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During National Black Business Month, National Harbor Welcomes Two New Retail Shops

Messy Treatz and The Furlough Cheesecake feature decadent dessert options

By PRESS OFFICER
National Harbor

NATIONAL HARBOR, Md. (August 24, 2020)—August is National Black Business Month and The Waterfront District at National Harbor is proud to welcome two new African-American owned businesses. Messy Treatz opened Saturday, Aug. 22 and The Furlough Cheesecake opened a few weeks ago. Both shops are being operated by African-American women entrepreneurs and they join other African-American owned shops in the Waterfront District including Miguel Wilson, House of JonLei Atelier, New York New York, A Beautiful Closet,

ZAAF and BrookieGirl. Also in the Waterfront District is The Brass Tap, an African-American owned craft beer bar with more than 150 craft beers from around the world.

"We have become a perfect location for attracting unique retail shopping," explained Deborah Topcik, director of marketing for National Harbor. "We are so excited these entrepreneurs have selected National Harbor to launch their first retail locations for their businesses," Topcik added. "The Furlough Cheesecake and Messy Treatz are a great complement to the other specialty food, apparel, jewelry and gift retailers as well as the restaurants and entertainment

locations in the Waterfront District."

"Messy Treatz started as a way for my daughters and I to spend more quality time together doing something that we love—baking!" said store owner Brittany Lacy. "Over the course of time we started baking and doing different pop ups in the Washington, D.C. metropolitan area. Now, having our own store is so exciting." The store is located at 128 Waterfront Street. Lacy continued, "We are a small business whose goal is to make your day just a little sweeter with treatz." Messy Treatz offers a wide variety of desserts ranging from cupcakes to pie sticks.

The Furlough Cheesecake (170 American Way, National Harbor) was started by two sisters, Jaqi Wright and Nikki Howard, when they were furloughed from their government jobs in December 2018. At the time, they launched their business online. Since then, following major national media attention and growing sales, the sisters decided to open their first store this month at National Harbor.

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

Statement: Council Chair Todd M. Turner Responds to On-Duty Officer Shootings

The Prince George's County Council condemns Sunday evening's attack on three County officers who were shot while responding to a call for service. The Council is relieved to learn that the officers are expected to survive their injuries, and we offer well-wishes for a speedy recovery, particularly for the officer who required surgery. Every day our police officers risk their lives to keep our residents and communities safe. The Council appreciates the actions of these officers, protected by their bullet-resistant vests. We are pleased to know that suspects are in custody and will continue to follow the police investigation. —August 24, 2020

Council Chair Todd M. Turner and Council Member Dannielle Glaros Urge Public Input on the Draft Environmental Impact Statement for the I-495 and I-270 Managed Lanes Study; Six Public Hearings in August and September

By KAREN D. CAMPBELL
Prince George's County Council Media

UPPER MARLBORO, Md. (August 20, 2020)—Prince George's County Council Chair Todd M. Turner and District 3 Council Member Dannielle Glaros, on behalf of the Council, are encouraging County residents and stakeholders to participate in public hearings on the Draft Environmental Impact Statement (DEIS) for a state proposal to expand I-495 and I-270 for private toll lanes, also known as the "I-495 and I-270 Managed Lanes Study."

The I-495 & I-270 P3 Program, which has raised widespread concern, is an initiative by Governor Larry Hogan, intended to reduce congestion for Maryland drivers by seeking input from the private sector to design, build, finance, operate, and maintain improvements on sections of both I-495 and I-270.

Chair Turner and Council Member Glaros share a concern that feedback from County residents on the project, will be crucial.

"The Managed Lanes P3 Project will have a direct impact on Prince George's County's properties, businesses and parks," said Chair Turner. "We are urg-

ing residents and stakeholders to weigh in on the Draft Environmental Impact Statement during this important opportunity to voice their thoughts and concerns."

The Federal Highway Administration, Maryland State Highway Administration and the Maryland Department of the Environment will hold several joint public hearings, virtual and in-person. The first virtual session was held August 18; additional virtual sessions [were held] August 20 and August 25 [and an additional session is] scheduled for September 3. There will be one (1) in-person Public Hearing on the DEIS, held in Largo, in Prince George's County, on the DEIS, on September 1, and another in Montgomery County. To register for in-person Public Hearing, call 833-858-5960.

Visit https://495-270-p3.com/your-participation/upcoming-events/?fbclid=IwAR0N7WLnA13Zb26kYRRzJFWZnEhFaLC61a3J5ejNY_bHcSmwzL0isyMg&utm_medium=email&utm_source=govdelivery for complete information on public participation in the joint public hearings, including registration for virtual and in-person public hearings, and submission of written comments.

Maryland Educators Rally at Comcast and Verizon Offices Calling for Digital Equity



PHOTO CREDIT PRINCE GEORGE'S COUNTY EDUCATORS' ASSOCIATION (PGCEA)

By JOSHUA HARRIS
PGCEA

FORESTVILLE, Md. (August 20, 2020)—Prince George's County Educators' Association (PGCEA) along with Baltimore Teachers Union educators, students, parents, and community members, participated in a car caravan and rally yesterday to demand that Comcast and Verizon provide broadband internet access for K-12 students and educators. Black and brown students and educators have consistently faced an opportunity gap in Maryland that has only grown due to technology inequalities during the coronavirus pandemic. It is also notable that between Baltimore City and Prince George's County school systems, they have collectively paid more than \$1,000,000 to Comcast to provide the Internet Essentials program to families in need. This internet is low quality with slow upload and download speeds of 3 Mbps.

"The digital divide is real when students don't have broadband access," said PGCEA President Theresa Mitchell Dudley. "Our school system is paying hundreds of thousands of dollars for internet hotspots that are not fast enough for consistent live streaming. The digital divide is real and our educators need free access. Comcast and Verizon are making billions and can afford to allow educators to have free broadband. This is an equity issue."

COVID-19 has exposed the stark disparities between white Maryland school neighborhoods and those populated

predominantly by people of color. PGCEA is demanding internet equality for students facing these hardships and has garnered more than 2,000 signatures on a petition to ensure that all students and educators, regardless of neighborhood, have access to quality broadband internet to teach and learn. Comcast and Verizon have a moral obligation

to provide high speed internet access for the greater good of our education system. Particularly with the millions in public dollars that they receive in the form of tax breaks each year.

"This year the demands on students' bandwidth will be so much heavier. Prince George's County Public Schools teachers will be delivering most of their instruction in live lessons, for many more hours daily than we were asked to last year," said Shari Flynn, PGCEA member. "I have to wonder how many students will be able to participate in the education that they need. The education that is their right."

During the event, educators called for Comcast and Verizon to do its part to support all students and educators in need of access to high speed internet to learn and teach. The union specifically identified several demands to support educators and students while distant (virtual) learning is in effect, including:

- Comcast permanently increase Internet Essentials' upload speeds from 3 Mbps to 25 Mbps and download

Last Wednesday's rally and car caravan advocated for poor students in need, largely Black and brown, to receive equitable internet access, as they begin distance learning in K-12 this fall

See **DIGITAL EQUITY** Page A8

Maryland State Board of Elections Increases Ballot Drop Boxes for General Election

By KELLY JONES
for Maryland State Board of Elections

ANNAPOLIS, Md. (August 19, 2020)—The Maryland State Board of Elections today announced that at least 270 ballot drop boxes will be deployed statewide for the 2020 General Election, a significant increase from the 75 made available for the 2020 Primary Election. Delivery of ballot drop boxes to local boards of elections will begin the week of Sept. 28.

Local boards of elections will open ballot drop boxes soon after they are delivered. A schedule of drop box openings and drop box locations will be made available at a later date.

The Board also voted to authorize local boards of elections to begin canvassing mail-in ballots no earlier than Thursday, Oct. 1. Results of canvassing will be embargoed until 8 p.m. on Election Day, Nov. 3. The canvass is the official tally of votes for the election.

The Board approved Worcester County's request to use the Roland E. Powell Convention Center as its early voting center, Allegany County's proposed Election Day vote center locations, and

Dorchester County's proposed Election Day vote centers. The center locations in each jurisdiction are available from the respective local boards of elections.

Lastly, the Board voted to request additional funding from the Maryland Department of Budget & Management to pay for the mailing of ballot applications. Ballot applications will be mailed to 4 million registered voters beginning Monday, Aug. 24 through the end of August. Ballots will become available early October.

The Board encourages all interested citizens to apply to serve as election judges at elections.maryland.gov. Election judges earn a stipend of up to \$300 for their service answering democracy's call. Governor Hogan is allowing State employees to earn 16 hours' administrative leave to serve as election workers, and county governments are encouraged to do the same. The Board is implementing a comprehensive public health plan with social distancing guidelines and personal protective equipment to safeguard election workers and voters at in-person voting locations.

The Board will meet again on Friday, Aug. 28 at 12 p.m. The meeting can be viewed live at elections.maryland.gov.

INSIDE

Bowie State University Coaches Shadae Swan and Antone Sewell Selected to Take Part In True North Sports Coach Development Academy

They are among 24 CIAA coaches participating in the True North Sports Coach Development Academy, which started August 18.

Community, Page A3

To Be Equal: National Urban League Sues to Stop the Political Weaponization of the U.S. Postal Service

The President knows this. He's not trying to prevent voter fraud; he's trying to prevent eligible citizens from voting.

Commentary, Page A4

Maryland State Police Virtual Open House Trooper Flight Paramedic Recruitment

This virtual open house is for practicing (National Registered and/or Maryland-certified) paramedics who have a desire to advance their career horizons.

Business and Finance, Page A5

Atapco Acquires Warehouse in Prince George's County

KLNB Announces Sale of Powder Mill Station Retail Center

Passengers Left More Than \$900K Behind at TSA Security Checkpoints

Business and Finance, Page A6

2021 Chesapeake Conservation Corps Class Announced

During their year of service, Corps members will gain valuable on-the-job experience as they work to advance environmental conservation, K-12 education, energy efficiency programs, sustainable agriculture practices, and a host of other environmentally focused initiatives.

Environment, Page A7

TOWNS and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

It's back-to-school time for Morningside/Skyline kids

These are the public schools attended by students in my neighborhood of Morningside and Skyline. I don't know yet how they're dealing with virtual or in-person learning. But I wish them a lot of luck and hope they stay safe.

Benjamin Foulois Creative & Performing Arts (K-8), Morningside, Keshia Hogue, principal. Mascot: falcon.

Imagine Foundations at Morningside Public Charter (K-8), Dr. Jessica Johnson, principal.

William Beanes Elementary (preK-5), Suitland, Dr. Dana Tutt, principal. Mascot, bears.

Andrew Jackson Academy (K-8), Forestville, Rodrick Hobbs, principal. Mascot, jaguars.

Drew-Freeman Middle School (6-8), Suitland, Dallas Lee, principal. Mascot: falcons.

Dr. Henry A. Wise Jr. High School (9-12), Upper Marlboro, principal Jeffrey Parker. Mascot: pumas.

Coronavirus update

I'm still here at home, writing this column, possibly the only thing I do these days that has any value. Granddaughter-in-law Heather and Daughter-in-law Michelle provide groceries. Grandson Conor carries, repairs and otherwise handles matters. Daughters Elaine and Sheila get me to the doctor, as needed.

Through 5 p.m. August 19, Maryland had 101,649 cases of COVID, including 414 new ones. As for deaths, Maryland has had 3,661, including 11 the past day.

MedStar Southern Maryland, along with 12 other hospitals in the State, will be participating in a COVID-19 Antibody Study conducted by the Maryland Department of Health.

Neighbors & other good people

Jerry Kyle Richardson, 71, who taught at Suitland Junior High in the 1970s, died Aug. 1 in Georgetown, Ky.

Dr. Falecia D. Williams is the new president of Prince George's Community College. She comes here after 22 years at Valencia College in Orlando where she served as president of the Downtown and

West campuses. She succeeds Dr. Charlene M. Dukes who retired after 25 years of teaching and 13 years as president.

Monsignor Karl Chimiak is celebrating his 40th year as a priest of the Archdiocese of Washington. He grew up as a member of Mount Calvary Parish in Forestville and is one of the eight children of Walter and Wanda Mieczkowski Chimiak. Currently, he is Catholic chaplain at Shaw Air Force Base, S.C., and pastor of Our Lady of the Skies Parish.

Kevin Reilly, who lived for years on Ladd Road in Skyline, is recovering from COVID-19 and is back at work with the fire department in Charles County.

Town of Morningside

Morningside's September virtual/phone meetings will be: Work session, Tuesday Sept. 8, 7 p.m.; Town Meeting, Tuesday Sept. 15, 7 p.m. Info: 301-736-2300 or email Generalmailbox@morningsidemd.gov.

Henson Creek Village Area Study

Councilwoman Monique Anderson-Walker will host a District 8 (that's me) Planning Meeting on Sept. 23 at 6:30 p.m., involving the Henson Creek Village Area Study.

The study will evaluate the current and future real estate market and redevelopment opportunities to improve businesses along Livingston Road and Cady Drive, as well as to provide opportunities for neighborhood activities.

Panda baby

National Zoo watchers are excited about the birth of a new giant panda on Aug. 21. Just a week or two ago zookeepers discovered that Mei Xiang was pregnant. At 22 she is the oldest giant panda to successfully give birth in the U.S. Three of her cubs, Tai Shan, Bao Bao and Bei Bei, were transported to China at age 4, under terms of the agreement with the Chinese government.

Now, we have a new baby to talk about. And visit. As the Washington Post said, it's a "miracle" cub.

Changing landscape

The Wharf, on the Southwest Water-

front, is hosting Thursday evening movies outdoors on its floating screen. Socially distanced filmgoers sit at cabanas or reserved tables on the Pier. Shows start at 8. Schedule: Aug. 27, "Raiders of the Lost Ark;" Sept. 3, "Crazy Rich Asians;" Sept. 10, "Dirty Dancing;" Sept. 17, "Hidden Figures;" Sept. 24, "Jumanji: The Next Level." Reservations are \$10 through Resy and include popcorn and a Pacifico beer.

Emergi-Care has opened in Andrews Manor Shopping Center.

Steve Simone, looked good in kilts

Steven Michael Simone, 67, a 1971 graduate of Bishop McNamara HS, died Aug. 9. He was born in Capitol Heights to Ralph and Gwynn Simone.

At McNamara, Steve played football and wrestled. He was a classmate of my son Mike and was a good friend of daughter Therese. She remembered that his car got 7 miles to the gallon and that he looked good in kilts when he starred in "Brigadoon" at McNamara.

Steve was retired as a Maryland social worker. He enjoyed riding his bike and traveling annually to Harper's Ferry in West Virginia, to Texas to visit family, and to Quebec for skiing. He particularly appreciated his Texas cacti and Westerns.

Survivors include his children, Jessica Smith and Michael Simone-Finstrom; granddaughters Mikayla, Abigail and Thea; siblings, Elayne Murray, Susan Madden and Jimmy Simone; and special friend Ingrid Christmond. His graveside service was Aug. 13 at Lakemont Memorial Gardens in Davidsonville.

Milestones

Happy birthday to my daughter-in-law Michelle McHale on Aug. 29, Lavine Callicott and her husband Bill, both on Aug. 29; Wanda Payne Simms, Bria Barbour-Ray, Denis Wood, Jai McCune, Caitlin Rose Woods and Tom Anderson, Aug. 30; Mary Berkley and Travis Mullins, Aug. 31; Christine Hoehl, Judy Busky, Earl Simms, Rebecca Capps and my great-granddaughter Mary Adela McHale, Sept. 1; Suzanne Kenney, Sept. 2; Andrelic Howard, Sept. 3; and Loretta Carter, Sept. 4.

Around the County

Prince George's County Green Book Is Live!

Connecting local, small and diverse suppliers with every available opportunity to do business with Prince George's County. Providing agency-by-agency budget and requirement details so businesses can navigate procurement opportunities. The Green Book is a pathway to expanding small and disadvantaged business development in Prince George's County. www.princegeorgescountymd.gov/3555/Business-Highway

—Prince George's County MD

Immunizations Still Required During Distance Learning

Although PGCPSS will offer distance learning for the first semester, students must meet state immunization requirements within 20 calendar days of enrollment (Sept. 21). Immunizations during the pandemic are essential in maintaining overall health, especially during flu season.

Starting next month, PGCPSS will host free immunization clinics at multiple school sites to assist families with meeting immunization requirements. These services are offered in collaboration with the Prince George's County Health Department and the Maryland Partnership for Prevention.

Immunizations will be offered by appointment only in order to adhere to social distancing guidelines; masks will be required. Temperatures will be taken upon arrival. We will also offer dental services and flu shots for your convenience.

Stay tuned for more details on the online registration process, specific dates, times and locations.

For more information, visit the PGCPSS Immunization webpage. —Prince George's County Public Schools

Monica Vera-Jackson Awarded Doctor of Chiropractic Degree from National University of Health Sciences

LOMBARD, Ill. (August 20, 2020)—Monica Vera-Jackson of Bowie recently received their Doctor of Chiropractic degree from National University of Health Sciences.

"We are very proud of Monica, as National University's Doctor of Chiropractic degree program is one of the most demanding of its kind," says President Joseph Stiefel of National University.

National University of Health Sciences, a not-for-profit educational institution with locations in Illinois and Florida, offers a wide range of degrees in health sciences, including degrees in chiropractic and naturopathic medicine, acupuncture, oriental medicine, massage therapy, and biomedical sciences.

—Elizabeth Toth, National University of Health Sciences

M-NCPPC, Department of Parks and Recreation Announces Cancellation of Rentals for Park Buildings, Picnic Shelters and Historic Sites Through October

RIVERDALE, Md. (August 21, 2020)—Today, the Maryland-National Capital Park and Planning Commission (M-NCPPC), Department of Parks and Recreation in Prince George's County announces cancellation of rentals (park buildings, picnic shelters, and historic sites) through the end of October.

"As we continue to reopen recreational activities to the community, some decisions are necessary in order to maintain the safest environment for staff and patrons. Virtual programs continue into the fall," says Bill Tyler, Director of the M-NCPPC, Department of Parks and Recreation.

The M-NCPPC, Department of Parks and Recreation delivers an award-winning park system through progressive, innovative leadership and a commitment to the community and the environment in Prince George's County. For more on the Department of Parks and Recreation, visit www.pgpc.com and stay connected on Facebook, Twitter, PhotoShelter, and Instagram. The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities in all programs and services. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.

—Kira Calm Lewis, PGC Department of Parks and Recreation

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

BSU VIRTUAL BIKE TOUR

The Bowie Metropolitan Alumni Chapter (BMAC) presents the Bowie State University Virtual Bike Tour, September 11-13. You are invited to participate and support the BSU Virtual Bike Tour. Ride anywhere, anytime. You can even receive a stationary bike. Registration includes event t-shirt, mask, and commemorative medal.

Registration Fees: Early Registration: \$35 (through August 31), Regular registration: \$45 (September 1-12), Online registration will close at 11:45 p.m. on September 12. Registration fees are non-refundable.

Share your experience, to make this virtual bike tour fun and exciting, registrants are encouraged to post photos and videos of their rides. Take a picture or video wearing your bike tour t-shirt and commemorative media. Post on www.facebook.com/bsubiketour and use the hashtags #BSUVirtual/BikeTour2020 and #Cycling for Scholarships. Register today. Net proceeds from the BSU Virtual Bike Tour will support student scholarships. The goal is to register 500 cyclists. Your participation will help BSU students' dreams become a reality. For questions and more information, email bmacbulldogs@gmail.com.

MEAC

The Mid-Eastern Athletic Conference recognized Robert Owen Johnson, Jr. as the University of Maryland Eastern Shore Distinguished Alumni March 12, 2020. Owen resides in Brandywine, Maryland with his wife Audrey Johnson.

The MEAC represents 11 outstanding academic institutions (Men's and Women's Basketball Tournament) and has been held at the Norfolk Scope Arena in Norfolk, Virginia since 2010. A distinguished Alumni was recognized from each institution. Congratulations all distinguished Alumnus who were recognized.

CHALK POINT POWER PLANT

There is a big WIN for the environment in Prince George's County, the coal power operation at Chalk Point Power Plant, located in the rural tier in the Aquasco Area and in operation since the mid-1960s, is being shut down. Coal power is among the dirtiest forms of energy. The County Council, sitting as the District Council, recently voted to end the access that this power plant had to dumping its coal waste (known as Fly Ash Land Fill), which has been in operation since the mid-to-late 1960s. This hastened the end of the coal operation announced by the power plant owner. Advisory Neighborhood Community Initiative by Council Member Mel Franklin.

SAT TEST CENTER UPDATE

The August 29 National Test Sites within the PGCPSS have been closed. Students should check their College Board accounts for updates or what to do if their Test Center has closed. Find additional information at link: <https://collegereadines.collegeboard.org/sat/register/test-center-closings>.

BSU ALUMNUS


Shout out to Bryant Stewart for being featured as a top Thurgood Marshall College Fund Leadership Institute alumnus. Bryant Stewart was a student at Bowie State University in 2010 when he heard the buzz circulating across campus about TMCF's Leadership Institute (LI). "Someone at career services on campus suggested that I try out," says Stewart of his decision to apply to LI. "They said it was a real game changer and exclusive." They were right, Stewart says adding that the experience and his participation in the event proved to be transformational.

"I honestly didn't know at the time the magnitude of what LI was and represented," says Stewart, who was promoted in April to Assistant Vice President in the Government Solutions business unit of AT&T Business. "It was a pivotal launch point for me as a student and graduate and provided me great exposure to various companies."

Stewart left LI with three offers in hand and ultimately settled with AT&T, rising through the ranks to advance through the company over the past decade. During his time at the corporate giant, Stewart has held multiple roles in Marketing and Sales, beginning his career with the Business Sales Leadership Development Program.

"I started at the ground level and from there I just worked," he says, adding that the mentoring relationship that he forged with AT&T executives at LI continue to this day. A native of Baltimore, Stewart went on to earn an MBA from Baruch College in 2016 and used his connection and his desire to make a difference to later become civically engaged. He is a board member of the Greater Washington Urban League and serves on the board of the School of Business at Bowie State University. He is a founding member of oxyGEN Young Professionals nonprofit dedicated to attracting, development, and retention of AT&T's Young Professionals and Future Leaders. Now in his early 30s, he says that he's enjoying his career and looking to start a family soon.

His advice to future LI participants, "take full advantage of this opportunity. There is a lot to get out of it, but you must take it seriously. You never know where it will lead. It is not an opportunity to be taken lightly."



Don't Wait ★ Vote Safe!
Request Your Mail-in Ballot TODAY!

Prince George's County is strongly encouraging voters to vote by mail in the 2020 General Election. Voters can request a mail-in ballot by:

Going online to elections.mypgc.us or elections.maryland.gov Texting VBM to 77788

All ballot requests must be received in the Prince George's County Board of Elections office by Tuesday, October 20, 2020. Actual ballots will be mailed starting mid-September.

Not registered to vote? Visit elections.maryland.gov to register online or call 301-341-7300 to receive a voter registration form.

#DontWaitVoteSafe

COMMUNITY

Akintade Appointed to DNPs of Color Inaugural Board of Directors

Associate dean to serve on board as an advocate for minority nurses.

By LAURA HAGER
University of Maryland School of Nursing

BALTIMORE (August 21, 2020)—The University of Maryland School of Nursing's (UMSON) Bimbola F. Akintade, PhD '11, MS '05, MBA, MHA, BSN '03, CCRN, ACNP-BC, NEA-BC, assistant professor and associate dean for the Master of Science in Nursing program, has been appointed to the Doctors of Nursing Practice (DNPs) of Color inaugural Board of Directors.



PHOTO COURTESY THE UNIVERSITY OF MARYLAND SCHOOL OF NURSING
Bimbola F. Akintade, PhD

DNPs of Color is a nonprofit nursing organization with a mission to serve DNPs of color through networking, mentorship, and advocacy to increase diversity in doctoral studies, clinical practice, and leadership. The nonprofit, which launched in May, works to create opportunities for engagement in academia, research, and clinical practice. It also advocates for educational support for DNPs of color. DNPs of Color, which began in the mid-Atlantic region, has expanded its reach nationally.

"As a faculty member and leader at the University of Maryland School of Nursing, this appointment provides me with the opportunity to continue to inspire and highlight the many efforts of promoting diversity in the student body, staff, faculty, and leadership of the University," Akintade said. "Being a founding board member of this unique and impactful association puts me in a position to advocate for minority nurses, especially those in doctoral programs. This is an important initiative to increase diversity in the nursing workforce while reducing health disparities for patients."

With 19 years of clinical experience (four years as a nurse and 15 years as an acute care nurse practitioner) in trauma and critical care, Akintade is aware of how serving the health care needs of diverse patients requires a diverse nursing workforce. As a DNPs of Color board member, he will support the organization's mission, serve as an ambassador for the organization, and lend advice and expertise to the organization's leadership. He will also help provide operational and fiscal oversight, attend and assist with development of fundraising events, solicit and evaluate prospective members, and participate in board meetings.

Serving in this role allows Akintade to advocate for minority nurses nationwide, especially those in doctoral programs. It also helps him effectively identify opportunities to mentor and support minority students at UMSON through their academic journeys and beyond. At UMSON, where diversity is a source of strength and innovation, 46% of DNP students identify as members of minority ethnic/racial groups, compared to just 36% of DNP students nationally. Overall, 49% of UMSON students identify as members of minority ethnic/racial groups, while nationally, nurses from minority backgrounds represent just 19.2% of the registered nurse workforce.

The University of Maryland School of Nursing, founded in 1889, is one of the oldest and largest nursing schools in the nation and is ranked among the top nursing schools nationwide. Enrolling nearly 2,000 students in its baccalaureate, master's, and doctoral programs, the School develops leaders who shape the profession of nursing and impact the health care environment.

Shadae Swan and Antone Sewell Selected to Take Part In True North Sports Coach Development Academy

By GREGORY C. GOINGS
Bowie State Sports Information

BOWIE, Md. (August 18, 2020)—Women's basketball Head Coach Shadae Swan and Assistant Football Coach (Defensive Coordinator) Antone Sewell of Bowie State University are among 24 CIAA coaches participating in the True North Sports Coach Development Academy, which started August 18. Coaches were nominated by your Athletic Directors and recommended to True North Sports through the conference office.

The Coach Development Academy is a virtual course program designed to support and assist coaches in developing their authentic philosophy, team culture and program structure. Eight classes will be held online through Oct. 20.

Each class will feature a guest speaker. The lineup of speakers include Dartmouth Head Football Coach Buddy Teevens, Florida Head Men's Tennis Coach Bryan Shelton, Clemson Assistant Women's Basketball Coach Shimmy Gray Miller, Alabama State Head Football Coach Donald Hill Eley, Certified Mental Performance Consultant Dr. Tiff Jones of XFactor Performance and CEO and Chief Visionary Celia Slater of True North Sports, which is hosting the academy.

Information on the Coach Development Academy can be found at <https://truenorthsports.net/coach-development-academy/>. A full list of participating coaches from CIAA schools is listed below.

Bowie State
Shadae Swan, Women's Basketball
Antone Sewell, Football

- Claffin
 - Chymaine Guinyard, Volleyball
 - Garon Jackson, Cross Country/Track & Field
 - Revonda Whitley, Women's Basketball
- Elizabeth City State
 - Tynesha Lewis
- Fayetteville State
 - Milton Patterson, Football
 - Natrone Means, Football
 - Tyreece Brown, Women's Basketball
- Johnson C. Smith
 - Ramona Staton, Women's Tennis
- Livingstone
 - Paul Davis, Women's Basketball
- Lincoln (PA)
 - Charity Hart, Volleyball
 - Wilson Bailey, Cross Country/Track & Field
- Saint Augustine's
 - David Bowser, Football
 - Tacara Moxey, Volleyball
- Shaw
 - Ebony Moore, Women's Basketball
 - Frantz Smith, Cross Country/Track & Field
 - Jonathan Paulk, Volleyball
- Virginia State
 - Annitra Cole, Women's Basketball
 - Ashley DeWitt, Cross Country/Track & Field
 - Drew Williamson, Men's Basketball
- Winston-Salem State
 - Chanel Davis, Volleyball
 - Cleo Hill, Jr, Men's Basketball
 - Kaymarie Jones, Cross Country/Track & Field



PHOTOS COURTESY BOWIE STATE SPORTS INFORMATION

Women's basketball Head Coach Shadae Swan



Assistant Football Coach (Defensive Coordinator) Antone Sewell

Safeway Raises \$454,018 as Part of Feeding America's 2020 Great American Milk Drive

Local Safeway shoppers more than doubled the 2019 campaign totals, generously donating 123,040 gallons of milk for families in need

By BETH GOLDBERG / CHRISTINA CREWS
Safeway / American Dairy Association North East

WASHINGTON (August 17, 2020)—During National Dairy Month (June 1–30), Safeway and Safeway Foundation partnered with Feeding America®—the nation's largest domestic hunger relief organization—to fight childhood hunger and raised \$454,018 through this year's Great American Milk Drive. With millions of Americans out of work and free school meals harder to access, the need for hunger relief assistance is substantial. Safeway stores in the District of Columbia, Maryland, Virginia, and Delaware collected customer donations at check stands to help alleviate childhood hunger.

"Hunger has no boundaries. It's a problem that exists in urban, suburban, and rural communities. That's why Safeway and Safeway Foundation are committed to being part of the solution," said Matthew Boyd, Vice President of Marketing and Merchandising for Safeway's Eastern Division. "We're delivering 123,040 gallons of fresh milk to our local food banks, which is needed now more than ever. We are grateful to our Safeway customers for their generosity and support."

Due to school closures during the COVID-19 crisis, children nationwide may lose access to free or reduced-price meals at schools, including the nourishment of milk. Many families have already been struggling to provide for their children. That's why food banks, like

those in the Feeding America network, play a critical role right now. Milk is one of the most requested but least donated items at food banks, and it can be difficult to meet the demand. The 46 million Americans who traditionally rely on Feeding America typically receive less than one gallon of milk per person per year. America's milk brands and dairy farmers are committed to fighting hunger and providing nutritional milk through this partnership with Feeding America.

"Local dairy farmers like me are committed to working every day to provide our communities with a nutritious and wholesome product," said Dairy Farmer Walter Rutledge of Rutledge Brickhouse Farms in Jarrettsville, Md. "During this challenging time, we are working harder than ever to ensure that your local dairy aisle and food pantry is fully stocked with fresh, local milk."

"Milk is the top food source for calcium, potassium and vitamin D, three of the four nutrients which are most likely to be missing in the American diet," said Liz Jalkiewicz, RDN, LDN, Nutrition Specialist for American Dairy Association North East. "And the reality is, it's tough for kids to get these important nutrients when they don't have access to milk."

Thanks to the generosity of donors across the country, since 2014, Feeding America and The Great American Milk Drive have delivered more than 2.1 million gallons of milk—that's over 35 million servings—to children and families in need.

Against the Odds, Homeless Shelter Remains COVID-Free, Prepares for Homelessness Increase

By PRESS OFFICER
Central Union Mission

WASHINGTON (August 19, 2020)—Nationwide, the death toll from COVID-19 currently stands at nearly 170,000 people. People living in homelessness certainly are among the most vulnerable and have not been spared. In Washington, DC, alone, an estimated 338 people living on the street have contracted COVID-19 and at least 21 have died.

Despite these grim statistics, Central Union Mission has not had one confirmed case of COVID-19 infection at any of its ministry sites.

Early and effective preventative measures like utilization of a virus-killing UV light Portal donated by Washington Capitals player Lars Eller, strict cleaning and mask-wearing protocols and daily health evaluations and body temperature checks were the first phase of prevention measures. Later, going to a set-bed list and requiring strict sheltering in-place for all guests have prevented the virus from getting into the shelter, which would be catastrophic in

this dormitory-style setting.

In addition, several Mission residents who are employed in jobs with essential businesses were moved into the Mission's Lambert House transition home to further enhance our social distancing efforts, and some of our senior citizens were moved into special protective housing provided by DC Government.

According to Mission President & CEO Joe Mettimano, "We thank God that the people in our care remain healthy at this point and we are working hard to keep it that way. In addition, we need to be equipped for a potential influx of people experiencing homelessness and poverty due to layoffs and the struggling local economy. We can see it already: the average number of individuals receiving food at our Family Ministry Center has risen from 4,000 to 7,000 each month, which includes a 50 percent increase in the number of emergency food seekers."

The Mission continues to meet regularly with the city's Interagency Council on Homelessness and its peers to consult and coop-

erate on current COVID-19 strategies. Central Union Mission is supported solely by private donations. Please contact Deborah Chambers at 202-534-9965 or dchambers@missiondc.org for more information.

Central Union Mission is a faith-based 501(c)(3) nonprofit organization and the oldest private social service agency in Washington, DC. In addition to its emergency shelter, which provides more than 60,000 bed-nights each year, the Mission operates a holistic, Christ-centered transformation and workforce development program for men, provides benefits for veterans, helps people overcome addictions, operates a food and clothing distribution center which provides food for over 4000 people each month, runs a camp for underprivileged children, and offers a ministry to families and senior citizens. Charity Navigator has rated Central Union Mission, GuideStar awarded Central Union Mission a Gold Seal for our financial transparency and GreatNonProfits has given Central Union Mission a Top-Rated award.

FDA Approves Rockville Company to Start Human Trial for Potential HIV Cure

First patient to be selected from Baltimore/DC area in September.

A promising potential cure for HIV was just cleared by the FDA to start its first human trial. Maryland-based American Gene Technologies (AGT) believes there is a high likelihood that participants in the upcoming trial will be cured by a "one-and-done" gene and cell therapy developed by the company over the last decade in their Rockville laboratories.

The first patient will be selected as soon as September in the Baltimore/DC area. By the end of 2020, AGT may know if that patient is functionally cured, meaning that although HIV is not eradicated in the body, it's completely controlled where patients experience no symptoms and can't transmit to others. See Virtual Press Conference: https://youtu.be/Sa724_GBgag

—On The Marc Media

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COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

National Urban League Sues to Stop the Political Weaponization of the U.S. Postal Service

"The Constitution requires the President and the Postmaster General to faithfully execute the laws and to preserve, protect, and defend the Constitution and the rights guaranteed therein. The constitutional and statutory rights of Americans to vote are among the most sacred of those laws. Defendants should be taking every effort to facilitate mail-in voting. But, at a minimum, they should not be weaponizing the Postal Service in order to infringe the sacred right to vote."

—federal lawsuit filed by National Urban League, Common Cause and the League of Women Voters against Postmaster General Louis DeJoy and the United States Postal Service.

Few institutions are more fundamental to American democracy than the United States Postal Service. It was designed by the Founders in large part to generating an informed electorate. Alexis de Tocqueville famously marveled, "The mail, that great link between minds, today penetrates into the heart of the wilderness ... It is difficult to imagine with what incredible rapidity thought circulates in the heart of these wilderness areas."

The right to vote, too, is fundamental. "No right

is more precious in a free country than that of having a voice in the election of those who make the laws under which, as good citizens, we must live," U.S. Supreme Court Justice Hugo Black wrote in 1964. "Other rights, even the most basic, are illusory if the right to vote is undermined."

The President of the United States appears willing to trample both in order to win reelection. The National Urban League is suing to stop him.

Since taking office in May, Postmaster General Louis DeJoy has made sweeping changes to the Postal Service's policies and procedures with the purpose and intent to sabotage mail-in voting in the upcoming 2020 national elections.

These actions include decommissioning mail sorting machines, removing post office collection boxes en masse, curtailing the ability of postal workers to timely deliver mail by prohibiting overtime, disallowing extra delivery trips and deprioritizing the delivery of election mail.

In our lawsuit, which we filed jointly with Common Cause and the League of Women Voters, represented by the Lawyers' Committee for Civil Rights Under Law, we assert, and have asked the court to affirm, that the actions:

- deprive qualified voters of their fundamental right to vote, in violation of the United States Constitution;
- violate the First Amendment to the United States Constitution;
- were made unlawfully because were implemented prior to their submission to the Postal Regulatory Commission for public hearings,
- exceed the Postmaster General's statutory and regulatory authority;

We have asked the court to block the USPS from implementing or continuing to implement any of the changes we identified as illegal and unconstitutional, and to order the agency to undo the changes already implemented.

It's hard to deny that the President does not want every citizen to exercise his or her constitutional right to vote. Earlier this week, the Senate Intelligence Committee issued a report on Russian election interference that confirmed the President's team has pushed the boundaries of voter suppression and interference in unprecedented ways.

Conservative interests have sued to stop New Jersey, Nevada, California, Pennsylvania and three counties in Iowa, over their efforts to protect their citizens' right to vote by mail during the coronavirus pandemic.

He generally uses the virtually non-existent threat of voter fraud as a fig leaf to hide his true intentions, but at times has been shockingly candid about his fear that expanded voting will lead to his defeat.

In March, as Congress scrambled to pass a coronavirus relief bill, the President told Fox and Friends, "The things they had in there were crazy. They had levels of voting that if you ever agreed to it you'd never have a Republican elected in this country again."

In April, he tweeted "Republicans should fight

very hard when it comes to statewide voting by mail ... for whatever reason, doesn't work out well for Republicans."

On Fox Business Network last week, he admitted that he opposes the Postal Service's urgent request for \$25 billion in relief because of his political objections to expanding mail-in voting. "They need that money in order to have the Post Office work so it can take all of these millions and millions of ballots ... But if they don't get those two items, that means you can't have universal mail-in voting because they're not equipped to have it."

None of the five states that hold their elections primarily by mail has had any voter fraud scandals since making that change. As the New York Times editorial board noted, "states that use vote-by-mail have encountered essentially zero fraud: Oregon, the pioneer in this area, has sent out more than 100 million mail-in ballots since 2000, and has documented only about a dozen cases of proven fraud."

That's 0.00001 percent of all votes cast.

A comprehensive study of election fraud cases by Arizona State University's News21 journalism project identified only 491 cases of absentee ballot fraud out of billions of votes cast from 2000 to 2012.

One study found "the proportion of the population reporting voter impersonation is indistinguishable from that reporting abduction by extraterrestrials."

The President knows this. He's not trying to prevent voter fraud; he's trying to prevent eligible citizens from voting.

The National Urban League and our partners are determined that the Constitutionally-established institutions of our government will not be twisted into service of partisan politics.

Marion Wright Edelman

President Emerita,
Children's Defense Fund



ChildWatch:

So Much Work to Do

As we celebrate the 100th anniversary of the Nineteenth Amendment this week, I offer these words for all of us who are still fighting to protect the right to vote and for equality, justice, and the world our children and grandchildren deserve.

Mothers. Grandmothers. Women.

We have so much work to do. So many mothers and infant lives to save. So many child dreams to re-

alize and hopes to nourish and protect.

Our countries and a common world to change and such long distances to travel—from waging war to waging peace; from sickness and death to health; from doubt to faith in Creator's feminine spirit within

Let some of us—you and I—begin this minute on that journey

To speak for those unable to speak for themselves

To stand with those who cannot stand alone

To gather family and friends to stand with us.

Let us begin this day singing a new song for all our mothers and sisters and brothers and fathers and children around our world who are our own.

"If the first woman God ever made was strong enough to turn the world upside down all alone, these women together ought to be able to turn it back, and get it right side up again."

—Sojourner Truth, American abolitionist and women's rights activist

Anthony Brown

Maryland Congressional District 4



Maryland Trails Rest of the Country In Unemployment Disbursement

"Despite damning statistics that show Maryland among the worst states in getting aid to residents quickly, the Hogan Administration continues to paint a rosy and misleading picture."

WASHINGTON (August 20, 2020)—Congressman Anthony G. Brown (MD-04) released the following statement regarding Maryland's persistent delays in distributing unemployment benefits:

"Maryland families are still waiting too long for their unemployment—they are struggling and need immediate help. As President Trump and Senate Republicans continue to block critical funding for expanded unemployment benefits in the midst of a deadly pandemic that has wreaked havoc on our economy and working families' finances, it is simply unacceptable that most Marylanders have to wait

more than a month before getting any assistance. That's a month where families don't know how they will put food on the table, keep a roof over their heads or afford their prescriptions. Maryland must rise to the challenge.

"Despite damning statistics that show Maryland among the worst states in getting aid to residents quickly, the Hogan Administration continues to paint a rosy and misleading picture that ignores the suffering of Maryland families. Numbers don't lie but the Governor only offers more platitudes or dismissive comments. That is unacceptable. We need a real plan from Governor

Hogan to get help to families as quickly as possible."

According to the U.S. Department of Labor, in June Maryland had the slowest state in the country getting unemployment benefits to jobless residents and second slowest in July. Just 14% of applicants received initial unemployment benefits within 21 days of filing in June. The national average in June was 54% of applicants. In July, only 23% received initial unemployment benefits in that same period, only ahead of Nevada. In contrast, the national average in July was 62% of applicants receiving their first payments within the 21 day period.

Benjamin L. Cardin

United States Senator for Maryland



Cardin, Van Hollen, Mfume Announce Nearly \$1 Million in Federal Funding for Morgan State University STEM Programs

WASHINGTON (August 21, 2020)—U.S. Senators Ben Cardin and Chris Van Hollen and Representative Kweisi Mfume (all D-Md.) today announced an award of \$999,531.00 in federal grant funding for Morgan State University (MSU) Science, Technology, Engineering, and Mathematics (STEM) education programs through the National Science Foundation (NSF).

"Our STEM workforce should reflect the diversity of talent throughout Maryland's communities. We must invest in breaking down structural barriers in our education system that deny underserved communities access to STEM careers," said Senator Cardin. "By providing scholarships, mentorships and advanced programming, these funds will help more students access Morgan State University's already high-quality STEM offerings, while helping the university provide more resources to help them succeed."

"To create a robust and diverse STEM pipeline in this country, we must tap into the power of our nation's HBCUs. We can cultivate a vibrant, 21st century economy in Baltimore and throughout our state by boosting access to STEM careers. This federal funding will support Morgan State's goal, as one of Maryland's largest HBCUs, to expand opportunities for students with increased mentorship, scholarships, and educational pathways," Senator Van Hollen said. "We will continue fighting for fed-

eral investments in STEM and securing a high-quality education for Maryland's students."

"America will rise and fall on its ability to prepare and cultivate a diverse workforce, particularly from historically Black colleges and universities," said Congressman Mfume. "These STEM funds are an immediate investment in the education of some very talented students. In the long run, they are an investment in the success of our nation."

The funds will go toward bolstering MSU's STEM program over five years, providing 30 undergraduate scholarships, establishing mentorship programs and personalized development plans, and enhancing the university's STEM curricula.

This grant is the latest federal support for Morgan State University's STEM programs. Last year the lawmakers announced over \$2 million in awards for Morgan State to broaden opportunities for African-American students in STEM fields and advance STEM research.

The National Science Foundation (NSF) supports research, innovation, and discovery that provides the foundation for economic growth in this country. By advancing the frontiers of science and engineering, our nation can develop the knowledge and cutting edge technologies needed to address the challenges we face today and will face in the future.

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

What Will My Wife's Benefit Be If I Die?

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

Dear Rusty: I am 76 years old and began collecting Social Security when I retired at the age of 62. My wife also began collecting SS when she turned 62 based on my benefits. She did not work enough to qualify on her own for Social Security benefits. My question is, how much will my wife receive after my death? Will she receive what I receive now, or will it be a percentage of the total that we both receive? Or will it be based on just my benefits alone or some other formula? **Signed: An Inquisitive Senior**

Dear Inquisitive: Your wife's survivor benefit as your widow will be based upon your Social Security benefit alone. Usually a surviving spouse receives the same amount the deceased spouse was receiving at death, if that is more than the survivor is already receiving, and if the survivor has reached their full retirement age. However, in your case, if you should predecease your wife there's a special rule which may benefit her because you claimed your benefit at age 62.

That rule says that because you claimed before your full retirement age (FRA), your wife's benefit as your survivor should be at least 82.5% of the benefit you were entitled to at your full retirement age (66), even though you actually claimed at age 62. And because your benefit was reduced by 25% when you took it at age 62, your wife's benefit as your widow may actually be more than you are receiving when you pass. This special rule is known as the "widow limit," which stipulates that a surviving spouse is entitled to the greater of what the deceased was receiving while alive, or 82.5% of the deceased's "primary insurance amount" or "PIA," which is the amount due at full retirement age.

Here's an example: If your FRA benefit amount was \$1500/month, then your age 62 amount when you claimed was \$1125. But due to the special rule, your wife would get \$1238 (82.5% of \$1500) instead of the reduced \$1125 amount. Of course, this example doesn't reflect the COLA (cost of living) increases which would have been applied to your benefit over the years, but as your widow and because you claimed before your full retirement age, your wife would be entitled to at least 82.5% of your PIA if that is more than the actual amount you were receiving when you passed.

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.

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Maryland State Police Virtual Open House Trooper Flight Paramedic Recruitment

By PRESS OFFICER
Maryland State Police Aviation Command

MIDDLE RIVER, Md. (August 17, 2020)—The Maryland State Police Aviation Command Recruiting Staff will host a virtual open house for motivated and qualified paramedics seeking to join our team.

On September 8 from 5 to 6:30 p.m., interested paramedics will have an opportunity to get a glimpse into the everyday life of a Trooper Flight Paramedic. Tuning in to this virtual open house will provide a look into the operations and training to be a part of our team. Our newest Rescue Technicians will provide an insight into

their experiences since joining the Command. You will have an opportunity to ask operational and training-related questions at the end of the presentation.

This virtual open house is for practicing (National Registered and/or Maryland-certified) paramedics who have a desire to advance their career horizons.

For more information, please email msp.medics@maryland.gov with "Open House" in the subject line. In the body of the email, include your paramedic certification number, jurisdiction and brief biographical information. Space is limited on the call, so submit your application early. The 25 best-qualified individuals will be chosen for the first open house with

more opportunities to follow in the future.

The Maryland State Police Aviation Command operates a fleet of 10 AW-139 helicopters from seven bases throughout the State on a 24/7/365 basis. The Command has served Maryland's citizens since 1970 through medevac, law enforcement, search & rescue, homeland security, and disaster assessment missions. The success of rescues performed by the Aviation Command depends a great deal on the cooperative partnerships with local fire, rescue, EMS, law enforcement agencies, as well as the United States Coast Guard.

For more information, visit mdsp.maryland.gov or email msp.medics@maryland.gov

MedStar Southern Maryland Hospital Center Receives Get With the Guidelines-Stroke Gold Plus Quality Achievement Award

American Heart Association Award recognizes MedStar Southern Maryland Hospital Center's commitment to quality stroke care

By CHERYL RICHARDSON
MedStar Southern Maryland Hospital Center

CLINTON, Md. (August 20, 2020)—MedStar Southern Maryland Hospital Center has received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award. The award recognizes the hospital's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

MedStar Southern Maryland earned the award by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period. These measures include evaluation of the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. Before discharge, patients should also receive education on managing their health, get a follow-up visit scheduled, as well as other care transition interventions

"MedStar Southern Maryland is dedicated to improving the quality of care for our stroke patients by implementing the American Heart Association's Get With The Guidelines-Stroke initiative," said Christine Wray, hospital president. "The tools and resources provided help us track and measure our success in meeting evidenced-based clinical guidelines developed to improve patient outcomes."

MedStar Southern Maryland additionally received the Association's Target: StrokeSM Honor Roll award. To qualify for this recognition, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke.

"We are pleased to recognize MedStar Southern Maryland for their commitment to stroke care," said Lee H. Schwamm, M.D., national chairperson of the Quality Oversight Committee and

Executive Vice Chair of Neurology, Director of Acute Stroke Services, Massachusetts General Hospital, Boston, Massachusetts. "Research has shown that hospitals adhering to clinical measures through the Get With The Guidelines quality improvement initiative can often see fewer readmissions and lower mortality rates."

According to the American Heart Association/American Stroke Association, stroke is the No. 5 cause of death and a leading cause of adult disability in the United States.

On average, someone in the U.S. suffers a stroke every 40 seconds and nearly 795,000 people suffer a new or recurrent stroke each year.

MedStar Southern Maryland Hospital Center, located in Clinton, Maryland, is a 182-bed acute care hospital serving the Washington, D.C., metro and Southern Maryland area. The hospital is focused on caring for patients and their loved ones utilizing advanced technology under the guidance of expert clinicians. Quality, Safety, Wellness, and Patient Satisfaction are achieved through a spirit of patient centered services that connect us to the community we serve. For more information, visit MedStarSouthernMaryland.org. Get With The Guidelines® is the American Heart Association/American Stroke Association's Get With The Guidelines® is the American Heart Association/American Stroke Association's hospital-based quality improvement program that provides hospitals with tools and resources to increase adherence to the latest research-based guidelines. Developed with the goal of saving lives and hastening recovery, Get With The Guidelines has touched the lives of more than 9 million patients since 2001. Visit heart.org/quality.



Job-Hunting Tips to Restore Your Hope Despite the Pandemic

This can be an especially frustrating and worrisome time for job seekers. Massive unemployment resulting from the coronavirus pandemic reflects decline and uncertainty in many industries. With fewer companies hiring, some workers who were laid off or furloughed face a more competitive job search.

But while it's easy to get discouraged, employment numbers are creeping back, and retooling the job search method can help them stand out in the crowd and find desirable employers, says Jack Whatley (www.humancodeofhiring.com), a recruiting strategist who specializes in creating employer-branding campaigns.

"Many companies still are actively recruiting and looking for people with the right skill set and mindset to fit these changing times," Whatley says. "People seeking employment not only to pay the bills but also to find work that is meaningful to them can leverage this time to be strategic and nimble."

"While there are factors job seekers can't control, they can choose to equip themselves with more information, skill, and overall preparation, and in the process conduct a successful job search."

Whatley offers five tips to help job seekers navigate their job search during the pandemic:

Gather intel. Whatley says the pandemic can reveal the essence of a company's culture, which is a priority for many job candidates today. In the process of searching companies, pay attention to their social media sites and websites, reviews by former employees, and how they are handling things now, Whatley says. "How are they treating employees during this continuing emergency? How have they adapted? Are they working from home? Did they lay off people, and if so, how quickly? Is there a community-mindedness to the business?"

Expand your skill set. With fewer positions or expanded roles in different positions, versatility is key. "This is an ideal time to take online courses to expand your professional toolkit," Whatley says. "Acquiring new certifications will be helpful when applying for new roles. Use online learning modules for platforms such as Zoom and Skype, which help practice interview skills and remote work. Hiring managers want to know you have the capabilities to navigate the tools and platforms for remote work."

Expand your network. Data shows that networking remains a frequent factor in getting hired. Whatley says this is the time to make new connections and re-establish existing ones. "First, paint a

complete, updated picture with your profile on the job search site," Whatley says. "Does your headline create a strong brand, and does your profile highlight your accomplishments and capabilities? Include keywords that might appear in job descriptions. Post content on your social media sites to show you're engaged in meaningful conversation. And challenge yourself to reach out to new people by sending customized invitations."

Be flexible in career paths. The kind of work one has been accustomed to may not be feasible given the current economic climate and the changes some industries are undergoing. "Research what industries are hiring, those in which you could apply your skills, and consider taking something that may not be on your Plan A list, but rather might be Plan B or C," Whatley says. "Consider temporary opportunities. Search for opportunities in which you can leverage your transferable skills in a different capacity."

Be prepared for the virtual interview. Virtual interviewing is the new normal. "Dress appropriately, as though you're in the company's office," Whatley says. "Make your environment clean, appealing, and well-lit. Treat the video interview as though it were in-person. Be aware of making eye contact through the monitor, your tone, and your mannerisms."

"Be proactive and persistent, but also be patient," Whatley says. "Hiring processes may go slower for some companies, but there is a lot a job seeker can do to be ready when they call."

Jack Whatley (www.humancodeofhiring.com) is a recruiting strategist who specializes in creating employer branding campaigns that position companies as the employer of choice in their market. He is the author of the upcoming book "Human Code of Hiring: DNA of Recruitment Marketing". Whatley is known for creating successful recruiting and employer-branding campaigns and delivering highly qualified applicants. His Driver DNA Hiring System has made Whatley the No. 1 people ops recruiting strategist for truck driving recruitment in the world. Together with his partner, daughter and innovation wizard Anika Whatley, they have expanded into other industries and have been working to perfect the Human Code DNA Hiring System, which uses the latest technology to improve the quality of worker life and enhance recruiter productivity.

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BUSINESS AND FINANCE

FEMA Approves Maryland's Application for Additional \$300 Per Week in Federal Unemployment Benefits

Secures At Least \$431 Million More in Additional Benefits for Unemployed Marylanders State Will Work With Federal Administration to Implement Stopgap Program

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, Md. (August 20, 2020)—Governor Larry Hogan today announced that the Federal Emergency Management Administration (FEMA) has approved the state's application to provide unemployed Marylanders with an additional \$300 per week in benefits under the Lost Wages Assistance (LWA) program. The Maryland Department of Labor will now work with the federal administration to implement this program, with a plan to begin distributing the additional benefits by late September.

"We sincerely appreciate FEMA's quick approval of our application so that we can provide additional relief to struggling Marylanders," said Governor Hogan. "Our Labor team will now work with the federal

administration to implement this new program so that we can distribute these benefits. It is important to recognize that this is only a stopgap, and we continue to urge Congress to come together and approve federal aid for the states to help support our economic recovery."

From March 9 to August 15, the Maryland Department of Labor's Division of Unemployment Insurance paid a total of \$5,993,589,284 in regular and CARES Act unemployment insurance benefits to claimants. The state's application secures a minimum of \$431 million in additional benefits for unemployed Marylanders.

The Maryland Department of Labor's Division of Unemployment Insurance will coordinate with the U.S. Department of Labor (USDOL) and FEMA to complete the programming, implementation, and

distribution of LWA funds, which is expected to begin by late September. Per FEMA guidelines, Maryland's application for the LWA program has been initially approved for a three-week period.

Eligible claimants will receive the \$300 per week in benefits retroactive to the week ending August 1, 2020 and ending no later than December 26, 2020. To qualify for the additional \$300 per week, claimants must be eligible for a weekly benefit amount of at least \$100 and must self-certify that they are unemployed or partially unemployed due to disruptions caused by COVID-19. Claimants will not have to file a new application to receive LWA benefits.

To receive updates and additional information about unemployment insurance programs in Maryland, visit MDunemployment.com.



PHOTO COURTESY ATAPCO PROPERTIES, INC.

2300 Craftsman Circle, located in Hyattsville, Maryland.

Atapco Expands Its Industrial Portfolio With Acquisition of Warehouse In Prince George's County

By KELLY LUDAS
Atapco Properties, Inc.

(August 19, 2020)—Atapco Properties, Inc. (Atapco) has expanded its Mid-Atlantic industrial portfolio with the acquisition of 2300 Craftsman Circle, located in Hyattsville, Maryland. This property includes a 186,829 square foot industrial/commercial warehouse. The acquisition was structured as a short-term, partial sale/leaseback to an affiliate of the Seller.

2300 Craftsman Circle sits on 13.87 acres and is part of the Kenilworth Interchange Industrial Park. The property has an excellent location with strong transportation infrastructure to support future growth. It is conveniently situated one and a half miles east of Washington, DC and directly off Route 50 and the Baltimore-Washington Parkway, which make it an ideal option for prospective tenants with distribution needs.

Brian Conklin, Vice President for Atapco Properties remarked,

"The acquisition of this industrial asset represents the opportunity to own a true, last-mile, "inside the beltway" location with terrific access to the District of Columbia and the surrounding region."

Atapco Properties is a wholly owned subsidiary of American Trading and Production Corporation, which was originally formed in 1931 to consolidate, expand and diversify the business activities of the Blaustein family, the founders of the American Oil Company (AMOCO). Atapco Properties is active in Maryland, Indiana, New Jersey, North Carolina, Pennsylvania, and Virginia, developing state-of-the-art industrial, retail, residential, office and mixed-use projects with an emphasis on sustainability and green building standards. For more information on Atapco Properties, visit www.atapcoproperties.com.

KLNB Announces Sale of Powder Mill Station Retail Center

Brokerage's Retail Specialist Secures Full Asking Price For 11,577 SF Property in Beltsville, Md.

By ROGER MECCA
for KLNb

WASHINGTON (August 19, 2020)—KLNB, a leading mid-Atlantic commercial real estate brokerage firm, announced today the sale of Powder Mill Station in Beltsville, Md., an 11,577 square-foot retail strip center less than two miles north of the D.C. Beltway.

Despite the turbulent market caused by the pandemic, the property was sold at the original asking price of \$3,220,000 (\$278 PSF). Originally marketed in late 2019, the property garnered 6 competitive offers, several of which were 1031 exchanges. The transaction was closed on July 31, 2020. KLNB exclusively represented the seller, an affiliate of CRC Commercial, the property's original developers, and also procured the buyer Ayala Vado Group LLC.

Located at 11101-11123 Baltimore Ave. in Beltsville, Powder Mill Station is 100% occupied with 71% of tenant leases running until at least 2024, offering a stable and growing cash flow from the dedicated, community-focused tenant base. Current tenants include Allstate, Boost Mobile,

Liberty Tax, several restaurants, and a family dental practice.

With so few retail property transactions occurring in recent months, the sale of Powder Mill Station is a testament to the experience and market knowledge of KLNB's retail sales team.

"We were thrilled to be able to bring to market an asset with so much investor interest," says Vito Lupo of KLNB's Investment Sales Group, who represented the property and the buyer. "Given the current conditions created by the pandemic, we're particularly excited to be able to successfully close on the transaction at the asking price that was established six months ago. As brokers, it is our responsibility to navigate the unknowns of a deal and we are thankful to have worked with two parties that put their best foot forward to find solutions to execute on the transaction."

Built in 1989, Powder Mill Station sits at a signalized intersection, with access to both north and southbound traffic on Baltimore Ave. offering exceptional exposure to over 48,000 vehicles per day (VPD) traveling on US-1. A dense commercial market, the area within 1-mile of the property sup-

ports 11,780 employees that work largely in the vast industrial market to the north and south. A historically well-leased retail center, Powder Mill Station has benefited from a wealthy consumer base that boasts over \$96,000 in annual income within a three-mile radius. This demographic, which is on pace to increase over 11% through 2024, coupled with an ideal location, has brought a diverse, e-commerce-resistant tenant mix to the center.

KLNB is a leading provider of commercial real estate services throughout the mid-Atlantic region. An independently owned and operated commercial brokerage and real estate services firm, KLNB provides a variety of services including tenant and landlord representation, leasing, consulting, investment sales, property management, research, marketing, branding and financing services. More than 85 full-time brokerage professionals work across KLNB's four offices strategically located throughout the Washington, D.C. / Baltimore region. KLNB is affiliated with NAI Global—the single largest, most powerful global network of owner-operated commercial real estate brokerage firms in the world. <http://klnb.com>

5 Financial Pressure Points to Evaluate During COVID Times

Financial pressure is a part of life for most people, and now the COVID-19 pandemic has brought new financial pressure points or exacerbated existing ones for many individuals and families.

But to navigate those pressures and build a successful financial strategy, you must first identify where the pressures are coming from, says John Smallwood (www.johnsmallwood.com), president of Smallwood Wealth Management and author of *It's Your Wealth—Keep It: The Definitive Guide to Growing, Protecting, Enjoying, and Passing On Your Wealth*.

"Once you've identified financial pressures," Smallwood says, "you can decide what steps you will take to mitigate or reduce that pressure now and in the future. But if you don't take any steps, you may end up repeating the mistakes of the past and never reach your financial goals."

"Major lifetime events such as the pandemic and the financial crisis of 2007-2008 can result in big financial setbacks for people and their portfolios for years thereafter. But identifying financial pressure points allows you to capture unique dynamics and elements of your financial life and form the building blocks of a wealth plan."

Smallwood says to identify specific financial pressures, focus on the following areas:

- **Family.** "The key to a successful wealth plan is not just the numbers," Smallwood says. "What matters is the family dynamics—spouse, ex-spouses, children, parents, siblings, and in-laws. And right now, changes within a home can be tremendous because of the virus." There are business struggles and cash-flow issues. Meanwhile, children are at home more because schools are uncertain of when they will be in session. Smallwood says the ages, health, and financial situations of all the individual members of the family can have an impact on the overall finances.
- **Income.** "The majority of people have less than \$50,000 in the bank," Smallwood says, "and they have more in qualified and nonqualified assets. Where most balance sheets fall down is by looking only at income. You also want to look at all of the liabilities and future liabilities, and how assets and interests will determine income and cover your obligations in the future."
- **Taxes.** Knowing the details of your taxes can lead to better planning around them and lessen that pressure point. "Most people do not know what they really pay in federal or state taxes," Smallwood says. "If you look at the income and understand where the taxes are, you can begin to find strategies for reducing the amount of in-

come that shows up on a tax return, but still get money back and grow the wealth."

- **Savings.** What percentage of income are you actually saving, and where is going? "If it's going to a retirement plan, we want to know whether any available employer match is being maximized," Smallwood says. "Is the savings being built up in life insurance cash values or annuities? But when it comes to saving, it's all about the habit itself."
- **Debt structure.** Debt can include everything from credit cards to car loans, mortgages to student loans. "The key with debt is to look at how it is structured," Smallwood says. "Is the cash flow optimal? Paying off debt is a form of savings, but if it's done the wrong way, you won't have enough liquidity." "It's critical to view the whole financial picture and see where you are spending and saving money currently," Smallwood says. "If you don't know, you're not going to get to where you want to go."

John L. Smallwood is a senior wealth advisor (www.johnsmallwood.com) and president of Smallwood Wealth Management and affiliated companies, providing investment consulting and financial plan design for corporate executives, entrepreneurs, and professionals. He is the author of *It's Your Wealth—Keep It: The Definitive Guide To Growing, Protecting, Enjoying, And Passing On Your Wealth*.

Passengers Left More Than \$900K Behind at TSA Security Checkpoints

By PRESS OFFICER
Transportation Security Administration

WASHINGTON (August 21, 2020)—The Transportation Security Administration collected \$926,030.44 in unclaimed money that passengers left behind at airport security checkpoints during Fiscal Year 2019, including \$18,899.09 in foreign currency.

The money consisted of loose change and paper currency that passengers removed from their pockets and left behind in a bin during the security screening process at TSA checkpoints. The amount found during FY19, which ended September 30, 2019, marked a decrease in the amount of unclaimed money collected in FY18 when \$960,105.49 was left behind.

When passengers approach the checkpoint, all items from pockets must be removed, including wallets and loose change. TSA recommends that travelers place those items directly into their carry-on bags so that they will not accidentally leave anything behind in a bin.

The top five airports where passengers have left the most money behind were:

- John F. Kennedy International Airport: \$98,110

- San Francisco International Airport: \$52,668.70
- Miami International Airport: \$47,694.03
- McCarran International Airport: \$44,401.76
- Dallas/Fort Worth International Airport: \$40,218.19

It is always TSA's goal to reunite travelers with items they have left behind at checkpoints. If someone returns to the checkpoint within a short timeframe to claim an item that they left behind, it is easily returned to them. If a passenger leaves an item behind, such as a wallet, and does not realize it until after they board their flight, they can contact any of TSA's lost and found offices at airports across the country to identify the lost item.

For a complete list, visit the report "Unclaimed Money at Airports in Fiscal Year 2019." (<https://www.tsa.gov/sites/default/files/loose-change-report-2019-3.18.20.pdf>) TSA compiles a report each fiscal year as required by law. The unclaimed money found at TSA checkpoints was deposited into a special fund account for providing critical aviation security programs.

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ENVIRONMENT

2021 Chesapeake Conservation Corps Class Announced

By KRISTINA ARREZA
Chesapeake Bay Trust

ANNAPOLIS, Md. (August 18, 2020)—Today the Chesapeake Bay Trust, funded by the Maryland Chesapeake vehicle license plate among other sources, introduced the newest class of its Chesapeake Conservation Corps members. This program was created by the Maryland Legislature to invest in the state's young people, provide valuable job skills training, and promote the green economy in Maryland. The program matches young people ages 18–25 with non-profit and government organizations for one-year stipend-supported terms of service, focused on improving local communities and protecting natural resources.

"The Chesapeake Conservation Corps helps instill critical leadership skills and inspire Maryland's next generation of environmental stewards," said Congressman Sarbanes. "I salute this year's inductees and look forward to seeing their tremendous work to protect the health of the Chesapeake Bay."

Since the program began in 2010 with an inaugural class of 16 members, the Corps has nearly tripled in size due to its popularity among young people pursuing environmental interests and the organizations that host Corps members each year. The Corps has become a premier launching pad for green careers and a reliable resource for environmentally focused organizations who are recruiting the next generation of environmental professionals.

"The Chesapeake Conservation

Corps program continues to demonstrate the power of investing in hands-on job training programs," said Senate President Thomas V. Mike Miller, Jr., the initiator of this program back in 2010. "Today we celebrate the initiation of 37 young people about to embark on this career-building experience. This program not only helps young people find jobs, but it helps our environment and our economy."

Today, 37 Corps members met virtually their 35 host organizations to learn more about their job responsibilities for the upcoming year, which will be shaped this year by COVID as Corps members follow state and local guidance and their host site's policies on remote work and social distancing. During their year of service, Corps members will gain valuable on-the-job experience as they work to advance environmental conservation, K–12 education, energy efficiency programs, sustainable agriculture practices, and a host of other environmentally focused initiatives.

"In these tough times, more and more of us are realizing the importance of our natural resources as use of parks and other outdoor resources increases," said Secretary Jeannie Haddaway-Riccio of Maryland Department of Natural Resources, one of the key funders of the program. "We are proud to be a part of this program that can encourage responsible use and protection of our outdoor resources."

Funds for the program are provided by the Chesapeake Bay Trust, the Maryland Department of Natural Resources,

the U.S. National Park Service, and Baltimore Gas and Electric (BGE), among others.

"The National Park Service is proud to continue to support the Chesapeake Conservation Corps Program" said Wendy O'Sullivan, superintendent of the Chesapeake Bay Office of the National Park Service. "We believe the Corps' mission aligns directly with our mission to work with people and partners to conserve, steward, and promote Chesapeake's special places important to communities, visitors and the nation, for this and future generations."

During the year, Corps participants work directly with their host organizations while also receiving extensive job trainings hosted by the Trust as well as other service-learning opportunities including grant writing and project management.

Of the 37 selected participants, 11 will work in Anne Arundel County, 7 in Baltimore City, 4 in Prince George's and Montgomery counties, 3 Baltimore County, 2 in Calvert, Kent, and Worcester counties, 1 in Howard County, and 1 in Pennsylvania.

"BGE is proud to continue to partner with the Chesapeake Conservation Corps Program. These young people are getting hands-on exposure to a broad array of Bay restoration efforts and learning valuable job skills as they do. Moreover, their mentoring throughout the experience is focused on leadership development, preparing them for impactful future roles," said John Quinn, Director of Energy Policy at BGE.

Chesapeake Conservation Corps members working in Prince George's County:

Amanda Bai, University System of Maryland, Environmental Finance Center College Park, Prince George's County

During her year of service Amanda will assist with two of Environmental Finance Center's flagship programs, Sustainable Maryland (SM) and the Municipal Online Service Training (MOST) Center. She will work with local communities to increase sustainability, develop an online course, and assist in researching real world solutions for these programs. Amanda is a recent graduate from the University of Washington where she majored in Environmental Science with a minor in Environmental Studies. Amanda loves travelling and meeting new people.

Evan McCarthy, U.S. Fish and Wildlife Service, Patuxent Research Refuge

Laurel, Prince George's County Evan will conduct a forest inventory in an oak-pine savannah restoration area, which contains rare and interesting vegetation. He will be trained on tree and plant identification, field protocol, and field equipment. Evan will also develop a forest education module with hands-on activities for local high school students. The module will emphasize composition and the concepts of biological integrity and diversity, resiliency, ecosystem services, forest dependent species, and the importance of native species. Evan graduated from Salisbury University with a degree in Environmental Studies. He is interested in the wildlife and fisheries on the East Coast.

Gabrielle Radoiu, Anacostia Watershed Society Bladensburg, Prince George's County

Gabrielle will assist the Anacostia Watershed Society's education team, engaging District of Columbia area students in authentic ecological restoration of the Anacostia River and surround watershed. Specifically, Gabrielle will work on projects to restore native grasslands, tidal wetlands, the tree canopy, freshwater mussels, and American shad. Gabrielle is a recent graduate from the University of Mary Washington with a degree in Environmental Science and Sustainability. In her free time, Gabrielle likes cooking, gardening, and watching movies and anime.

John Taylor, U.S. Geological Survey, Patuxent Wildlife Research Center Laurel, Prince George's County

John attended school at Virginia Polytechnic Institute and State University where he majored in Geography and minored in both GIS and Geosciences. While at the Patuxent Wildlife Research Center he will be monitoring species trends to inform adaptive management on monitoring a variety of avian species on Poplar Island. John will also work on method development (unmanned aircraft systems, thermal imaging) and sample waterfowl for diseases. Finally, John will work with ArcGIS and for inter-agency collaboration on tasks such as wildlife management.

All about Hippocampus erectus, the only seahorse of the Bay

By KATHY RESHETILOFF
Bay Journal News Service

In the Lower Chesapeake Bay, a small horse moves through the underwater beds of eelgrass looking for food. No, it's not a pony like the famous wild horses of Assateague Island National Seashore. It's a lined seahorse (*Hippocampus erectus*), the only species of seahorse, out of nearly 50, found in the Chesapeake Bay.

The lined seahorse inhabits a range from the northern point of Nova Scotia, Canada, to the southern area of Venezuela in South America. Hereabouts, lined seahorses are usually found from the Lower to Mid Chesapeake, although in drier, saltier years they may move as far north as Maryland's Bay Bridge.

Seahorses are vertebrate fish belonging to the family Syngnathidae. Other family members include the seadragon, ghost pipefish, sea moth and pipehorse. The lined seahorse is most closely related to the pipefish: Both share the characteristic elongated tubular jaw with a small toothless mouth at the end.

A seahorse's body is covered with a kind of bony armor of jointed rings. A dorsal fin, made up of 16 to 20 rays, beats so rapidly that it appears transparent. It also has an anal fin with three or four rays. The top of its head, the coronet, is almost as distinctive in each animal as a human thumbprint. Mature lined seahorses can reach a length of 6.7 inches. They range in color from pale yellow to black and are marked laterally with dusky spots and lines.

The Chesapeake's underwater grass meadows are the lined seahorse's preferred habitat. It swims erect, pausing to curl its tail around strands of grass to stabilize its body, then stay very still. This skill, combined with the creature's ability to quickly change its color, camouflaging its skin to match the surroundings, makes the seahorse an ambush predator. It uses its long, tubular snout to suck in tiny crustaceans, plankton, worms and other invertebrates swimming by.

Effective camouflaging also helps to protect the seahorse from its potential predators, such as ray, fish, birds, crabs and sea tur-

tles—as well as people, who collect them for medicines, aquaria or souvenirs. The seahorses' sophisticated camouflage makes them hard to find, creating a few problems for scientists who want to learn more about the animals.

One of the most striking characteristics of this species is its reproductive cycle. In many fish species, parental care often falls to the male, which is responsible for fanning or guarding the eggs and making sure they remain oxygenated. Seahorses takes this a step further—the males actually guard and nurture the eggs in a pouch on their body.

After an elaborate courtship, which the monogamous pair may repeat during a later reproductive cycle, the female lays 200–300 eggs in the male's pouch before he fertilizes them. The male provides oxygen and transfers nutrients to the developing embryos through a network of capillaries in its pouch. The young remain in the pouch for about two to three weeks, depending on water temperature.

After a convulsive "birth," during which the male seahorse's body expels the contents of the pouch, tiny juvenile seahorses emerge. The male usually becomes pregnant again almost immediately. Despite the frequency of these pregnancies and the volume of young produced, on average only two of the thousands of juveniles a pair produces reach maturity each breeding season.

In summer, the lined seahorses inhabit shallow waters, and it swims to water only a few feet deeper in winter. The weight of their body "armor" and their erect habit makes them poor swimmers.

They spend most days feeding while attached by their tail to vegetation. And when they do swim, they use their dorsal fin (which beats 20–30 times per second) to propel themselves forward, gliding slightly up and down through the water.

Lined seahorse populations were assessed by the International Union for Conservation of Nature in 2017. It was listed as a vulnerable species because of its proximity to the highly populated coasts

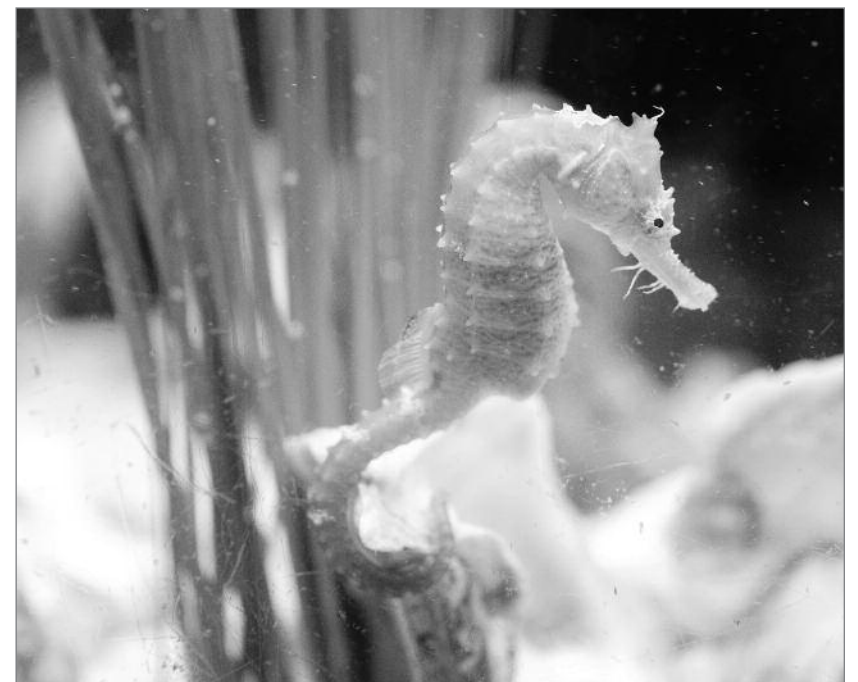


PHOTO CREDIT WILL PARSON/CHESAPEAKE BAY PROGRAM

A lined seahorse can change its color, which makes it difficult to find in the wild.

of North, Central and South America. Specific worldwide threats include bycatch in shrimp trawl fisheries and collection for the aquarium trade, tourism curios and cultural medicines.

In the Chesapeake Bay, their population is considered stable. But the loss of their primary habitat from shoreline development and nutrient pollution could harm local populations. Reducing nutrient and sediment pollution and conserving our coastal shoreline habitats, particularly underwater grass beds, will help ensure the continued existence of this unique seahorse of the Chesapeake Bay.

Kathryn Reshetiloff, a Bay Journal columnist, is with the U.S. Fish and Wildlife Service's Chesapeake Bay Field Office in Annapolis. This article was originally published in the Bay Journal and was distributed by the Bay Journal News Service.

Earth TALK™ Satellites & the Environment

Dear EarthTalk:

Elon Musk plans to put thousands of new satellites into space to blanket Earth with high speed Internet. What are the environmental implications of this?

—M. C., Atlanta, GA

Putting satellites up into the ionosphere—the layer of our atmosphere extending from 50–600 miles above the surface where a high concentration of ions and free electrons facilitate the reflection of radio waves—isn't anything new. The Soviets beat us to the punch when they launched the first satellite, Sputnik, in 1957, but these days there are over 9,000 satellites overhead, the majority from U.S. companies and government agencies. But with Elon Musk's SpaceX poised to launch tens of thousands of new ones in the next few years, many people wonder whether putting all

this technology overhead is such a good idea.

One concern is that all this hardware eventually breaks down and sheds parts. Peter Greenstreet of the Institute of Physics reports that this so-called "space junk" orbits at some 7.5 kilometers per second—so fast that even the tiniest pieces create a potential hazard for space stations and other man-made or natural objects making the same rounds. Greenstreet adds that space junk falling to Earth's surface is less of a concern, given that most of it breaks down into tiny pieces due to the heat and friction encountered upon entry to our atmosphere and thus stands little to no chance of hurting any people or property below.

Another environmental issue with satellite proliferation is so-called "sky pollution." By reflecting the light of the sun, satellites cause streaks of light across the sky where astronomers would prefer darkness for peering into the heavens and where

everyday people will be robbed of their own views of a dark sky.

But despite these drawbacks, there are plenty of good reasons to like satellites if you care about the environment. "From the International Space Station (ISS) to hundreds of other observational satellites, remote sensing allows for climate and environmental monitoring," reports Daisy Gill on Earth.org. "These imaging satellites are an incredible source of data for climate change research, enabling us to see the global changes on the planet that are happening more frequently, and with data freely available for anyone to view and use." Examples include tracking changing oceanic temperatures, currents and sea level.

Satellites are also key to understanding global and local precipitation and flooding patterns, how wildfires start and spread, the distribution of wildlife populations, and other indicators of environmental health. Satellites are also useful as early warning systems for natural disasters and extreme weather events.

If we can figure out ways to clean up space junk, we can use satellites with less guilt. NASA's

e.DeOrbit project is focusing on seeking out and removing satellite debris in the upper reaches of the ionosphere. Meanwhile, the European Space Agency is hard at work on its own "capture mechanisms" to pick up space debris such as nets, harpoons robotic arms and tentacles. Only time will tell if these technologies can help restore the heavens above—or at least the ionosphere—to a more pristine state.

CONTACTS: "Satellites: What Harm Can They Do?" iop.org/activity/groups/subject/env/prize/winners/file_65756.pdf; "Outside Looking In: Satellites in the Climate Crisis," earth.org/outside-looking-in-satellites-in-the-climate-crisis; "Space junk and the environment: It's a very dark picture indeed," theconversation.com/space-junk-and-the-environment-its-a-very-dark-picture-indeed-2187.

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Those who support the effort can sign a petition urging Comcast and Verizon to ensure that PGCPSS students and educators have high speed internet necessary to access an education during the period of distance learning, closing the digital divide.

About Prince George's County Educators' Association: *We are the county teachers' union. Representing all teachers in Prince George's County Public Schools. We are more than 9,000 classroom teachers, guidance counselors, speech pathologists, media specialists, and other non-supervisory certified educators in the Prince George's County Public School (PGCPS) system.*

COMMUNITY 3 Simple Steps to Help Protect the Environment

(StatePoint) Each American throws out about 4.5 pounds of trash per day, according to the U.S. Environmental Protection Agency. By incorporating the "Three Rs" (Reduce, Reuse and Recycle) into routines, you can help divert some of this waste away from landfills to help protect the environment.

Here are a few ideas for changing your habits to be more eco-friendly:

Reduce

Up to 40 percent of food produced in the U.S. is wasted, according to the Natural Resources Defense Council. In addition to the unnecessary strain on water and land resources, the excess food that ends up in landfills produces methane, a powerful greenhouse gas that contributes to global climate change.

By carefully planning before going to the grocery store, you will be more likely to purchase only what you and your family will realistically eat. Even smart shoppers can reduce the amount of unavoidable food waste they produce by starting a composting bin at home. You can turn today's fruit peels, eggshells and tea leaves into tomorrow's fertile soil for your garden.

Reuse

There are many ways you can incorporate the "reuse" concept into your food routines. At the grocery store, bring your own reusable tote bag to avoid single-use plastic at checkout. Take this concept a step further with refillable containers, which can be used to stock up on bulk foods. While bulk foods have been a feature of certain supermarkets for years, many stores are expanding their offerings and taking precautions to keep these systems safe and hygienic for customers, making it easier for the eco-conscious to shop sustainably.

When packing lunches for the family, ditch the single-use baggies, utensils and sandwich wraps and switch to reusable BPA-free, eco-friendly alternatives.

Finally, when it comes to hydration, you can make a huge impact simply by stocking your fridge with a water filter pitcher and by bringing along a high-quality reusable water bottle with you on-the-go.

Recycle

Thanks to packaging innovations, there are now essential items you can recycle for the first time.

For example, until recently, toothpaste tubes haven't been recyclable because most are made of a mixed material that doesn't have a second life. Now, you can recycle your toothpaste tube with a first-of-its-kind recyclable tube from Tom's of Maine. Several of the brand's popular toothpastes are available in the new tube, with all full size Tom's of Maine toothpastes available in the recyclable tube by the end of 2020.

To recycle the tube at home, check the back for the blue flag, which indicates that the toothpaste tube can be placed in your recycle bin with #2 plastics. If your town doesn't accept #2 plastic, you can recycle your toothpaste tubes and other oral and personal care products, regardless of the brand, through the Tom's of Maine Natural Care Recycling Program with TerraCycle. To learn more, visit TomsOfMaine.com.

By making simple, eco-conscious changes in your daily routine, you can take meaningful steps toward helping protect the environment.

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