Emotional Self-care for First Responders
- May 21, 12 p.m.: Youth Wellness and Coping
- May 28, 11 a.m.: Grief and Vicarious (Indirect) Trauma
- May 28, 12 p.m.: Early Childhood and Social Emotional Health

View each of the mini-webinars on Zoom by going to <https://bit.ly/MentalHealthWebinars>.

### National Alliance on Mental Illness (NAMI):

**You Are Not Alone:** NAMI's "You are Not Alone" campaign features the lived experience of people affected by mental illness to fight stigma, inspire others and educate the broader public. Now more than ever before, it is important for the mental health community to come together and show the world that no one should ever feel alone. The campaign builds connection and increases awareness with the digital tools that make connection possible during a climate of physical distancing. Even in times of uncertainty, the NAMI community is always here, reminding everyone that you are not alone.



GRAPHIC COURTESY WWW.NAMI.ORG

Throughout the month, we will feature personal stories from real people experiencing mental health conditions. You can submit your story at [nami.org/yourstory](http://nami.org/yourstory). By reading about lived experience, we aim to make people feel less alone in their mental health journeys.

NAMI Prince George's County Helpline continues to operate under normal operations—Monday thru Friday, 10 a.m.–2 p.m. The Helpline is designed to help locate and connect residents with county mental health resources.

However, during this challenging time, the Helpline is being re-tooled to provide information on coping with coronavirus by managing stress, fear, and anxiety. The Helpline is also ramping up to address general resident mental health-related inquiries regarding the COVID-19 pandemic.

You may reach out to our Helpline by email: [nami.pgcmd1@gmail.com](mailto:nami.pgcmd1@gmail.com); or telephone: 301-429-0970.

Please visit our website at [www.namipgc.org](http://www.namipgc.org) for current updates regarding programs and services; and COVID-19 related information as circumstances may change daily.

### Mental Health America:

#### Mental Health and COVID-19—Information and Resources

As the number of cases of COVID-19 increases, so does the associated anxiety. For the general public, the mental health effects of COVID-19 are as essential to address as are the physical health effects. And for the one in five who already have mental health conditions – or the one in two who are at risk of developing them—we need to take personal, professional, and policy measures now to address them.

For the past several weeks, MHA has been using its unique database to monitor daily this increase in anxiety. According to our screening data, we experienced a 19 percent increase in screening for clinical anxiety in the first weeks of February and a 12 percent increase in the first two weeks of March.

This suggests that our screeners are not just "worried well." Instead they represent thousands of people whose lives and sense of well-being are being severely impacted by concerns about the virus.

As things unfold in the coming days and weeks, MHA will continue to monitor anxiety.

To aid individuals and communities during this time, MHA has compiled a range of resources and information. Visit [mhanational.org/covid19](http://mhanational.org/covid19)

## School Lunch Heroes

By PRESS OFFICER  
University of Maryland Extension

On Friday, May 1, people across the country honored school food service workers during School Lunch Hero Day. This holiday, established by the School Nutrition Association, calls attention to the heroic work that school cafeteria staff, as well as school district administrators, do on a daily basis to feed children. Schools typically provide two to three meals per day, including many meals provided free to children from low-income families. For some students, school meals provide the majority of the food they eat during the day.

Since school closures due to COVID-19 began mid-March, school food service staff haven't missed a beat in providing meals to students and families. School food service staff rapidly established feeding sites to meet the needs of students and families during closures, adopting new operating procedures to ensure meals are prepared, packaged, and distributed safely. Across Maryland, over one million school meals are being served per week. Some districts have begun packaging multiple meals together, to provide families with more resources while minimizing contact. Some are offering meals that provide for parents as well as children.

School meals are integral to a healthy school environment. FSNE (Maryland SNAP-Ed), a program of University of Maryland Extension, works closely with school districts across Maryland to promote selection and consumption of fruits and vegetables available through school meals. In fiscal year 2019, the program

trained 228 cafeteria staff to make simple low- to no-cost changes in the cafeteria that encourage students to select healthy foods.

School districts work hard to provide quality meals that meet rigorous nutrition standards, including a variety of fruits and vegetables. By combining classroom nutrition education, tastings of fruits and vegetables, and work with cafeteria staff to market healthy foods on the service line, FSNE students put knowledge into practice selecting healthy foods in the cafeteria. In FY19, FSNE's efforts to promote healthy foods throughout the school resulted in increased willingness by students to try new fruits and vegetables (83% of students) compared with before the program (52%).

In recognition of the critical role that school food service plays in childhood nutrition, FSNE developed a video thank you to share widely, in hopes that these heroic front lines staff will know they are appreciated. FSNE asks for your help in sharing their appreciation for the critical role that school meals, and the unsung heroes serving them, play in the community, today and every day. **A thank you video can be viewed and shared here:** <https://go.umd.edu/school-lunch-hero>

For more information about FSNE, visit: [www.extension.umd.edu/fsne](http://www.extension.umd.edu/fsne)

For more information about how FSNE supports school food service programs, contact: Chrissa Carlson, [ccarlso4@umd.edu](mailto:ccarlso4@umd.edu)

For information on school meal service sites during COVID closures, visit [www.MDSummerMeals.org](http://www.MDSummerMeals.org)

## UM School of Medicine is First in U.S. to Test Unique RNA Vaccine Candidate for COVID-19

Researchers will test COVID-19 RNA-based vaccine candidates developed by Pfizer and BioNTech

By JOANNE MORRISON

University of Maryland School of Medicine

BALTIMORE, Md. (May 5, 2020)—In a significant development in the global effort to discover a safe and effective vaccine for COVID-19, researchers at the University of Maryland School of Medicine (UMSOM) became the first in the U.S. to begin testing experimental COVID-19 vaccine candidates developed by Pfizer and BioNTech. The research, funded by Pfizer Inc., will study the safety, efficacy, and dosing of an experimental mRNA-based vaccine.

At present, there are no licensed vaccines or therapies for COVID-19, a serious respiratory disease detected in December 2019 in the Wuhan, Hubei Province, in China that has now spread across the globe as a pandemic resulting in some 70,000 deaths in the U.S. alone.

The vaccine research is being conducted in the UMSOM Center for Vaccine Development and Global Health (CVD), and it is part of a multicenter study in the U.S. and in Germany that will include up to 360 participants in this initial stage. In Baltimore, the clinical trial includes up to 90 healthy adult participants, between 18 and 85 years of age.

"We are excited to begin testing these vaccine candidates against COVID-19. The research is on a fast track given the extreme consequences of this pandemic and the critical need for preventive measures," said Kathleen Neuzil, MD MPH, the Myron, M. Levine, MD, DTPH, Professor in Vaccinology, Professor of Medicine and Pediatrics, and Director of the CVD. Dr. Neuzil and Kirsten Lyke, MD, Professor of Medicine, are the investigators for the vaccine trial, which is now

recruiting and screening for participants. The first participant was vaccinated on May 4.

This so-called BNT162 program is a collection of at least four experimental vaccines, each of which represent a different combination of mRNA formats and target antigens. mRNA—or messenger RNA—is a long molecule, composed of nucleotides linked in a unique order to convey genetic instructions about how to make proteins. Once mRNA in a vaccine is inside of the body's cells, it directs the cells to produce protein antigens, which stimulate the immune system of the vaccinated individual, generating immune response to the vaccine antigen. It differs from a traditional vaccine because it does not inject a virus protein into the body.

The participants will receive two injections a month apart. The first group to be vaccinated will include healthy adults aged 18 to 55, and the next group will include volunteers aged 65 to 85 years of age. The researchers will investigate different dosages and types of the vaccine candidates to learn which one is best tolerated and produces the strongest immune response.

"A vaccine is urgently needed for COVID-19. Our infectious disease experts and our vaccine experts at the University of Maryland School of Medicine have decades of experience in developing and testing protections from the leading infectious and emerging diseases. This research is an essential first step in protecting populations around the world from this serious illness," said Dean E. Albert Reece, MD, PhD, MBA, who is also Executive Vice President for Medical Affairs, UM Baltimore, and the John Z. and Akiko K. Bowers Distinguished Professor, University of Maryland School of Medicine.

## Financial Barriers to Prostate Cancer Screenings Removed For Maryland Men

ZERO leads effort to help Maryland make history, becoming the second state in the nation to eliminate cost-sharing for prostate cancer screenings

By ILANA OSTRIN

ZERO—The End of Prostate Cancer

ANNAPOLIS, Md. (May 6, 2020)—ZERO—The End of Prostate Cancer is proud to have led significant advocacy efforts in the state of Maryland that have resulted in new lifesaving legislation. Starting in 2021, health insurers in each Maryland County must cover the full costs of prostate cancer screenings for men ages 40–75. This legislation gives prostate cancer parity to several women's cancers (including breast and ovarian) which offer screenings with no attached co-pays or other cost-sharing fees. Senator Malcolm Augustine and Delegate Erik L. Barron sponsored the effort.

"This critical bill can save the lives of many Maryland men, as Maryland had the eighth-highest incidence rate of prostate cancer in the nation last year," said ZERO CEO Jamie Bearse. "Removing barriers—especially financial roadblocks—makes early detection more accessible and affordable for men, and helps save lives. Early detection is key to survival as 99 percent of men survive at least

five years when prostate cancer is caught early."

On the contrary, when prostate cancer is not caught until late-stage, it has only a 30 percent five-year survival rate. Often, there are no symptoms of prostate cancer before it reaches a late-stage, making early detection essential.

In an op-ed published earlier this spring in The Baltimore Sun, Senator Augustine and Delegate Barron purported that, "There is no better time to make screenings for this devastating disease more accessible and affordable as prostate cancer deaths and incidences are on the rise. This year in Maryland, nearly 4,500 men will be diagnosed with the disease—a number that's already up 5% from last year."

This legislation was supported by Maryland's insurers, as it would have a nominal impact on their bottom line. A Maryland Healthcare Commission study found that eliminating cost-sharing for these tests would only cost insurers three cents per month or 35 cents per year on premiums. Further, early screening has been proven to be more cost-effective than treating late stages

of the disease in multiple studies.

ZERO is grateful to Maryland Governor Larry Hogan for his support of the new legislation. ZERO is also grateful to the Maryland General Assembly for passing the bill, and to bill sponsors Senator Augustine and Delegate Barron for championing this effort.

Similar efforts to eliminate cost-sharing for prostate cancer screening are already underway elsewhere with the help of ZERO. Earlier this spring, Illinois introduced a similar effort, and advocates in California plan to push cost-sharing legislation later this year. In both states, ZERO will lead the effort with grassroots advocacy and support from the community. For more information on advocacy efforts regarding prostate cancer across the nation, visit [zerocancer.org/advocacy](http://zerocancer.org/advocacy).

ZERO—The End of Prostate Cancer is the leading national nonprofit with the mission to end prostate cancer. ZERO advances research, improves the lives of men and families, and inspires action. For more information, visit [www.zerocancer.org](http://www.zerocancer.org).

## Helping Veterans and Active Duty Military Cope With Social Isolation

(StatePoint) As a result of the COVID-19 pandemic, millions of veterans and active duty military personnel are on lockdown, many suffering from traumatic brain injuries (TBIs), post-traumatic stress disorder (PTSD) or substance abuse. With the additional challenge of social isolation, finding ways to combat depression, anxiety and loneliness is critical.

That is why Help Heal Veterans (Heal Vets), a nonprofit founded during the Vietnam War, has gone into overdrive, shipping more than 90,000 free craft kits since the beginning of the pandemic and creating a newly designed kit to help veterans make the masks they need to stay healthy and safe.

Operating on the principle that not all medicine comes in a bottle, Heal Vets distributes kits in craft categories like masks, leatherwork, models, woodwork, jewelry, paint-by-numbers, needlecrafts, poster art, scrapbooks and more. Crafting can provide therapeutic and rehabilitative benefits, including improving fine motor skills, cognitive functioning, memory and dexterity, and can help alleviate feelings of anger and the severity of negative behaviors triggered by PTSD and TBIs.

With demands flooding in due to the COVID-19 pandemic, kits have been distributed to more than 90 Veterans Affairs (VA) medical centers around the country and a large number of military bases, state veteran homes and other locations where the need is great.

"The coronavirus is overwhelming, but being alone in a pandemic crisis can be terrifying and deeply debilitating," says Joe McClain, retired Navy captain and Help Heal Veterans CEO. "Our goal is to give our veterans what they need to heal during this time of enforced isolation."

In a recent survey of vets, 94 percent of those polled who use Heal Vets craft kits said the kits helped them have a more

positive outlook on life, and 98 percent said the kits took their mind off problems.

With many of the nation's veterans labeled high-risk now in lockdown with little contact from others, (no visitors, no family allowed, no volunteers and limited staff interaction), it is particularly important to address suicide prevention, according to McClain.

"We're working closely with the VA Suicide Program to start including VA-produced suicide prevention awareness and education material with our kits," he says. "Our concern is that during this time of increased stress from isolation and financial uncertainty, some veterans may be at higher risk of taking their own life. We are hoping to raise awareness and improve access to craft therapy kits to help mitigate that risk."

To learn more about Heal Vets and the organization's COVID-19 efforts, as well as find out how you can help, visit [HealVets.org](http://HealVets.org).

Anxiety, depression and other mental health challenges can be exacerbated during this quarantine period. Luckily, there are tangible ways to support isolated and sick veterans in their most significant time of need.



PHOTO COURTESY OF HELP HEAL VETERANS

Craft care specialist, Kathy Vanasse, prepares craft kits for veterans.

# COUNTY CHURCH DIRECTORY

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**WESTPHALIA**

**United Methodist Church**

"A CHURCH ON THE REACH FOR GOD"

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[www.westphaliaum.org](http://www.westphaliaum.org)

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Stephen L. Wright, Sr., Pastor

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[www.fbc-cp.org](http://www.fbc-cp.org)

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*Wednesday Bible Study 7-8p.m.*  
*Wednesday Prayer Service 8p.m.*

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**United Methodist Church**

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**Church (301) 627-7389**

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All of the virtual tours are available on our MarylandDNR Youtube channel.

**Resources for Educators and Parents**  
*Wildlife Education Resources:*  
[dnr.maryland.gov/Wildlife/Pages/Education/home.aspx](http://dnr.maryland.gov/Wildlife/Pages/Education/home.aspx)  
*Maryland Junior Ranger Program:*  
[dnr.maryland.gov/publiclands/Pages/jrranger.aspx](http://dnr.maryland.gov/publiclands/Pages/jrranger.aspx)

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Matthew 28:19-20

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Office (301) 839-1166  
Fax (301) 839-1721  
E-mail: [FHBC@verizon.net](mailto:FHBC@verizon.net)  
Pastor: Rev. Waymond B. Duke

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Elder Willie W. Duvall, Pastor

## Campus Safety from AI

"Bowie State has developed a comprehensive public safety program to include police, security service, security technologies, emergency preparedness and Clery Act reporting, which provides the overarching framework," said BSU Police Chief Ernest Waiters. "The program establishes the foundation of how we safeguard the campus community."

Chief Waiters said that the Public Safety Department uses a holistic approach that seeks to engage, educate and inform the campus community. The department's community-oriented policing program empowers officers to work with students, faculty and staff to identify issues that affect the welfare of the campus community and develop strategies to address these concerns.

In addition, Public Safety has enhanced its security technologies, including adding CCTV cameras, panic alarm devices, perimeter security gates and social media monitoring. The Emergency Preparedness Program feature the Bowie Emergency Electronic System (BEES), which allows us to communicate emergency announcements to the campus community through cell phones and computer monitor alerts.

The university also promotes overall student health and wellness through programs and activities, sponsored by the Henry Wise Wellness Center, Counseling Services Center, Alcohol Tobacco and Other Drug Prevention Center and Recreation and Intramural Program.

"I am glad that Bowie State has been singled out to receive this recognition because it shows that we are on the right track in safeguarding our campus community," said Chief Waiters.

## Greenbelt Farmers Market Opens

The Greenbelt Farmers Market opens from 10 a.m. to 2 p.m. each Sunday in the parking lot next to the City Offices at 25 Crescent Road. The market has only one entrance, near the New Deal Café, and one exit, near the Aquatic Center with a U-shaped aisle. We observe rules set by the County and the Governor of Maryland.

- Visitors are required to wear a mask continuously throughout their visit and observe social distancing
- Hand sanitizer is provided and must be used at the entrance
- Shoppers may not consume products in the market area (including carryout and drinks)
- Shoppers should avoid congregating in groups and proceed in one direction through the market.
- Preferably one person per family group should enter the market
- If children enter the market, they must stay with an adult at all times.
- Visitors leaving the market must re-do the entry process to return.

Products will either be pre-wrapped, pre-ordered, or selected and packaged by the vendor. If reusable bags are brought, they must be kept off vendor surfaces.

Some vendors will have contactless payment methods available. As requirements are changed by the authorities, the market will also adapt.

—City of Greenbelt

# CLASSIFIEDS

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Recently diagnosed with LUNG CANCER and 60+ years old? Call now! You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 855-404-8251 today. Free Consultation. No Risk.

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Place a business card ad in the Regional Small Display 2x2/2x4 Advertising network—Reach 1.8 million readers with just one call, one bill and one ad placement in over 50 newspapers in Maryland, Delaware and DC TODAY! For just \$1450.00, Get the REACH and RESULTS for just pennies on the dollar NOW! Call 410-212-0616 or email [wsmith@mddcpres.com](mailto:wsmith@mddcpres.com)

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TER and GOOGLE ADS. Call our Multi-Media Specialists to experience the success of digital advertising today. Call 410-212-0616, [www.mddcpres.com](http://www.mddcpres.com)

**MISCELLANEOUS**

reach the entire Mid-Atlantic region. Call 410-212-0616 or email [wsmith@mddcpres.com](mailto:wsmith@mddcpres.com)

**AUTOMOBILE DONATIONS**

DONATE AUTOS, TRUCKS, RVs  
Lutheran Mission Society of MD.  
Compassion Place ministries help local families with food, clothing, counseling Tax deductible. MVA licensed #W1044. 410-636-0123 [www.CompassionPlace.org](http://www.CompassionPlace.org)

Bulk advertising at its best: advertise in over 70 newspapers and reach millions of readers with ONE call. Broaden your reach and get results for pennies per reader. Call Wanda at 410-212-0616 or email [wsmith@mddcpres.com](mailto:wsmith@mddcpres.com).

**EDUCATION/ INSTRUCTION**

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 888-453-2456. (M-F 8am-6pm ET)

**MISCELLANEOUS—FOR SALE**

Attention: VIAGRA and CIALIS USERS! A cheaper alternative to high drugstore prices! 50 Pill Special - \$99 + FREE Shipping! 100% guaranteed. CALL NOW: 855-820-2858

**BUSINESS OPPORTUNITIES**

Let the Multi-Media Specialists of MDDC Ad Services assist you in growing your business and increasing your customer base Call today at 410-212-0616 and start seeing results NOW.

Let the Multi-Media Specialists of MDDC Ad Services assist you in growing your business and increasing your customer base Call today at 410-212-0616 and start seeing results NOW.

**FINANCIAL SERVICE**

Over \$10K in debt? Be debt free in 24-48 months. Pay a fraction of what you owe. A+ BBB rated. Call National Debt Relief 866-572-8948.

**SERVICES—MISCELLANEOUS**

Increase your customer base and get great results by placing your ads in the MDDC—Classified Advertising network! Call today 410-212-0616 Ask for Multi-Media Specialist—Wanda & watch your results grow.

**HEALTH / MEDICAL SUPPLIES**

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 866-994-1121

Let the Multi-Media Specialists of MDDC Ad Services assist you in growing your business and increasing your customer base Call today at 410-212-0616 and start seeing results NOW.

**Save Now On Home Security**  
Monitored by ADT<sup>®</sup>  
the #1 home security company in the U.S.

ADT 24/7 Monitored Home Security  
■ 24/7 monitoring provides peace of mind  
■ Yard signs and window decals help deter crime  
■ Quickly connect to fire and emergency response  
■ May qualify for a homeowner's insurance discount

**1-866-368-6214**  
WE'RE AVAILABLE 24/7—CALL TODAY!

**MISCELLANEOUS**

Save loads of money with your advertising budgets CONNECT with the Multi-Media Specialists of the MDDC Advertising Networks; GET Bulk Advertising Opportunities, NOW-CALL TODAY! With one call, one placement, one bill, you'll reach the entire Mid-Atlantic region. Call 410-212-0616 or email [wsmith@mddcpres.com](mailto:wsmith@mddcpres.com)

Save loads of money with your advertising budgets CONNECT with the Multi-Media Specialists of the MDDC Advertising Networks; GET Bulk Advertising Opportunities NOW—CALL TODAY! With one call, one placement, one bill, you'll reach the entire Mid-Atlantic region. Call 410-212-0616 or email [wsmith@mddcpres.com](mailto:wsmith@mddcpres.com)

Allstate American grew its business with this ad.

**THIS AD RAN IN 3 MILLION NEWSPAPERS AND COST LESS THAN \$1,500!**

**WHAT'S THEIR SECRET?**

**WET BASEMENTS STINK !!**  
Mold, mildew and water leakage into your basement causes health and foundation damage. What can be done to fix the problem? Allstate American Waterproofing is an honest, hardworking local company. We will give you a FREE evaluation and estimate in the area, we can provide local references. When your neighbors needed waterproofing, they called Allstate American. Why don't you? Call now to receive a 20% discount on your FREE ESTIMATE. MHCH36872

**CALL 1 800 426 7783 NOW!**

**SIMPLIFY YOUR BUY!**  
**410-212-2616**

Your local marketing experts with **UNLIMITED REACH.**

MARYLAND • DELAWARE • DISTRICT OF COLUMBIA  
**MDDCPRESS**  
ADVERTISING SERVICES

Kevin Berrier  
443-508-1936  
[KBerrier@MDDCPress.com](mailto:KBerrier@MDDCPress.com)

## Contact Tracing Opportunities In Maryland

Contact Tracing is already underway statewide through the efforts of our local health departments. To supplement that effort, the Maryland Department of Health has entered into a contract with the National Opinion Research Center (NORC), which is the nation's oldest and largest university-based firm operated by the University of Chicago with corporate offices in Bethesda, MD.

NORC is now recruiting for Contact Tracers in Maryland. Individuals with the following qualifications are invited to apply at this link: <https://careers.norc.org/en-us/job/495613/contact-tracer>

- Qualifications for Contact Tracers include:**
- We need people who can be empathic and caring while also being able to work quickly and maintain quality standards.
  - For those without direct experience in the field, we have found that teachers, real estate agents, and some sales/customer service jobs have skills which translate to data collection positions.
  - This work does offer a chance to work from home, but people will need to be willing to work set shifts (4-6 hours at a time) and have a quiet space in their homes.
  - Individuals should have their own computer and access to high speed Internet
  - A college degree is preferred, but it is not required. Having a good comfort level with technology is more important.

—Prince George's County Council District 1 News

Alan Amrhine, Communications Director  
Lutheran Mission Society

**"MDDC has connected donors with the LMS Vehicle Donation Program for over six years! Great exposure, cost effective, and Wanda is so helpful!"**

Call Wanda Smith, 410-212-2616  
[wsmith@mddcpres.com](mailto:wsmith@mddcpres.com)

**PAID ADVERTISEMENT**

**HOW HAVE YOUR PLANS CHANGED?**  
Help us better understand...

Please help us by taking this online survey to determine what news you are seeking, what's most important now, what we can do better, and what your current shopping plans are. We will use the survey results to deliver community news that is most important to you along with helping businesses get some ideas on what you need.

**\$1,000 will be awarded by Pulse Research to one respondent.**

The survey is available at: [www.pulsepoll.com](http://www.pulsepoll.com)

**Dental Insurance**

Get dental insurance from Physicians Mutual Insurance Company to help cover the services you're most likely to use -

✓ Cleanings ✓ X-rays ✓ Fillings ✓ Crowns ✓ Dentures

**1-855-337-5228**  
Call now to get this FREE Information Kit!  
[dental50plus.com/MDDC](http://dental50plus.com/MDDC)