

The Prince George's Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY SINCE 1932

Vol. 88, No. 19 May 7 — May 13, 2020

Prince George's County, Maryland

Newspaper of Record

Phone: 301-627-0900

25 cents

County Executive Alsobrooks Announces COVID-19 Testing Operations Moved From FedExField to Health Department's Cheverly Clinic

Cheverly Health Clinic will be open Monday–Friday and expand COVID-19 testing capacity for Prince George's County

By GINA FORD

Office of the County Executive
Prince George's County

LARGO, Md. (April 30, 2020)—Prince George's County Executive Angela Alsobrooks announced that the COVID-19 screening facility at FedExField closed at the end of the day on Wednesday, April 29, and testing operations moved to the County Health Department's Cheverly Clinic starting Monday, May 4. This change in operations will increase testing capacity for the County without concern for weather.

"We know that some residents have better access to COVID-19 testing than others, so we are committed to increasing our COVID-19 testing capacity in the County to address this gap," said Prince George's County Executive Angela Alsobrooks. "By moving testing operations to our Cheverly Health Clinic, we will be able to test at least 200 people per day without concern for weather. Expanding

testing capacity, as well as ensuring equitable access to testing for all residents, will be a critical factor in helping us reopen Prince George's."

A pilot screening and testing operation began at the Prince George's County Health Department's Cheverly Clinic the weekend of April 25, and the facility was open Tuesday and Thursday last week. Starting last Monday, May 4, the facility is open Monday through Friday from 9 a.m. to 4:30 p.m., with the capacity to test 200 people per day. **Testing continues to be by appointment only, and residents wishing to make an appointment should call the County's COVID-19 hotline at 301-883-6627.**

More than 1,600 people were tested and 2,000 were screened at the County's FedExField screening site, which first opened on March 30. The State of Maryland, Maryland National Guard and Medical Reserve Corp provided the County with resources and logistical support to assist in standing up the

site for 30 days. The Washington Redskins allowed the County to use the parking lot at FedExField for the duration of this temporary screening site.

In addition, the County is looking to further increase testing capacity in the coming weeks. The County is working to identify two additional testing locations for residents, one in north County and one in south County.

Residents must still meet CDC testing guidelines to schedule a COVID-19 testing appointment. Any resident experiencing COVID-19 symptoms, such as cough, shortness of breath and fever, can call our COVID-19 hotline for an initial telehealth screening at 301-883-6627. Anyone who meets CDC testing guidelines will receive an appointment date and time to be seen at the COVID-19 testing facility.

For more information and resources related to COVID-19 in Prince George's County, please visit mypgc.us.

Tele-Town Hall May 7

County Executive Alsobrooks will host a Tele-Town Hall on Thursday, May 7 at 6:30 p.m. to give an update of the Government's COVID-19 response. To register, or to submit your questions or concerns, visit: <https://bit.ly/TTHMay7>. If you do not want to listen over the phone, you can tune into CTV Channel 76 (Verizon Fios 42) at 6:30 p.m. on May 7 to listen to the live broadcast of the Tele-Town Hall. —Community Connections Newsletter, May 1



2020 Presidential Primary Election Postponed Until June 2, 2020

By DANEEN BANKS

Prince George's County
Board of Elections

UPPER MARLBORO (April 24, 2020)—The Prince George's Board of Elections issues a reminder to voters regarding the upcoming 2020 Presidential Primary Election. Note that due to COVID-19, the primary election was moved from Tuesday, April 28 to Tuesday, June 2. The June 2, 2020 Presidential Primary election will not be a typical election in Prince George's County. Voters will receive their official ballot in the mail.

"Prince Georgians' ballots will be mailed during the first week of May. I encourage citizens of Prince George's County to take this opportunity to check your registration status prior to the mailing of ballots to ensure that your address and significant information is up to date," says Alisha Alexander, Elections Administrator for Prince George's County.

On March 17, 2020, Governor Larry Hogan issued a proclamation postponing the 2020 Presidential Election from April 28, 2020 to June 2, 2020 in response to the novel coronavirus pandemic. To educate its voters, the

- Ballots will have the date April 28 on them because they were printed before the date of the primary was moved.
- Ballots will be mailed to all eligible active voters.
- A postage-paid return envelope will be included with your ballot.
- Voted ballots must be postmarked on or before June 2, 2020.

State Board of Elections (SBE) and the Prince George's County Board of Elections will provide a series of public outreach announcements as it relates to the conduct of the 2020 Primary Elections. These changes were made to ensure voters can exercise their fundamental right to vote while also safeguarding the public's health during this pandemic.

For more information, voters may contact the Prince George's County Board of Elections at 301-341-7300 or visit elections.mypgc.us. Voters may also contact the State Board of Elections at 1-800-222-VOTE (8683) or visit www.elections.state.md.us.



PHOTO COURTESY DISTRICT 9 CORONAVIRUS (COVID-19) UPDATE

Council Member Calvin S. Hawkins, II, and Council Member Sydney Harrison Partner With 2U Provided Face Masks to Health Workers

Council Vice-Chair and At-Large Council Member Calvin S. Hawkins, II, and District 9 Council Member Sydney Harrison, in partnership with the education technology company, 2U, delivered KN95 and equivalent protective face masks to healthcare employees at the University of Maryland Prince George's Hospital Center, in Cheverly, on Friday, May 1st. 2U, a company with global headquarters in Prince George's County, donated the masks. Council Members Hawkins and Harrison, Chair and Vice-Chair (respectively) of the Council's Health, Human Services and Public Safety committee, were joined for the presentation by Jason Peterman, Vice-President, Corporate Real Estate and Workplace, 2U; Candice Adderley, Senior Manager, Communications, 2U; Prince George's County Board of Health Advisor, Dr. Yolandra Hancock; Dr. Trudy Hall, Vice President, Philanthropy, University of Maryland Capital Region Health; and Dr. Joseph Wright, President & CEO (Acting), Senior Vice President and Chief Medical Officer, University of Maryland Capital Region Health. On May 2, 2020, Council Member Calvin S. Hawkins (Vice-Chair and At-Large) and Council Member Sydney Harrison (District 9), in partnership with 2U, Inc., and Board of Health Advisor, Dr. Yolandra Hancock provided an additional 500, N95 equivalent protective face masks to healthcare professionals, at University of Maryland Prince George's Hospital Center.

CASA Calls on MD, VA, PA Governors to Cancel Rent to Protect Families During Coronavirus Crisis

During public health crisis, working families struggle with not just safeguarding their health but also their homes

By PRESS OFFICER
CASA

Md., Va., Pa. (May 1, 2020)—CASA, the Mid-Atlantic's largest immigrant and working families membership organization, launched its #CancelTheRent campaign by calling on the governors of Maryland, Virginia and Pennsylvania to cancel rent and debt accumulation by landlords and extend and enforce the moratorium on evictions for one year.

"My biggest worry is that the

landlord will come to throw out the few things that I have because of my inability to pay," said David Perez, a CASA Member. "When Governor Hogan lifts the eviction freeze, we will all need to pay our rent, but I don't see a solution on how to pay that back money. Then, what will happen to my family?"

David Perez is a single father of a 14-year-old daughter who was once self-employed in Baltimore County, Maryland. Now, with businesses closed to keep

the coronavirus from spreading, he and many immigrant workers like him have no income.

"Immigrant workers face a crisis that has a lasting health and economic impact in the Latino community," said Gustavo Torres, CASA Executive Director. "Housing insecurity during and immediately following COVID-19 tops the list of concerns for immigrant and working families. Tenants are already being threatened with eviction, and, with today being the first of the month,

people are panicked."

Community members along with various allied organizations and elected officials, including Mount Rainier Councilmember Celina Benitez, joined CASA on Friday, May 1, 2020, for three kickoff town hall meetings in Maryland, Virginia, and Pennsylvania to listen to the working families affected by the COVID-19 pandemic and demand the governors of these states to cancel the rent.

"When the moratoriums on evictions are lifted, it is unlikely that tenants will have access to enough resources to pay several months of rent all at once, and mass evictions could ensue," warned Torres.

Maryland to Provide Food to Approximately 427,000 Children Affected by COVID-19 School Closures

\$49 million in additional benefits for Marylanders thanks to the Department of Human Services and Maryland State Department of Education's Joint Request to federal administration

By KATHERINE MORRIS

Maryland Dept. of Human Services

BALTIMORE, Md. (April 29, 2020)—The Maryland Department of Human Services (DHS), in conjunction with the Maryland State Department of Education, has secured approval from the USDA on its joint submission to operate a Pandemic Electronic Benefit Transfer (P-EBT) Program.

The Department of Human Services estimates that approximately 427,000 vulnerable children in Maryland will benefit from the P-EBT program for a combined value of over \$49 million in estimated benefits. Monthly benefits will be calculated at the daily rate of \$5.70 per child for each day the child's school was closed in a particular month.

"We are grateful to the Food and Nutrition Service of the USDA for their responsiveness and to the Maryland Department of Education and Local School Districts for their partnership in identifying and enrolling eligible students' families in the Pandemic-EBT program," said Maryland Department of Human Services Secretary Lourdes R.

See PROVIDE FOOD Page A3

INSIDE

- SAO Event: Virtual Tea—May 9, 2020
 - Farmers' Markets
 - Greenbelt's Virtual Recreation Center
 - Poets of Excellence Recognition: Selected Honorees
 - Local Students Honored
- Around the County, Page A2

Maryland Humanities Offers Coronavirus Relief Funding to Cultural Organizations Through New Grant Program

Applications opened May 1 with a deadline of May 11 at 11:59 p.m.

Community, Page A3

Brown-Warren Introduce Legislation to Nationalize The Medical Supply Chain

ChildWatch: Is This Ever Going to End? Text ...

Community/Commentary, Page A4

Are You an Innovator?

The PGCC StartUp Cup is a Prince George's County-wide pitch competition that identifies emerging local entrepreneurs with solid business ideas and connects them to the resources needed to start their business.

Business and Finance, Page A5

MinuteClinic Expands Options

Eight Tips For Older Adults

Researcher Addresses Concerns About Poor Air Quality Exposure In Black Communities

Health and Wellness, Page A6

TOWNS and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

The Town of Morningside:

How it came to be, until COVID-19

The Town of Morningside has held its annual elections the first Monday of May since its incorporation 71 years ago, in May 1949.

But, going back to the beginning: As early as 1938, developers Morgan Wayson and Randolph Hopkins began developing a community named Morningside. (No one really knows where that name came from.) The original farmhouse still stands on Maple Road and was designated a Historic Tour Site in 1997.

New houses were priced at \$2,680 to \$3,300. By October 1940 one hundred houses had been sold and school bus service began.

In 1941 the Morningside Village Association held its first meeting. Mail service to homes (instead of to Suitland Road) began. In 1942 the first directory (of 109 families) was published by the Women's Civic Group of Morningside.

But World War II ended new house construction. President Roosevelt directed the Secretary of War to acquire several thousand acres—more than a hundred area families were required to vacate homes and property. By September 1942 development of Andrews Air Force Base began and construction of the Military Highway (Suitland Parkway) was started. It was completed in 1944, providing a direct route from Andrews into Washington.

In 1945 the Morningside Volunteer Fire Department and the Ladies' Auxiliary were organized. And post-war home construction boomed. In May 1949 the town was incorporated and the first mayor, June Stocklinski, elected.

Since then, the first Monday of May has been Morningside Election Day. It took novel coronavirus to change that. Elections may be held in July.

John Butler dies at 96

John Butler, who had lived at 506 (later, 4506) Morgan Road in Morningside since at least 1952, died April 24. He has been one of Morningside's oldest, and most respected, residents. His son Russell served on the Morningside Town Council 1985-1988. An online celebration of his life was held

on May 2. I'll have his obituary in a future column.

Applause

My granddaughter Claire Mudd, of Laurel, was inducted into the Sigma Circle of Omicron Delta Kappa Leadership Honor Society (ODK) on April 19. Originally the ceremony was to be held in the Memorial Chapel at UMD with a reception. Instead, the ceremony was held virtually on Zoom. Each student was honored, showing them live in their homes, as their families watched. The in-person ceremony was cancelled but the new inductees will still get their names engraved in stone on the fountain on McKeldin Mall. Claire, now a senior at the University of Maryland, is a graduate of Eleanor Roosevelt High School.

Email me (muddmm@aol.com) with news of your graduate, honor student, wedding or other family news.

What it's like now

Jill Kimmel, formerly of Skyline, sent me a delightful hand-written (!) letter from her home in Hagerstown. An observation she made about today: "Some days I feel I'm stuck in the middle of a science fiction movie!"

There is One Thing We Can All Do...

...Complete the 2020 Census to help inform where billions in spending will go, for things like health care, transportation and education for the next ten years. Complete the census today at 2020census.gov.

Changing landscape

It's Academic, the world's longest-running TV quiz, has in recent years been taping at World Media Net, National Harbor. Now it is dealing with COVID-19 by turning to Zoom. Host Hillary Howard tapes from her Arlington home.

My big front-yard redbud tree was beautiful last week when it was in full redbud. But what interested me was what it attracted: bees. Hundreds of them. I hardly ever see a bee anymore, so this swarm was so welcome.

Bring back drive-in theaters. The Family Drive-in Theatre in Stephens City, Va., is planning to open on week-

ends. I'll bet they bring in a lot of families tired of being home.

Bonnie Weeks, La Reine, class of '69

Bonnie (Harrison) Weeks, 68, of Tampa, Fla., died April 23. She was born in Washington, daughter of William and Alma Harrison. She attended Holy Comforter School and graduated from La Reine High School in Suitland in 1969.

She retired from the Defense Intelligence Agency at Bolling AFB.

She's survived by her husband (whom she's known since she was 10), Tom; sons, Tommy Jr., Michael, Patrick and Edward; two grandchildren; brother Michael Harrison and sister Michele Thomas. Mass of Christian Burial will be held at a later date.

May they rest in peace

Esther Fernandez, cousin of Donna Young of Camp Springs, died in Spain on her 90th birthday, of the coronavirus.

Jeanne E. (Holets) Reilly, 68, of Derwood, Md., died April 3, of MDS (Myelodysplastic Syndrome). She was a graduate of Oxon Hill High 1969 and received her master's degree at the University of Maryland. Survivors include her husband Scott Reilly, daughters Erin and Andrea, and granddaughter Elora.

Louis W. Perrygo, 72, of Upper Marlboro, died Feb. 12. He's survived by his wife Nancy, children and grandchildren.

He retired from the Census Bureau in 1996 after 32 years and I'm sure Louis would want you to complete your Census2020 form.

Milestones

Happy birthday to Brandi Jeter and Buddy Ramsey, May 9; Gladys Locks, Shirley Eppard and Elijah Thomas, May 10; Carolyn Flaherty Fogle, May 11; Kyle Dameron, May 12; Henrietta Bookhart, Ted Harris and Micheal White, May 13; and my next door neighbor John Smith, May 14.

Happy anniversary to Donna and Wayne Anderson on May 14.

Happy Mother's Day to mothers everywhere!

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

HISTORY OF ST. PHILIP'S

In August 1876, the Rev. John C. Tennant, rector at St. Paul's Episcopal Church, laid before the vestry a request he had received from the Black communicants at St. Mary's Chapel in Woodville. They wanted a place on the grounds of the chapel for burial of their dead. The request for burial grounds led to the birth of St. Philip's.

In October of that same year, Rev. Tennant was succeeded by Rev. Josiah B. Perry, who also saw the need for religious freedom in the area and continued the quest that would allow Blacks control over their spiritual lives.

By February 1877, a committee had been appointed to locate and purchase a lot for burial and a chapel for the black members. Walter Fowler and Adam Craig, representatives for the Black communicants, reported that an acre of land could be purchased from Mrs. Eliza Hall for fifty dollars. It seems that after hearing of the location and the plan, some citizens of the village objected to using the grounds surrounding the proposed chapel for burial grounds. One citizen, M. Scott, offered to give an acre of land about a half mile from the village for burying purposes. Encouraged by Rev. Perry, the members rejected the offer. The original location selected was purchased from Mrs. Hall on April 1, 1878 for \$137.45. There is no explanation for the increase in price.

While the Chapel was under construction, the future member was granted occasional use of St. Mary's Chapel. They used the facility to hold several fundraisers to help finance their new chapel.

The Rev. Joseph G. Bryant (a Black, Deacon) came as an assistant to St. Paul's Parish in May 1879. He worked very diligently with the Black communities and was later rewarded for his efforts when he was appointed the first Rector of St. Philip's.

The first mention of the chapel being used was Sunday, July 11, 1880 when the Rt. Rev. William Pinkney confirmed 41 members. The accounts for building St. Philip's Church

were audited and proved satisfactory in August 1880. The cost for erecting the chapel was \$1,200.

The record goes on to show that the newly erected chapel was regularly filled with an attentive congregation and that it was the first Black Episcopal Church in Maryland outside the city of Baltimore. The original church was a plain frame structure and had remained basically unchanged until the early 1960s. Indoor plumbing, central heat, and two multi-purpose rooms were added at that time. In the early 1970s the electrical system was updated, and the sacristy remodeled.

In November 1976, the beautiful structure that the congregation had worked so hard to improve and maintain was destroyed by fire. Even though the building had been destroyed, the zeal of the congregation was very much alive. They began immediately to locate worship space. A lease arrangement with St. Paul's and St. Mary's allowed an alternate hour of worship schedule at St. Mary's for the next three years. In 1980, the Diocese of Washington purchased the former social hall property from St. Michael's Catholic Church. This site then became St. Philip's Baden. The previous church location is maintained as the church cemetery.

The renovation of the newly acquired structure began immediately. Work was done while the building was in use to create a multi-purpose center, providing worship space that could be easily changed to accommodate such things as meetings, musical events, classes, or a church social.

In November of 1976, the church burned and under the direction of the Diocese, the insurance money was used to buy a former Roman Catholic Church (St. Michael's) on Baden Westwood Road. St. Philip's Episcopal Church, Baden Parish is located at 13801 Baden Westwood Road, Brandywine, Maryland 20613. Contact information is 301-888-1536. stphilipsbaden@yahoo.com. Information from St. Philip's website.

"HAPPY MOTHER'S DAY TO EVERYONE"

Around the County

SAO Event: Virtual Tea—May 9, 2020

Please join Prince George's County State's Attorney Aisha N. Braveboy and First Lady Rev. Peggy Maclin of The Sanctuary at Kingdom Square for a "Virtual Tea" Saturday, May, 9, 2020 from 10 a.m. to 12 p.m. The event will feature special guest speaker Senator Melony G. Griffith, District 25. There will also be a virtual hat, necklace and tea cup fashion showcase.

If you would like to attend this online event, RSVP at <https://tinyurl.com/saovirtualtea2020>.

For more information, send an email to tamichaelides@co.pg.md.us.

—State's Attorney's Office, Prince George's County

Farmers' Markets:

Riverdale Park Farmers Market

Farmers Market Dollar Program: Riverdale Park residents in need of assistance are eligible to receive weekly Farmers Market Dollar disbursements. Apply at http://www.riverdaleparkmd.info/how_do_i/apply_for_farmers_market_dollars_.php. Applications can be submitted via email at development@riverdaleparkmd.gov, by phone at 301-927-6381, or mailed to 5008 Queensbury Road, Riverdale Park, MD 20737.

Farmers Market Dollars will be sent to applicants by mail with an allotment for the entire month.

The market is held at Town Center, 4650 Queensbury Road and is open for use by the general public on Thursdays from 4-7pm.

Proof of Riverdale Park residency is required.

—www.riverdaleparkmd.gov

Bowie Farmers' Market Opens May 17 with Social Distancing Precautions in Place

A modified version of the Bowie Farmers' will open on Sunday, May 17 with special measures in place to impose social distancing and to protect vendors and customers from the spread of the coronavirus. The market will be held each Sunday through October from 8 a.m. to noon in the parking lot at Bowie High School. This year's market will be entirely drive-through. Look for the detailed plan and a list of participating vendors at www.cityofbowie.org/farmersmarket.

—Una Cooper, City of Bowie

Greenbelt's Virtual Recreation Center

Explore Greenbelt's Virtual Recreation Center—your one-stop shop for information about wide-ranging activities, online meet-ups, virtual events and field trips, distance learning opportunities and community-sponsored programs. New content is being added daily! www.greenbeltmd.gov

—City of Greenbelt, Greenbelt Arts Newsletter

Poets of Excellence Recognition: Selected Honorees

In observance of April as National Poetry Month, the Prince George's County Office of the Poet Laureate will recognize outstanding area poets who have demonstrated their commitment to the craft of poetry, have contributed to the ability of Prince George's County to engage residents in the craft of poetry, and/or have helped to ensure the excellence of the literary arts in Prince George's County through their work as poets.

Poets of Excellence are: Dr. Hiram Larew, Diane Wilbon Parks, Sylvia Dianne "Ladi Di" Beverly, and Andre "Brenardo" Taylor. Learn more about these poets at: www.pgahc.org/poets-of-excellence

Each poet has demonstrated a commitment to the craft of poetry and has, by the caliber of their literary activities, helped to ensure the excellence of the literary arts in Prince George's County. Further, their literary activities have enabled many Prince Georgians to become more fully engaged in poetry. We are honored to acknowledge their contribution to the literary arts and thank them for their leadership and service to Prince George's County.

Each Poet of Excellence will be recognized during a future National Arts and Humanities Month event sponsored by the PGAHC.

—Prince George's Arts & Humanities Council

Local Students Honored

Salisbury University Fall 2019 Graduating Class

SALISBURY, Md (April 30, 2020)—Some 23 Prince George's County students recently graduated from Salisbury University. They were among the 741 students who received 636 bachelor's degrees, 100 master's degrees and five doctoral degrees during a ceremony at the Wicomico Youth & Civic Center.

Bowie area residents include **Kinan Abouassali**, B.S., chemistry; **Sophia Lucian**, B.A., psychology, cum laude; **Ogechukwu Odinakachukwu**, B.A., psychology, B.S., biology; **Ann-Marie Proctor**, B.S., management, summa cum laude, University Honors; **Brian Smith**, B.S., biology; and **Niya Washington**, B.S., biology.

District Heights area residents include **Monique Jones**, B.S., exercise science; and **Aliyah Phillips**, B.S., accounting.

Hyattsville area residents include **Paola Argueta**, B.S., physics; and **Temika Carroll**, B.A., psychology.

Laurel area residents include **Mike-Ryan Mofor**, B.S., interdisciplinary studies; **Kevin Schembari**, B.S., information systems; and **Dorcas Solaru**, B.S., chemistry.

Upper Marlboro area residents include **Johnson Ogunyoye**, B.S., exercise science; **Mary Olla**, B.S.N.; **Chibuzor Onyemenem**, B.A., communication arts.

Other area residents include **Alexis Bell**, B.A., communication arts, of Accokeek; **Nyla Snowden**, B.A., communication arts, of College Park; **Abigail Baniqued**, B.S.N., of Fort Washington; **Jane Makori**, B.A.S.W., of Greenbelt; **Latony Davis**, B.A., communication arts, of Mitchellville; **Isaiah Neal**, B.A., French, of Suitland; and **Stephane Pokam Nana**, B.S., information systems, of Takoma Park.

At Salisbury University, some 8,700 students in 43 undergraduate, 15 graduate and two doctoral programs pursue liberal arts and professional degrees. Located on the Eastern Shore 30 miles from the Atlantic Ocean and 20 miles from the Chesapeake Bay, Salisbury is 2½ hours from Baltimore, Washington, D.C., Norfolk, VA, and Wilmington, DE. SU is ranked among the nation's best colleges in U.S. News & World Report and The Princeton Review.

—Maura Dullea, Salisbury University

CASA/Prince George's County—Summer 2020 Online Volunteer Information Session

Court Appointed Special Advocate (CASA) is a volunteer-based organization that partners with the juvenile court to positively impact the lives of abused and neglected children ages 0-21. CASA volunteers change a child's story as trusted advocates for the best interests of children and teens

in foster care. Learn more by attending our Online Info Session on **Thursday, May 28, 2020 from 6-7:30 p.m.** Email recruitment@pgcasa.org. For questions, visit pgcasa.org or email recruitment@pgcasa.org. To apply, visit <http://bit.ly/APPLYpgcasa>

**Take 10 minutes and
BE COUNTED!
Have YOU Completed the Census?
2020census.gov**

COMMUNITY

The American Counseling Association's
Counseling Corner

Is Today's Stress Affecting Your Sleep and Dreams?

The coronavirus health crisis that has so terribly affected this nation and the entire world is clearly a cause for heightened levels of stress and anxiety for all of us. One clear result of increased stress for many people is the negative impact it can have on our sleep patterns.

Stress is an emotional, physical or mental tension caused by something that's outside ourselves, something over which we usually have no control. Such stress can make it more difficult to fall asleep and to stay asleep, and can bring about more frequent, and often upsetting, dreams.

While researchers don't know exactly why we dream, there is ample evidence that when we're stressed, along with poorer quality sleep, there will often be not only more dreaming, but more dreams of a distressing nature.

If you find that your quality of sleep, or frequency of stress-related dreams is increasing, there are things you can do to combat the problem. The most obvious is to put a barrier between things that are stressing you and your actual bedtime.

For at least an hour before trying to sleep, commit to activities that you find relaxing and will help refocus your mind off whatever has you feeling anxious. You want to avoid doing things such as watching the news for the latest health crisis updates, or reading the paper about ongoing financial problems which can seem overwhelming. Instead, find something enjoyable to read, or pleasant music to listen to. You want to give your brain a chance to forget the things that have been worrying it and to give your body's sleep system a chance to kick in.

Whatever you can do to help relax yourself will make it easier to get good, restorative sleep. Experts recommend turning off those electronic devices well before going to bed. The light that cell phones, laptops and similar devices emit helps to keep us awake, not make us sleepy.

You might try other relaxation techniques, such as breathing exercises. Some experts recommend progressive muscle relaxation programs that have you focus on consciously relaxing various muscle groups one by one. There are numerous apps and online instruction programs that can guide you through helpful, calming exercises.

Adequate, sound sleep is vital to good health. Poor sleep and disturbing dreams can make stress much worse. Now is a good time to take action for more restful evenings.

Counseling Corner is provided by the American Counseling Association. Comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org.

Maryland Humanities Offers Coronavirus Relief Funding to Cultural Organizations Through New Grant Program

By SARAH WEISSMAN
Maryland Humanities

BALTIMORE, Md. (May 1, 2020)—Maryland Humanities announces the CARES (Coronavirus Aid, Relief, and Economic Security) Act Emergency Relief Grants, a new funding opportunity for Maryland nonprofits who offer humanities programming as a significant part of their mission. The goal of the \$500,000 grant fund is to ensure that organizations can continue to provide opportunities for Maryland's diverse communities to access and engage with public history, cultural heritage, and civic learning. Grants will support nonprofit general operating expenses, which include salaries, rent, utilities, supplies, and equipment. **Applications opened May 1 with a deadline of May 11 at 11:59 p.m.**

Eligible nonprofit organizations include: museums, historic sites, preservation and historical societies, and commu-

nity and cultural organizations with a significant humanities focus and an annual budget of up to \$300,000. All grant awards will be for the same amount, with a minimum of 50 and a maximum of 100 grants awarded; therefore, the minimum grant award is \$5,000 and the maximum is \$10,000. Maryland Humanities aims to fund organizations throughout all regions of Maryland.

These grants are funded by the National Endowment for the Humanities as part of the CARES Act economic stabilization plan appropriated by the U.S. Congress.

"Maryland Humanities is honored to help bolster the public humanities throughout Maryland in providing emergency relief funding to organizations that shape our cultural and educational landscape," says Aaron Heinsman, Acting Executive Director at Maryland Humanities. "Thank you to our elected officials in Congress and the National Endowment

for the Humanities for entrusting us with this urgent responsibility."

To apply or learn more about our CARES Grants, eligibility, and deadlines, visit www.mdhumanities.org/grants/cares-act-emergency-grants.

Maryland Humanities is a statewide nonprofit organization that creates and supports educational experiences in the humanities that inspire all Marylanders to embrace lifelong learning, exchange ideas openly, and enrich their communities. For more information, visit www.mdhumanities.org. Maryland Humanities is generously supported by the National Endowment for the Humanities; the State of Maryland; the Citizens of Baltimore County; private foundations such as the William G. Baker, Jr. Memorial Fund, creator of the Baker Artist Portfolios, www.BakerArtist.org; corporations; small businesses; and individual donors. Connect with Maryland Humanities on Facebook, Twitter, and Instagram.

Provide Food from A1

Padilla. "Additionally, we thank Governor Larry Hogan, who has led the way in thinking strategically and has championed our determined efforts to explore every opportunity that can help vulnerable Marylanders during this crisis."

Maryland households with children who have temporarily lost access to free or reduced-price school meals due to pandemic-related school closures will be eligible for Pandemic-EBT benefits. Because Maryland public schools were closed to students effective March 16, 2020, approved households will be able to obtain retroactive benefits as a result. March, April, and May benefits will be issued in June, and Pandemic-EBT benefits will continue to be issued for the duration that schools are closed due to COVID-19.

"While local school districts and agencies are distributing meals at over 600 emergency sites across the State, this additional P-EBT benefit will help sustain students and their families through

the COVID-19 pandemic crisis," said Dr. Karen B. Salmon, Ph.D., State Superintendent of Schools. "This federal-state-local partnership led by the Department of Human Services will dramatically help maximize the nutritional well-being of children in Maryland."

Maryland SNAP households qualifying for the Pandemic-EBT benefits will receive the additional benefits on their existing EBT card. Any SNAP recipients who have lost their EBT card may call the Maryland EBT Customer Call Center at 1-800-997-2222 to have a replacement card issued.

MSDE is working with DHS to identify the qualifying non-SNAP households and inform those families that they qualify for the Pandemic-EBT program. Additionally, DHS is mailing letters to these non-SNAP households along with a pre-populated form for the family to sign and return, confirming they would like to participate in the program.

See **PROVIDE FOOD** Page A7

STAY HOME

WHEN POSSIBLE

In Maryland, we are getting used to doing just that and only leaving for essential needs. By being at home you are helping shut the door on COVID-19. There's no welcome mat for this virus. Show that you care for your neighbors and community by simply staying home.

After all, there is no place like home, so stay there for the wellbeing of us all. **We're in this together.**



UNIVERSITY
of MARYLAND
MEDICAL
SYSTEM

Stay informed: umms.org/covid

COMMUNITY/ COMMENTARY

Suburban Propane & Papa John's Pizza Launch 1,000 Pizza Delivery for MedStar Health in MD and D.C.

By LISA DOUCET-ALBERT
for Suburban Propane Partners, L.P.

PROVIDENCE, R.I. (April 29, 2020)—Suburban Propane Partners, L.P. (NYSE:SPH), a nationwide distributor of propane, fuel oil and related products and services, as well as a marketer of natural gas and electricity, today announced a charitable giving arrangement with Papa John's Pizza to deliver 1,000 pizzas to frontline healthcare workers at MedStar Health hospital locations throughout the Washington D.C. and Maryland territories.

Starting on April 29, 2020, for the first 1,000 pizza orders placed with the promotional code GIVEPIZZA at one of 160 Papa John's locations in the D.C. Metro area and several territories in Maryland, Suburban

Propane will donate one large, one-topping pizza to be delivered to healthcare workers at MedStar Health hospitals throughout the area. To generate additional awareness of the program, the Baltimore Orioles will provide homepage takeovers and interstitials on Orioles.com, as well as a dedicated email blast to their fans.

"We are extremely proud to partner with Papa John's to honor and support frontline healthcare workers who are tirelessly working to save lives every day. As part of our SuburbanCares corporate initiative, we care about the safety and health of our employees, customers, and local communities. In these trying and uncertain times, it is especially important to come together in support of our great healthcare workers and first respon-

ders," said Nandini Sankara, Spokesperson for Suburban Propane.

"Papa John's is committed to our communities, especially the front-line workers helping to keep us safe and able to provide meals to those in need," said Colonel Bill Freitas, Papa John's co-op president. "We are proud to partner with Suburban Propane Partners, L.P. to provide pizzas to healthcare workers at MedStar Hospitals. We are grateful for your service and it is our privilege to serve you."

Applicable pizza orders can be placed on the Papa John's Pizza website at <https://www.papajohns.com/>. Additional information on Suburban Propane's nationwide COVID-19 relief efforts can be found at <https://www.suburbanpropane.com/>.

Anthony Brown
Maryland
Congressional District 4



Brown-Warren Introduce Legislation to Nationalize The Medical Supply Chain

The PRICE Act would stop bidding wars between states, federal government and hospitals

WASHINGTON (Congressman Anthony G. Brown (MD-04) and Senator Elizabeth Warren (D-MA), introduced the "Pandemic Response and Interstate Cost Equity Act of 2020" or "PRICE Act" to create a federal price-controlling program on critical COVID-19 equipment to ensure lower prices and guarantee supplies are directed to where they are needed most.

Due to purposeful inaction by the Trump administration, states, localities, hospitals and nonprofits are competing against each other, the federal government and other countries for medical supplies resulting in ever-increasing prices, orders being directed to those who can pay the most, and many areas not getting the vital resources they need to save lives. The bill would establish the federal government as the sole payer, vendor, owner and distributor of critical medical equipment during the COVID-19 pandemic and all future public health emergencies, and allocate those based on need.

Since the declaration of the COVID-19 national health emergency, the cost of essential medical equipment has steeply increased. A recent study by the Society for Healthcare Organization Procurement Professionals found the cost of N95 masks increased from \$0.38 to \$5.75 each (1,513% increase), vinyl exam gloves increased \$0.02 to \$0.06 (300% increase), isolation gowns increased \$0.25 to \$5.00 (2000% increase), and reusable face shields increased from \$0.50 to \$4.00 (900% increase). Additionally, the cost of infusion pumps doubled since the crisis began, while portable x-ray machines now cost 5 times more. This bidding war has led to a surge of price gouging complaints nationwide while the Administration has sent federal authorities to seize shipments of critical supplies from states, localities, and hospitals.

The Defense Production Act grants the Administration the necessary authorities to ensure a coordinated, national distribution of scarce resources. The threat COVID-19 poses requires immediate action for centralized purchasing to ensure states get the supplies they need including ventilators, PPE, testing supplies, swabs, pharmaceutical supplies for medical surge sites and mobile medical labs.

"Like many states around the country, Maryland faces shortages in critical supplies needed to care for the number of infected patients. Thus far, the Trump Administration has only delivered a fraction of requested resources," said Congressman Anthony Brown. "This virus isn't siloed away to one state or region, this is a nationwide problem. States should not have to compete against each other to save the lives of their residents. We are all Americans, and it's time we approach this challenge as one united country."

"The Trump Administration's response to this pandemic is a disaster of epic proportions. They are dragging their feet and burying their heads instead of using their power to make sure states have the critical resources they need. When states go out on their own, the federal government is outbidding them or outright seizing supplies," said Senator Warren. "We can't confront a national crisis with bidding wars and massive price increases—we need a national strategy. If President Trump won't do his job, Congress will do it for him."

Safely reopening state economies will require aggressively ramping up testing to ensure public health and worker safety. Currently, physical components of test kits, like nasal swabs, viral transport media and reagents remain scarce. Health care workers still lack critical PPE. And labs do not have the equipment needed to process the needed number of tests.

- The PRICE Act would require the Trump Administration to:
- Identify medical supplies and equipment whose market prices have increased by more than 15 percent.
 - Place an indefinite delivery, indefinite quantity contract with all domestic suppliers for scarce medical resources required to address the pandemic.
 - Require suppliers to prioritize federal contracts.
 - Establish a national distribution plan to allocate resources fairly and according to need.
 - Provide Congress biweekly updates on the status of the contracts and the allocation of the resources
 - Re-establish the Joint Committee on Defense Production.

Maryland Tourism Commemorates 37th Annual National Travel and Tourism Week

Tourism Industry to Celebrate the Unbreakable "Spirit of Travel"

By PRESS OFFICERS
Maryland Office of Tourism

BALTIMORE, Md. (April 30, 2020)—As Maryland and the country continue to address the challenges brought by the COVID-19 pandemic, the Maryland Department of Commerce's Office of Tourism will encourage Marylanders and visitors to show their "Spirit of Travel" during the 37th annual National Travel and Tourism Week (NTTW) May 3-9, 2020.

Hosted by the U.S. Travel Association, this year's NTTW theme aims to highlight the resilience of the nation's tourism industry and the role it will play in the economic and employment recovery. Residents and visitors are being asked to share their Maryland travel experiences on social media, support local restaurants by purchasing gift cards or take-out, and looking ahead to plan their vacation in Maryland once it is safe to travel. A full list of suggested activities is below.

"In these unprecedented times when we are unable to travel, this is a great way for Marylanders and visitors alike to show their support for our tourism industry and highlight some of their favorite Maryland vacation memories," said Governor Larry Hogan. "We have an incredibly strong and vibrant tourism industry, and when it is once again safe to travel, we look forward to welcoming visitors safely and providing the outstanding travel experience they have come to know in Maryland."

"While this is an incredibly challenging

time for the travel community, National Travel and Tourism Week is the ideal moment to tout our industry's incredible spirit and look ahead together to the return of normalcy in this country," said Roger Dow, U.S. Travel Association president and CEO. "It's more important than ever that we remind our communities, our policymakers, and even ourselves about travel's enormous contributions to the health of our economy and to the American way of life."

"Tourism has always been a bright spot in the state's economy, and while this year's National Travel and Tourism Week may be different than previous years, the pride in Maryland and the jobs tourism professionals hold dear remains the same," said Maryland Commerce Secretary Kelly M. Schulz. "We are working closely with our tourism professionals across the state to address the challenges they are facing and develop a plan to move the industry forward when we are able to reopen businesses."

Here are six ways you can show your Spirit of Travel:

- Use the hashtag #SpiritofTravel and #MDinFocus** to send us videos, photos, links, and your own words celebrating your favorite Maryland destinations and how you plan to experience them when the time comes.
- Let your Maryland Flag fly** with your favorite Free State background for video conferences and virtual get-togethers. Follow this link to download Old Line State backdrops that feed your Spirit of Travel.

- Have fun at home** on our Maryland Fun for Everyone page with mad libs, BINGO, an at-home scavenger hunt, statue challenge and more! Make sure to share your hilarious results on social media with the hashtag #MDinFocus.

- Act now for future fun** by purchasing gift certificates or making reservations with your favorite tour companies and attractions, or treat yourself to takeout tonight and support a local restaurant.

- The immediate calendar may be clear but look ahead and **plan your ideal Maryland vacation** at visitmaryland.org which has a variety of inspirational videos and suggested itineraries. It's never too soon to start dreaming of that next, fantastic Maryland travel experience.

- Join us on Maryland Tourism's social channels** (Facebook, Twitter, Instagram and YouTube) for trip ideas, inspirational #MDinFocus images, fun topics, and the continued commemoration of Maryland's Year of the Woman on #WomanWednesday.

The Maryland Office of Tourism is an agency within the Maryland Department of Commerce. Visitors to the state spent \$18.1 billion on travel-related expenses in 2018. The Maryland tourism industry also generated \$2.5 billion in state and local taxes essentially saving Maryland households \$1,140 in annual taxes. The industry provided Marylanders with 150,000 jobs. For more information, go to www.visitmaryland.org

Marion Wright Edelman
President Emerita,
Children's Defense Fund



ChildWatch:

"Is This Ever Going to End?"

Recently actor Will Smith conducted a video interview with Dr. Anthony Fauci, our nation's leading expert on the White House Coronavirus Task Force and director of the National Institute of Allergy and Infectious Diseases, in which Dr. Fauci answered several questions from children and teenagers. Dr. Fauci explained what COVID-19 stands for, what coronaviruses are, and what makes this one different and dangerous. He answered 7-year-old Ava's questions about whether the tooth fairy can still visit (yes!) and whether the tooth fairy could catch the virus from people (no!). Another girl asked if she and her brother can still go outside for walks (yes, but stay six feet away from other people). Eventually 16-year-old Jaelynn asked a question many of us have: "Is this ever going to end, or is this something we're going to have to be doing for a good portion of our lives?"

Dr. Fauci told Jaelynn: "I have confidence that this is going to end." He continued: "I don't think it's going to go away completely...but we are working on a vaccine, and I believe that when we have enough baseline immunity in the community that this is something you're not going to have to worry about for the rest of your life. It's tough now, and it may be tough for another year, but this something that will go away. I promise you."

Will Smith called Dr. Fauci our defender and protector and said, "He is the truth." Dr. Fauci has indeed been our Rock of Gibraltar and truth for many years. He is a great hero holding us all together in this crisis and has long been deeply concerned about children's health and health disparities that leave so many people of color at disproportionate risk of serious illness, which he called "one of the failings of

our society," saying, "Any silver lining in this when it's all over is to focus a bright shining light on what disparities of health mean." We are all seeing in real time how this deadly pandemic is putting a harsh spotlight not just on health disparities but on our nation's economic, social, and racial inequities. As the public health emergency has also become an economic catastrophe the glaring divides are growing.

A new report by the Center on Poverty and Social Policy at Columbia University, Forecasting Poverty Rates During the COVID-19 Crisis, shows that poverty rates in the United States could reach their highest levels in 50 years due to COVID-19, and if unemployment rates continue to skyrocket an extra 21 million people could live in poverty this year alone. Not surprisingly, the report found these increases would be worst for people of

color and children: "Black individuals face an increase of 12.6 percentage points, Hispanics face an increase of 9.4 percentage points, and Asians face a 5.8 percentage-point increase in poverty rates." Children could see their poverty rates rise 53 percent. Anyone who has already seen the long lines for food pantries and grocery store donations in their own communities understands that for many families the moment of crisis is already here. We can't afford to let the bottom keep falling in the weeks and months ahead.

As Senate and House leaders look ahead to whether and when they will provide more real help, the Children's Defense Fund and all of us must continue to insist that now is not the time for Congress to be modest in its investment in critical services. Much more is needed for children and families during and beyond this crisis. If ever there was a clear case study for why our nation cannot wait another moment to end preventable poverty and inequality it is this current pandemic revealing the consequences of our nation's continued failure to fully invest in our children and most vulnerable. Congress must embrace this opportunity to change course and finally ensure all children and families can survive and thrive.

Subscribe to **The Prince George's Post** | Call (301) 627-0900 Today!

The Prince George's Post

The Prince George's Post
P.O. Box 1001 15207 Marlboro Pike
Upper Marlboro, MD 20772-3151
Phone: 301-627-0900 • Legal Fax: 301-627-6260
Email: pgpost@gmail.com
Contents © 2020, The Prince George's Post

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

Prince George's County, Md. Member National Newspaper Publishers Association, and the Maryland, Delaware, District of Columbia Press Association. The Prince George's Post (ISSN 10532226) is published every Thursday by the New Prince George's Post Inc., 15207 Marlboro Pike, Upper Marlboro, Md. 20772-3151. Subscription rate: 25 cents per single copy; \$15 per year; \$7.50 senior citizens and students; out of county add \$1; out of state add \$2. Periodical postage paid at Southern Md. 20790. Postmaster, send address changes to Prince George's Post, P.O. Box 1001, Upper Marlboro, Md. 20772-3151.

BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Can my Husband Get a Spouse Benefit From Me?

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

Dear Rusty: I'm wondering if my husband can submit a "restricted application for spousal benefits only." He is 76 years old, has been receiving his benefit since 2005. His present benefit is \$263.50. I am 74 years old, receiving my benefit since 2007. My present benefit is \$931. Am I to understand that he could be receiving half of my amount rather than his smaller amount? **Signed: Inquiring Wife**

Dear Inquiring Wife: Your husband isn't eligible to file a "restricted application for spousal benefits only" because he is already collecting his own Social Security benefits and because he is past 70 years of age. But he should probably be receiving a spousal benefit from you because his benefit is so much lower than yours. From what you've written, you both claimed your Social Security benefits when you were 62 years of age. That means you both took a 25% cut in benefits from what you would have gotten at your full retirement age (FRA) of 66.

Spousal benefits are based upon FRA benefit amounts, even if you claimed benefits earlier. So, since your FRA benefit amount would have been about \$1164 and your husband's FRA benefit would have been about \$330, by my calculations he should now be receiving a spousal benefit of about \$516 instead of his benefit of \$263.50. The computation for that is: Take half of your FRA benefit amount (\$582) minus your husband's FRA benefit amount (\$330); the difference (\$252) is added to his own current benefit (\$264) to get \$516 as his possible spousal benefit (note the actual numbers from SS may vary somewhat). This probably means that when you claimed your benefit two years after your husband claimed his, your husband didn't apply for his spousal benefit (and it wasn't awarded automatically by SS).

I suggest your husband contact Social Security as soon as possible and make an appointment to apply for his spousal benefits. Since he has been entitled to that benefit for some time now, he can also request 6 months of retroactive spousal benefits which they will pay in a lump-sum and adjust his monthly benefit to what he is entitled to as your spouse. There is also a possibility that, when you filed, SS failed to notify your husband he was eligible for a spouse benefit, in which case he may be able to collect his spouse benefit back to the date he became eligible. Your husband should contact Social Security directly at either 1-800-772-1213, or at your local office (find it at www.ssa.gov/locator) to make an appointment to apply for his spousal benefit from you. And, usually, this application can be accomplished over the phone.

Please note that all of the above assumes that your husband's current benefit isn't being reduced due to a non-covered pension which causes the Windfall Elimination Provision (WEP) to lower his benefit amount, and which would cause the Government Pension Offset (GPO) to severely alter, or even eliminate, his spousal benefit.

The 2.1 million member Association of Mature American Citizens [AMAC] www.amac.us is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country. And the AMAC Foundation (www.AmacFoundation.org) is the Association's non-profit organization, dedicated to supporting and educating America's Seniors. Together, we act and speak on the Association members' behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at www.amac.us/join-amac.

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

Upcoming Event

Are You an Innovator?

PGCC Startup Cup

Date and Time: Monday, June 1, 2020, 6 p.m.—Thursday, July 23, 2020, 9 p.m.
Cost: Free, register at Eventbrite
Location: Prince George's Community College, 301 Largo Road, Upper Marlboro, MD 20774

Now Accepting Applications for Summer 2020

The PGCC StartUp Cup is a Prince George's County-wide pitch competition that identifies emerging local entrepreneurs with solid business ideas and connects them to the resources needed to start their business. The StartUp Cup expands on the

objectives of the Pitch Gladiator Competition and creates opportunities for entrepreneurial minded individuals to develop their business ideas and start companies in Prince George's County. The Innovation Hub at Prince George's Community College (INNOHUB) will support the entrepreneurs throughout the process.

The PGCC StartUp Cup will serve a broad spectrum of innovators that are part of the Prince George's Community College ecosystem. Participants can be students, faculty, and local Prince George's County residents that have a great idea for a business.

Entrepreneurs selected to participate will complete pitch and plan preparation sessions. Upon successful completion, participants will produce the following:

- Completed Business Model Canvas
- Three (3) Year Financial Forecast
- Three (3) minute Pitch

Pitch & Plan Prep Sessions (Online)

6/1-7/23 | M/W | 6-9 p.m.
Cost: Free to participants (Sponsored by Capital One)

Pitch Competition

Friday, September 18, 2020 | 4-7 p.m.
Prince George's Community College, 301 Largo Road, Center for Performing Arts (CPA), Upper Marlboro, MD 20774
All participants are eligible to pitch in the StartUp Cup Pitch Competition. Winners of the competition will receive funding and coaching to launch their business and take their business idea to market.

Business Accelerator/Coaching Program

Length: Eight (8) weeks
Date & Time: TBD
To learn how the PGCC StartUp Cup can help you start your business. Join us for an information session.

Maryland Congressional Delegation Announces More Than \$9 Million in COVID-19 Housing Relief

By SUE WALITSKY / TIM ZINK
Senator Ben Cardin's Office

WASHINGTON (April 30, 2020)—The full Maryland Congressional Delegation including U.S. Senators Ben Cardin and Chris Van Hollen and Congressmen Steny H. Hoyer, Dutch Ruppersberger, John P. Sarbanes, Andy Harris, M.D., Anthony G. Brown, Jamie B. Raskin and David Trone, today announced \$9,043,232 in COVID-19 relief for tenant-based housing voucher recipients in Maryland through the U.S. Department of Housing and Urban Development (HUD).

Funding comes from the Coronavirus Aid, Relief, and Economic Security Act (CARES) Act, which provided \$1.25 bil-

lion nationwide for Tenant-Based Rental Assistance to support the Housing Choice Voucher program, including:

- \$400 million for increased subsidy costs, which are paid directly to landlords; and
- \$850 million for administrative and other expenses incurred by public housing authorities (PHAs), including activities to support or maintain the health and safety of assisted individuals and families, and costs related to retention and support of participating owners.

"The COVID-19 pandemic has created significant financial hardships for Americans—especially those in our most vulnerable communities," the delegation said. "These new federal funds will help low-income Marylanders keep a roof over their

heads at a time when they may be facing job losses and reduced income. Our delegation will continue to work together to ensure that federal assistance makes its way to the people who need it most."

Tenant-based vouchers increase affordable housing choices for low-income families, allowing them to choose and lease safe, decent, and affordable rental housing. See www.hud.gov/program_offices/public_indian_housing/programs/hcv/tenant for more information about tenant-based vouchers.

In addition to supporting local public housing authorities, this new federal funding will also go to the Maryland Department of Housing and Community Development (DHCD). Awards in Prince George's County are:

Housing Authority of Prince Georges County, \$1,218,376, Largo
MD Dept. Of Housing and Community Development, \$495,298, Lanham

Learning at Home: Five Tips for Teaching Children Financial Literacy

(StatePoint) If you have school-age children, you are probably one of the many parents facing the challenge of educating your kids at home. While there are countless learning options available—from virtual music classes to videos about zoo animals—financial literacy is one important subject that should not be overlooked.

Teaching your children financial literacy gives them the knowledge, skills and motivation to responsibly manage their money and achieve their future goals. Learning fundamental financial concepts is not always easy, so experts recommend that you start with the basics. Here are a few ideas to get you started:

- **Explain that there are three things you can do with money: spend it, save it or give it away.** To illustrate the point and introduce them to budgeting, have your child divide up money they receive from gifts or an allowance. Have them pay themselves first by putting a certain amount into savings. Then teach them the importance of giving by having them donate a portion of their funds to a charity of their choosing. Allow them to spend the rest.

- **Help them distinguish between needs and wants.** With older children, you can do this by giving them shopping practice. You could give them a list of things they need, like new clothes, and a budget to shop for these items online. They will have to decide how best to use their limited resources. Should they buy the designer jeans they really want or a lower-priced option that lets them get everything on their list? With younger children, you might instead have them compare the costs of preparing meals at home (food being a need) to ordering from a restaurant (a want).

- **Give them firsthand experience with saving money.** Many banks let you open savings accounts online. Set one up in your child's name and have them monitor it. By the time they become

teenagers, the benefit of saving regularly will be apparent because they will have some money to spend on clothes, food and experiences with friends—and still save for college.

- **Involve them in creating a financial mission statement for your family.** Ask them what they think is important: Is it planning for a future vacation, saving for college or other goals? Having an open conversation with your children encourages them to think about the meaning of money, the challenge of earning it and the importance of saving for what they truly value.

- **Underscore the importance of giving.** Explaining to children that other people have less than they do and teaching them to give and volunteer helps develop financial discipline as well as empathy toward others. This will help them stay focused on what is truly important, which can have a profound impact on their finances and every other aspect of their lives.

For more tips like these, visit letsmakeaplan.org. Your Certified Financial Planner professional can also suggest educational resources for teaching your children financial literacy.

To make the most of your time with your children while they are at home, reinforce the practical life skill of good money management.



PHOTO SOURCE: © HELENAAK / ISTOCK VIA GETTY IMAGES PLUS

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

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

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

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

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

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

How do I get my Economic Impact Payment?

Find out today using our interactive tool
www.taxpayeradvocate.irs.gov/eiptool

TAXPAYER ADVOCATE SERVICE

HEALTH AND WELLNESS

MinuteClinic Expands Options to Help Patients Access Routine Care During COVID-19 Pandemic

New MinuteClinic E-Clinic visit option enables patients to connect via video conferencing with a local provider

By BRENT BURKHARDT
for CVS Health

WOONSOCKET, R.I. (April 29, 2020)—As the nation continues to navigate the COVID-19 pandemic, CVS Health (NYSE: CVS) today announced that MinuteClinic, the company's retail medical clinic, is now offering expanded telehealth options to help patients access safe, affordable and convenient non-emergency care.

In addition to traditional in-clinic patient visits, patients are now able to select a virtual E-Clinic visit with a local MinuteClinic provider for a wide variety of routine health care needs. This new telehealth option is available in Washington, D.C. and the 33 states where MinuteClinic currently operates, and is contracted

with most health insurance plans.

"We are in the midst of an unprecedented time in our country's history, and we recognize that patients now need different ways to access care for their acute and chronic health care needs," said Sharon Vitti, President of MinuteClinic. "Our new E-Clinic visits offer patients access to our qualified care providers for the care they need, in a format that enables them to follow important shelter-in-place and social distancing guidelines."

MinuteClinic providers are available to evaluate, diagnose and treat common injuries, illnesses and skin conditions, and help manage chronic conditions, either in person or using E-Clinic. The new E-Clinic visit capability offers patients the opportunity to connect virtually with a local

MinuteClinic provider via video conferencing on their personal mobile device or computer, between 9 a.m. and 5 p.m. local time. To connect with a MinuteClinic provider, patients can visit MinuteClinic.com and request an E-Clinic visit.

MinuteClinic providers continue to see patients in-clinic by appointment and are taking temporary, appropriate actions to help support efforts to reduce the spread of COVID-19 in our communities. For instance, MinuteClinic is no longer accepting walk-in patients and all patients will be pre-screened outside of the clinic to determine if it is the right site of care for their symptoms. To make an in-clinic appointment, patients can visit MinuteClinic.com or use the CVS Pharmacy app.

How to Manage Stress Through Music

(StatePoint) With routines upturned and health concerns top of mind, many people are feeling an extra amount of stress these days, too much of which can be bad for one's mental and physical health.

However, music has many mood-boosting, stress-relieving benefits. Here are four ways to incorporate more of it into your life without even leaving the house:

- Too much time spent scrolling through social media can induce anxious feelings. Allow music to provide a healthy distraction from digital devices. Carve out a block of time each day to practice your instrument.

- Get a fun, easy and most importantly, stress-free introduction to music-making with the right tools. By connecting a Casio keyboard with lighted keys to the Chordana Play App or using the app's keyboard, beginners can gain a better understanding of music study. The app displays the music score and piano roll notation for built-in songs and MIDI files, allowing you to select which tracks to play with your left and right hands. With the ability to slow the tempo and transpose to a key that's easier to play, you can practice at your own pace. Plus, a scoring system lets track your progress.

- Social distancing doesn't have to be antisocial. Connect with fellow musicians from the comfort



and safety at home by hosting a virtual jam session for the added stress-relieving benefits of socializing with friends, old and new.

- Expressing yourself creatively is one of the best tools for kicking stress to the curb, and making music in no exception. Once you feel comfortable with the basics, you may feel empowered to write your own melodies or even develop them fully into songs.

In these unusual times, music can benefit your mood and mental health by serving as a valuable creative outlet, a means for practicing mindfulness and a great way to connect with others.

Help Build a Better World by Celebrating American Humane's "Be Kind to Animals Week"

Take four simple actions to make a more humane world for animals

By MARK STUBIS
American Humane

WASHINGTON (April 28, 2020)—Building a better world for all of us begins with a few simple actions. American Humane, the country's first national humane organization, today is challenging people to commit to protecting and improving the lives of millions of animals during this year's "Be Kind to Animals Week," which takes place May 3–9. Be Kind to Animals Week® is the oldest commemorative week in U.S. history, and the nation's longest-running humane education campaign.

American Humane is asking animal advocates to pledge to do four simple things to better the lives of animals: buy humanely raised foods with the American Humane Certified™ seal to support farm animals; adopt one of the more than 6 million animals abandoned to animal shelters each year; watch movies and shows that contain the No Animals Were Harmed® end credit supporting the 100,000 animal actors who entertain and educate us in film and television each year; and, visit American Humane Certified™ zoos, aquariums and conservation centers caring for the many endangered and disappearing species of the world. American Humane will share humane mes-

sages throughout the week and encourage people to commit to kindness by sharing Be Kind to Animals Week® content using the hashtag #BeKindToAnimalsWeek across social media platforms.

"During the COVID-19 pandemic, when false rumors about animals being able to transmit the virus (they cannot) may frighten some into abandoning their pets, the need for understanding and compassion has never been greater," said Robin Ganzert, Ph.D., president and CEO of American Humane. "I hope every American will join us in celebrat-



ing 'Be Kind to Animals Week' and making a difference for all the creatures of the Earth—not just during these several days, but all year round."

These include the following:

- **Always treat your pets with love and affection,** make sure they are always in safe environments and have plenty of fresh water and exercise daily.
- **Spay or neuter your pets and**

encourage others to do the same.

- **Keep your pets current on vaccinations** and make sure they are wearing up-to-date identification tags and are microchipped.

- **Report any suspected animal abuse or neglect** to local authorities.

- **Teach your children that all animals are important** and show them how to be kind and respectful to animals both in the home and to those they encounter in parks, zoos or in their neighborhood.

- **Appreciate wildlife.** Plant flowers in your yard that will attract butterflies or hummingbirds. Drive safely through areas populated by wild animals such as deer.

As families continue to quarantine, parents and children alike will also appreciate American Humane's new "Humane Heroes Story Time," with free videos online in which CEO Dr. Robin Ganzert reads tales of animal rescue, rehabilitation and conservation, teaching kids to enjoy reading AND appreciate animals. The stories can be found at <http://www.americanhumane.org/storytime/>.

For more ideas, and to show us how you are being kind to animals, follow American Humane on Facebook, Twitter, and Instagram.

Eight Tips For Older Adults Isolating at Home or in Assisted Living Facilities

Local non-profit offers no-cost, virtual bereavement and support groups

By ANDREW SILVA
Capital Caring Health

FALLS CHURCH, Va. (April 30, 2020)—For many seniors, being home alone during the COVID-19 pandemic means being lonely, with stay-at-home requirements now entering their second month in the Washington, D.C./Maryland/Virginia area.

Nearly 30 percent of all Americans already live alone, and even before social distancing was suggested by state and local officials, 43 percent of those 60 and over reported feeling lonely, according to an AARP-funded report. To help older adults stay as socially connected as possible during the COVID-19 pandemic, Capital Caring Health, a local non-profit, offers a wide range of ideas and services.

"Together, as a community, and with help from organizations like ours, there are ways to remain safe, calm, and socially connected during this public health crisis," said Marcie Fairbanks, Director of Family Services at Capital Caring Health.

Capital Caring Health offers the following eight tips for improving the "home alone" experience:

- **Stay connected.** Try to spend at least 15 minutes of your day connecting with someone, whether it is a family member, friend, or neighbor via telephone, text, or email, especially if you are a senior living alone.
- **Eat a healthy diet.** A balanced diet including fruit and vegetables can help maintain your health, energy, and outlook. Make sure family and friends know if you need help with grocery shopping or healthy meal preparation. Or consider a meal delivery service.
- **Get your ZZZs.** While worry about COVID-19 and other concerns may keep you awake, you'll improve your chance of quality sleep by not eating or drinking caffeine or alcohol too close to bedtime. Make sure your bedroom is dark and place your phone out of reach.
- **Exercise and get some fresh air.** Exercising can help reduce stress and improve your mood. De-

pending on your ability, try seated exercise or yoga, or take a walk or bike ride—while maintaining physical distancing. Research shows that spending time outdoors and getting some sun are closely linked with happiness.

- **Be mindful.** A mind-body practice such as deep breathing, yoga or meditation can help you regain a sense of calm. For example, UCLA's Mindfulness Awareness Research Center offers pre-recorded Guided Meditation audio sessions.

- **Seek the medical care and help you need.** Don't let fear of COVID-19 keep you from getting regular medical care. Capital Caring Health can typically ensure you get necessary medical care and social support services without leaving your home through such programs as Primary Care at Home, Stay-at-Home Services, advanced illness/palliative and hospice care.

- **Don't grieve alone.** Those grieving the loss of a loved one may be especially affected by COVID-19 if they are unable to say good-bye in person or attend a memorial with others. Capital Caring Health counseling services and grief support are available by phone or video conferencing, at no cost, for anyone who needs them. www.capitalcaring.org/get-help/our-services/grief-support/.
- **Remember: We're all in this together.** You may be alone in your house and unable to connect in your usual ways, but millions of people are sharing the same experience. As a community, and with help from community-based Capital Caring Health, there are ways to remain safe, engaged and calm.

Call the Capital Caring Health 24-Hour Care Line at 800-869-2136 or visit capitalcaring.org for more information.

Capital Caring Health is the largest non-profit provider of elder health, advanced illness, hospice, and at-home care services for the Maryland, Virginia, and Washington, D.C. area. We provide quality care where people live, supporting dignified, independent aging. Visit capitalcaring.org.

Researcher Addresses Concerns About Poor Air Quality Exposure in Black Communities in DC and Beyond, Offers Solutions to Improving it at Home

By IMANI POPE-JOHN
Howard University

WASHINGTON (April 27, 2020)—Howard University Professor of Chemistry and Atmospheric Science, Vernon Morris, Ph.D., has concerns about the poor air quality African Americans have been disproportionately exposed to, making them especially vulnerable to the worst effects of COVID-19. Among other neurological and cardiopulmonary ailments, poor air quality can lead to respiratory problems and make people more vulnerable to the impacts of COVID-19. Additionally, Morris states the coronavirus pandemic will be exacerbated by the effects of natural disasters, such as seasonal tornadoes, hurricanes and wildfires, which may push emergency response systems well beyond their already strained capacities.

"These communities often share the toxic trifecta: chronic exposure to some of the worst air quality in their regions and/or other environmental threats, a disproportionate incidence of negative health preconditions such as diabetes, obesity, heart disease, and respiratory disease, and less access to situationally-responsive health care resources," says Morris, who is also the director of the NOAA Center for Atmospheric Science and Meteorology.

Morris made the following observations:

- Chronic exposure to poor air quality leads to irreversible developmental effects in humans ranging from increased susceptibility to brain degenerative diseases to decreased lung capacity. All of these conditions make individuals more susceptible to the ravages of COVID-19.
- There is a likelihood of additional strain on hospital systems from simultaneous seasonal natural disasters and the coronavirus pandemic. In particular, natural disasters that can cause changes in regulation and emissions of hazardous air pollutant emissions, chemical leaks and spills

that are dangerous for human health on their own, but now may be combined with a global health pandemic.

- There is need for more research to better understand not just how far COVID-19 may travel through the air, but also how long the virus remains viable as an airborne species and on surfaces with the ability to cause disease.

- The current tornado season has required changes to the standard protective responses of this natural hazard to avoid exacerbating the spread of COVID-19. However, if these essential changes are not efficiently communicated to the most vulnerable, then their risk levels will continue to increase.

- The looming western wildfire season could lead to mass evacuations and displacement of people from their home. This conflicts directly with the need to shelter in place and physically distance from other people during the coronavirus pandemic.

"The hurricane and flash flooding seasons in some regions can disrupt critical systems by themselves," says Morris. "But in a scenario as we find ourselves now, with healthcare systems overtaxed in many areas, the burden on hospitals and their staff may be pushed into an unmanageable disaster."

Morris is the founding director of the Howard University Atmospheric Science Ph.D. Program. His research largely focuses on humans and ecosystems (geohealth), the chemistry of the air we breathe (air quality), and the physics of the atmosphere (weather and climate). One branch of his research includes studies taken in Washington, D.C., Addis Ababa and Gondar, Ethiopia, Bamako, Mali, Manila, Philippines, and San Juan, Puerto Rico that look at the disproportionate impacts of air pollution on populations of color.

The World Health Organization cites that nearly 10 million premature deaths occur each year due to air pollution.

"That's more people dying of air pollution than the sum total of deaths due to car accidents, AIDS and smoking annually," says Morris. "Air chemistry and human health are inextricably intertwined."

Next, he will research the impact of clean air scenarios, noting that the atmosphere has seen consistent decreases in pollution since March.

Toxic Air Exposure Exacerbates Health Disparities (DC and Internationally)

Before the pandemic hit, Morris's research group published work that predicts changing life expectancies of Washington, D.C. residents according to toxic air exposures in their ward of residence. "The results showed a clear racial dimension of the impacts of air pollution, with the largest decreases in life expectancies predicted in the wards with the largest African American populations," says Morris.

Morris' research group discovered during their air pollution research in Washington, DC, that the chronic exposure to air pollution in the District led to a lung cancer risk for African Americans that was 5–7 times greater than for whites, and it increased in the summers.

He further acknowledges the death toll rise in the United States, pointing out that, "several recent reports have begun to highlight what a number of informed geoscientists suspected would be the case; that COVID-19 mortality would disproportionately affect the poor and especially communities of color."

"In particular, COVID-19 has been shown to be more virulent in patients who have existing respiratory or cardiovascular ailments or depressed immune systems. Unfortunately, this broad category includes many in the African American, Latinx, and Native American communities because of the segregation of resources, housing, and their work

