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UMD Part of New National Initiative Using Trusted Barbers and Stylists to Encourage COVID-19 Vaccination in Communities of Color

President Biden announced the innovative partnership between the Black Coalition Against COVID, the University of Maryland Center for Health Equity, and SheaMoisture

By PRESS OFFICER
School of Public Health,
University of Maryland

WASHINGTON (June 2, 2021)—President Biden [last week] announced the formation of a White House-backed partnership between the University of Maryland's Maryland Center for Health Equity, the Black Coalition Against COVID and the beauty and personal care brand SheaMoisture to recruit 1,000 Black-owned barbershop and hair salons nationwide to encourage people of color to get COVID-19 vaccinations—even on site.

"Shots at the Shop," part of a broader Biden effort to quickly increase lagging COVID-19 vaccination rates in Black, Latino and other communities of color through community-based programs, will also train Black hairstylists and barbers to dispel myths and disinformation about COVID-19.

The initiative builds upon the Health Advocates In-Reach and Research (HAIR) campaign, a culturally tailored, community-based intervention developed at the UMD School of Public Health by Stephen B. Thomas, PhD, director of the Maryland Center for Health Equity.

"For the last 15 years, our research has shown how Black barbers and stylists are an important asset to the health of the com-

munity. It took a pandemic for people to recognize how important it is to be in communities and build trust," said Thomas, a professor of health policy and management.

"It is my hope that Shots at the Shop is the beginning of truly recognizing the role that barbers and stylists can play in promoting health and preventing disease. We need to stay there to address the underlying health conditions, like hypertension, cancer, and diabetes that have made people of color vulnerable to this pandemic."

Participating barbershops and salons will take a four-hour training course to become volunteer community health workers. The course will be delivered online through the University of Maryland, using national public health and medical experts along with barbers and stylists who have already achieved Certified Community Health Worker status. Once trained, some salons and barbershops will also become COVID vaccination sites. SheaMoisture, an African American-founded company, is providing a \$1,000 stipend to each participating shop.

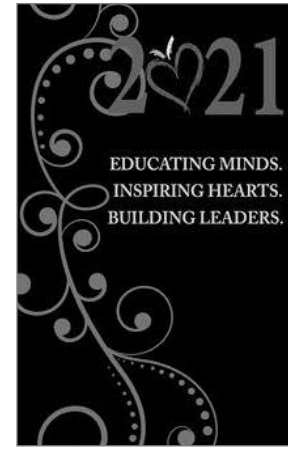
"Hair salons and barbershops are important micro community centers," said Dr. Reed Tuckson, founding member of the Black Coalition Against COVID. "We are at a critical stage in the fight against this pandemic and we need all hands on deck if we are going to protect Black and Brown health and survival. Barbers and stylists are

at the top of the list in terms of engagement right now."

After providing relief and recovery grants in 2020 to ensure Black-owned businesses survived the economic crisis, SheaMoisture has expanded their community commerce initiative to support Shots at the Shop by providing \$1,000 grants to each beauty salon and barbershop owner in an effort to help them re-open with vaccine confidence and low incidence.

"SheaMoisture is a brand that stands ready to support the Black community. Upon hearing that Black Americans comprise only 8.5% of those vaccinated in the U.S., we saw that as an urgent need to act," said Cara Sabin, CEO of SheaMoisture. "We are proud to work together with the White House and U.S. Department of Health, Black Coalition Against COVID, and University of Maryland Center for Health Equity through the Shots at the Shop initiative to transform vaccine hesitancy into vaccine confidence. By providing 1,000 businesses with \$1,000 grants, for a total of \$1 million, we hope this will bring the necessary educational and material resources to Black communities across the U.S. in a safe, efficient, and convenient manner."

Black-owned barbershop and beauty salon owners who are interested in applying for a grant can register at www.sheamoisturefund.com.



TEACHER OF THE YEAR
WINNER



ADRIN LEAK
DuVal High School

IMAGE COURTESY PGPCS

DuVal High School Educator Named Prince George's County Teacher of the Year

By OFFICE OF COMMUNICATIONS
Prince George's County Public Schools

UPPER MARLBORO, Md. (June 1, 2021)—DuVal High School tenth-grade Reading, English Language Arts (RELA) teacher Adrin Leak has been named 2021 Prince George's County Teacher of the Year. Selected from a pool of more than 60 teachers, the announcement was made with a surprise visit to Leak's school.

Leak has spent all of her 12-year teaching career in Prince George's County Public Schools (PGCPS), serving DuVal High School students since 2011. Before joining the instructional team at DuVal, she was a RELA teacher at G. James Gholson Middle School.

"This past year has been exceptionally challenging for teachers. They had to adjust quickly to virtual learning, then shift again to hybrid learning,"

said Dr. Monica Goldson, Chief Executive Officer. "Through her exceptional work and dedication, Ms. Leak has demonstrated that it is possible to continue to provide students with outstanding instruction in a virtual environment."

Leak will go on to compete statewide for Maryland Teacher of the Year, coordinated by the Maryland State Department of Education (MSDE).

She was selected for this honor for her talent in the classroom, commitment to ensuring all students succeed and supporting fellow teachers through ongoing professional development opportunities. Leak is committed to closing the edu-

See TEACHER OF THE YEAR Page A3

Local Resident Earns Medical Degree From WVSOM

LEWISBURG, W.Va. (June 1, 2021)—Salima Conteh, D.O., graduated from the West Virginia School of Osteopathic Medicine (WVSOM) with a Doctor of Osteopathic Medicine degree on May 29, 2021.

While at WVSOM, Dr. Conteh received an American Medical Women's Association Glasgow-Rubin Certificate of Commendation for Academic Achievement, as well as Rural Health Initiative recognition. She was a member of Psi Sigma Alpha, a national osteopathic scholastic honor society, and a member of the national honorary osteopathic service fraternity Sigma Sigma Phi - Nu Chapter.

Conteh earned a Bachelor of Science degree in general biology from the University of Maryland in College Park, Md., in 2015. She is a 2011 graduate of Frederick Douglass High School in Upper Marlboro, Md.

Conteh is the daughter of Isha Conteh of Upper Marlboro.

She plans to enter an internal medicine residency at Christiana Care in Newark, Del.

WVSOM is a national leader in educating osteopathic physicians for primary care medicine in rural areas. Visit WVSOM online at www.wvsom.edu.

—Ken Bays, West Virginia School of Osteopathic Medicine



PHOTO COURTESY WVSOM

Salima Conteh, D.O.

Physical and Sports Rehab Hires New Physical Therapist

UPPER MARLBORO, Md. (June 7, 2021)—Physical and Sports Rehab announces that it has recently hired Dr. Tyler Logan to join its physical therapy practice in Upper Marlboro.

Specializing in strength and conditioning, Dr. Logan works with athletes of all ages, from youth and high school to college and professional. He is also experienced in geriatrics, vestibular rehab, neurological conditions, post-op treatment, musculoskeletal injuries, and more.

Dr. Logan obtained his Bachelor's Degree in Human Movement and Performance from Florida Southern College in Lakeland, FL where he was also a NCAA Division II Men's Basketball National Champion. He received his Doctorate in Physical Therapy from the University of

Maryland Eastern Shore in Princess Anne, MD. He is also a National Strength and Conditioning Association (NSCA) Certified Strength Conditioning Specialist (CSCS).

Outside of work, Tyler enjoys working out at the gym, playing basketball, reading.

"I am extremely excited to join the Physical and Sports Rehab team! I love that we are able to provide such a high level of care and that our patients are treated like family. I look forward to meeting you soon!", he says.

PSR is a community focused physical therapy clinic offering orthopedic and manual physical therapy, sports medicine, and golf fitness and rehab in the greater Upper Marlboro area.

—Physical and Sports Rehab



PHOTO COURTESY APT MANAGEMENT SOLUTIONS

Dr. Tyler Logan

Department of the Environment Announces Stormwater Enforcement Settlement With Prince George's County

Consent decree includes \$475,000 penalty, requirements for additional work to reduce stormwater pollution

By PRESS OFFICER

Maryland Department of the Environment

BALTIMORE (June 1, 2021)—The Maryland Department of the Environment announced an agreement with Prince George's County to resolve violations of the county's municipal stormwater permit.

The agreement, outlined in a consent decree filed in Prince George's County Circuit Court, imposes a \$475,000 penalty for the failure to complete all of the stormwater runoff reduction work required by the National Pollutant Discharge Elimination System (NPDES) Municipal Separate Storm Sewer System (MS4) permit issued by MDE to the county in 2014. The penalty can be satisfied through the construction of one or more MDE-approved supplemental environmental projects by December 31, 2024.

The consent decree also requires timely completion of stormwater work still remaining under the 2014 MS4 permit. The settlement calls for additional penalties for failure to meet progress milestones.

"This enforcement action re-

flects the state's priority on preventing stormwater pollution and growing green infrastructure for clean water and climate resilience throughout the Chesapeake Bay," said Maryland Environment Secretary Ben Grumbles. "We appreciate Prince George's County for stepping up to improve environmental performance under its permit and agreeing to an enforcement decree, including penalties, schedules, and supplemental environmental projects."

Under the MS4 permit, Prince George's County was required to implement stormwater treatment practices on 20% of its untreated impervious surface area—totaling 6,105 acres—by the end of the five-year permit term. MDE's approved restoration total for the county is 2,387 acres, resulting in a deficit of 3,718 impervious acres that have not been restored as required, the consent decree states.

Under the consent decree, the supplemental environmental proj-

See SETTLEMENT Page A5

INSIDE

- Prince George's County Announces Holiday Closings for Juneteenth, Friday, June 18
- Local Students Honored: Dean's Lists, Scholarships, Graduations

Around the County, Page A2

Alzheimer's Association Encourages Americans To Make Brain Health, Mental Well-being A Priority as Pre-pandemic Activities Resume

Right now, many experts agree that people can improve their brain health and reduce the risk of cognitive decline by adopting healthy lifestyle habits, preferably in combination.

Community, Page A3

June Is Men's Health Month

Friday, June 18, 2021 is Wear Blue Day, a day in which we encourage everyone to wear blue to promote the health and wellness of men and boys.

Third Annual PGSAO Men's Event and Pre-Father's Day Celebration is Friday, June 18, 2021 from 4 p.m. to 8 p.m.

Commentary, Page A4

TOWNS and NEIGHBORS

In & Around Morningside-Skyline by Mary McHale 301-735-3451

F. Lee Bailey dies, was mock attorney for Dr. Samuel Mudd

F. Lee Bailey, the criminal defense attorney best known for representing O. J. Simpson and other famous or notorious defendants, died June 3 in Atlanta. He was 87 and had been in poor health.

I met Mr. Bailey back in 1992 when the University of Richmond staged a mock trial (I believe, as practice for law students) of my great-grandfather, Dr. Samuel A. Mudd. The history: John Wilkes Booth shot President Lincoln at Ford's Theatre, and leapt from the Presidential box, breaking his leg. As he was fleeing on horseback, Booth and his cohort David Herold came to the home of Dr. Mudd near Waldorf, Md. My great-grandfather set Booth's leg, and let him rest a few hours before he made his way to the home of Samuel Cox who helped him cross the Potomac into Virginia. Booth took refuge in the Garrett barn and was shot and killed by Sgt. Boston Corbett.

F. Lee Bailey was selected—by whoever staged the mock trial—to be attorney for Dr. Mudd. Bailey did his usual outstanding and showy defense and Dr. Mudd was found innocent. Which is what the Mudd family believes to be true.

However, in reality, Dr. Mudd was sentenced to life imprisonment at Fort Jefferson in Florida's Dry Tortugas Islands. After three years, President Andrew Johnson pardoned him.

The Mudds continue to fight to clear his name. But F. Lee Bailey is no longer available.

Town of Morningside

Sad news from the Town: One of the Town's own, Michael Ray "Mikey" Fowler Jr., died May 30 of a stroke. He was only 40. He grew up in Morningside, and was son of former Town Council Member Sharon Fowler. I'll have a full obituary in next week's column. Remember the Fowler family in your prayers.

Morningside's 4th of July is coming up, with a Parade in the morning and fantastic fireworks at night. If you want to provide a classic car or a Scout group or whatever for the Parade, call the Town at 301-736-2300.

The Town Hall meeting room is available for rent and is now at full capacity.

Call the Town at 301-736-2300.

The next Town Meeting is Tuesday, June 15, 7 p.m.

Auth Road 7-Eleven hit with Molotov cocktails

The 7-Eleven at 6404 Auth Road was firebombed at 1:10 the morning of May 29, for the second time this year. The store was open and occupied. Fortunately, no one was injured.

The owner told a reporter, "The people who burned the store walked in like regular customers before pulling Molotov cocktails from a plastic bag then using them to set the building on fire." The owner said they have been in the neighborhood for 20 years and don't understand why they are being targeted.

On January 6 of this year, a similar incident was reported at the same 7-Eleven. Another similar incident happened on January 16 at a convenience store on Dallas Drive in Temple Hills.

No arrests have been made in any of these cases, which are under investigation. Anyone with information is asked to call Prince George's County Fire Investigations Division at 301-77ARSON (301-772-7766).

Neighbors & other good people

Milton V. Peterson, one of the D.C. area's most successful real estate developers and the creator of National Harbor, died May 26 at his home in Fairfax, Va. He was 85.

Donald Young, age 99, just had his vaccine shot—Johnson & Johnson because you only need one, not two shots. And he had it at home, delivered and administered by Maryland Public Health. His daughter Donna emailed that four—one man and three women—showed up in a white van. After the shot, Donna asked them to stay for 30 minutes to make sure her dad didn't have any serious reaction, they did, and chatted with Don. For elderly folk who don't or can't leave home, but need the shot, contact Maryland Public Health at Mrt-pgchd@co.pg.md.us or call 301-324-4411 or 301-324-4298.

Academia

Happy 70th anniversary to Suitland High School, which was founded in 1951. The first principal was Thomas V.

Warthen.

Dejahn Courtney Warren, of District Heights, graduated May 16 from Lackawanna College, in Scranton, Pa., with an Associate in Arts in Professional Studies.

Changing Landscape

Postage stamps are going up again. A first-class stamp will go from 55 to 58 cents, postcards from 36 to 40 cents. I'm not sure when this change will go into effect.

The National Museum of Natural History is reopening June 18 with a host of great new displays. And if you hurry, you can buy limited editions of Cicada T-shirts—baby clothes, mugs, bags and caps all featuring a big cicada. (Think: Christmas, birthday or anniversary gift.) Hurry; you'll have to wait 17 years for the next issue.

The new State-of-the-Art Medical Center is opening on June 12 in Largo. It includes: a Heart & Vascular Institute, dedicated floor for women's and infant's health, level II Trauma Center, two rooftop helipads, 24/7 emergency care with 41 treatment bays, Stroke Center, expanded surgical services, multiple endoscopy suites, interventional radiology, inpatient & outpatient behavioral health services, 32 Intensive Care beds and more. Address: UM Capital Region Medical Center, 901 North Harry S. Truman Drive, Largo, MD 20774, right next door to the Largo Town Center Metro.

Mass times have changed at St. Philip's Church in Camp Springs. The new schedule: Saturday Vigil Mass, 5 p.m.; Sunday Mass, 10 a.m. Weekday Mass schedule is unchanged: 8:30 a.m. Monday through Friday; 9 a.m. Saturday. Eucharistic Adoration, Wednesdays, 4 to 8 p.m. Information: 301-423-4740.

In 2020, a home, on Pine Lane Drive in Skyline, sold for \$441,000.

Covid report: 4 new Maryland deaths

Maryland had 134 additional cases, through June 3 at 5 p.m. Four more Marylanders died.

Metro, which has suffered loss of riders over the last year, is now trying to

See MORNINGSIDE-SKYLINE Page A5

Around the County

Prince George's County Announces Holiday Closings for Juneteenth

County government offices, except for public safety agencies, will be closed on Friday, June 18, 2021, in observance of Juneteenth.

TheBus, a public transit service operated by the Prince George's County Department of Public Works and Transportation (DPW&T), will operate as scheduled on Friday, June 18, 2021. The County's Call-A-Bus and PGC Link services, including dialysis transportation, will not operate on Friday, June 18, 2021. Regular COVID-19 operations of the Call-A-Bus and PGC Link services will resume on Monday, June 21, 2021.

The Prince George's County Department of Permitting, Inspections and Enforcement (DPIE) will be closed on Friday, June 18, 2021. Regular business hours will resume on Monday, June 21, 2021.

Also, Prince George's CountyClick 3-1-1 will be closed on Friday, June 18, 2021, and will resume regular operations on Monday, June 21, 2021, 7 a.m.–7 p.m. However, residents can still submit service/issue requests online at www.countyclick311.com/.

For more information regarding Prince George's County Government office closures, contact CountyClick 3-1-1.

—Prince George's County Department of the Environment

Local Students Honored

Local Residents Named to William & Mary Dean's List

WILLIAMSBURG, Va. (June 7, 2021)—The following local residents were recently named to the Dean's List at the College of William & Mary for the spring 2021 semester:

Bowie, MD: **Summer Burris**

Fort Washington, MD: **Delharty Manson**

In order to achieve Dean's List status, a full-time degree seeking undergraduate student must take at least 12 credit hours and earn a 3.6 Quality Point Average during the semester.

—Claudette Brooks, College of William & Mary

Rachel Hotakainen named to Dean's List at UW-Superior

SUPERIOR, Wis. (June 7, 2021)—The University of Wisconsin-Superior has named Rachel Hotakainen of College Park to the Dean's List for academic achievement during the Spring 2021 semester.

To be named to the Dean's List, students must have completed 12 degree-seeking semester credits and achieved at least a 3.50 grade point average (on a 4.0 scale).

—Jim Biros, University of Wisconsin-Superior

Delegate Anne Healey Awards Scholarships to 52 Students in District 22

ANNAPOLIS, Md. (June 4, 2021)—Today, Delegate Anne Healey (D - Prince George's) announced she is awarding more than \$52,000 in total scholarship funds to 52 students from District 22.

"I am extremely grateful for the chance to provide financial aid to so many well-deserving, aspiring students in our district," Healey said. "Every one of these students has worked very hard in the classroom and in the community. We want to alleviate as much financial stress as we can for them and give them the opportunity to focus on academics. I am so proud of each of them and can't wait to see what they accomplish in the coming years."

Delegate Healey's scholarship selection committee reviewed applications and made recommendations based on criteria including academic achievement, academic goals, and the likelihood of completing a college degree or certification in a program, as well as demonstrated commitment to service in the community.

The scholarships are being awarded to the following students from District 22:

Lanham area: **James Kamara, Kareem Kassamia, Betty Kromah, Francesca Leonard, Alondra Morales Luna, Jeannette Millimono, Saffa Naeem, Okwudindu Ogbuji-Emmanuel, Eloho Chinyem Ogra, Erica Okeke, Nicole Okeke, Andy Okhueigbe, Noriluz Oscuro, Kimberly Osuji, Celin Panameno-Bonilla, Chelsea Parra, Shannoi Peart, Evelyn Ramirez-Rosales and Erick Rivadeneira**

Greenbelt: **Zion Albright, Lauratu Bah, Muhammad Bah, Christian Barrera, Vivian Castrillo, Nelson Chen, Jessica Orozco Contreras and Viola Costens**

Hyattsville area: **John Dimelu, Elisee Djapa, Olivia Eley, Ajibola Erogbogbo, Chinaza Ezinne, Rukayat Fakoya, Lesley Garcia, Makaio Gregory, Gracie Guerrero, Jan-Pierre Guzman and Jacqueline Milagros Herrera**

New Carrollton: **Mekia Rodney, George Samu, Arsalan Siddiqui, Tamara Simpson, Leon Stevenson and Simone Suito**

Riverdale Park area: **Chidozie Ukwandu, Arianna Wellington, Hashem Wahed, Anjodi Williams and Chiara Yong**

Berwyn Heights: **Farida Abubakar**

Bowie: **Hillary Agyemang and Sidikat Adeyemi**

—Brandon Stoneburg, Chief of Staff for Delegate Healey

More Than 4,700 Graduates Receive Degrees at

Iowa State University This Spring

AMES, Iowa (June 3, 2021)—Iowa State University recognized 4,798 spring graduates on May 7 and 8. Iowa State awarded 4,176 undergraduate degrees, 609 graduate degrees and 143 veterinary medicine degrees. Students had the opportunity to attend in-person ceremonies and celebrations at Hilton Coliseum and Jack Trice Stadium, which were livestreamed for those who preferred a virtual option. Following are graduates from your area:

MD: **Donielle McGruder**, Bachelor of Arts, Psychology

Hyattsville, MD: **Michel Lemoupa Fokou**, Bachelor of Science, Electrical Engineering

—Angie Hunt, Iowa State University

Furman University Announces Class of 2020

GREENVILLE, S.C. (June 3, 2021)—In a virtual ceremony that took place in May of last year, Furman University President Elizabeth Davis conferred degrees on 671 students in the class of 2020. Additional students graduating in August and December of 2020 bring the total to 705.

More than 350 members of the class of 2020 returned to campus this year for a special in-person graduation ceremony. **Morgan Katzer** of Upper Marlboro, Maryland, graduated with a Bachelor of Science in Health Sciences and Spanish. Katzer's parents and/or guardians are Jason Katzer and Stephanie Katzer.

—Clinton Colmenares, Furman University

Sam Houston State University Spring 2021 Graduates

HUNTSVILLE, Texas (June 3, 2021)—The following area students received degrees during the 2021 Spring semester at Sam Houston State University.

Bowie, MD: **Julius Vickerie**, Bachelor of Science, Kinesiology

—Emily Schulze Binetti, Sam Houston State University

Brandywine-Aquasco

BOWIE STATE UNIVERSITY

A new endowed cybersecurity chair position will be established at Bowie State University to accelerate the institution's efforts to support students and graduates equipped to generate new innovation in the profession, thanks to \$500,000 in matching funds from the Maryland Department of Commerce.

Through the Maryland E-Innovation Initiative Fund, a state program for STEM research at colleges and universities, Bowie State University will establish an endowed chair of cybersecurity, who will serve as the director of the Center for Cybersecurity and Emerging Technologies in the Department of Computer Science.

"Bowie State University is grateful for the Maryland E-Innovation award that will help enable us to launch the first endowed chair position in the history of this institution," said Associate Provost Guy-Alain Amoussou. "Cybersecurity and entrepreneurship represent two areas of strength at Bowie State University, and the creation of this endowed chair position will contribute to build a pipeline of cyber entrepreneurs who will contribute to the economic development of the region."

The Initiative will create a Bowie State ecosystem of cyber innovators, infuse entrepreneurship and technology in the STEM curriculum, and enhance Bowie State's pipeline of students from traditionally underrepresented communities to become cybersecurity and entrepreneurship leaders.

"This past year has shown us time and time again why innovative thinking and creative new ideas are essential to Maryland's economic prosperity. We can never be sure what obstacles life will throw in our path," said Maryland Commerce Secretary Kelly M. Schulz. "By supporting these professorships, Commerce is helping make sure that some of the sharpest minds in Maryland continue their important work."

The Maryland E-Innovation Initiative was created by the General Assembly during the 2014 legislative and provided more than \$54.3 million in funding to leverage more than \$60.6 million in private donations.

The Maryland Department of Commerce stimulates private investment and creates jobs by attracting new businesses, encouraging the expansion and retention of existing companies, and providing financial assistance to Maryland companies. The State Department promotes the State's many economic advantages and markets local products and services at home and abroad to spur economic development and international investment, trade, and tourism. Because they are major economic generators, the Department also supports the Arts, film production, sports, and other special events. For more information, visit commerce.maryland.gov. MEDIA CONTACT: Damita Chambers, dchambers@bowiestate.edu.

by Audrey Johnson 301-922-5384

PRINCE GEORGE'S COUNTY PUBLIC SCHOOLS

Breaking Ground Forward with new school construction ground breakings for a new Glenridge Area Middle School in Landover and a replacement building for William Wirt Middle School in Riverdale are the first in what will be nine schools under construction by summer 2021. Through the Capital Improvement Program and Alternative Construction Financing, PGCPSS is replacing age school buildings with the state-of-the-art learning facilities.

MEN'S DAY WEEKEND

Westphalia United Methodist Church will be having a Virtual Men's Day Weekend Rising for Christ, "Restoration for Man", Virtual Conference and in Person Virtual Sunday Worship. There will be a Friday Fry on Friday, June 25, 2021. God will "Faithfully Restore You" 7:00 p.m.-8:30 p.m. Saturday, June 26, 2021, a 1/2 Day Conference with Sessions I from 8:55 a.m.-9:55 a.m. Rev. Dr. Kendrick Weaver, Session II Rev. Marvin Wamble 10:00 a.m.-10:55 a.m., Session III 11:00 a.m.-11:55 a.m., Sunday, June 27, 2021, Worship Service 8:00 a.m. Do not forget to register for this men's Day Weekend. Rev. Dr. Timothy West, Senior Pastor. Our address is 9363 D'Arcy Road Upper Marlboro, Maryland 20774. Website is www.westphaliaum.org, Facebook: <https://www.facebook.com/westphaliaum>, Livestream on Demand: <https://Westphalia.thechurchoonline.com/> Telephone: 301-735-9373.

SAFETY EDUCATION

In 1959-60, the Safety Program in the Prince George's County Public Schools took a new twist under the Coordinator, Francis E. Parker. As coordinator, his duties included working and planning with school personnel and community groups in developing and promoting safety programs related to fire, civil defense and building or playground accidents, working with school patrols, planning for Prince George's County's representation in the AAA Annual School Patrol Parade.

Driver Education, supervised by Mr. Parker, provided opportunities for developing proper attitudes, knowledge, and responsible living in highly mechanized age.

This program was instructed by eight qualified teachers in eleven senior high schools, offered approximately 1200 students classroom instruction and behind-the-wheel training in eight dual-controlled automobiles. These automobiles, furnished by several dealers, were insured, and maintained by the Board of Education. At the end of the year, they were returned to the dealers. Information received from Prince George's County Retired Association.

COMMUNITY

Alzheimer's Association Encourages Americans To Make Brain Health, Mental Well-being A Priority as Pre-pandemic Activities Resume

June is Alzheimer's & Brain Awareness Month

By CINDY SCHELHORN
Alzheimer's Association

MCLEAN, Va. (June 1, 2021)—With COVID-19 vaccines rolling out across the country, many Americans are looking forward to resuming their lives and returning to normal. This June, during Alzheimer's & Brain Awareness Month, the Alzheimer's Association is encouraging people to make brain health an important part of their return to normal.

"The impact this past year of COVID-19 on our country and our communities has been overwhelming," said Kate Rooper, president and CEO of the Alzheimer's Association National Capital Area Chapter. "Chronic stress, like that experienced during the pandemic, can impact memory, mood and anxiety. It's important for people to know there are steps we can take to lessen the stress and anxiety we might be feeling. Now more than ever, we encourage everyone to make brain health a priority."

The Alzheimer's Association offers these five suggestions to promote brain health and to help people restore their mental well-being:

1. Recommit to Brain-Healthy Basics

Evidence suggests that healthy behaviors took a back seat for many Americans

during the pandemic. Gym memberships were put on hiatus, social engagement became more challenging and many Americans swapped out healthful eating for their favorite comfort foods, take-out meals and frequent snacking while working remotely. One study published recently found participants gained nearly 1.5 pounds per month over the past year, on average.

The Alzheimer's Association—through its U.S. POINTER Study—is examining the role lifestyle interventions, including diet, may play in protecting cognitive function. Right now, many experts agree that people can improve their brain health and reduce the risk of cognitive decline by adopting healthy lifestyle habits, preferably in combination, including:

- **Exercise regularly**—Regular cardiovascular exercise helps increase blood flow to the body and brain, and there is strong evidence that regular physical activity is linked to better memory and thinking.

- **Maintain a heart-healthy diet**—Stick to a meal schedule full of fruits and vegetables to ensure a well-balanced diet. Some evidence suggests a healthful diet is linked to cognitive performance. The Mediterranean and DASH diets are linked to better cognitive func-

tioning, and help reduce risk of heart disease as well.

- **Get proper sleep**—Maintaining a regular, uninterrupted sleep pattern benefits physical and psychological health, and helps clear waste from the brain. Adults should get at least seven hours of sleep each night and try to keep a routine bedtime.

- **Stay socially and mentally active**—Meaningful social engagement may support cognitive health, so stay connected with friends and family. Engage your mind by doing activities that stump you, like completing a jigsaw puzzle or playing strategy games. Or challenge yourself further by learning a new language or musical instrument.

2. Return to Normal at Your Own Pace

Many Americans are eager for a return to normal life following the pandemic, but others are anxious. In fact, one recent survey found that nearly half of adults (49%) report feeling uncomfortable about returning to in-person interactions when the pandemic ends. For those feeling anxious, the Alzheimer's Association suggests taking small steps. It may also be important to set boundaries and communicate your preferences to others in your social circles.

3. Help Others

There is evidence to suggest that helping others during the pandemic may not only make you feel better, but it may be good for you as well. Research shows that helping others in a crisis can be an effective way to alleviate stress and anxiety. One study published during the pandemic found that adults over age 50 who volunteer for about two hours per week have a substantially reduced risk of dying, higher levels of physical activity and an improved sense of well-being. To help others and yourself during June and throughout the year, volunteer in your community, run errands or deliver meals to a home-bound senior or donate to a favorite cause, such as supporting participants in the Alzheimer's Association's The Longest Day event on June 20.

4. Unplug and Disconnect

Technology has dominated our daily lives during the pandemic like never before. While technology has kept us connected through COVID-19, it has also created fatigue for many Americans. Experts warn that excessive stimulation coming from our phones, computers, social media sources and news reports can add to our already heightened anxiety levels. To avoid technology overload, experts advise setting limits on your screen time, avoid carrying your phone everywhere, and disconnecting from digital devices at bedtime.

5. Control Your Stress Before It Controls You

In small doses, stress teaches the brain how to respond in healthy ways to the unexpected, inconvenient or unpleasant re-

alities of daily life. Prolonged or repeated stress, however, can wear down and damage the brain, leading to serious health problems including depression, anxiety disorders, memory loss and increased risk for dementia. Reports indicate that Alzheimer's and dementia caregivers are especially vulnerable to physical and emotional stress. The Alzheimer's Association offers tips to help manage caregiver stress. Meditation, exercise, listening to music or returning to a favorite activity you have missed during the pandemic are just some ways to manage stress. Do what works best for you.

Currently, the Alzheimer's Association and representatives from more than 40 countries are working together to study the short- and long-term consequences of COVID-19 on the brain and nervous system in people at different ages, and from different genetic backgrounds.

Created by the Alzheimer's Association in 2014, Alzheimer's & Brain Awareness Month is dedicated to encouraging a global conversation about the brain and Alzheimer's disease and other dementia. To learn more about the Alzheimer's Association, available resources and how you can get involved to support the cause, visit alz.org. The Alzheimer's Association is a worldwide voluntary health organization dedicated to Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia—by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®. Visit alz.org or call 800-272-3900.

Provide Opportunities for Small Business, Volunteer With SCORE Today Says Mentor

By PRESS OFFICER
SCORE

Giving back can mean a lot to a volunteer, just ask Tereance Moore, of Hagerstown, Maryland, who volunteers with SCORE, the nation's largest network of mentors and executives assisting small business owners.

"I volunteer with SCORE because I learned far too many lessons the hard way as a business owner," said Moore. "I'm the owner of two LLCs and the co-founder of two nonprofits. I also serve on eight different boards and committees across Maryland."

Moore says people should not strug-

gle alone to grow the business of their dreams. "There are too many people unaware of SCORE's benefits—and far too many who believe it doesn't exist to serve them, which is the furthest thing from the truth."

SCORE has been deluged with requests for mentoring and expertise as small business owners and entrepreneurs seek advice and support to get their businesses back on their feet in the wake of the devastating COVID-19 pandemic.

More volunteers are needed to support SCORE's diverse client base. Whether you have a few hours a month or a few hours a week—whether you

are working or retired—you can volunteer and help small businesses build back through SCORE. Executives and entrepreneurs with marketing savvy, business coaching skills or expert knowledge in business management are needed.

Subject matter experts volunteer 2–10 hours per month and consult with mentors and business owners to answer questions in your area of expertise.

Local workshop presenters share their mastery of a business topic or strategy and deliver locally-developed business training for small business owners. The time required can be as little as 2–10 hours for each presentation.

SCORE mentors, like Moore, provide hands-on assistance to local small business owners or aspiring entrepreneurs, helping develop business plans and a roadmap for growth. Mentors have excellent interpersonal and communication skills, as well as broad and expert experience as a business owner or upper-level manager. This role requires training and then 15–20 hours per month of volunteer time.

To volunteer, apply today at score.org/volunteer. Your local SCORE chapter will reach out to learn more about you and to share information about onboarding and training.

Giving back can be very rewarding, notes Moore, who is one of 10,000 mentors around the nation assisting small businesses. "With success comes a responsibility to reach back and provide opportunities for others," he noted.



PHOTO COURTESY SCORE
Tereance Moore

Teacher of the Year from A1

cational opportunity gap for all students.

Outside of the classroom, she serves Academic Coach, Professional Development Lead Teacher, Engagement and Technology Liaison, Coordinator for the Aerospace Summer Bridge program and curriculum vetter for MSDE.

"Ms. Leak's innovative techniques are driven by persistence and her genuine commitment to providing extraordinary opportunities and resources for both students and staff," said DuVal

principal Pamela Smith. "She embodies the characteristics, professionalism and fortitude of a master teacher and is most deserving to be recognized as Teacher of the Year."

Bridget McCoy, second-grade Talented and Gifted (TAG) teacher at Capitol Heights Elementary School, is runner-up for this year's Teacher of the Year award and Mable Smith, eighth-grade Reading, English Language Arts teacher at Samuel Ogle Middle School, is second-place winner.

Council Expands Healthy Food Options to Include Mobile Grocery Trucks

Unanimous Council Approval of CB-28-2021 Targets County's Healthy Food Priority Areas

By ANGELA ROUSON
Prince George's County Council Media

The Prince George's County Council, during session on Wednesday, June 2, unanimously supported CB-28-2021, amending the definition of Mobile Vendors to include Mobile Grocery Trucks and providing healthy food options in the County's Healthy Food Priority Areas.

Under the legislation, the definition of mobile vendors also references individuals who sell pre-packaged groceries including but not limited to dry goods, pantry staples, fresh fruits and vegetables (pre-packed or not), dairy products, proteins, pre-packed and uncooked meats from a mobile food service facility or producer mobile farmer's market unit approved and inspected by State or County health departments.

Council Chair Calvin S. Hawkins, II says this legislation expands food options for Prince George's County residents in areas that need it most.

"We still have portions of the County, and specific households, where residents find access to groceries challenging. Mobile grocery trucks give us an additional way to provide residents with fresh fruits, vegetables and other nourishing items, without having to travel far from home."

District 4 Council Member Todd M. Turner, sponsor of the legislation, noted the importance of access to nourishing foods for every resident.

"The COVID-19 pandemic highlighted the impacts on both food access and security of our residents in the County. The mobile grocery trucks will bring food items into these communities, expanding food options for families."

The Council worked closely with the Capital Area Food Bank on this legislation. President and CEO of the Capital Area Food Bank, Radha Muthiah, says having healthy, affordable food options close to home is one of the most important factors in any person's ability to stay healthy.

"For too many of our neighbors, transportation barriers make nutritious food options inaccessible. Expansion of the food bank's Curbside Groceries initiative to the Prince George's County community means many more residents can procure fresh fruits, vegetables, and other foods right where they live, and we're deeply appreciative of the support and partnership of the Prince George's County Council for helping to make this possible."

The Prince George's County Department of Permitting, Inspections and Enforcement will provide applications for mobile vendors licenses.

Please join State's Attorney Aisha Braveboy and the Prince George's County Department of Family Services for "World Elder Abuse Awareness Day" on Tuesday, June 15, 2021 at 10 a.m.

REGISTRATION IS REQUIRED: Please select ONE (1) RSVP ticket according to your Grab & Go Lunch pick up location.

Zoom Event: 10–11:30 a.m. • Grab-n-Go Lunch Pick Up: 12–2 p.m.

GRAB & GO PICK UP LOCATIONS:

Camp Springs: Department of Family Services | 6420 Allentown Road | Clinton, MD
Glenarden: Glenarden Town Hall | 8600 Glenarden Parkway | Glenarden, MD

If you would like to attend this online event, register via eventbrite.
FOR MORE INFORMATION: Karen Toles, J.D. at krtoles@co.pg.md.us
or Brenda Raysor at baraysor@co.pg.md.us

PERSONAL SERVICES E-BUSINESS GRANT

Prince George's County-based personal services business are eligible for \$5,000 grants to assist in setting up an online sales framework.

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- Event Planning Services

Application Period: June 1-15, 2021
NAICS Code: 8121 and 8129

PGCEDC.com/ebusiness



COMMENTARY

June Is Men's Health Month

Awareness period brings to light health disparities affecting men and boys around the world; Men's Health Network encourages you to Wear Blue and a Mask, Too

WASHINGTON (June 2, 2021)—Starting today, communities across the globe are bringing men's health center stage with the kick-off of Men's Health Month, an annual awareness period dedicated to education and activities on the health and wellness of men and boys. This year also marks the 27th year of National Men's Health Week (NMHW), a special awareness period recognized by Congress. Men's Health Month is built on the pillars of Awareness—Prevention—Education—Family.

Our theme this year is "Wear Blue and a Mask, Too," as we encourage everyone to both wear blue and a mask to continue mitigating the spread of COVID-19, and to encourage men everywhere to get vaccinated to protect themselves, their loved ones, neighbors, and co-workers.

This year, Men's Health Week will be celebrated June 14–20, ending on Father's Day. The week is also celebrated as International Men's Health Week around the globe. Friday, June 18, 2021 is Wear Blue Day, a day in which we encourage everyone to wear blue to promote the health and wellness of men and boys.

Men don't always take their health too seriously because they "feel good" and they are "fine," said Ana Fadich-Tomsic, VP of Men's Health Network (MHN). "This is a big factor for men dying younger and living less healthy lives. But there are also factors like access to healthcare which may prevent men from receiving a COVID-19 vaccine, or even a proper mental health screening. After such a challenging year, support is needed from policymakers, state and federal legislators, the media, and our private and non-profit partners to help fight these systemic issues. A collaborative effort can save lives and bring about positive change for men everywhere."

Dr. Salvatore J. Giorgianni Jr., PharmD, Senior Science Advisor to Men's Health Network (MHN), believes men who have been avoiding going to the doctor due to fear of contracting COVID-19 need to get back on track and start having regular check-ups.

"Comprehensive men's health in America has become a silent crisis because of the COVID-19 pandemic," Dr. Giorgianni said. "The unfortunate truth is that in America men live sicker and die younger than women from many preventable and manageable diseases. Men must make every effort to go back to regular health checkups and realize that health is an important part of masculinity."

Dr. Jean Bonhomme, MD, MPH, Founder and Chairman, National Black Men's Health Network, stated, "It is important to recognize that the health of men and boys can impact the health and well-being of entire communities. Preventable illness, injury and disability create family disruption, substantial medical expense, economic hardship for women and children, and diminished work productivity in the nation as a whole. To maintain a complete and inclusive health care system, the health challenges facing men and boys must be addressed."

"Men often avoid routine health maintenance out of concern that it will show weakness or the misguided notion that it is not needed," said Dr. David Gremillion, MD, FACP, FIDSA, member of the MHN Board of Directors and retired professor at the University of North Carolina School of Medicine. "Increasingly however, men understand that getting a routine checkup is a sign of strength not weakness. Maintaining our health in body, mind and spirit, is a sure pathway to healthy relationships, workplace effectiveness and safety, and improved quality of life."

Over 350 mayors and governors across the country have recognized June as Men's Health Month with official proclamations. These proclamations are displayed in Congress and report cards on the status of the health and well-being of boys and men in each state are available at the State of Men's Health web site. An all-inclusive social media toolkit with images, logos, video messages, and social media messaging made for all platforms can all be downloaded for free at www.menshealthmonth.org/mens-health-month-toolkit.html

Armin Brott, a Men's Health Network advisor and author of *The Expectant Father: The Ultimate Guide for Dads-to-Be* says that Men's Health Month is a great time for dads and expectant dads to be thinking about their health—and their family's. "Fathers play a tremendously important role," says Brott. "Children who have an involved dad in their life do better in school, are less likely to abuse drugs or alcohol, and have more successful careers. Your partner and your children need you not just to be alive, but to thrive. So do something healthy for yourself—and be a great role model for your children."

A key part of Men's Health Month is social media awareness on a wide variety of health issues that affect men, including:

- Men's Health Week Twitter Chat with Men's Health Network and American Nurses Association on June 16 at 2 p.m. EST.

- Male Mental Health Twitter Chat with MHN and American Nurses Association on June 23 at 2 p.m. EST.
- #ShowUsYourBlue campaign: People all over the world take pictures of themselves and others wearing blue to increase awareness for men's health and posting the photos on social media with the #ShowUsYourBlue hashtag on Friday, June 18. Make sure you #WearBlueForMen and to tag Men's Health Network on social media.

MHN is an international non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health awareness messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation. MHN is the sponsor of Men's Health Month (June) and Wear Blue Day. MHN maintains the TesticularCancerAwarenessMonth.com and ProstateCancerAwarenessMonth.com websites. For information on MHN's programs and activities, visit them at MensHealthNetwork.org, on Twitter (@MensHlthNetwork), and on Facebook (facebook.com/menshealthnetwork), or call 202-543-6461 ext. 101.

PGSAO Men's Day Event 2021

Please join Prince George's County State's Attorney Aisha N. Braveboy and Principal Deputy Jason Abbott for the Third Annual PGSAO Men's Event and Pre-Father's Day Celebration Friday, June 18, 2021 from 4 p.m. to 8 p.m. The hybrid event will feature a virtual grill & meal contest and an in-person round of golf from 1 p.m. to 4 p.m. at the Woodmore Country Club, 12320 Pleasant Prospect, Mitchellville MD 20721.

Let's lift up our fathers and men in the community, while inspiring our young people to strive for excellence. There will be prizes for best virtual grill and meal presentations and the lowest score from the 9-hole tournament. So, for all of the "backyard grill masters," please like and follow @pgsaonews on Facebook, Instagram and/or Twitter and post a photo in your "grill gear" using the hashtag #pgsaomen2021.

All are welcome to attend and participate. If you would like to attend this event, online or in person, please register via eventbrite.

See you on June 18.
For More Information: Karen Toles, J.D., krtoles@co.pg.md.us

Marion Wright Edelman

*President Emerita,
Children's Defense Fund*



ChildWatch:

Stand for Children!!!

"If I could sit down for freedom, you can stand up for children."

—Mrs. Rosa Parks, honorary co-chair, 1996 Stand for Children rally

June 1, 2021 marks a very special anniversary for the Children's Defense Fund and our nation's children. On that day 25 years ago over 3,000 co-sponsoring organizations stood together in the largest rally for children in our nation's history. Over 200,000 parents and children, grandparents and grandchildren, faith and civil rights leaders, child advocates, and other people from every race, age, faith, and walk of life gathered at the Lincoln Memorial. And tens of thousands stood for children across our country and pledged to do their part putting children first in their families, communities, the private sector, and national life and in building a just America that leaves no child behind and ensures all children a healthy and safe passage to adulthood.

That joyful June day reflected a passionate commitment by participants at the Lincoln Memorial and those who tuned in all around the country. Leaders from every major faith offered prayers. Many faith denominations held prayer breakfasts and gatherings before we stood together. A prayer tent was set up for Muslims to pray at appropriate times during the day. Many thousands of children, including many babies in strollers, came with their families. One fifth grader said: "Pretty soon we're going to run this world. If we are going to make it better, they need to treat us better."

Rosa Parks and Rosie O'Donnell co-chaired the follow-up local Stand for Healthy Children Day in 1997 which sparked over 700 events across the country demanding health coverage for all children. Thirty thousand people gathered in New York City's Central Park. The 1996 and 1997 rallies fueled the grassroots push that led to the bipartisan passage of the Children's Health Insurance Program (CHIP), championed by Senators Ted Kennedy and Orrin Hatch, which President Bill Clinton signed into law August 1997. The following year Stand for Children Day featured events in all 50 states focused on qual-

ity affordable child care for preschool and school-age children. Those first Stand for Children days were the beginning of a movement.

Today Stand for Children is an organization working across nine states whose mission is to ensure all students a high-quality, relevant education, especially those whose boundless potential is overlooked and under-tapped because of their skin color, zip code, first language, or disability. I could not be prouder of my son Jonah Edelman, Stand for Children's co-founder and CEO. As Jonah says: "For all 25 years Stand for Children has been about leveling the playing field, about justice. How can we make the most possible impact for the children who need help the most? How can we increase opportunity for children who are furthest from it? That's Stand's role."

Stand for Children has a list of more than 200 state and local legislative and policy victories that demonstrate the power of grassroots efforts to improve the lives of students, families, and educators. They have leveraged over \$6.7 billion in education investments and note the policies and investments Stand for Children has secured are improving the lives of more than 5.6 million children. This February the organization launched its latest national program, the Center for Antiracist Education (CARE), to work with educators across the nation to identify antiracist curriculum, build antiracist expertise, and demonstrate what works in the collective effort to make schools places of healing, not harm. Twenty-five years after the first rally, we are at a moment of enormous potential for all we still need to do to ensure our nation provides justice and opportunity for all children. As Jonah also puts it: "Stand for Children's 25th anniversary comes at a time of unique possibility to make progress toward racial and social justice. For the rest of our lives, we may never have a better chance to reduce child poverty, increase economic mobility, root out individual and systemic racism, and close our nation's racial wealth chasm." Let's honor this anniversary by seizing this moment and recommitting ourselves, our communities, and our nation to the enduring call to stand for children.

Marc Morial

President and CEO, National Urban League



To Be Equal:

Celebrate Pride Month By Passing the Equality Act

"Rather than divide and discriminate, let us come together and create one nation. We are all one people. We all live in the American house. We are all the American family. Let us recognize that the gay people living in our house share the same hopes, troubles, and dreams. It's time we treated them as equals, as family."

—Rep. John Lewis

This week marks the beginning of Pride Month, which commemorates the 1969 Stonewall Uprising, a turning point in the movement for LGBTQ rights.

It's a time for those of us in the racial justice movement to affirm our solidarity and acknowledge—as the late Congressman John Lewis said—"You cannot have equality for some in America and not equality for all."

For those of us who are African American, whose forefathers and foremothers endured the oppression of slavery, segregation, and discrimination, we are morally bound to stand on the front lines with our LGBTQ brothers and sisters. More than 40 percent of LBGQT Americans identify as people of color. Their rights are our rights.

The movement for gay liberation is inextricably bound to the movement for racial equality, and has been led by LGBTQ people of color such as civil rights icon Bayard Rustin, "the mayor of Christopher Street" Marsha P. Johnson, writer and activist James Baldwin, and #BlackLivesMatter co-founder Alicia Garza.

Years before Stonewall, teenagers inspired by the lunch counter protests in Greensboro, North Carolina staged a sit-in at a Philadelphia restaurant called Dewey's, in response to Dewey's recently implemented discriminatory policy claiming it would not serve "homosexuals," "masculine women," "feminine men," nor "persons wearing non-conformist clothing."

Early activists who attended the 1963 March on Washington

took heart from Rustin's leadership. Segregationists had tried to discredit the march by exposing the Rustin's sexual orientation. A few weeks before the march, South Carolina Senator Strom Thurmond famously attacked Rustin as a "Communist, draft-dodger, and homosexual," and had the file from his 1953 arrest on sex charges entered in the Congressional Record. But their efforts failed, and the March galvanized support for the Civil Rights Act.

More than two decades after he organized the March, Bayard Rustin declared that gay people were the new barometer for social change.

It wasn't that racism had been eliminated by 1986. But the Civil Rights Act gave Black Americans legal recourse against discrimination. In 1986, when Rustin was testifying in support of New York State LGBTQ Americans had almost no recourse against discrimination.

See PRIDE MONTH Page A5

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Settlement from A1

acts that would satisfy the financial penalty must be projects that will clearly treat stormwater runoff and are located in the county, with a minimum cost of \$475,000. MDE is working with the county to identify a supplemental project in a community disproportionately burdened by pollution or historically under resourced. The county cannot count the impervious acres treated through supplemental projects toward its permit requirements.

The consent decree was docketed May 27 by the Prince George's County Circuit Court. The agreement is subject to court approval.

MDE recognizes that Prince George's County has continued to work toward completion of its required impervious area restoration since the expiration date of its most recent MS4 Permit. In addition to overseeing implementation of the consent decree, MDE expects to issue another MS4 Permit to the county in draft form for public comment before the end of the year.

MDE has proposed a series of municipal stormwater permits to counties and Baltimore city to advance Chesapeake Bay restoration while reducing flooding and making communities more resilient to the effects of climate change.

To help support this statewide work, in 2019, MDE's Water Quality Finance Administration guaranteed \$108.3 million in low interest loans to counties and local governments for stormwater restoration projects, and another \$213.2 million in low interest loans are pending for planned projects. The Chesapeake and Atlantic Coastal Bays Trust Fund awarded an additional \$36.5 million in grants to stormwater programs for restoration projects. Maryland continues to push for additional federal funding for local stormwater projects—especially for those that increase climate resiliency in underserved communities and for those that help sustain Chesapeake Bay restoration efforts for decades to come. In addition to providing financial and technical support, MDE has helped to streamline and improve the agency's permitting process for local stream and wetland restoration projects.

Morningside-Skyline from A2

lure riders by decreasing wait times, lowering prices and expanding bus routes.

Arlington National Cemetery is now fully accessible to the public, including the Tomb of the Unknowns (which is celebrating its centennial this year) and John F. Kennedy's grave. Visitors will be screened at the Welcome Center and masks must be worn indoors, including the restrooms. The Arlington Cemetery Metro station has reopened.

Milestones

Happy birthday to Aimee Crawford, Joel McCune, June 13 and Cameron Nichols, June 13; House Majority Leader Steny Hoyer, June 14; Kara Dameron, Dot Pfeil and June Zaccagnino, June 15; Helen Padgett and Lucia Scott, June 16; and Bill Kimbles, June 18.

Happy anniversary to Steve and Cornelia Blankenship, their 16th on June 18.

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