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## PGCEDC Makes an International Impact at SelectUSA Mexico City Conference

Three-day conference organized by the U.S. Commercial Service and Select USA Office in Mexico City March 12 and 14, 2024

By RHETT BUTLER  
PGCEDC

MEXICO CITY (March 20, 2024)—An international delegation from the Prince George's County Economic Development Corporation staff attended the SelectUSA Mexico Conference, a 3-day conference organized by the U.S. Commercial Service and SelectUSA Office in Mexico City between March 12 and 14 2024 at Sofitel Reforma, in the heart of Mexico City. Replete with a PGCEDC-branded booth, the Prince George's delegation encouraged Mexican businesses to expand into the County and engage County businesses looking for opportunities in Mexico.

The conference was attended by PGCEDC's Director of International Business, Martin Ezemma, Director of Warehousing and Manufacturing, Jose Burnes, and Latin Business Manager, Rocio Treminio-Lopez. PGCEDC was one of only two U.S.-based EDOs; the other was New Jersey.

"SelectUSA Mexico was a great opportunity for Prince George's County businesses because there is a large Latino community in the County, and Mexico is the closest and largest Latin American country," said Rocio Treminio-Lopez, PGCEDC Latin Business Man-

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PHOTO COURTESY PGCEDC

(Left to right) PGCEDC's Latin Business Manager, Rocio Treminio-Lopez, PGCEDC's Director of International Business, Martin Ezemma, and PGCEDC's Director of Warehousing and Manufacturing, Jose Burnes at the conference.

## Prince George's County Village Connection Looks to Build Support for Older Adults in the County

Meetings in May will discuss how senior villages can support aging in community, as well as how to form a new village

By PRESS OFFICER  
PGCVC

SEAT PLEASANT, Md. (March 21, 2024)—Thanks to a grant from the Maryland Department of Aging awarded to The Maryland Umbrella Group, a new effort is underway to establish senior villages in Prince George's County. In May, to mark Older Americans Month, Prince George's County Village Connection—www.PGCVC.org—will host a series of "village builder" sessions.

The Greater Washington Area is home to more senior villages than any other part of the country, but only five operate in Prince George's County, leaving thousands of older Prince Georgians without access to the grassroots, volunteer-based services, referrals, and social and educational opportunities villages provide.

To address this gap, Cheverly Village, Greenbelt Intergenerational Volunteer Exchange Service, Helping Hands University Park, Hyattsville Aging in Place, and Neighbors Helping Neighbors College Park together with The Maryland Umbrella Group founded Prince George's County Village Connection to inform and support others interested in forming villages in the county.

"The saying goes 'it takes a village to raise a child,' but the truth is people benefit

from the support of their community at all ages of their life," said Christal Batey from The Maryland Umbrella Group. "Senior villages provide that support; they are grassroots, volunteer-based, organizations built by local people to meet the needs and interests of their community."

The Prince George's County Village Connection meetings will give people the opportunity to learn about what makes a senior village, as well as about the ways to go about founding a new village. The meetings are planned for:

**May 1** in the Greater Riverdale Area (location to be finalized)

**May 3** at Gwendolyn Britt Senior Activity Center in North Brentwood

**May 8** at Bowie Senior Center in Bowie

**May 15** at District Heights Senior Center in District Heights

People do not have to live in the area where the sessions are being held to attend; the goal is to see new villages form in communities across the county. (Continues)

"There are nearly 145,000 people over the age of 65 in Prince George's County, and almost a third of county households have at least one member who is 65 or older," said Batey. "Building villages in more communities would help those older adults age in their community, keeping them active, engaged, and supported."

To learn more about Prince George's County Village Connection and to register for any of the upcoming informational meetings, visit [www.PGCVC.org](http://www.PGCVC.org). To learn more about the five villages currently active in the county and the services they provide, as well as how to join or volunteer, visit their website.

- Cheverly Village—<https://cheverlyvillage.helpfulvillage.com/>
- Greenbelt Intergenerational Volunteer Exchange Service—<https://www.givesgreenbelt.org/services/>
- Helping Hands University Park—<https://www.helpinghandsup.org/>
- Hyattsville Aging in Place—<https://hyattsvilleaginginplace.org/>
- Neighbors Helping Neighbors College Park—<https://www.nhn-cp.org/>

Prince George's County Village Connection: ([www.PGCVC.org](http://www.PGCVC.org)) is a joint effort of Cheverly Village, Greenbelt Intergenerational Volunteer Exchange Service, Helping Hands University Park, Hyattsville Aging in Place, and Neighbors Helping Neighbors College Park working to support the growth of new villages across Prince George's County. The effort is funded by a grant to The Maryland Umbrella Group from the Maryland Department of Aging.

## Council Members Calvin Hawkins and Krystal Oriadha Introduce Ghost Gun Resolution

Resolution urges County to embrace all tools available to stop proliferation, sale and manufacture of ghost guns

By PRESS OFFICER  
Prince George's County Council Media

The Prince George's County Council has unanimously adopted a resolution supporting the outlaw of unregistered, unregulated firearms, also known as ghost guns. The resolution, sponsored by Council Members Krystal Oriadha and Calvin Hawkins, supports "full use of all legislatively available authority" to control the proliferation of ghost guns by requiring all firearm businesses to provide traceable serial numbers on the frame of the gun.

This resolution is in response to the 26,000 ghost guns confiscated by the Justice Department in 2022, including 324 in Prince George's County, in addition to the alarming rate of violent crime involving ghost guns in our region, particularly juvenile crime.

"When we think of ways to mitigate crime and keep our youth

safe, we have to consider the sale of these illegal guns," said Council Member Oriadha. "Too many lives have been lost and cases gone cold because there's no way to trace these weapons. We must take every action possible to get ghost guns off the streets."

"While we were encouraged by news that Polymar80, the country's biggest manufacturer of ghost gun parts, agreed to stop selling products in Maryland, we must continue our commitment to work together to stop the spread of these dangerous, unregistered and untraceable weapons," said Council Member Hawkins. "We must ensure the statewide ghost gun ban is being followed."

Council Members are working on additional legislation to address this issue and combat gun violence.

## Maryland Legal Aid to Host Free Expungement Clinic in Prince George's County

By PRESS OFFICER  
Maryland Legal Aid

BALTIMORE (March 20, 2024)—Maryland Legal Aid (MLA) is hosting a free expungement clinic in partnership with Reid Temple A.M.E. Church of Glenn Dale, Maryland. Individuals with a criminal history will have an opportunity to be advised by legal professionals and have petitions prepared on site. This includes people with cannabis-related charges who may be newly eligible for expungement. This one-on-one expungement assistance can be life-changing for the vast number of people who qualify.

What: Maryland Legal Aid / Reid Expungement Clinic  
When: Saturday, April 27, 2024  
Where: Reid Temple A.M.E. Church, 11400 Glenn Dale Blvd., Glenn Dale, Maryland 20769

For more information about this expungement clinic, visit <https://www.mdlab.org/reid-expungement-clinic/>

Maryland Legal Aid (MLA) is a statewide private, nonprofit law firm that provides free, civil legal services to low-income and vulnerable people to address their most fundamental legal problems. From its 12 offices around the state and through its many community-based clinics, we help our clients preserve and access safe and affordable housing, maintain custody of their children, and be safe from domestic violence. MLA increases our clients' economic security by defending against consumer debt, including foreclosures and tax sales, removing barriers to employment, and accessing critical income supports such as unemployment, food stamps and other vital public benefits. Through special projects, we represent seniors, nursing home residents, children in alleged abuse and neglect cases, migrant farmworkers, and those in mental health institutions. In its advocacy, MLA seeks systemic change through impact litigation, policy advocacy, and storytelling.

## M&T Bank and Prince George's County Economic Development Corporation Launch Spanish-Language 0-100 Business Accelerator Program

Building off the success of last year's inaugural program, this seven-week, free business accelerator program will offer cash prizes up to \$4,500.

By PRESS OFFICER  
M&T Bank

LARGO, Md. (March 21, 2024)—M&T Bank (NYSE:MTB) and Prince George's County Economic Development Corporation (EDC) today launched their 2nd annual 0-100 Business Accelerator Program. The program gives Spanish-speaking entrepreneurs the guidance and skills to build strong companies, spur economic growth in Prince George's County, and help build generational wealth. Registration for this free program is currently open for

up to 30 participants.

The seven-week program which begins on April 25 features courses on business planning, establishing credit, managing bank accounts, marketing, branding, and licensing. Sessions will be led by representatives of M&T and Prince George's EDC and held entirely in Spanish.

Small business owners interested in participating in the program must complete an online application by April 5, be fluent in Spanish, based in Prince George's County, and in good standing. Qualified applicants will be enrolled in

the free program on a first-come, first-served basis.

The 0-100 Business Accelerator Program's courses will be held on Thursdays, 6 p.m. to 8 p.m. ET, at Prince George's EDC, 1801 McCormick Drive, 3rd Floor, Largo, MD 20774. It will conclude June 14 with a graduation and award ceremony for the first-place winner of a \$4,500 pitch competition, funded by M&T Bank.

"We're excited to bring our 0-100 Small Business Accelerator back this year as we continue to support Spanish-speaking entrepreneurs in Prince

George's County," said Vickie Mejia, M&T Bank's [Retail Regional Sales Manager, Greater Washington Market].

"The response we received to last year's program was overwhelming, and we are grateful to work with Prince George's County EDC to expand this year's offering. Ultimately, our program is an investment not only in the entrepreneurs who participate in the program but the social capital of the wider community."

We are thrilled about the return of the impactful 0 to 100 Business Accelerator Program and Pitch Competition.

This year, the program has been specialized to provide more growth and strengthening opportunities for businesses. With the use of one-on-one mentoring sessions, each business will receive specific mentoring and resources to help them succeed, which will have positive reverberations throughout the county," said Rocio Treminio-Lopez, Latin Business Liaison of Prince George's County Economic Development Corporation."

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# TOWNS and NEIGHBORS

## In & Around Morningside-Skyline

### Skyline's "Queen Winnie" Lanehart dies at 86

Winifred Doris "Winnie" Lanehart, longtime resident of Skyline and recently of Mechanicsville, generous supporter of the Morningside Volunteer Department, died March 12. She was 86.

She was the beloved wife for 54 years of the late Chester A. Lanehart, Jr. They were active members of the Skyline Citizens Association. In 2013 Chester and Winnie were crowned Skyline's King and Queen. They rode the Skyline float, waving to their constituents as they rode Suitland Road in the Morningside Independence Day Parade.

Winnie worked for the Department of Transportation and as tax adviser with H&R Block before deciding to retire. She enjoyed Bingo, crossword puzzles, playing games on her tablet, eating out, catching up with friends and, most of all, crocheting.

She crocheted blankets for the Morningside firefighters and made Thanksgiving dinner for them. This is not surprising because her husband Chester—or Chet, as I knew him—was a civilian Federal Firefighter at Andrews for more than 40 years, served as President of the International Association of Fire Fighters #297 for 30 years, and was the National Vice President of the National Federation of Federal Employees. Chet died November 29, 2013.

In addition to her husband, Winnie is predeceased by her son Chester III, three brothers and three sisters. Survivors include daughter Tinya Blake, six grandchildren, seven great-grandchildren, and brother Johnny.

Visitation will be at Lee's Funeral Home, Friday March 29, 10 a.m.–12 p.m. Service at noon.

### Town of Morningside

Upcoming Town events: Senior Event on April 13; Skate Van & Ice-Cream Social, June 22; and—especially!—the Fourth of July Parade followed by Family Fun Day and great fireworks.

There are Town Elections every year on the first Monday in May. This year, the polls will open May 6. News of candidates

will be in future columns.

A reader asks: Does anyone know if Morningside or Suitland has a community garden or garden events this year? If you know of any, email me (muddmm@gmail.com) and I'll run the answer in the column.

### Changing landscape

Southern Style Chicken and Waffle, 6711 Marlboro Pike is getting star reviews online. Drop by or use DoorDash. One review: "The chicken wings are great! Must have the mac and cheese." Info: 301-835-4477.

A home at 13408 Piscataway Drive, in Fort Washington, just sold for \$470,000.

### Places to go & things to do

Build a kite and head to the Washington Monument Grounds for the 2024 Blossom Kite Festival, Saturday, March 30, 10 a.m. to 4 p.m. Rain date, Sunday, March 31. If you don't bring a kite, you can pick up a free kite kit while supplies last or purchase the official 2024 Festival Kite onsite. The Park Service will be there with plenty of fun and educational kids' activities, as well as performances, food and music. All welcome.

Easter at St. Philip's, in Camp Springs: March 30, Easter Vigil, 8 p.m. Easter Sunday, March 31, Mass, 10 a.m. Mass in Spanish at noon. Info: 301-423-4740.

### Me & my times

It all began in Detroit, Michigan, when I was born at Henry Ford Hospital where my father, Dr. Richard Dyer Mudd, from Anacostia, D.C., and my mother, Rose Marie Krummack R.N., from Ravenna, Nebraska, worked. Sometime during 1928, in a Chinese restaurant, Richard proposed to Rose, and he sang "Let me call you sweetheart." (He sang it every year on their anniversary.) They married in June; nine months later, March 12, 1929, I was born, the first of their seven children.

As a new M.D., Dad went to work for General Motors, setting up infirmaries in factories, which soon took our family to Cincinnati, Ohio, where I started my education at St. Agnes School. After two years,

by Mary McHale 301-735-3451

Dad was transferred to Saginaw, Mich., where I attended St. Andrew's School and graduated 8th grade at St. Mary's Cathedral School.

World War II began. Dad was assigned to Kelly Field, Texas, where he headed the Medical Division. Our family was housed on the base. I went to Our Lady of the Lake High School (OLL) in San Antonio, where I edited the school paper. I got my first job at Joske's Department Store, "The Largest Store in the Largest State," working summers in the advertising department. I graduated OLL in the midst of a polio epidemic.

The War ended. In June 1946 the Mudds returned to Saginaw. September came and I went off to college at St. Mary's Notre Dame, in South Bend, Indiana. I majored in Spanish (spent one summer at Mexico City College), minored in journalism, edited the school newspaper, and where, at a Tea Dance, I met a Notre Damer, John Edward McHale, of Houston, Texas. We both graduated in 1950.

I went home and I worked at WSAM, an NBC affiliate in Saginaw, until I married Jack at St. Mary's Cathedral on January 3, 1951. We bought a home in Houston where Jack was a reporter for The Houston Press. Jack joined the FBI in 1951 and we drove to D.C. where Jack did his training. His first assignment was Los Angeles and, a year later, San Francisco. Six years (and five children) later, Jack was assigned to FBI Headquarters in Washington.

It was June 1958. We bought a home on Skyline Drive where I still live. Two more daughters were born. All told, our family was complete with Kathleen, Mike, Therese, John, Brian, Elaine and Sheila.

As the kids grew, I returned to college, to Catholic University where I earned a master's in library science. I was school librarian at St. Philip's from the mid-1960s to the late 1990s.

I also played a lot of bridge. I was a founding member, and newsletter editor, for the Skyline Citizens Association. The kids grew up, went off to college and got

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## Bowie City Manager Alfred D. Lott Promotes Rachel Jefferson to Deputy Chief of Police Department

By PRESS OFFICER  
City of Bowie

Effective Sunday, March 24, 2024, Captain Rachel Jefferson will become the City of Bowie Police Department's third Deputy Chief of Police. She has served as Acting Deputy Chief for the past seven months.

"After an exhaustive search, I am proud to select one of our own for the role of Deputy Chief of the Bowie Police Department" said Lott. "Captain Jefferson is a veteran leader with the experience and skills the role demands. She is detail oriented, innovative, and has a great track record for getting things done."

Rachel Jefferson began her career in law enforcement with the Metropolitan Police Department Washington, DC and transferred to the City of Bowie Police Department in 2008. She is the first woman to be promoted from Officer to Commander within the City of Bowie Police Department.

In her position as Captain, she oversaw the daily operations

of the department and several projects such as the Unmanned Aerial Vehicle Unit, Strategic Tactic and Response (STAR) Team and developing policies and procedures for the department. She also served as Accreditation Manager for the CALEA accreditation process. This program focuses on professional standards that provide the agency with best practices related to life, health, and safety procedures, and overseeing internal affairs and the care of records.

Jefferson attended Pennsylvania State University and the University of Maryland, earning a bachelor's degree in psychology and a master's degree in human services with a concentration in counseling. She also graduated from Northwestern University's School of Police Staff & Command (SPSC) program, an intensive leadership and management education program that helps prepare experienced law enforcement professionals for success in senior command positions.

## Maryland Humanities CEO Listed as One of Maryland's Top 100 Women

By SARAH WEISSMAN  
Maryland Humanities

BALTIMORE (March 22, 2024)—The Daily Record has named Maryland Humanities CEO Lindsey Baker to its 2024 listing of Maryland's Top 100 Women.

In its 29th year, Maryland's Top 100 Women recognizes outstanding achievements by women demonstrated through professional accomplishments, community leadership and mentoring. A panel of business and legal professionals, previous Maryland's Top 100 Women, and a representative of The Daily Record reviewed the final applications and selected this year's honorees.

"The 2024 Maryland's Top 100 Women demonstrate passion, confidence, influence and individuality. Their energy is contagious, and their actions and deeds are inspirational," said Suzanne Fischer-Huettner, managing director of BridgeTower Media/The Daily Record.

Baker has worked for sixteen years as an action-oriented, non-profit leader whose work has always been firmly grounded in community engagement, racial equity, transparency, and inclusivity. Prior to her work at Maryland Humanities, Baker led Patapsco Heritage Greenway as the Executive Director and spent nearly a decade as the Executive Director of the Laurel Historical Society. She currently serves on the Maryland Lynching Truth and Reconciliation Commission. In addition to her work at Maryland Humanities, Baker has also co-founded two companies: Baker Cruz Services, a translation and interpretation company aimed at increasing access for Spanish-speaking populations and The Village Center, a family wellness center seeking to provide support to families with young children.

"I am honored to be listed as one of Maryland's Top 100 Women alongside many extraordinary women," says Baker. "I am thrilled to win this award from The Daily Record, which focuses on community and mentorship."

Maryland Humanities Board Member Soo Koo nominated Baker for the Award. "No one deserves the award more than Lindsey," says Koo. "Her outstanding and inclusive leadership has taken the State of Maryland's official humanities council to the next level and built an educational pipeline for Marylanders, especially the next generation. She proves that the humanities resonate with us, inspire us, and guide us to solutions to the most pressing challenges we face today in every corner of our lives."

Maryland's Top 100 Women will be honored at a reception and awards celebration on May 6 at The Lyric Baltimore. The Daily Record will profile the winners in a special magazine that will be inserted into the May 7 issue of The Daily Record and will be available online at TheDailyRecord.com. See the full 2024 list of Maryland's Top 100 Women at <https://thedailyrecord.com/top-100-women/winners/>.

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## Brandywine-Aquasco

### OUTREACH MINISTRY

Christ United Methodist Church Aquasco, Maryland Outreach Ministry is sponsoring a trip, Matinee with Buffet, Beauty & The Beast June 5, 2024, at Toby's Dinner Theatre, Columbia, Maryland. The trip includes transportation, tickets to the play, buffet style lunch, and games.

Depart Clinton Park & Ride 8:45 a.m. Doors open at 10:30 a.m. Buffet 10:30 a.m.–11:50 a.m. Show Time is at 12:30 p.m. Payment schedule: \$40.00 March 21, 2024, \$50.00 April 21, 2024, \$35.00 May 5, 2024. The total cost is \$125.00. \$Serve-LikeChrist. Contact Phyllis Slater (301) 653-7345 or Vallisa Duckett (240) 3018-4656. Rev. Shemaiah Strickland. Christ Church 22919 Christ Church Road Aquasco, Maryland.

### EARTH WIND & FIRE TRIBUTE BAND

Earth Wind & Fire Tribute Band will perform at Prince George's Publick Playhouse Thursday June 6, 2024, from 11 a.m.–12:30 p.m. The ticket price is \$15. Ages sixty & better. Earth Wind and Fire Tribute Band pays tribute to the legendary band Earth, Wind & Fire by performing their classic songs with remarkable precision capturing the dynamic musical sound, fabulous harmonies, and exciting stage show. The band features a fourteen-member ensemble with talented musical performers including four lead vocalists, horn section, keyboards, guitar, bass, drums, and percussion. They will perform Earth, Wind & Fire's most popular songs including "Shining Star," "September," "Let Us Groove," "Boogie Wonderland," "Sing a Song," "Serpentine Fire," "After the Love Has Gone," "Reasons," "That's the Way of the World," and more. The dance floor will be open for the party. Events category: Arts. The address is 5445 Landover Road, Hyattsville, Maryland 20784. The phone number is (301) 277-1710. [publickplayhouse@pgparks.com](mailto:publickplayhouse@pgparks.com).

### GOOD FRIDAY SEAFOOD DINNER

Christ United Methodist Men Fish Fry 22919 Christ Church Road Aquasco, Maryland 20608 Good Friday Seafood Dinner will be held Friday, March 29, 2024, from 11 a.m.–until. Fish Dinner \$16.00, Crab Cake Dinner \$20.00, Fish & Crab Cake Dinner \$22.00, Chicken Dinner \$15.00, Crab Sandwich \$12.00, Fish Sandwich \$10.00. All dinners come with Green Vegetable, Potato Salad, Sweet Potatoes, Bread, and Cake.

Call (301) 888-1316 on March 29 to place your order. Sponsored by Christ United Methodist Church Men. Rev. Shemaiah Strickland Pastor. Chairpersons: Billy Stewart and Ronald Brooks.

### BIRTHDAY CELEBRATIONS

Happy Birthday to Alvin Pinkett, Joe Pratt, Maudie Goodrum, Glenna Graves, Cosmus Samuel, Barron Neal, Elisa Magadlene Prah, Samuel Bell, Patrice Perkins Pratt, Lindsay Joiner, Zilpha Pinkney, Claudette Oghogho, Nadia Long, Eric Knight, Charmaine Grant, Sarita Georges, William Stroman, III, Zahara Hinton, Jerre Kauffman, Zora Oghogho, Mmachi Helen Mbakwe, William Stroman, IV who are Clinton United Methodist Church members cel-

by Audrey Johnson 301-922-5384

brating birthdays in April. Enjoy your special day. Hope that you will have many more birthdays to celebrate.

### WEDDING ANNIVERSARIES

Congratulations to Ron and Beth Davis, Lloyd and Shirley Brown, Trevor and Denise Bourne, Norman and Jean Noel, Clarence and Dorothy Glasgow Reid, Eddie and Ruth Wilson, George and Karen Taylor, Cosmus and Stephanie Samuel who are Clinton United Methodist Church members celebrating Wedding Anniversaries in April. Hope that you will have many more anniversaries to celebrate.

### AQUASCO FARM

Aquasco Farm hours are Monday-Sunday from dawn to dusk. Park type is green space. Size is 689.48 acres. Overall size larger than a football field. Activities/ recreation opportunities are trails and fishing. Trail Description: Trail Surface is paved. The trail surface type is asphalt. Contact number is (301) 627-6074. Other: Staffing and safety: Police Patrol. Natural Water Feature: River/Channel. Website: <http://outdoors.pgparks.com/sites/aquasco.Farm.htm>.

### UNWIND FESTIVAL

Join us for an afternoon of wine and beer tasting at Patuxent River Park. The festival showcases local wineries, breweries, local bands, national headliners, boutiques, food trucks, and more Saturday, September 28, 2024, from 11 a.m.–5 p.m. Age: 21+. Event Category: Festivals. Event Programs and Series: Patuxent River Park. [patuxentriverpark@pgparks.com](mailto:patuxentriverpark@pgparks.com) Telephone number is (301) 627-6074. The address is 1000 Croom Airport Road, Upper Marlboro, Maryland 20772.

### VOLUNTEER OPPORTUNITIES

Opportunities to volunteer with M-NCPPC, Department of Parks and Recreation, Prince George's County are almost unlimited. Individuals and groups can help on a one-day project or an ongoing basis. For more information, contact the Volunteer Services Office at 301-446-3324.

### HERITAGE MONTH CELEBRATION

Asian American and Pacific Islander Heritage Month Celebration will be held on Saturday, May 4, 2024, 1 p.m.–4 p.m. at Harmony Hall Arts Center 10701 Livingston Road, Fort Washington, Maryland 20744. Ticket price is free. YOU HAVE TO REGISTER FOR THIS EVENT.

Come and celebrate with us. Join us for an afternoon dedicated to honoring the rich contributions of Asian and Pacific Islanders to America's history and their pivotal role in shaping its future success. Delight in captivating performances, insightful workshops, delectable culinary delights, and explore unique finds at our artisan shop. Event Category: Heritage Celebrations. The telephone number is (301) 203-6070. [harmonyhallarts@pgparks.com](mailto:harmonyhallarts@pgparks.com).

# COMMUNITY

## Social Security Matters

Ask Rusty:

### Veteran Uncertain About Social Security and Healthcare Coverage

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

**Dear Rusty:** I'm not sure what I should sign up for in terms of Social Security. I am 64 and I am still employed full time and intend to stay employed until age 70. I am retired from the Navy and receive military retirement payments, and have military TriCare, as well as medical, dental, eye and life insurance through my employer. I don't want to lose benefits, but I also don't want to take Social Security until it reaches the maximum at age 70 (I think that is correct?). I will turn 65 in 4 months. Can you advise me? **Signed: Uncertain Veteran**

**Dear Uncertain Veteran:** First of all, thank you for your service to our country. From what you've shared, and since you're still working full time, not claiming Social Security yet is a smart decision. If you were born in 1959 your full retirement age (FRA) is 66 years and 10 months and, if you claim SS before your full retirement age, you'll be subject to Social Security's earnings test which would likely make you ineligible to receive SS benefits at this time.

The 2024 earnings limit (limit changes yearly) when collecting Social Security early is \$22,320 and, if that is exceeded, Social Security will take away \$1 in benefits for every \$2 over the limit (half of what you exceed the limit by). If you significantly exceed the limit, SS will declare you temporarily ineligible to collect SS benefits until you either reach your FRA or earn less. The earnings test no longer applies after you reach your FRA. So, if you're now employed full time and plan to stay so until age 70, and you expect at least average longevity (about 84 for someone your current age), delaying until age 70 to claim Social Security is how to get your maximum Social Security benefit.

As for your healthcare coverage as a veteran: TriCare requires you to enroll in Medicare Part A (inpatient hospitalization coverage) and Part B (coverage for outpatient services) at age 65, but you do not need to take Social Security when you enroll in Medicare. You must, however, enroll in Medicare at age 65 or you will lose your TriCare (military) healthcare coverage. You could choose to delay enrolling in Medicare at 65 because you have "creditable" employer coverage, but if you do so you will lose your current TriCare coverage and need to rely solely on your employer healthcare plan. In that case, you would still be able to enroll in both Medicare and TriCare-for-Life without penalty prior to your employer coverage ending and have coverage under both programs thereafter. I suggest you contact TriCare directly at 1-866-773-0404 to discuss your personal TriCare coverage after age 65. You can also go to [www.TriCare4U.com](http://www.TriCare4U.com).

Whenever you enroll, Medicare will be the primary payer of your healthcare costs and TriCare will be the secondary payor. Your vision, dental, and prescription drug coverage would be through TriCare (Medicare does not cover those services) or acquired separately. Just remember, you must be enrolled in Medicare Part A and Part B to have TriCare-for-Life coverage after age 65.

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

The 2.4 million member Association of Mature American Citizens [AMAC] [www.amac.us](http://www.amac.us) is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country. And the AMAC Foundation ([www.AmacFoundation.org](http://www.AmacFoundation.org)) is the Association's non-profit organization, dedicated to supporting and educating America's Seniors. Together, we act and speak on the Association members' behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at [www.amac.us/join-amac](http://www.amac.us/join-amac).

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## Spanish from A1

To apply for the Prince George's 0-100 Business Accelerator Program, visit our English-language ([https://mtbank.az1.qualtrics.com/jfe/form/SV\\_bk0kdbn2YfmOU2a](https://mtbank.az1.qualtrics.com/jfe/form/SV_bk0kdbn2YfmOU2a)) or Spanish-language ([https://mtbank.az1.qualtrics.com/jfe/form/SV\\_bf8s8JT3HrIBTKG](https://mtbank.az1.qualtrics.com/jfe/form/SV_bf8s8JT3HrIBTKG)) landing pages.

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## Carson Scholars Fund to Honor 623 Students at 28th Annual Maryland Awards Banquet

Three Prince George's County Carson Scholars Announced

By PRESS OFFICER  
Carson Scholars Fund, Inc.

BALTIMORE (March 19, 2024)—The Carson Scholars Fund (CSF) is pleased to announce the awarding of 570 new scholars and 936 recognized scholars during its series of six regional banquets across the country this spring. The 28th Annual Maryland Carson Scholars Awards Ceremony will be held on Sunday, May 19, 2024, at The HALL at LIVE! 170 new students will be honored in Maryland and 453 recognized Carson Scholars will be acknowledged for their continued accomplishments.

Each year the CSF honors an elite group of students from grades 4-11 who not only demonstrate exceptional academic achievement, maintaining at least a 3.75 GPA, but also embody significant humanitarian qualities. This year, three students from Prince George's County received the prestigious honor of being named a Carson Scholar. These scholars are awarded a \$1,000 college scholarship,

2024 Carson Scholars			
Scholar	Grade	School	City
Hugo Torne Chamani	8	Beltsville Academy	Beltsville
Princess Owusu	8	Dwight D. Eisenhower Middle School	Laurel
Maarja Mccall	8	Martin Luther King Jr. Middle School	Beltsville

an Olympic-sized medal and a certificate.

Carson Scholars stand out as agents of change, actively contributing to society through altruistic engagement and academics. These impressive students are today's leaders and on paths to becoming our country's future leaders, making meaningful impacts within their communities and beyond.

You can find a complete list of 2024 new and recognized Carson Scholars at [https://carsonscholars.org/wp-content/](https://carsonscholars.org/wp-content/uploads/2024/03/All-2024-Scholars-By-School.pdf)

[uploads/2024/03/All-2024-Scholars-By-School.pdf](https://carsonscholars.org/wp-content/uploads/2024/03/All-2024-Scholars-By-School.pdf).

The Carson Scholars Fund, Inc. is a 501(c)(3) nonprofit charity that was founded in 1994 by now retired Johns Hopkins pediatric neurosurgeon, Dr. Benjamin Carson and his wife, Candy. The Carson Scholars Fund recognizes and rewards students in grades 4-11 who strive for academic excellence (3.75 GPA or higher) and demonstrate a strong commitment to their community.

## A Night of Pampering at Tribute at Melford Bowie Senior Living Community Hosts Self-Care Session for Family Caregivers

By PRESS OFFICER  
Tribute at Melford

BOWIE, Md. (March 22, 2024)—Senior Living Community Tribute at Melford teamed up with FOX Rehabilitation Services on March 21 to offer a workshop to help family caregivers. Attendees of "Self Care 101: Preventing Family Caregiver Burnout" enjoyed a presentation by FOX that included meditation and stretching exercises, as well as self-care kits, chair massages, charcuterie boxes, and raffle prizes.

Presenters detailed the signs of compassion fatigue, as well as its similarities to post-traumatic stress disorder. They offered practical suggestions for caregivers to take time for themselves, making sure they are staying mentally

and physically healthy as they care for their loved ones. Some ideas were to carve out small periods of time for yourself, such as spending 20 minutes in your car driveway listening to music before going inside or taking time to keep a journal. Exercising, eating well, getting enough sleep, going to counseling, taking time to practice religion or meditating were other ideas that were discussed.

"If you're having compassion for your loved ones, you have to give the same compassion to yourself," said Raquel Antaran, Occupational Therapist and LSVT Clinical Technician at FOX Rehabilitation.

Caregivers often struggle with setting aside time or resources for their own well-being. The event, which was complimentary and open to the public, offered caregivers a space to have a relaxing evening for themselves.

"We know that caregivers play a vital role in ensuring the well-being of their loved ones, but it is often at the expense of their own self-care," said Rita Chapman, Executive Director at Tribute at Melford. "This session gave caregivers strategies and practical techniques to help them prevent burnout as well as equip them with the tools and resources needed to navigate the challenges of caregiving while safeguarding their own well-being."

Tsehaye Habteselassie, Regional Director at FOX Rehabilitation who was a speaker at the workshop, had some key observations from her



PHOTO COURTESY TRIBUTE AT MELFORD

Standing from left: Kenneth Reynolds, Tribute at Melford; Raquel Antaran, Fox Rehabilitation; Tsehaye Habteselassie, Fox Rehabilitation; Nikki Gaither, Fox Rehabilitation; Albert Whitlock, Tribute at Melford; Joseph Staigerwald, Tribute at Melford; Front, seated: Rita Chapman, Tribute at Melford

years of experience in the field. "Working with older adults, there are two things I have noticed about people who have aged well: they have a social group and they still read," she said. "Taking time for yourself can help ease the caregiver burden. It is also critical that caregivers have an environment where they can connect with others facing similar challenges—to ultimately build a supportive network, and I think we have seen the importance of that as we gathered here as a community tonight at Tribute at Melford."

Tribute at Melford holds regular Caregiver Support meetings that are open to the

public. Tribute at Melford is located at 17300 Melford Boulevard in Bowie. For more information, please email [Rita.Chapman@TributeAtMelford.com](mailto:Rita.Chapman@TributeAtMelford.com).

Tribute at Melford is a part of the Cogir Family of communities. What sets Cogir apart is the company's devoted approach to creating healthy, vibrant communities that offer residents exceptional independent living, assisted living and memory care lifestyle options. Cogir Senior Living develops, owns and/or operates 60 lifestyle communities throughout the United States. Visit our website or call us at (301) 603-3487.



PHOTO COURTESY TRIBUTE AT MELFORD

Raquel Antaran from Fox Rehabilitation is in the photo doing the guided stretching exercises.

## IMPACT from A1

ager. "I was amazed by Mexico's vast and diverse business ecosystem, which provides a great opportunity for Latino businesses looking to import or export products."

PGCEDC staff met with more than 35 Mexico-based business owners, including Lorena Carreño, CEO of Mezcal Carreno, who wants to establish a U.S. distribution network to sell mezcal in the U.S. Additional business leads and follow-ups will be with are INTUS Energy, Space Lab, Test Farma, MEDU Protection, Alexander's Steakhouse, Forte Innovation, and Caffenio.

"Mexico is the largest trade partner for the U.S. and presents many opportunities for Prince George's County businesses looking to import or export products and/or services due to its proximity, USMCA free trade agreement, and cultural affinity," said Jose Burnes, PGCEDC Business Development Manager for Manufacturing and Warehousing.

According to SelectUSA, Mexico currently has more than \$54 billion invested in the U.S., and Maryland's trade with

Mexico represented \$5.1 billion in 2022, of which \$4.6 billion were imports.

The SelectUSA Investment Summit occurs annually in Prince George's County at the Gaylord National Resort & Convention Center. This event provides an opportunity to meet potential investors before they attend, build relationships for future events, and create pathways for partnerships.

Select USA is a U.S. Government program administered by the Department of Commerce that facilitates job-creating business investment in the U.S. Select USA has facilitated more than \$200 billion in investment and created/retained over 200,000 jobs.

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# COMMENTARY

## Marc Morial

President and CEO, National Urban League



### To Be Equal:

## The Urban Tech Jobs Program Is Preparing Thousands in Our Communities for Jobs of the Future

Hundreds of members of the Urban League community have embarked on new careers in technology and thousands more are on the path, three years into a major partnership with Google and the Tides Foundation that launched or expanded the Urban Tech Jobs Program in 11 local affiliates. Urban Tech Jobs Program features a multi-layered approach that includes technology awareness, basic skill building, digital literacy, technology job training and upskilling for workers currently in the technology field. The Google/Tides partnership, layered over existing workforce, integrated case management, and wrap around services, al-

lowed the National Urban League to launch Digital Training Academies or Tech Academies, depending upon each community's needs.

The first year of the program centered on community engagement that resulted in broad community digital divide discussions, the creation of Program Design Committees composed of key stakeholders, and the development of digital and tech training curriculum.

In year two, Urban League affiliates began implementing the new curriculums under Digital Training Academy and Tech Academy.

Now, at the end of year three, the program has

exceeded benchmarks for job placements, productivity software training and basic skills training, and has become a model for expansion into other Urban League affiliates and create new curriculums for the jobs of the future being created by the federal Infrastructure Investment and Jobs Act.

More than 400 participants have been placed in jobs, more than 2,500 have received skills training, and nearly 10,000 have been made aware of the opportunities available in the fields of science, technology, engineering, and math (STEM).

The Austin Area Urban League Tech and Career Academy is an approved Texas Workforce Commission Career School & College and a Texas Workforce Solutions Training Partner, offering diverse pathways to obtain training and certifications for traditional and nontraditional technology careers.

Chicago Urban League's Drone Academy—the first of its kind in the city of Chicago—was made possible by a partnership with oil and gas company BP and MySkaut Urban Air Mobility. Drones, also known as unmanned aerial vehicles (UAV), are aircraft without a human pilot, crew, or passengers on board. Federal aviation regulations require operators to be licensed. The Academy has provided not only the necessary training for the license, but also drones for hands-on experience.

The Urban Leagues of Greater Atlanta, Palm Beach County, Broward County, and Metropolitan

St. Louis created Digital Training curriculums to provide a pathway to tech careers through:

- **Digital Inclusion:** Equipping individuals, families, and community partners with the necessary tools and resources to connect to the internet and use it proficiently.
- **Exploration:** Teaching participants the skills needed to increase competency and confidence in technology, as well as spark interest in careers in technology and prepared them to the jobs of the future.
- **Digital skills in Workforce:** Instilling participants with the technology skills needed to secure and sustain employment stay relevant in a changing marketplace or teach the technology skills needed to start a business.

One important lesson the Urban League community has learned throughout this three-year process is that STEM careers must be redefined. The Infrastructure Investment and Jobs Act and other initiatives have identified a variety of new technology jobs, creating a need for new trainings and curriculum to make sure that Black and Brown communities have access to affordable certifications to support both manufacturing and professional jobs of the future. These fields range from renewable energy generation and electrical vehicle manufacturing to cybersecurity and broadband infrastructure.

—March 22, 2024

# COMMUNITY

## Lt. Governor Miller Inducted Into the Maryland Women's Hall of Fame

By PRESS OFFICER  
Maryland LG News

ANNAPOLIS, Md. (March 22, 2024)— Lieutenant Governor Aruna Miller yesterday was inducted into the Maryland Women's Hall of Fame along with four honorees including United States House Speaker Emerita Nancy Pelosi, House Speaker Adrienne A. Jones, Secretary of State Susan Lee and Comptroller Brooke Lierman. Governor Wes Moore and First Lady Dawn Moore congratulated each inductee at the ceremony held at Government House.

"I am grateful to stand among the remarkable women whose legacies inspire us to see more, do more, and be more," said Lt. Gov. Miller. "Every day, I work to uplift the people of Maryland

and create a strong foundation for a future that our next generation of leaders can be proud of."

"As my partner in this work, the Lt. Governor has made an invaluable mark on this state, and I am honored to serve alongside her," said Gov. Moore. "The women inducted tonight into the Hall of Fame are not just an inspiration, they are our foundation. Our administration, this state, and our country would be incomplete without their hard work and impact."

"Lt. Governor Miller is a force within this administration and a leader for all young women throughout Maryland," said First Lady Moore. "Congratulations to all the inductees, as their careers have opened the door to other women who aspire to lead."

Established in 1985, the Maryland Women's Hall of Fame in partnership between the Maryland Commission for Women and the Women Legislators of Maryland memorializes and honors Maryland women whose lives and work are of historic significance to the health, economic, political, and cultural history of the state. Along with the Hall of Fame inductees, five students were honored with the The Maryland Young Women Leaders Award. Established in 1997, the award recognizes extraordinary young women who have demonstrated exceptional leadership, academic achievement, and outstanding community service.

To learn more about the inductees, please visit [www.marylandwomen.org](http://www.marylandwomen.org).



PHOTO MARYLAND GOVERNOR'S PRESS OFFICE

(Left to right) Lieutenant Governor Aruna Miller, Secretary of State Susan Lee, Governor Wes Moore, First Lady Dawn Moore, Comptroller Brooke Lierman, United States House Speaker Emerita Nancy Pelosi, and House Speaker Adrienne A. Jones

## Maryland Alzheimer's and Dementia Caregivers Face Significant Challenges

By PRESS OFFICER  
Alzheimer's Association National Capital Area Chapter

The burden of Alzheimer's and other dementias weighs heavily on Maryland family caregivers and those across the country, according to the Alzheimer's Association 2024 Alzheimer's Disease Facts and Figures report.

Last year, 247,000 family members and friends provided 405 million hours of unpaid care valued at \$8.144 billion. Maryland dementia caregivers also reported significant emotional, physical and health-related challenges as a result of caregiving, including:

- 55.7% of Maryland dementia caregivers reported at least one chronic condition.
- 24.8% reported depression.
- 8.4% reported frequent poor health.

"Caring for someone living with Alzheimer's or another dementia is especially demanding," said Cindy Schelhorn, director of communications, Alzheimer's Association National Capital Area Chapter. "As disease-related symptoms worsen, caregiving responsibilities intensify. Over time, caregivers can experience increased emotional and physical stress making it

more difficult to care for their loved ones."

According to the new report, 83% of the help provided to older adults in the United States comes from family members, friends or other unpaid caregivers. Nearly half of all caregivers (48%) who provide help to older adults do so for someone with Alzheimer's or another dementia. Nationwide, there are an estimated 11.5 million caregivers providing unpaid care for people living with Alzheimer's or another dementia. Last year, these caregivers provided 18.4 billion hours of care valued at nearly \$347 billion.

"The cost of caregiving is one more stressor for families," said Schelhorn. "The lifetime cost of caring for someone with dementia is estimated at nearly \$400,000 with 70% of this cost borne by family caregivers. It's a financial burden for which very few families are prepared."

Understanding how Alzheimer's and other dementia progress can help caregivers anticipate disease-related changes and provide opportunities to explore caregiving options and resources in their local communities. In the wake of an Alzheimer's or dementia diagnosis, it is important for caregivers to think about care as a continuum. The average life ex-

pectancy following an Alzheimer's diagnosis is four-eight years, but some individuals can live with the disease longer, up to 20 years. Caregivers are encouraged to reassess care decisions and options regularly.

While caregiving for someone living with Alzheimer's or another dementia can be stressful, the Alzheimer's Association website has robust information about caregiving throughout the disease continuum, various care options and resources to help with financial and legal planning. The Alzheimer's Association Community Resource Finder can help families find local residential care options by simply entering their zip code.

The new report clearly shows that dementia caregivers need more support now and in the coming years," said Schelhorn. "The Alzheimer's Association provides support for all caregivers through our 24/7 Helpline, local support groups, care consultations and additional local resources that can help relieve some of the burden they're facing. Most importantly, caregivers need to know they are not alone and we are here to help."

To learn more about the resources available for caregivers and families or to learn more about the 2024 Alzheimer's Disease Facts and Figures report, visit [alz.org](http://alz.org).

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# Indulge Taste Buds with Better-for-You Snacks

FAMILY FEATURES

The foundation of healthy eating may include nutritious breakfasts, lunches and dinners, but just as important are the snacks in-between meals. Regardless of when or where you snack, encourage better-for-you eating habits with nutritious nibbles to power through your day.

According to an online survey conducted among 1,000 Americans ages 18 and older across the U.S. by Wakefield Research on behalf of the American Pecan Promotion Board, Americans love snacks, and reach for them an average of three times a day.

However, where and when those snacks are eaten can vary from the move to on the couch, from sunrise to after bedtime. Nearly a third (30%) of respondents are munching on snacks while in bed, calling it their favorite snacking spot. However, only 35% of their snack choices are considered healthy.

Fueling busy days can be easy with an option like pecans. According to the survey, 66% of snackers enjoy pecans on their own with 58% eating them as part of a trail mix. If you're among the 50% who reach for a snack in the late afternoon, you can turn to nutritious, satisfying solutions to indulge afternoon cravings without the guilt. With pleasing crunch, comforting creaminess and a satisfying chew, pecans are the "no sacrifice" nut that can punch up your routine with both delicious taste and plant-based nutrition.

Just a handful of pecans — about 19 halves — provides a good source of fiber, thiamin and zinc and an excellent source of copper and manganese, a mineral that's essential for metabolism and bone health. They also provide a mix of protein and good fats — 18 grams of unsaturated fat, including oleic acid, and only 2 grams of unsaturated fat — to help keep you full and energized throughout the day.

As an added bonus, their versatility and easy-to-pair profile makes them a perfect

ingredient in recipes you can prepare in a cinch. For bite-sized treats that are packed with flavor and perfect for snack time, these Pecan Chickpea Cookie Dough Bites swap out flour and sugar in favor of blended pecans, chickpeas, vanilla extract, cinnamon and sea salt with dark chocolate chips folded in for a sweet finishing touch.

Or you can simply toss warm pecans with olive oil and sea salt in this Roasted Pecans recipe for a grab-and-go snack that can be prepared in advance without worrying about spoiling. Another benefit of pecans: They can be stored in the refrigerator for up to 9 months or frozen up to 2 years, giving them a longer shelf life than many pantry favorites. Plus, they can be thawed and refrozen without losing flavor or texture.

To find more surprisingly delicious nutritional facts or recipe inspiration, visit [EatPecans.com](http://EatPecans.com).



Pecan Chickpea Cookie Dough Bites

Roasted Pecans

### Roasted Pecans

Recipe courtesy of the American Pecan Promotion Board  
Prep time: 40 minutes  
Cook time: 35 minutes  
Servings: 8

**2 1/4 cups raw pecan halves**  
**2 teaspoons olive oil or pecan oil**  
**1 teaspoon flaky sea salt**

Preheat oven to 300 F.  
Place pecans on baking sheet and bake 15 minutes.  
In heat-proof bowl, toss warm pecans with olive oil and sea salt, crushing larger salt grains with fingers while sprinkling.  
Return pecans to baking sheet in single layer and bake 20 minutes, or until slightly browned and dry. Remove from oven and cool on baking sheet.  
**Note:** Store pecans in airtight container in refrigerator up to 9 months or freeze up to 2 years. Pecans can be thawed and frozen repeatedly without loss of flavor or texture.

### Pecan Chickpea Cookie Dough Bites

Recipe courtesy of Dawn Jackson Blatner, RDN, on behalf of the American Pecan Promotion Board  
Prep time: 10 minutes  
Servings: 24

- 1 cup raw pecan pieces**
- 1 can (15 ounces) chickpeas, rinsed and drained**
- 1 tablespoon vanilla extract**
- 1/2 teaspoon cinnamon**
- 1/2 teaspoon sea salt**
- 1/2 cup dark chocolate chips**

In blender or food processor, blend pecan pieces, chickpeas, vanilla extract, cinnamon and sea salt 3-5 minutes, scraping down sides occasionally, until smooth and creamy.

Fold in dark chocolate chips. Form into 24 cookie dough balls. Eat as-is; no baking required.

**Note:** Store leftovers in airtight container in refrigerator 5 days or freeze up to 3 months.

# Solve Busy Weeknights with Simple, Satisfying Meals

FAMILY FEATURES

Juggling those weeknight responsibilities including homework, catching up on emails, after-school activities, social events and more can leave families scrambling when it comes time for dinner. When your busy schedule leaves little time to spend in the kitchen, turn to family favorites you can put on the table in 20 minutes or less to give loved ones the fuel they need without sacrificing taste or quality.

Take Taco Tuesdays to a new level (without the hassle) with this deconstructed version of classic fish tacos. Served over a bed of quinoa and drizzled with yogurt crema, these Baja Fish Taco Bowls let you switch up average taco nights by swapping out tortillas and shells for quick-cooking, protein-packed quinoa mixed with nutrient-dense kale. This easy, satisfying meal adds deliciously seasoned fish, creamy avocado and hearty whole grains to your diet with a lighter version of Baja sauce as a perfect companion for fish tacos.

At its core, this tasty weeknight meal relies on the ease and light, nutty flavor of Success Tri-Color Boil-in-Bag Quinoa, which is ready in just 10 minutes. It's packed with protein, all nine essential amino acids and is a good source of fiber, making it a perfect solution for busy moments whether your loved ones eat vegan, vegetarian or a mix of everything.

If a jam-packed calendar calls for a light dinner, or you're searching for a quick side to pair with your protein of choice, add a little color to the table with this Edamame Brown Rice and Lentil Salad. Brimming with tasty, colorful ingredients like bell peppers, cucumbers and more, it's a wholesome and satisfying way to recharge after a long day.

Take the guesswork out of cooking this flavorful salad with 100% whole grain Success Boil-in-Bag Brown Rice, offering high-quality, pre-cooked grains that's ready in just 10 minutes without measure or mess. It leaves you with a serving of fluffy, nutty brown rice that cooks up perfectly every time to take some stress out of family dinners.

Visit [SuccessRice.com](http://SuccessRice.com) to find more recipe solutions for busy weeknights.

### Edamame Brown Rice and Lentil Salad

Prep time: 10 minutes  
Cook time: 10 minutes  
Servings: 4

- 1 bag Success Brown Rice**
- 1 cup cooked green or brown lentils**
- 1 cup edamame, cooked, cooled and shelled**
- 1 red bell pepper, diced**
- 1 cucumber, diced**
- 1/4 cup red onion, finely chopped**
- 1/4 cup fresh parsley, chopped**
- 1/4 cup roasted almonds and sunflower seeds (optional)**

**Dressing:**

- 2 tablespoons extra-virgin olive oil**
- 2 tablespoons lemon juice**
- 1 tablespoon Dijon mustard**
- 1 clove garlic, minced**
- 1/8 teaspoon salt**
- 1/8 teaspoon black pepper**

Prepare rice according to package directions.

In large mixing bowl, combine rice, lentils, edamame, bell pepper, cucumber, red onion and parsley. Toss gently to combine.

To make dressing: In separate small bowl, whisk olive oil, lemon juice, Dijon mustard, garlic, salt and pepper until well combined.

Toss salad with dressing until well combined. Sprinkle with roasted almonds and sunflower seeds, if desired.



Baja Fish Taco Bowls



Edamame Brown Rice and Lentil Salad

### Baja Fish Taco Bowls

Prep time: 10 minutes  
Cook time: 10 minutes  
Servings: 4

- 2 bags Success Tri-Color Quinoa**
- 2 tablespoons olive oil**
- 4 white-fleshed fish fillets (5-6 ounces each)**
- 1 teaspoon Cajun seasoning**
- 1/2 teaspoon salt**
- 3/4 cup plain Greek yogurt**
- 1 tablespoon lime zest**
- 1 teaspoon lime juice**
- 1/4 teaspoon ground cumin**
- 4 cups packed baby kale**
- 1 ripe avocado, halved, pitted, peeled and thinly sliced**

Prepare quinoa according to package directions.

In large skillet over medium heat, heat oil. Season fish with Cajun seasoning and salt. Cook 2-3 minutes per side, or until fish is lightly browned and starts to flake. Set aside.

In small bowl, stir yogurt, lime zest, lime juice and cumin.

In medium bowl, toss quinoa with kale. Divide between four bowls. Top each with fish, sliced avocado and dollop of yogurt and lime crema.

**Substitutions:** Use taco seasoning or chili powder in place of Cajun seasoning. Use arugula or baby spinach instead of kale.

