

# The Prince George's Post



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## Prince George's Community College Nursing Student Overcomes Pandemic Challenges at School, Work, and as a Volunteer

By SONJI JOYNER

Prince George's Community College

LARGO, Md. (May 26, 2020)—As someone who is juggling nursing school with a full-time job and volunteer work, Donella Reid has experienced COVID-19 related changes and challenges in every one of these endeavors. She attends nursing school at Prince George's Community College, works as an outpatient surgery technician at a center in Maryland, and answers calls to the Prince George's County Community Crisis Services, Inc. suicide hotline during the busiest hours from midnight to 3 a.m.

Reid's nursing courses at Prince George's Community College transitioned from classroom activities to online studies when the College came back from an extra week of spring break on March 30. During that same time, her hours began to change at the surgery center where she works when patients started to postpone surgeries, procedures, and diagnostic tests due to fears about the coronavirus pandemic. And in recent weeks, Reid notes that most of the suicide hotline calls that she has taken are from people who are struggling to cope with the isolation associated with the coronavirus mitigation efforts.

New protocols put in place at the surgery center

where Donella Reid works are designed to protect patients and staff from COVID-19. According to Reid, when the staff arrives at work, they immediately use hand sanitizer, change their face masks, change into sterile scrubs, and have their temperatures taken. Extra cleaning and disinfecting of doorknobs and surfaces are done throughout each day, and patient appointments are staggered so that people don't arrive at the same time. All patients are vetted for COVID-19 by having to pass a questionnaire before they arrive, and when they do get to the center they are escorted directly to their bay, bypassing the waiting room. Anyone who accompanies a patient must wait in their car

until a phone call notifies them that the patient is ready to be discharged, and then the patient is escorted to the car for the drive home.

According to Reid, the hardest part of her job at the surgery center is wearing a face mask throughout the day. "N-95 masks are heavy, and they make it difficult to breathe." She also notes that "wearing masks all day has reduced communication among staff because the masks make it harder for us to hear each other. We only talk about what's essential and work-related."

See CHALLENGES Page A2

## Ebenezer AME Church Shows Appreciation to Veterans During Pandemic

Article and photos by Linda Poulson

A long line of cars patiently waited Sunday morning on May 24 at Ebenezer AME Church, located at 7707 Allentown Road in Fort Washington, MD, to receive a \$50 gift card to buy groceries.

Prince George's County police stood guard to make sure all ran smoothly before procedure took place.

Senior Pastor Rev. Dr. Grainger Browning Jr. and wife Co-Pastor Rev. Dr. Jo Ann Browning were responsible for making the Memorial Day event happen.

"We wanted to have a special celebration for the veterans," said the senior pastor. "My grandfather was a WWI hero, and because of that I grew up with Memorial Day and Veterans Day being very, very special.

Especially with this pandemic, the veterans will know we appreciate their service...due to this being a hot spot, we wanted to make sure they get gift cards."

"Our veterans have served our country well, and so we did not want because of this coronavirus pandemic to pass them by," said Mrs. Browning. "We wanted to do something to celebrate their sacrifice for us so we may have freedom. This is a special occasion that we wanted to do for them."

Hundreds of cars finally began to roll at 10 a.m. Church members were placed at designated spots to give out gift cards. Veterans were required to show identification to receive the cards. The well-organized plan worked well.

Card givers shouted praises of "Happy Memorial Day", "God Bless You", "Thank You for Being a Veteran," and "Thank You for Your Service"; their masked faces and gloved hands waving at cars with enthusiasm as the vehicles kept coming.

According to church administrator Kenneth Brown, the goal was to give away gift cards to 600 cars.



ABOVE: Co-Pastor Jo Ann Browning with husband Senior Pastor Grainger Browning.

BELOW: Memorial Day sign with American flags surrounding round garden.

BELOW LEFT: Church members providing gift cards to veterans.



## Latest COVID-19 Testing Sites Open Around the County

Find further information by visiting [coronavirus.maryland.gov](https://coronavirus.maryland.gov) and clicking on the "Testing" tab. Locate testing sites on the interactive map and learn how to schedule a test.

### Six Flags America

Governor Larry Hogan announced a new free testing site at Six Flags America (13710 Central Avenue, Upper Marlboro, MD 20721) as of Friday, May 29.

Any Maryland resident who suspects that he or she may have been exposed to COVID-19 may receive a test at Six Flags America in Upper Marlboro, and no doctor's order or appointment is required. Tests will be provided by the Maryland Department of Health (MDH) to patients at no out-of-pocket cost.

### Clinton VEIP Station

The state also began offering testing at the converted Vehicle Emissions Inspection Program (VEIP) station in Clinton (Clinton VEIP, 7213 Old Alexandria Ferry Road, Clinton, MD 20735) on Thursday, May 28. (The Clinton VEIP site will use a traditional, appointment-only model.)

### Additional CVS Pharmacy Sites

CVS Pharmacy, 5910 Greenbelt Road, Greenbelt, MD 20770

CVS Pharmacy, 5621 Sargent Road, Hyattsville, MD 20782

Self-swab tests will be available to individuals meeting Centers for Disease Control and Prevention criteria, in addition to state and age guidelines. Patients must register in advance at [CVS.com](https://CVS.com) beginning Friday, May 29 to schedule an appointment. Patients will be required to stay in their cars and will be directed to the pharmacy drive-thru window or a location in the parking lot at a few stores, where they will be provided with a test kit and given instructions, and a CVS Pharmacy team member will observe the self-swab process to ensure it is done properly. Tests will be sent to an independent, third-party lab for processing and the results will be available in approximately three days.

Testing will not take place inside any retail locations, and CVS Pharmacy, HealthHUB and MinuteClinic will continue to serve customers and patients.

—Compiled from Office of the Governor and CVS Health press releases

## Celebrating the 2020 Melvin C. High Scholarship Recipients

By COMMUNICATIONS AND PUBLIC AFFAIRS DIVISION  
Prince George's County Office of the Sheriff

UPPER MARLBORO, Md. (May 27, 2020)—The Prince George's County Office of the Sheriff awarded the 10th Annual Melvin C. High Scholarship Award to four outstanding Prince George's County High School graduates. This year's awards ceremony was held virtually via Zoom, with Sheriff High, Chief Asst. Sheriff Darrin Palmer, and members of the Executive Command staff in the Sheriff's Office participating. The ceremony was hosted by Captain Ecolia Whitmire, Commander of the Community Partnership Section that includes the Melvin C. High Scholarship initiative, the Positive Deputies Assisting Youth (D.A.Y.) Middle School Mentoring Program and the Senior Citizens' Outreach Program.

Since its inception, the Melvin C. High Scholarship has awarded scholarships to deserving Prince George's County High School graduates, a program Sheriff High began and fully funded until 2017 when

the scholarship was awarded 501c3 status and began receiving partial donations. This year's four awardees will each receive a \$1,000 scholarship that can be used toward the cost of college tuition, fees or books.

The 2020 Melvin C. High Scholarship Award recipients are:

**Ms. Kendall Andrews** is a Charles Herbert Flowers High School graduate and future student at the University of Maryland who plans to study Computer Science and Communications; **Ms. Paris Smalley**, another Charles Herbert Flowers High School graduate and future student at Duke University, will pursue a double major in Biology and Philosophy; **Ms. A'nya Randall**, a graduate of Surrattsville High School and future student at Frostburg State University plans to study nursing; and **Mr. Abhishek Malhotra**, is a graduate of Charles Herbert Flowers High School and future student at the University of Maryland whose plans led him to Bioengineering or Aerospace.

Sheriff High was excited to greet the winners and their families virtually, thanking the Sheriff's Office team that facilitated the event. In introducing keynote speaker, Mr. Mark K. Spencer, Inspector General

in the Office of the Sheriff, Sheriff High encouraged students to pursue their dreams vigorously and to remember to come back and give back to community, including home community and school community.

Mr. Spencer told students and their family members that the Sheriff's support for young people stems from support he received from his community in Mississippi, which supported him when they learned he was going to college. Spencer urged students to think about the changes that COVID-19 has wrought and to consider the ways that they—in pursuit of their dreams—can address many of the world's problems and change, for the better, some of the things about the world that has been bequeathed to them, such as slowing down the effects of climate change.

Sheriff High wished the students good fortune in their new pursuits, thanked them for their academic rigor and for applying for the scholarship. Chief Assist. Sheriff Darrin Palmer urged students to consider the members of the Sheriff's Office as a resource going forward, encouraging them to stay in touch with the Sheriff's Office for any assistance and advice they may need.

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EarthTalk®: Eco-Friendly Decking

"100 Deadliest Days" of Summer Begin For Nation's Teens

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Special Enrollment Period Is Running Out: 30,000+ Marylanders Have Enrolled

"We want to make sure every person who needs and does not have health insurance knows it is available and gets it," said Michele Eberle, executive director of Maryland Health Benefit Exchange.

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# TOWNS and NEIGHBORS

## In and Around Morningside-Skyline

by Mary McHale 301-735-3451

### Coronavirus is alive and well... in the comics

I loved the comics (“the funnies”) when I was a kid. I’ll bet you did, too. Orphan Annie, Dick Tracy, Li’l Abner, Gasoline Alley, Terry and the Pirates, Steve Canyon, Blondie, I loved them all.

I have grown old and I usually read only six of The Washington Post’s 41 comics. But the virus has changed that.

Comic strip artists—most, but not all—have taken on the novel coronavirus. Little by little, they are abandoning their story lines to feature today’s anxieties. And I’ve started reading them.

I particularly appreciate Darrin Bell’s “Candorville.” My favorite strips were when he ran about 8 strips, each with a grey profile of a familiar international cityscape. From each country, an airborne lament was issued (in a different language for each country), “I am all alone here.”

Believe me, right now you need the funnies.

### Known cases in Maryland

Through 5 p.m. May 27, there have been 48,423 cases reported in Maryland, and 736 new cases the day before.

As for coronavirus-related deaths in Maryland, 2,392 have died, and there were 59 more on Wednesday, May 27.

Prince George’s County continues to suffer the most cases and the most deaths in the State. Do you wonder I am concerned about things opening?

### Morningside VFD says “Thanks!”

On their website, our fire department says, “Since the beginning of the pandemic, the Morningside VFD has been overwhelmed by the outpouring of support from our local community. We have received food and monetary donations from both local area businesses and the citizens we serve. Thank you for supporting your local 100% volunteer fire and medical emergency services department!”

In particular, they recognize the following:

Carla Cash, aide to Councilmember Walker, and St. Stephen Baptist Church for facilitating the meal donations twice a week to our first responders.

Local community member Tony Proctor for the donation of beverages.

The Starbucks on Donnell Dr. for the donation of food and beverages.

The Town of Morningside for their

monetary donation, which permitted their first responders to purchase food staples for meals. This allowed them to reduce their trips to the grocery stores and limit their COVID-19 exposure.

### Fire in Clinton

On May 15, about midnight, Morningside VFD responded to a fire at a home on Glissade Drive in Clinton. The fire was at the back of the house. The fire was “knocked out and no injuries were reported.”

The Morningside Volunteer Fire Department has been responding to an average of 20 calls a day during COVID-19. This fire is typical.

### Academia

Motoko Howard, organist at St. Philip’s Church in Camp Springs, had her final recital exam at Catholic University and has received her DMA (Doctor of Musical Art in piano performance). I had hoped to attend her final recital, but of course that didn’t happen.

Max Howard, son of Motoko and Frank Howard of Silver Spring, who sings with me in St. Philip’s Choir, is graduating from St. John’s College High School in Washington.

Richelle Eastridge is Valedictorian and Naomi Barnett is Salutatorian at Dr. Henry A. Wise Jr. High School.

Email (muddmm@aol.com) with news of your graduate.

### Neighbors & other good people

Donna Gentile, daughter of George Glagola, responded to last week’s obit for John Butler Jr. She emailed, “Johnny Butler worked for my dad at both of his gas stations, Forest Heights American and George’s American.” He went on to manage Amoco Gas Station in Forest Heights for years.

I received an email from Rory Lohman who grew up on Allies road in Morningside. He now lives in Huntingtown and enjoys reading my column. He’ll tell me more about what he’s been doing over the past 50 years.

Rosie Nickodemus is my sister and she lives in Saginaw, Mich. I’m really proud of her! She risked leaving her house to give blood again and was awarded her 16-Gallon Pin, which means she has donated blood 128 times.

### Are you counted?

Hey Prince George’s County! We started out this month with a 57.4% self-response rate. As of May 25, 2020,

the self-response rate is 61.6%! They still need your help! This week, they say, “let’s work together in an effort to finish strong by calling our family, friends, neighbors and even our local faith-based leaders to encourage them to complete their Census today! #ProudToBeCounted #PGCensus2020

### Memories of Morningside and Skyline: 2009

In 2010, I ran a list of those who lived, worked or otherwise served in Morningside or Skyline the previous year (2009). I wrote an obituary for each of them. Here they are, in chronological order:

Frances Brooks died Feb. 6, 2009, followed by Joseph Gray, Andrew Cummings, Josephine “Jo” Cunningham, Beverly Joan Phillips, Carlton T. “Trapper” Jones, John White, Christopher McCann, Wilbert “Tom” Dooley, Keith Anderson, Paul A. McConkey, Chester Lanehart III, David Ray Call, Donald Harder, Henrietta Tretler, Glenn Allen Chase, Stanley Kingsbury, Nancy Wimbush, Pat Berkeley, Jerry Nichols, Richard Overby and Elizabeth Haymans, who died Dec. 30, 2009.

Do you see familiar names, perhaps someone you especially miss?

### Colleen Melton, Master Electrician

Colleen Michelle Melton, 63, of Washington, a 1975 Suitland High graduate, died of cancer May 18 at Sibley Hospital. She grew up in Hillcrest Heights, the daughter of Magdaline and the late Clyde Thames.

Colleen, an accomplished Master Electrician, retired in 2019 after 35 years.

Survivors include her husband Samuel Melton, daughter Shauna Kielt, brother Dion and grandchildren. A memorial service was at Briscoe-Tonic Funeral Home in Waldorf on May 29.

### Milestones

Happy birthday to Fay Norton-Cummings and Malik Reed, June 6; Trisha Reamy, June 7; Ryan Fowler and John Nichols, June 8; Robin Murphy and Rev. Frank Ways, June 9; Laura Smith Jenkins, June 10; Fannie Dimes, Meghan Trexler Decker and Jennifer Jenkins McClelland, June 11; Keenus Clark and Shirley Proffit, June 12.

Happy 44th anniversary to Bucky and Debbie Tretler on June 5; and happy 49th anniversary to Kathy and Bob Elborne on June 12.

## Around the County

### Free June 6 COVID-19 Grab and Go Dinners in Greenbelt

On Saturday June 6, at 11 a.m. and until the packaged dinners run out, we will be giving away 300 free dinners prepared by local minority-owned restaurant Olde Towne Inn (owner Donnell Long) and sponsored by my office, Beltway Plaza, WPGC 95.5, and Winners Chapel International Church. This will be a drive by and go event and will be held at Beltway Plaza, 6000 Greenbelt Rd, Greenbelt, MD 20770 (Rear of the Mall, Drive Up Only). This event is to assist county residents in need due to the COVID-19 crisis. First come, first served. Please spread the word!

WHAT: Free COVID-19 Grab and Go Dinners sponsored by Council Member Mel Franklin, Winners Chapel Int’l, WPGC 95.5, Beltway Plaza, and Olde Towne Inn

WHEN: Saturday, June 6, 11 a.m. (until the food runs out)

WHERE: Beltway Plaza, 6000 Greenbelt Rd, Greenbelt, MD 20770, Rear of the Mall, Drive Up Only

—Office of Council Member At-Large Mel Franklin

### Local Students Honored

**Local Students Named to Union University President’s List, Dean’s List JACKSON, Tenn. (May 29, 2020)**—Three hundred ninety-six students have been named to the Union University President’s List for the spring 2020 semester, including **Abigail Johnson of Oxon Hill, MD.**

The President’s List includes full-time students who achieve a 4.0 grade point average on a four-point scale.

Four hundred seventy-two students have been named to the Union University Dean’s List for the spring 2020 semester, including **Esther Kuhnert of Bowie, MD.**

The Dean’s List includes full-time students who achieve a 3.5 grade point average on a four-point scale.

—Tim Ellsworth, Union University

**Lackawanna College Announces Spring 2020 President’s List, Dean’s List SCRANTON, Pa. (May 28, 2020)**—Lackawanna College has recognized more than 300 students named to its President’s List for academic excellence during the Spring 2019–20 semester. A student qualifies for the President’s List if they achieve a grade point average of 3.5 or better with a minimum of 24 credit hours, including 12 credits during the most recent semester.

Students named to the President’s List are:

**Donovan Robinson, Hyattsville, Md.**

Nearly 380 Lackawanna College students were named to the Dean’s List for the Spring 2020 semester. A student qualifies for the Dean’s List if they achieve a grade point average of 3.2 with a minimum of nine credit hours to qualify.

Students named to the Dean’s List were:

**Andrew Bostic, Bowie, Md.**

**Dejahn C. Warren, Hyattsville, Md.**

—Heather Gogas, Lackawanna College

### Morningside Announces May 2020 Graduates

SIOUX CITY, Iowa (May 26, 2020)—296 undergraduate students and 375 graduate students earned their degrees from Morningside College in the spring of 2020, including:

**Lanham, MD: Sierra Wright, Masters of Science Nursing**

Morningside College is a private college in Sioux City, Iowa that offers over 65 majors and pre-professional programs, online graduate programs in education and nursing, and an online bachelor’s degree completion program. Learn more at morningside.edu.

—Erin Edlund, Morningside College

### 100 Events of Summer: A Virtual Summer Series

The Prince George’s County Office of Community Relations is hosting its annual 100 Events of Summer series virtually! They will be hosting and featuring a variety of fun events and activities throughout the summer. Follow them on Instagram (@pgc\_communityrelations) or Twitter (@PGCCCommunity) for more information.

—Community Connections Newsletter, May 29, 2020

### Challenges from A1

For surgeries and other procedures, the staff must change their face mask, scrub in and put on a sterile gown, and add a face shield or goggles, gloves, and any other PPE (Personal Protective Equipment) that is needed, according to Reid. “At the end of the workday, I can hardly wait to get to my car, take off my mask, and breathe.”

Throughout the many changes and challenges caused by the pandemic crisis, Reid remains upbeat. “I am happy, and I love what I’m doing,” said Reid, who has a passion for helping people. She is on track to finish her nursing degree at Prince George’s Community College in spring 2022.

“Everybody doesn’t know right away what they want to do,” said Reid. “For some people, it takes time to figure it out, and that’s okay. The faculty and staff at Prince George’s Community College understand that, and they are always there to help.”

She urges anyone interested in starting a new career or earning a degree to consider a community college where faculty and staff support student success, and “everyone knows your name.”

Named a National Center of Academic Excellence in Information Assurance designated by the National Security Agency and Department of Homeland Security (2015–2020), Prince George’s Community College (PGCC) provides high-quality education and training for the progressive and career-oriented residents of Prince George’s County. From new high school graduates and career seekers to more seasoned professionals and senior citizens looking to enhance their skillsets, PGCC is comprised of students who represent a wide range of ages, backgrounds, and goals. Serving nearly 40,000 individuals annually, the College is the first choice for higher education for residents of Prince George’s County. Collaborative partnerships, responsive degree and training programs, and a commitment to student success enables PGCC to address diverse education and workforce development demands. For more information, visit the college website at [www.pgcc.edu](http://www.pgcc.edu). Prince George’s Community College is accredited by the Middle States Commission on Higher Education, 3624 Market Street, Philadelphia, PA 19104; (267-284-5000); [www.msche.org](http://www.msche.org). The Middle States Commission on Higher Education is an institutional accrediting agency recognized by the U.S. Secretary of Education and the Council on Higher Education Accreditation.

## Brandywine-Aquasco

by Audrey Johnson 301-922-5384

### FORMER GIBBONS UNITED METHODIST CHURCH HISTORY

In 1884 a handful of members who previously held their membership at Brooks Church on the Nottingham Charge, thought it well with God’s help to erect a church in this locality, conveniently located to benefit the members of Cheltenham, Brandywine, and near North Keys. Since the origin of every good project meets with great obstacles, Gibbons was no exception. She had bitters, as well as her sweets, but our Father who always defends Israel, while she was right, defending Gibbons and brought her; not always sailing to her 109th birthday. Truly we can say “What Hath God Wrought.”

The first service was held on this locality in July 1884 at a public-school house near the present site. The Reverend George R. Williams officiated. A short time later, a tenant house belonging to Mr. H.H. Sasser was presented to the members for church services.

Many of the old pillars have passed on, but Gibbons lives on, like an ark upon the mighty billows, with God as her captain. A few years passed and we realized our expanding congregation had outgrown the small log building. We built a larger frame building and laid the corner stone in the Autumn of 1899. From that, the church moved on growing and ministering to the community. The church was remodeled, and a second cornerstone was laid in 1916 under the administration of Reverend King. Reverend A.D. Brown served for one- and one-half years after Rev. King and was succeeded by Rev. Noah C. Barnes who served from April 1932 to April 1937; Rev. William G. Simms from April 1937 to June 1962. In June 1962, Rev. Owen Johnson came to Gibbons as Pastor. The congregation grew under the able chairmanship of Mr. Louis Martin, Senior, and a new church was contracted to be built in June 1967. The new church was officially started August 16, 1967 and finished June 16, 1968. On June 24, 1984, the church celebrated the 100-year anniversary of Gibbons Church and burned the mortgage of the three buildings that afternoon. Pastor Owen Johnson, Sr. retired as pastor of Gibbons.

Gibbons entered their second century as a soul-saving station under the leadership of Rev. C. Anthony Muse. He

became our first, full time minister on July 1, 1984. Under Rev. Muse’s administration choirs were formed, weekly Bible classes started, and through the church’s evangelism, many new members were added to our congregation. Since 1989, Gibbon’s growth exceeded any other period in its history. Membership grew from 200 to more than 1400 members. Ministries increased to include all age levels, singles, radio, television, tape, prison, homeless, music and Christian education.

In 1993, Gibbons celebrated 109 years. “We still hold the vision of an early historian, Mrs. Mary Rose Diggs, who stated that the church was founded in need, with the help of God. We look to the Almighty God for the leadership and guidance toward our vision as we move with faith towards the 21st Century.” Gibbons United Methodist Church Congregation no longer exists. The church closed in 2000 because of financial reasons. Members have joined other churches.

### MAY BIRTHDAY GREETINGS

Happy Birthday to Joan Falby, Joyce Isaac, Jenet Smalling, Joshua Lathan Jackson, Nana Smalling, Abena Smalling, Andrea Johnson, Angela Williams, Doris Hill, De’Andrea Bowden, Theresa Joiner, Kolbi M. Dee, Agayha Jalloh, Ihuoma Mbakwe, Blair Stephens, Cameron Barron, Mia Kerrick, Carolyn Glee, Alysia Falby, Ricky Thomas, and Dacinth Dorsett who are Clinton United Methodist Church members celebrating birthdays in May.

### WESTPHALIA UMC 2020 COLLEGE GRADUATES

Congratulations to Tammara Ra’Jeen Ramsey, a graduate from North Carolina Central University. Tammara is the daughter of Damon and Tammi Ramsey. Corneilius Robinson who is a graduate from Delaware State University. Corneilius is the son of Brian and Jackie Robinson. Information sent by communicationministry@Westphaliaumc.org.

### ESSENCE 50 YEARS

Congratulations to Dr. Aminta H. Breaux, President of Bowie State University. Our first female president, Dr. Aminta H. Breaux, is among the HBCU leaders highlighted in an Essence feature on how our institutions are making a difference for millions of families.

# COMMUNITY

## The American Counseling Association's Counseling Corner

### Exercising For Improved Mental Health

The health crisis that we have been facing over the past several months has had a major effect on just about every aspect of our lives. Even for those of us lucky enough not to have been directly touched by the virus, the lives we are living are nevertheless quite different from what they were just weeks ago.

Most of the changes and impact that coronavirus has brought are beyond our individual control. But what is not beyond our control, and what each of us should address, is how we are handling and reacting to how this pandemic has affected us individually.

That's easy to say but not always easy to achieve. The majority of us, for example, are probably experiencing fairly high levels of anxiety and depression even if we are not totally aware of such feelings or how they are affecting our lives. Today's modern world has increasingly come with fairly high levels of anxiety. But the recent health crisis has significantly increased our personal worries and challenges, with the result that our mental health may be a great deal more fragile than it once was.

There is, of course, no way to make the outside world and its pressures actually disappear. That doesn't stop some people from turning to drugs and alcohol as a means of ignoring reality. We would, instead, like to suggest some healthier actions for you to take.

One of the simplest, yet very effective, ways to combat anxiety and depression is just to become more physically active. A number of studies have found that exercise provides a wide variety of mental health benefits. Exercise can take your mind off your current worries, as well as help your body release natural chemicals, those feel-good endorphins, that enhance your sense of well-being.

Getting more exercise in your life doesn't have to mean a formal exercise program or working out with a personal trainer, although those are approaches that work for many people.

Any physical activity that works your muscles and requires energy is going to help improve your mental health. This can be as simple as a daily walk in the sunshine, getting out in the garden or even just doing housework.

The goal is to be more physically active in ways that help focus your attention on things besides a cycle of negative thoughts that feed those feelings of depression and anxiety.

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.

## Students Win Awards at Maryland History Day

By SARAH WEISSMAN  
Maryland Humanities

BALTIMORE, Md. (May 27, 2020)—Nearly 600 middle and high school students submitted projects online to present their extensive historical research at the 2020 Maryland History Day competition. The competition, usually held in person, is the culmination of a year-long program from Maryland Humanities. Due to COVID-19, Maryland Humanities converted the contest to a digital format this year, with project evaluation across five categories taking place over four weeks. In 2020, more than 25,000 Maryland students participated at the school level.

Maryland History Day, coordinated by Maryland Humanities since 1999, is open to public, private, parochial, and homeschool students in grades 6 through 12. Working solo or in small groups, students create original documentary films, exhibits, performances, research papers, or websites exploring a historical topic of their choice on an annual theme, which this year is "Breaking Barriers in His-

tory." Maryland History Day sparks critical thinking and helps develop skills in research and analysis, writing, and public speaking.

Competitors at Maryland History Day have already won first or second place in their category at school and district levels.

Students from seven Maryland counties and Baltimore City will represent Maryland in the National History Day competition, where they will compete among 3,000 participants from across the country and beyond. National History Day has also converted their contest to a digital one in 2020, held in June. The competition involves students from all 50 states plus the District of Columbia, Puerto Rico, Guam, American Samoa, and international schools in China, Korea, and South Asia. Maryland History Day is an affiliate of National History Day, a non-profit education organization that promotes an appreciation for historical research among middle and high school students through multiple annual programs, including the National History Day Contest.

Support for Maryland History Day is provided by the State of Maryland through the

Maryland State Department of Education, Thalheimer-Eurich Charitable Fund, WesBanco, Columbia Gas of Maryland/NiSource Foundation, Venable Foundation, and Wegmans.

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. Visit [www.mdhumanities.org](http://www.mdhumanities.org).

Maryland History Day is an affiliate of National History Day and a year-long educational program of Maryland Humanities. Maryland Humanities produces Maryland History Day. For more information, visit [www.mdhistoryday.org](http://www.mdhistoryday.org). Connect with Maryland History Day on Facebook and Twitter.

National History Day is a non-profit education organization headquartered in College Park, MD. Established in 1974, NHD promotes an appreciation for historical research among middle and high school students through multiple annual programs. For more information, visit [www.nhd.org](http://www.nhd.org).

### Maryland History Day Winners 2020—PRINCE GEORGE'S COUNTY

#### Advancers to National History Day:

Students: Elda Berhaneyessu, Arianna Dorman, and Sa'kiya Nicholas  
Award: Junior Group Performance, Second Place  
Topic: The Edmonson Sisters: The Musical  
School: Accokeek Academy  
Teacher: Arun Puracken

Students: Jada Ferrell and Hannah Magruder  
Award: Junior Group Documentary, First Place  
Topic: Mr. Rogers: A Neighbor To All  
School: Accokeek Academy  
Teacher: Arun Puracken

Student: Olivia Walton  
Award: Junior Individual Website, Second Place  
Topic: War of the Currents: Nikola Tesla vs. Thomas Edison Feud  
School: Kenmoor Middle School  
Teacher: Carol Carter

#### Special Prize Winners:

Students: Bernadette Batong, Keilly Pichinte, Jenny Taguba, and Cameron Thaxton  
Topic: Special Prize in Women's Suffrage, sponsored by the Centennial Commission on Women's Suffrage  
Topic: Susan B. Anthony: The Greatest Contribution in the Fight for Equal Rights  
Category: Senior Group Website  
School: Oxon Hill High School  
Teacher: Thomas Klug

Students: Alvaro Ceron and Isha Sesay  
Award: American Women's Suffrage Prize, Senior Division, sponsored by the 2020 Women's Vote Centennial

Topic: The First, But Not The Last  
Category: Group Documentary  
School: Parkdale High School  
Teacher: Thomas Stavely

Students: Nivia Thimlick and Eden Thompson  
Award: Special Prize in Legal & Constitutional History, Senior Division, sponsored by Cynthia Raposo and Joseph Furey  
Topic: "Love Shouldn't Hurt": Breaking the Women's Domestic Violence Barrier  
Category: Group Exhibit  
School: Oxon Hill High School  
Teacher: Thomas Klug

Maryland History Day District Teacher of the Year: Arun Puracken, Accokeek Academy

## Pride at PGCMLS: Virtual Pride Month Celebration For All Ages

By NICHOLAS A. BROWN  
PGCMLS

LARGO, Md. (May 28, 2020)—The Prince George's County Memorial Library System (PGCMLS) is proud to maintain physical and virtual spaces for Prince Georgians to gather, learn, and connect with each other. In keeping with this longstanding commitment that is fundamental to the Library's mission, PGCMLS is celebrating LGBTQ+ Pride Month this June with "Pride at PGCMLS," an initiative that features 15+ virtual programs, the launch of a new LGBTQ+ history and culture webpage, and a virtual community pride month quilt project.

2020 marks the 50th anniversary of the first pride march in New York City in June of 1970. The march took place one year after the Stonewall Riots of June 1969 and marked a pivotal moment in LGBTQ+ history around the world. Two national bestselling authors, R. Eric Thomas ("Here for It") and George M. Johnson ("All Boys Aren't Blue"), PGCMLS staff, and community members will be featured in virtual programs that celebrate and honor powerful voices and experience of the LGBTQ+ community in Prince George's County and the United States. Over the past year, a team of PGCMLS staff members have worked to develop new resources for staff and community members to engage with LGBTQ+ culture and topics. The "Pride at PGCMLS" initiative highlights the many ways that the Library serves and supports the LGBTQ+ community in Prince George's County year-round.

#### "Pride at PGCMLS" Webpage

A highlight of the 2020 "Pride at PGCMLS" program is the launch of a new LGBTQ+ history and culture webpage ([pgcmls.info/pride](http://pgcmls.info/pride)), which is part of the Library's Prince George's County Heritage Project. Throughout 2020, PGCMLS is developing and releasing a series of new cultural heritage webpages that celebrate some of the major cultures that contribute to the vitality of the local community. These pages provide a platform for the Library to highlight cultures

year-round, beyond just heritage months. Existing pages include African American Heritage, Women's History, Asian Pacific American Heritage, and LGBTQ+ Pride. The Library will launch new Hispanic Heritage and Indigenous Peoples and Native American Heritage pages in September and November 2020, respectively. These webpages gather featured online resources, recommended reads and streaming content, and educational content from partner organizations.

#### "Pride at PGCMLS" Virtual Events

Two nationally renowned and bestselling authors are featured for "Pride at PGCMLS." R. Eric Thomas will discuss his hit debut book "Here for It: Or, How to Save Your Soul in America" (2020, Penguin Random House) on Tuesday, June 9 at 7 p.m. The collection of witty essays provides a glimpse into Thomas' experience growing up in Baltimore and embracing his identity. Thomas is a senior staff writer at Elle online where he has written the daily pop culture and politics humor column "Eric Reads the News" since 2016. His writing for the theater has been seen on stages around the country; he won the Barrymore Award and the Dramatists Guild Lanford Wilson Award and was a finalist for the Steinberg/American Theater Critics Association New Play Award. Off the page, he is the long-running host of The Moth StorySlams in Washington, D.C. and Philadelphia.

Writer George M. Johnson discusses his debut young adult memoir "All Boys Aren't Blue" (Macmillan, 2020) on Wednesday, June 17 at 7 p.m. Johnson explores his childhood, adolescence, and college years in New Jersey and Virginia. From the memories of getting his teeth kicked out by bullies at age five, to flea marketing with his loving grandmother, to his first sexual relationships, this young-adult memoir weaves together the trials and triumphs faced by Black queer boys. Johnson is a writer and activist based in New York. He has written on race, gender, and culture for Essence, The Advocate, Buzz Feed News, Teen Vogue, and more than forty other national publications. He is a columnist for AFROPUNK, and has appeared on BuzzFeed's

AM2DM as well as MSNBC. Copies of the Thomas and Johnson books are available via OverDrive as ebooks and audiobooks ([pgcmls.overdrive.com](http://pgcmls.overdrive.com)).

The Library's "Pride at PGCMLS" virtual event series includes programs for children and families, teens, and adults. Prior to the COVID-19 closure, the Library planned to hold its first-ever Rainbow Family Festival on Saturday, June 6 at the New Carrollton Branch. Given that the Library is currently focused on virtual services, a special kick-off to "Pride at PGCMLS" is planned for Thursday, June 4 through Saturday, June 6, including special pride editions of several weekly virtual programs (Read-Alouds, STEM at Home, and Crafternoon), a community conversation with Roberta Phillips and members of the Library's LGBTQ+ working group (Thursday, June 4 at 4 p.m.), a virtual "Pride at PGCMLS" trivia and happy hour event (Thursday, June 4 at 5:30 p.m.), and an all-ages LGBTQ+ reader's advisory program (Thursday, June 4 at 7 p.m.). Complete details are available at [pgcmls.info/virtual-events](http://pgcmls.info/virtual-events).

#### Programs for Children and Families:

Live Virtual Read-Alouds, Thursday, June 4 and Friday, June 5 at 10 a.m. (Ages 2-5)

STEM at Home: Hour of Code, Friday, June 5 at 12 p.m. (Ages 5-12)

Crafternoon: Show Your Pride—Make a Collage Flag, Friday, June 5 at 3 p.m. (Families/Adults)

Bilingual Live Virtual Read-Aloud (English/Spanish), Saturday, June 6 at 9:30 a.m. (Ages 2-5)

Storytelling with ASL (American Sign Language), Saturday, June 6 at 10 a.m. (Ages 5-12)

STEM at Home: Spectroscope, Friday, June 12 at 12 pm (Ages 5-12)

#### Programs for Teens and/or Adults:

#### "Pride at PGCMLS"

Trivia and Happy Hour, Thursday, June 4 at 5:30 p.m. (Adults, 21+)

All-Ages LGBTQ+ Reader's Advisory, Thursday, June 4 at 7 p.m. (Teens/Adults)

R. Eric Thomas on "Here for It", Tuesday, June 9 at 7 p.m. (Teens/Adults)

"Pride at PGCMLS" Viewer's Advisory, Monday, June 15 at 7 p.m. (Teens/Adults)

"Pride at PGCMLS" Career Chat, Wednesday, June 17 at 4 p.m. (Teens/Young Professionals)

George M. Johnson on "All Boys Aren't Blue", Wednesday, June 17 at 7 p.m. (Teens/Adults)

LGBTQ+ Zines Workshop, Friday, June 19 at 4 p.m. (Teens/Adults)

#PGCMLSBookChat on Twitter, Thursday, June 25 at 12 p.m. (Teens/Adults)

#### Virtual Community Pride Quilt

Prince Georgians have the opportunity to contribute to a virtual community pride quilt that the Library is creating on its website and for social media. Any mem-

Events begin  
Thursday,  
June 4!

ber of the public can submit a photo or video clip that describes or documents what pride means to them. Submissions will be accepted through June 19, 2020 at 5 p.m. via email ([pr@pgcmls.info](mailto:pr@pgcmls.info)). Submissions will be compiled into a virtual quilt that will be posted on [pgcmls.info](http://pgcmls.info) and on the Library's social media in late June.

#### "Pride at PGCMLS" and It Gets Better Project

Select PGCMLS staff are creating short videos where they discuss their own journeys as members of the LGBTQ+ community. These videos will be shared on the Library's social media and submitted to the It Gets Better Project, a global initiative that "inspires people across the globe to share their stories and remind the next generation of LGBTQ+ youth that hope is out there, and it will get better." Sample videos are available from Rebecca Oxley of the Greenbelt Branch Library and Chris Herrmann of the Bowie Branch Library.

See page A8 for more Library News!

# COMMENTARY

## Marc Morial

President and CEO, National Urban League



### To Be Equal:

## George Floyd's Killers and the Vigilantes Who Share Their Beliefs Don't Deserve Benefit of the Doubt

*"Those who commit the murders write the reports, and hence these lasting blots upon the honor of a nation cause but a faint ripple on the outside world. They arouse no great indignation and call forth no adequate demand for justice."*

—Ida B. Wells

The casual brutality of a white officer's knee squeezing the life from a helpless Black man in handcuffs, caught on a gruesome video, underlies Amy Cooper's smug tone as she announces her in-

attention to lodge a false police complaint against a Black man who'd inconvenienced her.

"I'm going to tell them there's an African-American man threatening my life," she announces as she is recorded by the man who'd simply asked her to leash her dog as required in that area of Central Park. Unspoken, but understood, is her certainty that her word, the word of a white woman, would be accepted without question. She has no doubt about this, even as she glares directly into the camera that is documenting her lie.

Her certainty that a Black man's guilt will be presumed, and white lies accepted, was shared by the Minneapolis police officer who taunted George Floyd while he crushed his neck beneath his knee for eight long minutes. It was shared by the officers who stood by, passively, while Floyd begged for his life and onlookers pleaded for the assault to end. Even though they knew they were being recorded, they filed a police report that was wholly refuted by video—they were that certain.

That certainty was shared by the white men who chased down Ahmaud Arbery and ruthlessly shot him in the street, claiming with no evidence that he was a burglar.

It has long been the agonizing truth that, without video evidence to the contrary, police who shoot unarmed Black people will always be given the benefit of the doubt. Some white officers—and self-appointed vigilantes—are so accustomed to the benefit of the doubt that even their knowledge of video evidence does not faze them.

Minneapolis has erupted in outrage. The primal scream of anguish—what Martin Luther King, Jr., called "the language of the unheard"—reverberates across the nation. We pray for those who have taken to the streets, that they will refrain from violence—and for the police who are responding, that they exercise restraint and de-escalate tensions.

The officers who participated in the deadly assault of George Floyd were fired within 24 hours, and shortly after the National Urban League and the Urban League of the Twin Cities demanded their names, have been identified. They are Derek Chauvin, Thomas Lane, Tou Thao and J. Alexander Kueng.

These men no longer deserve the benefit of the doubt. Their word can no longer be trusted. Their records—which, in the case of Chauvin and Thao, include a disturbing number of use-of-force incidents and civilian complaints—must be thoroughly examined for evidence of the racism and inhumanity they displayed during George Floyd's deadly assault.

The National Urban League and the Urban League of the Twin Cities further demand:

- Arrest and criminal prosecution of the four former police officers.
- Immediate public release of all bodycam footage of the incident captured by MPD and Minneapolis Parks Police.
- Appointment of an experienced, independent expert from outside the department to investigate the conduct of the four officers.

This nation is haunted by the souls of the thousands of Black men and women whose killers never were brought to justice. We owe it to them to see justice done for George Floyd.

## Aisha N. Braveboy

Prince George's County State's Attorney



## Statement Regarding the Death of George Floyd

UPPER MARLBORO, Md. (May 31, 2020)—Prince George's County State's Attorney Aisha N. Braveboy released the following statement regarding the death of George Floyd at the hands of officers with the Minneapolis Police Department:

"I would like to express my most sincere and heartfelt condolences to the family and loved ones of Mr. George Floyd. My heart is broken and I am truly outraged by his brutal murder captured on video.

"I, like millions of Americans and hundreds of thousands of Prince Georgians, witnessed the murder of yet another black man at the hands—or in this case, the knee—of a law enforcement officer. Mr. Floyd was someone's son, brother, best friend, and neighbor—he was a human being and he was important. Yet the officers involved acted as if his life had no value, as if he wasn't worthy of humanity.

"At the time of his death, he was handcuffed with his arms behind his back, unarmed, and helpless on the ground; dying

slowly and painfully, begging for his life, calling out for his dead mother, while he was being restrained by three officers, one with a knee on his neck and another officer cowardly observing the slow and deliberate murder of a fellow human being.

"It is clear from the video; the only thing Mr. Floyd was resisting was death. Sadly, he resisted unsuccessfully.

"The symbolism of this cruel and unconscionable act is not lost on me, like I know it is not lost on you. Historically, those with unchecked authority have stood on the necks of others without consequences. I have the privilege of knowing courageous and compassionate law enforcement officers who take their duty to protect and serve seriously and have risked their lives every day. "However, too many black men and women have been victimized, needlessly and senselessly losing their lives at the hands of police officers across the country for no other reason than the failure of rogue law enforcement officers to acknowledge the value of black lives.

"Cases like these must be handled with the public trust, and it appears that the trust has eroded as a result of misguided statements made by the local prosecutor and the reference to preliminary findings of the medical examiner included in the Criminal Complaint filed on Friday, May 29, 2020.

"Today, I am using my voice to not only call for swift justice for Mr. Floyd, but fair justice.

"I also call on Attorney General Keith Ellison to evaluate the current climate in the community, and make recommendations on how this case should be handled, and to request an independent medical examination. While the Attorney General may not have the constitutional authority to overstep the local prosecutor, he has the ability to use his position and influence to ensure that proper decisions are made in the pursuit of justice.

"The officers who participated in this murder should be brought to justice swiftly, but the prosecution must be fair, transparent and done with integrity."

## Cardin, Hoyer, Brown, Van Hollen Praise Honorary Promotion For Murdered Bowie State ROTC Student Richard Collins III

*"We will continue to fight for the benefits and recognition due to Second Lieutenant Collins and his family, and will work to protect future families from such circumstances."*

WASHINGTON (May 27, 2020)—U.S. Senators Ben Cardin and Chris Van Hollen and Congressmen Steny Hoyer and Anthony Brown today praised the Army's decision to recognize bravery "in the face of evil" as demonstrated by Bowie State ROTC student and Second Lieutenant Richard W. Collins III, who was killed two days after his commissioning in 2017. The lawmakers were notified last Wednesday of the Secretary of the Army's decision to grant him an honorary promotion to First Lieutenant. Secretary of Defense Mark Esper has concurred with the recommendation.

"No family should have to endure the heartache felt by the Collins family since the tragic death of their son. This senseless loss was deeply disturbing. Securing for Second Lieutenant Collins the rightful recognition of the contributions he made as an ROTC student at Bowie State University and the impact he most certainly would have made during his military service was overdue. We do not know what would have been, but we do know that his memory will stand as a reminder of the duty, honor and sacrifice borne daily by our servicemen on and off the battle-

field," the lawmakers said. "We will continue to fight for the benefits and recognition due to Second Lieutenant Collins and his family, and will work to protect future families from such circumstances."

"The Army considered the standards and criteria required for an honorary promotion and found that 2LT Collins displayed exemplary conduct in the performance of his duties commensurate with a first lieutenant. 2LT Collins' life was tragically cut short by a murderer two days after his commissioning. 2LT Collins' actions on May 20, 2017, exhibited character and exemplary conduct of an officer of a higher rank. In addition to standing firm in the face of evil, 2LT Collins was a model student and cadet at Bowie State University," Secretary of the Army Ryan D. McCarthy wrote in a letter to lawmakers about the honorary promotion. "The Army appreciates 2LT Collins willingness to serve his country, and I offer my sincerest condolences to his family for the loss of their son. Given the circumstances, it is my honor to recommend 2LT Richard W. Collins III for an honorary promotion to first lieutenant."

## Prince George's County Council Adopts Fiscal Year 21 County Budget

Council Adopts Balanced \$3.7 Billion General Fund Budget; Total FY 21 County Budget \$4.48 Billion

By ANGELA J. ROUSON  
Prince George's County Council Media

UPPER MARLBORO, Md. (May 29, 2020)—The Prince George's County Council, convening virtually on Friday, May 29, 2020, unanimously adopted a \$4.48 billion total County balanced budget, including \$3.7 billion in County General Funds, for Fiscal Year 2021 (FY 21). The FY 2021 County Budget becomes effective with the new Fiscal Year, which begins July 1, 2020.

The Council began its budget review process after receiving the Proposed FY 2021 Budget from County Executive Angela Alsobrooks on March 11. Following the COVID-19 outbreak, and subsequent County State of Emergency, County Executive Alsobrooks submitted an amended FY 2021 budget proposal to the Council for consideration on April 22 which included an estimated \$134 million reduction in revenue and proposals for compensation changes and delays in capital projects.

Following the unanimous vote, Council Chair Todd M. Turner (D) – District 4, began his budget remarks discussing the impact of COVID-19 on County residents and the budget process. Chair Turner also thanked his colleagues and Council staff for their work to adopt a spending plan that addresses the County's present

challenges while acknowledging the critical needs of residents during uncertain economic times.

"The COVID-19 global pandemic has thrust us all into uncertain times and unknown territory, and as the substantial impacts of this crisis continue to reach into our communities, Prince George's County faces health, safety and economic challenges of historic proportion," adding, "A pandemic like this hasn't happened in 100 years. It's new for all of us, but you have been inspiring, hard-working teammates and passionate advocates for the residents we represent—you have risen to this historic challenge and excelled as leaders and colleagues."

Overall, nearly 66% of the FY 21 Budget was appropriated for education, which includes the Board of Education; Prince George's Community College; and the Prince George's County Memorial Library System. The Council also reaffirmed its commitment to Prince George's County's immigrant community with additional funding for the Immigrant Services and Language Access (ISLA) initiative, which it started in FY 2018 to provide free legal services to eligible County residents who have been detained and are facing deportation.

The newly-adopted FY 21 spending plan does not include a tax rate increase; applies County reserve funds to fill revenue

gaps this year and in the new fiscal year; offsets severe revenue erosion; addresses the immediate COVID-related needs of residents; maintains core government services; manages the impacts of the pandemic; fosters recovery; implements significant spending controls; and retains County workforce. The adopted budget also includes Federal Coronavirus Aid Relief, and Economic Security (CARES) Act funding to support the growing concerns around food insecurities; business and employment support; rental and mortgage housing assistance; and COVID-related health services.

In bi-county budget action earlier this month, lawmakers from Prince George's and Montgomery counties unanimously adopted the FY 21 Operating and Capital budgets for the Washington Suburban Sanitary Commission (WSSC); the bi-county portion of the Maryland-National Capital Park and Planning Commission (M-NCPPC); and the Washington Suburban Transit Commission (WSTC). Both Councils approved the WSSC FY 2021 Operating Budget of \$849.7 million and a Capital Budget of \$606.7 million for the utility, which includes funding to replace water mains and invest in new technologies; continue upgrades to more energy efficient equipment and systems; and increase the affordability of services for ratepayers and residents.

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# BUSINESS AND FINANCE

## Social Security Matters

### Ask Rusty:

## Are Social Security and Medicare Running Out of Money?

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

### Dear Rusty:

I have been hearing reports that Social Security and Medicare will run out of money by 2035 and will only pay approximately 75% of benefits. First, is that true about Social Security? And second, will they reduce benefits to people who are already on it or just the new people signing up? **Signed: Worried about the Future**

**Dear Worried:** The financial difficulties facing both Social Security and Medicare are well known by those of us who work with these programs every day, and Congress is equally and acutely aware of the issues. But Social Security and Medicare are two entirely separate programs which require two entirely separate answers.

Let's discuss Social Security (SS) first. The SS Trust Fund now has about \$2.9 trillion dollars in assets. These are reserves accumulated from past revenues which exceeded the cost of providing past benefits to recipients of Social Security. That seems like a lot of money but starting this year (2020) Social Security will need to use some of those reserves to pay full benefits. That's because benefits paid out to recipients in 2020 will be more than the money coming in (this was expected even before the pandemic exacerbated the problem). And that trend will continue, and worsen, as we go forward in time. Without Congressional action, the SS Trust Fund reserves will be exhausted in 2035. And unless Congress acts before then to increase SS revenue and/or reduce SS expenses, when the Trust Fund is dry an across-the-board cut in benefits will affect everyone. That's because with the Trust Fund empty, Social Security can only pay out as much money as it receives in revenue and it's currently estimated that, in 2035, that will result in a cut of 21% for everyone. Sadly, the actions needed to correct Social Security's financial issues are well known; what's missing is bipartisan cooperation in Congress to implement the changes needed.

There is no doubt that Social Security needs reform to be able to sustain full benefits for future generations and, hopefully, Congress will step forward soon to make those changes. Historically, any changes made to Social Security do not affect those who are already collecting benefits (it would be political suicide to do that), but rather will apply to future beneficiaries (much more palatable politically). Of course, that cannot be guaranteed but, if history is our guide, changes will eventually be made which shore up Social Security's finances, and those changes will affect only those who are not yet eligible to collect benefits.

As for Medicare, part of the FICA payroll taxes paid by every American worker includes an amount (1.45%) to pay for Medicare Part A (hospitalization) coverage for Medicare beneficiaries. Any excess collected goes into an "HI Trust Fund" reserved for paying Medicare Part A expenses. According to latest reports the HI Trust Fund is projected to run dry in about 2026 at which point, theoretically, only hospital expenses equal to revenue could be paid.

Medicare Part B coverage (for doctors and other outpatient services) is paid for from two sources—one source is the monthly premiums which are paid by every Part B beneficiary, and the other source is the Government's General Treasury (which picks up the difference between what is collected in Part B premiums and what is needed to pay healthcare expenses). Similarly, it's expected that the Government will shore up Medicare Part A as needed when the time comes (which it has in the past). So, while Medicare is clearly under a lot of financial stress from the ever-increasing cost of healthcare, it's highly doubtful that the program is in any danger going away. More probably, Congress will look to cut the program's expense structure, which would affect medical service providers more than individuals.

*The 2.1 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).*

*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 [ssad-visitor@amacfoundation.org](mailto:ssad-visitor@amacfoundation.org).*

## MARYLAND SMALL BUSINESS DEVELOPMENT CENTER

### Surviving to Thriving: 3rd Annual Women's Entrepreneurs Conference

June 23, 2020 • 9 a.m.–12 p.m.

Registration Deadline: 6/23/20 8 a.m. Register: <https://mdsbdc.eccenterdirect.com/events/16003>

Fee: No Fee

Point of Contact: Jennifer Funn, 240-342-9410, [jsmithfu@umd.edu](mailto:jsmithfu@umd.edu)  
Location: SBDC Virtual Event, College Park MD 20742-0001

**Training Topics:** Business Start-up/Preplanning, Government Contracting, Legal Issues, Woman-owned Businesses

**Description:** This conference is a must if you want to lean how to tackle the challenges and stresses of your business, Home, workplace and everyday life! Our expert panel will teach you strategies for stress management and provide you with tools and tip for growing your business. \* Keynote speaker: You'll leave with a plan that will help you succeed!

## IMPORTANT SAFETY REMINDER FROM WSSC WATER

# After COVID-19 Closures, Stagnant On-Property Plumbing Systems in Commercial Buildings Pose Serious Health Risks

*Water pipes and fixtures in buildings must be thoroughly flushed to avoid Legionnaires' and other illnesses*

By LUIS MAYA  
WSSC Water

LAUREL, Md. (May 28, 2020)—Because COVID-19 stay-at-home orders have forced many commercial buildings to close, the water in these facilities' plumbing systems can become stagnant—leading to serious health risks for returning employees and occupants. WSSC Water is urging building or property managers to thoroughly flush their water pipes in preparation for their reopening.

Stagnant water can lead to bacterial growth such as Legionella (cause of Legionnaires' disease), as well as other serious illnesses. Flushing a building's water system will replace any stagnant water and will help ensure safe, clean water continues to flow.

WSSC Water has developed these recommendations to restore building water quality after closures. Steps for reopening a building include:

- Notify all building occupants not to use

or consume water until flushing is complete;

- Remove and clean all aerators (leave aerators off during flushing); clean all faucets and showerheads; discard any accumulated ice;
- Flush hot and cold water through all points of use (e.g., showers and sink faucets);
- Flushing may need to occur in segments (e.g., floors and individual rooms) in large buildings;
- Perform flushing with proper ventilation and personal protective equipment. Care should be taken to avoid inhaling water droplets, especially from shower heads; and
- Other water-using devices, such as water tanks, may require other cleaning steps in addition to flushing.

Property owners are responsible for maintaining the quality of water in building plumbing systems and internal water quality. Consult a WSSC Water licensed plumber, licensed engineer, or personnel

that specializes in building water management for assistance with carrying out these recommendations.

WSSC Water offers the following additional resources at [www.wsscwater.com](http://www.wsscwater.com). Click on Customer Service tab, scroll to Emergency Sewer Water Problems. Scroll to Recommendations for Non-Residential Commercial Buildings

EPA Guidance on Maintaining or Restoring Water Quality in Buildings with Low or No Use

EPA Checklist for Restoring Water Quality in Buildings for Reopening

CDC Guidance for Reopening Buildings After Prolonged Shutdown or Reduced Operation

American Water Works Association flushing instructions

List of laboratories certified by Maryland Department of the Environment

Customers with water quality questions or concerns should call WSSC Water at 301-206-4002 or email [waterqualityinquiry@wsscwater.com](mailto:waterqualityinquiry@wsscwater.com).

## Former PG County Bomb Squad Commander Nominated as Deputy State Fire Marshal of the Year

By PRESS OFFICER

### The Office of the State Fire Marshal

STATEWIDE (May 26, 2020)—Senior Deputy State Fire Marshal Dale Ednock has been selected as Deputy State Fire Marshal of the Year for the agency's Bomb Squad. He will join other Deputy State Fire Marshals who will be chosen throughout the state for the 2019 James C. Robertson Deputy State Fire Marshal of the Year Award.

Senior Deputy Ednock began his public safety career in 1990 as a firefighter with Prince George's County Fire Department, where he pursued training and certification as a bomb technician, police officer, fire investigator, and K-9 handler. After 23-years, he retired as Commander of the Prince George's County Office of the Fire Marshal Bomb Squad. He was hired by the Office of the State Fire Marshal in January of 2014.

As a previous supervisor, Senior Deputy Ednock brought both experience and leadership where he supervised (4) Lieutenants, (8) bomb technicians as well as their Explosive Detection Canine Teams. During his career with PG County, he operated one of the bomb mitigation robots, which disarmed the bomber at the Discovery Channel headquarters in Silver Spring in 2010. Senior Deputy Ednock has continuously pursued training opportunities, gaining certifications as a Tactical Bomb Technician, Underwater Hazardous Device Technician as well as UAS drone operator.

"Senior Deputy Ednock volunteers for assignments and agrees to change his schedule with little notice and is willing to handle special assignments as assigned. His attitude is professional, and he provides great detail during these events. Senior Deputy Ednock embraces the opportunity to educate the public about what we do. His flexibility and



PHOTO COURTESY  
MARYLAND STATE FIRE MARSHAL

### Senior Deputy State Fire Marshal Dale Ednock

ability to get the job done clearly exhibit exceptional performance." stated Deputy Chief Duane K. Svites, Bomb Squad Commander.

## Money Matters: Fraud and Coronavirus

(NAPSI)—The warning bells are ringing. From regulators, law enforcement agencies and consumer organizations around the globe, the message is clear: Fraudulent schemes related to the coronavirus (COVID-19) pandemic have arrived, and they are coming in many forms, from investment fraud to fake CDC emails to phishing scams.

Job loss, financial strain, and social distancing are conditions that present fraudsters with an opportunity to pounce. A study by the FINRA Foundation, the BBB Institute for Marketplace Trust, Stanford, and the Federal Trade Commission found that social or physical isolation can increase anyone's susceptibility to schemes.

In times like these, it can be difficult to separate fact from fiction. Now is the time to move slowly, pay attention to details and not make rash decisions. Dramatic news coverage of viral outbreaks and pandemics can be an opportunity for scammers to pump inaccurate information into the marketplace to try to manipulate markets and investors. Following these hints can help you keep your money and personal information safe:

### Tips for Avoiding Coronavirus Scams

1. **Ask and Check.** Before you make any investment decision, ask and check to verify information about any individuals you are dealing with and any investment product you are considering. You can use FINRA BrokerCheck, a free online tool, to get information on brokers and investment advisers.
2. **Be skeptical.** If an unknown company becomes the subject of press releases, emails, and promotional materials hyping the company and its products to cure the latest pandemic, hit pause. Be wary if you are flooded with information over a short time, especially if the communications only focus on the upside with little or no mention of risk.

3. **Read a company's SEC filings.** Check the SEC's EDGAR database to find out whether the company files with the Securities and Exchange Commission. Verify these reports against promotional information put out by the company or third-party promoters. Exercise caution if they don't align. And be suspicious of solicitations to invest when products are still in the development stage, where no actual products are on the market, or if the company's balance sheets only show losses.

4. **Question companies new to the "cure" market.** Changes to the name or business focus of a company to capitalize on pandemic fears may be a sign that a company is engaged in, or the subject of, a potential fraud. These changes can turn up in company press releases, Internet searches and, if the company files periodic reports, in the SEC's EDGAR database.

5. **Run it through the Scam Meter.** Before you make any investment decision, the FINRA Scam Meter can help you tell if an investment you are thinking about might be a scam.

### Reliable Resources on Scams and Coronavirus

Fortunately, there are a number of resources that provide accurate, unbiased information to help you spot and avoid coronavirus-related scams:

- FINRA
- Securities and Exchange Commission
- Federal Trade Commission
- Consumer Financial Protection Bureau
- Better Business Bureau.

### Learn More

For further ideas on how to protect your money, or to file a complaint or a tip, visit [www.FINRA.org/LearnMore](http://www.FINRA.org/LearnMore).

## Maryland Bar Exam Scheduled For July Postponed

*New dates tentatively scheduled for September*

ANNAPOLIS, Md. (May 26, 2020)—Maryland's 2020 Uniform Bar Examination (UBE), which was scheduled to take place July 28–29 at the Baltimore Convention Center, has been postponed.

The Maryland Court of Appeals issued an administrative order on May 26, postponing the July 2020 Bar Exam due to the COVID-19 public health emergency. It is tentatively rescheduled for Sept. 9–10, at multiple locations, which will be determined and announced at a later date.

Various factors were taken into consideration, including the number of exam filings received by the May 20 filing deadline, as well as discussions between the State Board of Law Examiners (SBLE) and the governor's chief legal counsel. SBLE concluded it could not administer a single-site bar exam in July 2020.

# SUMMER

## Earth TALK™ Eco-Friendly Decking

Dear EarthTalk:

*I am adding a deck onto my house this summer and wonder which decking materials (wood or otherwise) are the greenest?*

—Bill A., San Francisco, CA

As the weather warms up, we gravitate toward the outdoors, and what better way to enjoy the sunshine than on your very own deck. If you are building a new deck or sprucing up an existing one, you have the opportunity to make green choices so you can relax outside guilt-free. Luckily there are plenty of attractive and low-maintenance options out there these days that won't break the bank or ruin the planet.

Of course, most of us think wood when we think about our ideal deck. It's non-toxic,

natural, renewable and recyclable, and it biodegrades without any polluting by-products. Cedar, which is naturally rot- and insect-resistant, may be the most common decking wood, but it takes regular maintenance if it's going to look its best and last more than a few years. Redwood is another great naturally hearty choice for decks, but it's hard to come by—and expensive—given limited supply. Another common wood for decks is pressure-treated Yellow Pine, but the chemical impregnation that makes it stand up to the elements doesn't look great, and, even worse, can leach copper into aquatic ecosystems.

Then there are the tropical hardwoods, controversial given the decimation of tropical forests by mechanized logging since World War II. But certification of these woods as "sustainably harvested" by non-profits like the Forest Stewardship Council (FSC) can help consumers on the hunt for deck wood feel better about their use of ipe, garapa, cumaru or tigerwood—each of which evolved in the tropical rainforests of Latin America and are known for durability and natural resistance to rot and insects. Ipe, given how attractive it looks and that it can last up to 40 years in a decking application, has become especially popular in recent years.

That said, just because your tropical hardwood is FSC-certified doesn't mean it's as green as something that grows closer to your home. Factoring in the

length of the journey from the source forest to your home—knowing that fossil fuels will be spewed along the way—is key to determining how green your decking choice is overall.

Besides straight-ahead wood, another option is modified wood. Kebony, for instance, is an FSC-certified pine product that's modified to last three to five times as long as other deck woods. The modification process changes the cellular structure of the wood on a molecular level, increasing its density by permanently swelling and thickening the cells. Thermory is another modified wood product that's excellent for decking, guaranteed to last 25 years without rot.

Beyond wood, composite decking (TimberTech, Trex, Dura-Life, etc.) is gaining traction, even among some environmentalists given that it doesn't contribute to deforestation and the resins used in its production are typically recycled. Unlike wood, these come in a variety of colors, don't need repainting and are splinter-free. If you want to split the difference between plastic and wood, Cali-Bamboo's composite decking made from recycled bamboo is a solid choice.

**CONTACTS:** FSC, [fsc.org](http://fsc.org); Kebony, [kebony.com](http://kebony.com); Thermory, [thermoryusa.com](http://thermoryusa.com); TimberTech, [timbertech.com](http://timbertech.com); Trex, [trex.com](http://trex.com); Dura-Life, [duralifedecking.com](http://duralifedecking.com); Cali-Bamboo, [calibamboo.com](http://calibamboo.com).

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CREDIT: KEBONY.COM

**Kebony is a sustainably-harvested pine product that is modified at the molecular level to be stronger so it can last 3-5 times as long as other decking materials.**

## COVID-19 Restrictions Ease as the "100 Deadliest Days" Of Summer Begin For Nation's Teens

New AAA data examines fatal teen crash rates during the summer from 2008 to 2018

By PRESS OFFICER  
AAA Mid-Atlantic

WASHINGTON (May 27, 2020)—As motorists return to the road during eased travel restrictions, so begins the season when teen drivers are most at risk. The combination of schools closed, activities curtailed, summer jobs canceled, and COVID-19 restrictions being lifted, could prove deadly as teens take to the road this summer. AAA recommends that now is a good time for parents to both model safe driving behaviors and help ensure their teens practice them too.

Heading into the deadliest days of the year for teen drivers, law enforcement officials and highway safety advocates, including AAA Mid-Atlantic, continue to sound the alarm about excessive speeding on streets, roadways and freeways across the region and the nation amid COVID-19 protocols. As traffic is making a comeback on area roadways, it behooves parents to caution their teenagers to avoid copy-cattin' or emulating such reckless behavior on residential streets and freeways this summer, warns AAA Mid-Atlantic.

In the wake of statewide school closures, parents and teens must be extra cautious and extra vigilant this summer, the longest "cultural summer" in years. This year, it stretches 106 days, instead of a typical span of 99 days, potentially elongating the number of the "deadliest days" on the road for rookie teenage drivers and their passengers during "cultural summer."

Across Washington, D.C., and the states of Maryland and Virginia nearly 300 persons lost their lives killed in crashes involving teen drivers during the period between Memorial Day and Labor Day over the course of the past ten years, cautions AAA Mid-Atlantic.

More specifically, in the District of Columbia, five people were killed in crashes involving teen drivers in the past ten years during the "100 Deadliest Days," the period between Memorial Day and Labor Day. During this period, 119 people were killed in crashes involving teen drivers in Maryland, and 173 people were killed in crashes involving teen drivers in Virginia.

Nationwide, more than 8,300 people died in teen-related summertime crashes from 2008 to 2018. That's more than seven people a day each summer as compared to the rest of the year (six people/day).

"The last decade of crash data shows that teens continue to be over-represented in crashes and summertime marks an increase of fatal crashes for this age group," said Dr. David Yang, Executive Director of the AAA

Foundation for Traffic Safety. "Our data analysis has found that for every mile driven, new teen drivers ages 16-17 years old are three times more likely to be involved in a deadly crash compared to adults."

"Unfortunately, during the quarantine, a number of drivers behaved badly and turned roadways into speedways. Throughout the summer months, and as traffic volume increases as the states reopen, parents must continually warn their teens about breaking road rules, such as zooming over the speed limit on a residential street or a freeway," explained John B. Townsend II, AAA Mid-Atlantic's Manager of Public and Government Affairs.

"Underscoring the inherent dangers on the highway for teens, nearly half of all teens surveyed by AAA admitted to speeding on residential streets and highways in the past 30 days. Due to their inexperience, teen drivers are at a higher risk of crashes."

According to the new AAA Foundation Traffic Safety Culture Index, about 72% of teen drivers aged 16-18 admitted to having engaged in at least one of the following risky behaviors in the past 30 days:

- Driving 10 mph over the speed limit on a residential street (47%)
- Driving 15 mph over the speed limit on a freeway (40%)
- Texting (35%)
- Red-light running (32%)
- Aggressive driving (31%)
- Drowsy driving (25%)
- Driving without a seatbelt (17%)

"Parents remain the best line of defense to keep everyone safe behind the wheel," said Jennifer Ryan, AAA's Director of State Relations. "It's never too soon to educate teens on the dangers of distracted driving, speeding, and the impairing effects of alcohol and marijuana. But we can't just tell teens about the dangers. We must also refrain from engaging in risky driving behaviors and ensure we are modeling good behavior."

To keep roads safer this summer, AAA encourages parents to:

- Talk with teens early and often about abstaining from dangerous behavior behind the wheel, such as speeding, impairment and distracted driving.
- Teach by example, and minimize risky be-



PHOTO CREDIT ANITAPEPPERS, MORGUEFILE.COM

- havior when driving.
- Establish a parent-teen driving agreement that sets family rules for teen drivers.
- Conduct at least 50 hours of supervised practice driving with their teen.

To support parents in conducting practice driving sessions during COVID-19 and beyond, AAA is providing a free four-page guide to help parents coach their teens on how to drive safely.

The "Coaching Your New Driver—An In-Car Guide for Parents" AAA ParentCoachingGuide 2020 offers behind-the-wheel lesson plans, including a variety of "DOs and DON'Ts" to make the learning experience as helpful as possible.

For parents, the guide can be beneficial as they coach their teens on a variety of routes, building on their formal behind-the-wheel training. Teens preparing for the responsibility of driving should enroll in a driver education program that teaches how to avoid driver distraction and other safety skills.

Amid closed school houses, and the phased reopening procedures, this will be the longest period between Memorial Day and Labor Day in years, with the earliest possible arrival of Memorial Day, which occurred on May 25, and with Labor Day arriving as late as it possibly can on Monday, September 7.

That means this summer will be seven days longer, or an extra week longer. It could increase the mileage driven by inexperienced teen drivers, and intensify their "risk exposure" during summertime, warns AAA Mid-Atlantic.

TeenDriving.AAA.com has a variety of tools to help prepare parents and teens for the dangerous summer driving season. The online AAA StartSmart Parent Session also offers excellent resources for parents on how to become effective in-car coaches as well as advice on how to manage their teen's overall driving privileges.

## Online SUMMER CAMPS

### Alice Ferguson Foundation: Summer Adventure Camp

Learn more and register at: <https://fergusonfoundation.org/summercamps/>

Join us for this online camp-like experience full of interactive, hands-on activities and live sessions led by our educators to deliver the fun and camaraderie of a summer camp. These three-day sessions (Monday through Wednesday) will run for three hours and will feature crafts, playing games, meeting farm animals, and creating science projects. Each day, our educators will provide a fun and engaging atmosphere that will keep campers busy and excited to log into camp each day.

Each week's session will have a different theme and feature different activities will be about that theme, so you can sign up for more than one session.

Each session is \$75 per household. Campers will need to have access to an internet-enabled device with a camera and microphone.

The activities are geared towards children ages 5 to 11, but are open to nature explorers of all ages. We have a maximum of 25 families per session.

Please contact us for more information if you will need to be provided with an internet enabled device.

Sessions available:

**Watershed Warriors**

June 15-17, 2020

July 13-15, 2020

**Fantastic Farmers**

June 22-24, 2020

July 20-22, 2020

**Eco Explorers**

June 29-July 1, 2020

July 27-29, 2020

### SU's CELL Hosts Virtual

#### Summer Enrichment Academies

SALISBURY, Md. (May 22, 2020)—While the challenges of social distancing related to the COVID-19 pandemic has forced some events to be postponed, learning and new adventures do not take a break.

Many summer activities and camps have been canceled outright; Salisbury University's Center for Extended and Lifelong Learning (CELL) has adjusted its schedule for Summer Enrichment Academies with online offerings June 22-July 31 for middle and high school-aged students.

The academies provide in-depth academic offerings, taught by SU faculty members and geared toward engaging in the virtual environment. They cover a variety of areas including dance, art, leadership, STEM (science, technology, engineering and mathematics) and more.

"The Summer Enrichment Academies are an opportunity for students to maintain their educational journey while participating in activities that are enjoyable and fulfilling," said Mary Angela Baker, CELL director. "While the current circumstances prevent our instructors from engaging with the attendees in person, our staff has worked hard to shift the curriculum to an immersive virtual format that will be rewarding and educational for all involved."

**The Youth Innovation Academy** promotes interests in leadership, communication and technology. Sessions enhance leadership confidence and expand technology skills through applied projects tackling real community issues. Programs are for students age 9-14.

**The Dance Academy** allows students to delve into the world of professional dance with renowned dancer and choreographer Jon Lehrer. The classes integrate the approach and fluidity of modern dance and the excitement and energy of jazz dance with physics to create an expressive, engrossing style of movement. The program is for intermediate and advanced-level dancers ages 14 and over.

**The 3-D Arts Academy** introduces 3-D concepts and provide students with a college-level introduction to the technical processes associated with creating and appreciating three-dimensional forms with alternative building materials. The program is for high school students entering grades 9-12.

**The STEM Academy** allows students to expand their skills and explore the areas of science, technology, engineering and mathematics. The one-week intensive academy consists of 10 online subjects—one session each morning and afternoon. Programs are for high school students entering grades 9-12.

Dates for each academy are as follows:

**Youth Innovation Academy @ SU**

- Sessions for boys and girls (9-14 years old), 10 a.m.-12:30 p.m.:
- June 22-26—Forensics
- July 6-10—Criminal Investigation through Literature
- July 6-10—Adventures in Audio
- July 20-24—Entrepreneurship
- July 27-31—Making a Difference: Creating a PSA
- Sessions for girls (9-14 years old), 10 a.m.-12:30 p.m.:
- July 13-17—Future World Leaders

**Dance Academy**

- June 22-26—For intermediate and advanced-level dancers age 14 and above, 10 a.m.-1 p.m. (Final showcase presentation Friday, June 26)

**3-D Arts Academy**

- July 6-31—Sessions for students entering grades 9-12, 2-4 p.m.
- Week one: Monday-Friday
- Weeks two-four: Monday-Thursday

**STEM Academy**

- July 13-17 or 20-24—Sessions for students entering grades 10-12, 9 a.m. and 1 p.m. each day

Costs for youth academies range from \$100-\$200. For more information or to register call 410-543-6089 or visit the summer academies website at [www.salisbury.edu/sea](http://www.salisbury.edu/sea).

# HEALTH AND WELLNESS

## Governor Hogan and Adventist HealthCare Fort Washington Medical Center Announce New ICU Inpatient Wing to Care for COVID-19 and Critical Patients

First hospital in the nation to install STAAT Mod™ (Strategic, Temporary, Acuity-Adaptable Treatment) modular units

By SHAREESE CHURCHILL  
Office of the Governor

ANNAPOLIS, Md. (May 26, 2020)—Adventist HealthCare Fort Washington Medical Center today became the first hospital in the nation to install STAAT Mod™ (Strategic, Temporary, Acuity-Adaptable Treatment) modular units to care for COVID-19 and other critically ill patients.

These units, designed by HGA and prefabricated and assembled by The Boldt Company, arrived on site April 25, were assembled and connected to the

hospital infrastructure, and are ready to receive their first COVID-19 patients this month.

In partnership with the Maryland Department of General Services, Adventist HealthCare Fort Washington Medical Center sought ways to quickly provide additional ICU-bed capacity. This durable solution provides quality care to the surrounding community throughout the uncertain curve of infection.

“Maryland is proud that Fort Washington Medical Center is the first hospital in the country to receive this ICU-level of care unit,” said Governor Larry Hogan.

“This newly constructed unit is another example of increasing hospital capacity for care of patients suffering from COVID-19 in Prince George’s County.”

Unlike other fabricated structures designed for lower acuity patients, the innovative STAAT Mod is highly engineered to hospital-quality environments. It is a critical care inpatient unit with Airborne Infection Isolation Rooms (AIIR) that provide increased safety for both patients and caregivers.

Twelve modules were installed adjacent to the hospital offering 16 private ICU rooms with isolation and adequate

support space. The process to install these STAAT Mods took two weeks to complete. The installation required a large crane to lift the modules in place in very precise movements that must be rehearsed to ensure accuracy. Each module weighs about 25,000 pounds and there is only one chance to install it correctly. Once in place, utilities, connecting mods, medical gas supply hookups, electrical, building ramps, and roofing can be completed.

“COVID-19 is an unprecedented event and we are both grateful and proud to be able to bring the cutting-edge solu-

tion to our Fort Washington location,” said Terry Forde, President and CEO, Adventist HealthCare. “Being able to deploy an ICU-level facility and care in three weeks gives our team an opportunity to help even more people in our area who need care so urgently right now.”

The STAAT Mod has a 10-year useful life, durable enough to support a longer-term strategy. The space allows the medical center the ability to separate patient populations to safely return to elective procedures without sacrificing clinical quality, safety, efficiency, or the dignity of any patient.



PHOTO COURTESY WWW.RALIMD.ORG

## RALI Maryland Begins “Recovery is Essential” Campaign

By BETH LEVINE  
RALI Maryland

BALTIMORE, Md. (May 26, 2020)—In a new digital media and PSA campaign, the Rx Abuse Leadership Initiative of Maryland is reminding people that even though COVID-19 is at the forefront of people’s minds, for people who are in recovery with substance use disorders this time can be especially difficult.

The campaign aims to remind people that “Recovery is Essential” and even though it may look different, help is available for those in need to continue their recovery. The normal stress of recovery is compounded by lost jobs, trouble making ends meet, and losing the important face-to-face interaction that those in recovery need.

“We understand that recovery is hard enough on its own, and when people have to self-isolate or quarantine, it makes the healing even harder,” said Christine Ross, President and CEO of the Maryland Chamber of Commerce, a RALI Maryland partner. “Just like any essential business, those in recovery need to know that their recovery is essential, too, and there are resources that remain available throughout this global pandemic to help keep people on track.”

Senator Malcolm Augustine and House Majority Leader Sheree Sample-Hughes lent their voice to the campaign to highlight organizations in their districts that are helping people with their recovery. Sample-Hughes talked about the work that

Worcester Goes Purple is doing to help people living in several recovery houses in the district continue their recovery despite job losses and isolation. Augustine discussed the important work that the National Alliance on Mental Illness of Maryland is doing to help educate and provide resources to people in recovery, and all Marylanders, who are struggling with their mental health at this time.

RALI Maryland is posting resources to its website during the COVID-19 pandemic, including links to SAMHSA’s website to all recovery centers in Maryland and NAMI Maryland’s website. Blog posts can be found at [www.ralimd.org/newsupdates](http://www.ralimd.org/newsupdates).

The Rx Abuse Leadership Initiative (RALI) of Maryland is a diverse alliance of more than two dozen local, state, and national organizations committed to finding solutions to help end the opioid crisis in Maryland. The organization is bringing people and organizations together to share, learn, and work across community boundaries to help save lives, mobilize stakeholders, and provide resources. More information is available at [RALIMd.org](http://RALIMd.org). RALI Maryland partners include: Maryland Fraternal Order of Police, Maryland Hospital Association, Maryland Patient Safety Center, Maryland Pharmacists Association, Maryland REALTORS, Maryland Sheriffs’ Association/Maryland Chiefs of Police, National Black Nurses Association, Professional Firefighters of Maryland, Vietnam Veterans of America

## 30,000+ Marylanders Have Enrolled During the Coronavirus Emergency Special Enrollment Period

Remaining uninsured residents have less than a month to get marketplace coverage

By PRESS OFFICER  
Maryland Health Benefit Exchange

BALTIMORE, Md. (May 15, 2020)—The Maryland Health Benefit Exchange today reminded uninsured Marylanders that they have until **June 15** to enroll in coverage through the state’s health insurance marketplace, Maryland Health Connection, under the Coronavirus Emergency Special Enrollment Period. As of May 15, nearly 31,000 residents across the state have taken advantage of this special enrollment period that began in March with Gov. Larry Hogan’s announcement of a State of Emergency in Maryland.

Of the nearly 31,000 residents who’ve already obtained health coverage through Maryland Health Connection during this special enrollment, 64 percent received Medicaid, while the remainder enrolled in private insurance. Young adults ages 18–34 made up 36 percent of Marylanders who have enrolled. A majority of those who enrolled in private insurance plans qualified for financial help to lower the cost of the plan.

“We know many people don’t access health care when they lack insurance, which is never good and particularly dangerous when dealing with a public health crisis

like COVID-19,” said Robert R. Neall, secretary of the Maryland Department of Health. “Health insurance allows you to manage your and your family’s health, as well as help protect the health of the community. I urge Marylanders to use this opportunity to get coverage if they don’t already have it.”

“The coronavirus pandemic has affected the health of about 39,000 Marylanders and counting. And while we’ve seen a large number of people enrolling, there are still hundreds of thousands of people in this state who are without coverage,” explains Michele Eberle, executive director of Maryland Health Benefit Exchange.

As job loss numbers hit historic levels in April, and layoffs continue across the state, many Marylanders are losing health coverage offered by employers. Individuals who lose coverage through their jobs have 60 days from loss of coverage to enroll. If they’ve missed that deadline, they can get coverage through Maryland Health Connection’s Coronavirus Special Enrollment Period through June 15.

An additional special enrollment for Maryland tax filers runs through **July 15**. The Maryland Easy Enrollment Health Insurance Program gives tax filers the option

to share information, like household size and income, with the Maryland Health Benefit Exchange to see if they are eligible for free or low-cost health insurance. Choosing to check the box on state tax forms (502 and 502B) will result in Maryland Health Benefit Exchange mailing the tax filer a letter to let them know if they are eligible for free or low-cost health coverage.

To enroll, visit [MarylandHealthConnection.gov](http://MarylandHealthConnection.gov). Individuals also can download the free “Enroll MHC” mobile app. Free consumer assistance is available by calling 855-642-8572 from 8 a.m.–6 p.m. on weekdays.

Help is available in more than 200 languages through the call center, as well as Relay service for the deaf and hard of hearing. Trained navigators and brokers statewide offer help enrolling by phone. You can find information at [MarylandHealthConnection.gov](http://MarylandHealthConnection.gov).

This special enrollment period is for private health plans. Those who qualify for Medicaid may enroll any time of year.

Health insurance companies on Maryland Health Connection cover testing, visits relating to testing, and treatment of COVID-19. These consumers will not be billed for a copay, coinsurance or deductible for services to test, diagnose and treat COVID-19.

## Your Census response is critical to Maryland’s funding for minority health. The 2020 Census Is Underway, and We Want Every Marylander To Have Their Voice Heard

The Census is conducted every ten years and helps shape important decisions for the decade to come. Census results help determine how much Maryland receives in federal funding for:

- Vaccine allocation
- School lunch and SNAP (The Supplemental Nutrition Assistance Program)
- Emergency medical services
- Children’s Health Insurance
- Prevention and treatment of substance abuse
- Medical Assistance Programs

Did you know it’s estimated that every Marylander counted in the Census equates to almost \$20,000 in federal funding over 10 years?

Taking the Census ensures your community receives its fair share of federal funding. Visit <https://census.maryland.gov> and opt-in to receive information for Marylanders about the 2020 Census, how your responses are used to help your community, and how you can help encourage others to complete the Census too.

—Maryland Dept of Health



PHOTO COURTESY MARYLAND DEPT OF HEALTH

**Take 10 minutes and BE COUNTED!**  
Have YOU Completed the Census?  
[2020census.gov](http://2020census.gov)

## Rabid Groundhog Alert in Prince George’s County

By GEORGE LETTIS  
Prince George’s County Health Dept.

LARGO, Md. (May 27, 2020)—The Prince George’s County Health Department is alerting community members that a rabid groundhog was recently found in Hyattsville, MD. On or around May 13, 2020, a groundhog with unknown wounds was found acting strange near the 6900 block of Calverton Dr. in Hyattsville. The groundhog was captured for rabies testing. On May 18, the Maryland Department of Health (MDH) confirmed that the groundhog tested positive for rabies. The groundhog was euthanized.

There are no known human exposures at this time, however due to the risk of rabies exposure, the Health Department seeks the public’s help in finding any persons who may have had contact with any groundhogs in the

identified area. If you know of any persons or animals that may have had contact with the above groundhog between April 26 and May 18, please contact the Health Department immediately at 301-583-3750.

“Rabies is often a life-threatening disease; however, it is highly preventable by beginning post-exposure treatment immediately following exposure. Treatment is determined by the type of animal contact and patient assessment,” said Dr. Ernest Carter, Prince George’s County Health Officer. “Rabies is transmitted through the saliva of an infected animal and is easily transmissible through a bite of an infected animal. The best method to eliminate the risk of rabies exposure is to avoid contact with unfamiliar animals. We encourage community members to report any unusual or erratic animal behavior they notice and to avoid handling and feed-

ing any unknown animals in their community.”

When a person is bitten or exposed to the saliva of a rabid animal, the disease is prevented by administering four doses of rabies vaccine over a 14-day period, and a dose of rabies immunoglobulin given at the beginning of treatment. Each year, approximately 900 Marylanders receive preventive treatment after exposure to a rabid or potentially rabid animal.

### To prevent your exposure to rabies:

- Do not approach, handle or feed stray dogs and cats, and enforce leash laws.
- Teach your children not to approach any unfamiliar animals.
- Have your dogs, cats and ferrets vaccinated against rabies and keep the vaccinations up-to-date.
- Do not leave pets outside unattended or allow them to roam free.

- Cover garbage cans tightly and do not leave pet food outside; this may attract wild and stray animals.
- Teach children to stay away from wild animals or animals they do not know.
- Prevent bats from entering your home by using window screens and chimney caps and by closing any openings greater than ¼ inch by ½ inch. Bats found in the home should be safely collected, if possible, and tested for rabies. Please call the Prince George’s County Animal Management Division at 301-780-7200 for questions or assistance.
- Wear gloves when handling an animal if it has been in a fight with another animal. Keep it away from people and other animals and call your veterinarian or local health department to report the animal exposure.
- If you are bitten by or exposed to an animal that may be rabid, you should take the following steps:
  - If it is a wild animal, try to trap it if

you can do so safely. If the animal must be killed, try not to damage the head.

- If it is an owned animal, get the animal owner’s name, address, and telephone number.
  - Immediately wash the wound well with soap and water; if available, use a disinfectant to flush the wound.
  - Get prompt medical attention.
  - Immediately report the exposure to your local animal control agency, health department, or police.
  - Consider treatment if a bat was present and exposure cannot be reasonably ruled out (e.g., a sleeping person awakens to find a bat in the room, or an adult sees a bat in the room with a previously unattended child or mentally disabled or intoxicated person).
- To learn more about rabies in Maryland, including rabies surveillance statistics and efforts to prevent and control the disease, please visit the MDH website <https://phpa.health.maryland.gov/OIDEOR/CZVBD/Pages/rabies.aspx>.

