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PHOTO COURTESY MARYLAND GOVERNOR'S PRESS OFFICE

Speakers at the rededication ceremony for the restored Peace Cross in Bladensburg.

Governor Hogan Leads Rededication of Bladensburg Peace Cross

Follows Completion of Comprehensive Restoration of Nearly 100-Year-Old Monument Memorial Honors 49 World War I Fallen Heroes From Prince George's County

By MICHAEL RICCI
Executive Office of the Governor

ANNAPOLIS, Md. (Nov. 11, 2022)—To commemorate Veterans Day, Governor Larry Hogan joined the rededication ceremony for the restored Peace Cross in Bladensburg, the historic monument constructed and funded in 1925 by local families, businesses, and the American Legion to honor 49 Prince George's County residents who lost their lives in service to the nation during World War I. The governor, who successfully led the fight to keep the Peace Cross standing in its current location, was joined for the event by Peter Shapiro, chairman of the Prince George's County Planning Board, and local elected officials.

"The people of this county first put up this Peace Cross, the people fought to keep it up, and now—thanks to the efforts of so many—it will forever be a permanent landmark and memorial," said Governor Hogan. "Just as our veterans serve as a reminder every single day of the immeasurable cost of war and of the immense price of freedom, this Peace Cross reminds us of the enduring principles these young men fought to defend, and it serves as a lasting tribute of a grateful nation."

In 2018, in response to the U.S. Supreme Court case *American Legion v. American Humanist Association* challenging the constitutionality of the

See REDEDICATION Page A4

Governor Hogan Meets With Governor-Elect Wes Moore at State House in Annapolis

Lt. Governor Meets With Moore-Miller Transition Team to Provide Initial Briefing Materials and Resources

By MICHAEL RICCI
Executive Office of the Governor

ANNAPOLIS, Md. (Nov. 10, 2022)—Following Tuesday's gubernatorial election, Governor Larry Hogan [last Thursday] met with Governor-Elect Wes Moore to discuss the smooth and orderly transition to the incoming administration. Following a private meeting in the governor's office at the State House in Annapolis, the governor and governor-elect took questions from the media.

"I was very pleased to have the honor of welcoming Governor-Elect Wes Moore to the State House and we had a really productive one-on-one conversation—and we also had our teams meeting simultaneously to re-

view and hand off transition documents," said Governor Hogan. "Our entire administration is going to do everything we possibly can to not only ensure a peaceful transition of power, but to help them get up to speed with anything they will need."

Transition. Last month, Governor Hogan named Lt. Governor Boyd K. Rutherford to formally oversee the gubernatorial transition for the State of Maryland, and to serve as chief liaison to the incoming administration. Lt. Governor Rutherford met with senior members of the Moore-Miller transition team today to provide initial briefing materials and resources to facilitate the transition process.

"I have met with Governor-

elect Moore's office to officially initiate the transition process, and provided all the necessary documents and guidance needed to help Maryland's incoming leadership succeed," said Lt. Governor Rutherford.

Assisting Lt. Governor Rutherford in overseeing the transition are senior members of the Hogan administration including chief of staff Amelia Chassé Alcivar, senior advisor Chris Shank, special advisor Matt McDaniel, and deputy chief of staff Ryan Snow.

Visit the Maryland State Archives website (<https://msa.maryland.gov/msa/mdmanual/08conoff/gov/html/transition/00tran.html>) for information about past gubernatorial transitions.



PHOTO COURTESY MARYLAND GOVERNOR'S PRESS OFFICE

Governor Larry Hogan met with Governor-Elect Wes Moore on Nov. 10.

In Maryland's Opioid Crisis, Fentanyl Is Driving Deaths Across the Board

By KYLE RUSSO
Capital News Service

Body temperature, pulse rate, respiration rate and blood pressure: the four vital signs. They're the most routinely monitored measurements of the body's basic functions. In the mid-1990s, the American Pain Society tried to add a fifth: pain.

Pain diagrams soon began popping up in doctor's offices around the country. On the left of the spectrum, a pain level of zero and a smiley face. On the right, a pain level of 10 and a scowl. While the medical field used to focus on reducing pain, the goal was suddenly to eliminate it altogether, said Robin Rickard, executive director for Maryland's Opioid Operational Command Center (OCCC).

The best way to eliminate pain, many thought, was with opioids.

"Lots of doctors started prescribing large opioid prescriptions," Rickard said. "And then there was the heavy shift in marketing of prescription opioids such as oxycodone."

Thus began the modern opioid epidemic, but the landscape of the crisis

transformed more than a few times since the 90s. After prescription opioids came heroin. In 2016, the epidemic turned toward fentanyl.

Fentanyl, a powerful synthetic opioid, accounts for the majority of all opioid-related overdose deaths in Maryland. In 2020, the drug was present in 70 percent of all opioid-related deaths, though, due to overlap between the use of these drugs, that percentage may be larger.

Fentanyl has existed since the 60s. The drug is traditionally used in medical settings—physicians in operating rooms might use fentanyl as a powerful anesthetic or for treatment of extreme pain.

But fentanyl began flooding illicit markets across the nation over the last decade as opioid-related deaths have skyrocketed. In 2010, there were 21,088 opioid-related deaths in the U.S. In 2020, that number rose to 68,630, a 225 percent increase, according to the National Institutes of Health.

Fentanyl is cheap and potent. It is relatively easy to produce in a lab and is 50 times more powerful than heroin. For drug dealers, the drug is an effective additive to other drugs, namely cocaine,

Rickard said. For people who use drugs, it's a quicker, more intense way to get high, even if they don't know what they're taking has fentanyl in it.

"It's almost like Russian roulette," Rickard said.

In 2020, fentanyl was found in over half of all overdose death cases for every single classification of drug, according to the Maryland Department of Health. Fentanyl was present in 90 percent of all cocaine-related overdose deaths.

Fentanyl's overlap with other drugs is a defining aspect of its use across the state. Not a lot of people are seeking out pure fentanyl, Rickard said.

"Drug dealers, they want to add those cutting agents because then they can make more, instead of selling to someone pure fentanyl and then they may overdose and die," Rickard said. "Then they don't have that customer or that client to come back."

In 2020, only 2.5 percent of overdose deaths in which fentanyl was found involved fentanyl alone. In most cases, fentanyl was included with cocaine or heroin. Those cases make up 1,352 deaths—just under half of all drug- and

alcohol-related intoxication deaths in Maryland.

The rise of fentanyl-related deaths coincides with discrepancies in overdose deaths among disadvantaged populations. In 2020, a large majority of people who died from a drug overdose were enrolled in medicaid within the year before their death.

Marylanders are eligible for medicaid if they are under 65 years old and have an income at or below 138% of the Federal Poverty Level. There are also certain income specifications for children, pregnant women and people with disabilities. Less than a quarter of Marylanders are enrolled in this program.

Black and Hispanic Marylanders account for a disproportionate rate of overdose deaths. In 2020, Black people accounted for 40 percent of all fentanyl-related deaths in the state, yet only 31 percent of Maryland's population is Black.

Drugs disproportionately impacting minority communities is not new. It goes back to the War on Drugs, said Brittney Spencer, director of opioid overdose prevention with the Baltimore

City Health Department.

"[Illicit opioids] is not something that became an epidemic in those communities in 2015, as it so was coined," Spencer said. "This has been going on since the 60s, 70s, 80s."

Year-to-date incarcerations for non-violent drug offenses grew from 50,000 in 1980 to 400,000 in 1997, according to Britannica. Many of those involved Black Americans.

What drives the continued disparity today is a lasting stigma against health care in Black and brown communities, lack of access to preventative and treatment measures, and generational disproportions of wealth that may keep these communities within a cycle of poverty, Spencer said.

"It's not just the addiction," Spencer said. "It's the poverty. It's the lack of trust."

New programs aim to rectify past wrongs by treating the epidemic as an issue of health rather than crime. Some initiatives provide citizens with fentanyl test strips, which help assure their drugs

See FENTANYL Page A6

INSIDE

In a City of Museums, Washington Adds Another One

The museum, located on I Street in Southwest Washington, is housed in what once was a historically-Black public school where singer Marvin Gaye was a student. In fact, the museum's first exhibition, "What's Going On," is an homage to Gaye and his music.

Towns and Neighbors, Page A2

Community Survey Seeks Input on Future of the Bowie Race Track Property

"In Pursuit of a Dream" Is a Guide to Living a Meaningful Life

Celebrate the Holidays at National Harbor

Community, Page A3

ChildWatch:

Remembering Rev. Calvin O. Butts

Rev. Butts was a good friend, a powerful preacher, a leader devoted to positively uplifting the Black community, and an effective voice for civil rights.

Commentary, Page A4

Wawa Celebrates Grand Opening of New Hyattsville Store as Part of 2022 Day Brighteners Tour

Business and Finance, Page A5

Maryland Department of Health Launches RSV Resource Webpage
Health and Wellness, Page A5

TOWNS *and* NEIGHBORS

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

"Prince George's County holds the keys to an enriching past."

That's the headline of an article in a recent issue of National Parks magazine. "Prince George's County, Maryland, has all the markings of a great destination. It is peppered with intrigue, adventure, and a rich past..."

"Founded in the 17th century, the area is an expansive landscape that was originally inhabited by the Piscataway Indian Nation before the tobacco plantations of the 1800s." National Parks recommends these historic sites you should visit:

- Mount Calvert Historical & Archeological Park in Upper Marlboro,
- Northampton Slave Quarters and Archeological Park in Bowie,
- Fort Washington Park,
- Surratt House in Clinton,
- College Park Aviation Museum, home to the world's oldest continuously operating airport,
- Dinosaur Park in Laurel where fossils of the 100 million-year-old Cretaceous period continue to be uncovered.

All, right here in Prince George's County.

Town of Morningside: Happy birthday, Jerry!

Jerry Glaubitz, Morningside's "Mayor for Life" would have turned 102 this Nov. 23. Born in 1920, he died April 26, 2005, at the age of 84. The Randolph Road Circle is dedicated to him. Jerry is the reason I'm writing this column; he put me on the job back in 1976.

Morningside is sponsoring a Food & Toy Drive to support three local families in the area. If you wish to donate a non-perishable food item, new toy or a cash donation, you can bring it to the Town office Monday-Friday, 8 a.m. to 4 p.m. through Dec. 21. For more information, call 301-736-2300.

Breakfast with Santa is coming up Dec. 10. More about it in future columns.

Neighbors & other good people

I was pleased to be back at Skyline School again—to vote. I chatted with the poll-workers, who said they'd been pretty busy since the polls opened at 7. Didn't see many familiar faces. (Just wish Skyline was still a school!)

Renee Purvis Spalding died October

21. A memorial Service was held for her Nov. 12 at VFW Post 9619, in Morningside. She is survived by her mother, Brenda Purvis-Wilson, and siblings, Robyn Purvis, Michelle Johnson and James T. Witcher, Jr. Her father, James T. Witcher, predeceased her.

Fr. Chris Yakkell is the new Catholic chaplain at Joint Base Andrews.

Julie Koch-Michael, former Morningsider, sent this report, "I'm visiting relatives that mama and I first met in 1969. This time both my daughters were able to keep me company. We visited Iceland for 3 days then headed to Spain to walk on the Camino de Santiago for 3 days. Leah and Logan are here on the family farm with me for walking in the forest and finding mushrooms, going to dinner parties and seeing wildlife (such as a moose that has been visiting frequently to eat fallen apples). They go home soon, and I stay several more weeks."

I'm looking forward to a visit from my son Mike and his wife Sandy who will be spending the next couple of weeks with me, from their home in El Paso, Texas.

Changing landscape

I am delighted by the new—and much needed!—paving of Auth Road, which follows by only a month or so the repaving of Allentown Road to Branch Avenue.

The Vietnam Memorial is 40 years old this week. Events marking the occasion included the reading, over four days, of the more than 58,000 names chiseled into its stone face. Every year more than 5 million visit the memorial. Many leave flags, flowers, medals, old letters, and photos.

The Roosevelt Bridge, which carries Interstate 66 over the Potomac River, is expected to fully reopen by the end of the month now that emergency repairs have been made. Good thing too—it will return to carrying an average of 150,000 vehicles daily.

Where should the FBI build its new headquarters? The discussion is starting again. Currently there are two sites in Maryland (Landover and Greenbelt) and a site in Virginia under consideration. Stay tuned.

The Season: Autumn

The Social Security Administration has a nifty online baby name database.

In 2021 Autumn was the 66th most popular girl's name, a couple of notches down from its high of 64th in 2013. It's a lot more popular than it was in 1969 when it was the 831st most popular for American girls born that year.

One Maryland One Book

Author Naima Coster has been on a five-stop Maryland book tour to speak about her book which has been selected the 2022 One Maryland One book. "What's Mine and Yours" is a multi-generational saga featuring two North Carolina families and how they dealt with it when Black students from the east side of the county are integrated into predominantly white schools on the west side.

Do you remember?

Five years ago, October 26, 2017, a National Guard fighter jet experienced mechanical problems just a few minutes after taking off from Joint Base Andrews and crashed before the pilot could return to the base.

The pilot, whose name was not released, was on a training mission with three other F-16 jets when the plane crashed, narrowly missing a cluster of homes off Temple Hill Road about 9:15 a.m. The pilot had ditched fuel tanks, to keep the F-16C aloft, and maneuvered to a wooded area about 6 miles from the base trying to avoid the densely populated area below.

The pilot, who had flown with 121st Fighter Squadron for about a year, was taken to the base for medical treatment of minor injuries and later released.

Milestones

Happy Birthday to Herbert Hanson and Andrew Boone, Nov. 20; Linda Cullinan and Brea Sandy-Hanson, Nov. 21; Skyline Citizens Association's first president, Dolores Steinhilber, Stephanie White, Sharon McKlveen and Jill Flaherty Kimmel, Nov. 22; Leslie Greene, Nov. 23; Ben Gryskewicz and Mike Waby, Nov. 24; Avanna Williams and Andrew Gryskewicz, Nov. 25.

Happy Anniversary to Paul and Sharon Locke on Nov. 22.

Happy Thanksgiving to all my Readers!

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

WHO ARE YOU

Joyce L. Brown-Wilbon, daughter of the late William N. Brown Sr. and Mary B. Brown was born and raised in Aquasco, Maryland. She has four supportive brothers, one sister, husband, and host of relatives and friends who hold her accountable for the Lord's calling on her life.

Joyce currently sits under the leadership of one of the most dynamic, all-powerful, Holy Ghost-Filled, and Anointed Men of God, the Bishop Dr. Charles Anthony Muse. He is the founder and Senior Pastor / Overseer of the Ark of Safety Christian Church in Upper Marlboro, Maryland.

Joyce was licensed as a Minister in December of 2000 and as an Elder in May of 2002 through the Ark of Safety Bible College. She has served as the leader of many ministers such as Grief Counselor for the Sound Mind, Congregation Care, Street / Prison Ministries, Youth Ministries and Head of Transportation / Parking Lot Ministries. Joyce accepted her calling in 1985 under the Leadership of the Rev. Conrad and Dr. Diane Parker at Christ United Methodist Church of Aquasco, Maryland. That is where she received her foundational teaching under the leadership of Rev. Dr. Kwane Abayomi, Rev. Eddie Smith and many other pastors.

Joyce holds four degrees. The first is a B.A., BORN AGAIN, and she believes that Jesus is Lord of her life since June 1985. In addition, the other three do not matter; she received her Bachelor of Arts Degree in Sociology in 1994 and a Masters of Education in Guidance and Counseling in 1998 from the University of Maryland, Eastern Shore. Joyce earned her Doctor of from Jacksonville, Florida in Christian Education and Minister.

Joyce has worked for the Prince George's County Public School System since 1998 dealing with Social / Emotional issues in all population of students. When you look at a roll of Lifesaver, you see all kinds of flavors in different colors and sizes—this is our students. She served as a Guidance Counselor at Thurgood Marshall Middle School for four successful years and as a Professional School Counselor at Surrattville High School and Gwynn Park Middle School for eleven wonderful years and six years, respectively. While working at Gwynn Park Middle School, Joyce was in charge of the Grandparents' Club and the Ambassadors' Club, which was the largest in Prince George's County. She also served at DuVal High School for three years with

some of the most amazing programs in the county. Joyce is currently providing her services at Andrew Jackson Academy (The Academy) as the Middle School Professional Counselor and the Head Coach for Boys Baseball. Joyce has always placed high expectation on every student with whom she came in contact at each school site.

Joyce has been actively involved with sports programs during her career. She started her coaching career while working at Surrattville High School where she was the Head Softball Coach for twelve years. Her team played in the state finals two times. Currently, she is serving her sixth year as the Head Softball Coach for New International School at Largo High School. She is also the Assistance Coach for Bocce. Bocce is a sport that is played with general educational students and students that have individual educational plan that support their academics. The game of Bocce is played inside or outside due to COVID-19. Our students earned points by getting the balls closer to the pallino than the opponent does.

Joyce L. Brown-Wilbon lives to seek souls for the Kingdom of God daily. Her goal is to challenge, motivate, and inspire people all over the world to seek God first in all things. Her motto is, "If I can help someone as I travel along the way, then my living will not be in vain." Joyce believes she is a lifesaver, a tea-bag-and-sugar-in-coffee to someone's children, family and friends throughout her community. She says she is just trying to change the mindset and personality of people. The question is who am I Daughter, Sister, Aunt, Wife, Counselor, Coach, Granddaughter to so many, and Child of the Most High God.

"LET'S CELEBRATE CHRISTMAS TOGETHER"

Let's celebrate Christmas together, it's a community event, "Jesus is the reason for the season" on Saturday, December 24, 2022 "Christmas Eve" at St. Philip's Episcopal Church, Baden with Rev. Tyrone Johnson. The church address is 13801 Baden Westwood Road, Brandywine, Maryland.

We will be having Holy Eucharist Service at 10 a.m. Who: You, Me, the Children and All. Followed by Brunch with Christmas music, movies, family pictures, games, fun and cheer. RSVP with numbers for eating, for food accountability to 301-888-1536. Come on out and have fun with us.



GRACE YARROW/CAPITAL NEWS SERVICE

WASHINGTON—The new Rubell Museum is located in Washington's Southwest neighborhood.

In a City of Museums, Washington Adds Another One

By HUNTER SAVERY and GRACE YARROW
Capital News Service

WASHINGTON (Nov. 4, 2022)—In Washington's newest art museum, natural light streams in through arched windows and the songs of Marvin Gaye fill the air as visitors scrutinize the works of artists like Keith Haring, whose series of 20 paintings were inspired by Gaye's groundbreaking music.

The Rubell Museum is a unique addition to the art scene in the nation's capital and features contemporary pieces from the personal collection of the Rubells, a multigenerational family of art enthusiasts. The museum opened on Oct. 29.

The museum, located on I Street in Southwest Washington, is housed in what once was a historically-Black public school where singer Marvin Gaye was a student, Randall Junior High School. In fact, the museum's first exhibition, "What's Going On," is an homage to Gaye and his music.

At the museum's entrance, visitors are greeted by a modern glass addition to the former school. The concrete stairs are adorned with mums and a coffee pop-up sits atop an adjoining porch. The museum is situated in D.C.'s rapidly a fast-developing neighborhood near the Washington Navy Yard, Nationals Park and Audi Field, home to Major League Soccer's D.C. United.

Past the entrance, the space opens into a grand hall—read high school auditorium—featuring four large-scale pieces bathed in sunlight. One of the works is a massive pandemic-themed fabric tapestry by New York artist Christopher Myers.

The former auditorium also hosts a sprawling piece by Kehinde Wiley, famous for his portraits of Barack and Michelle Obama. The piece is a modern reimagining of 18th century French artist Jean-Bernard Restout's painting, "Sleep."

The sheer size of the 32,000-foot museum allows for viewers to comfortably wander among the exhibits. In the basement, exposed brick walls and raw concrete flooring set the scene for works carefully placed to give visitors a sense of participation and room to explore art with darker tones.

Throughout, works reflect themes of social and political issues, with artists tackling subjects like racial violence, capitalism, environmental destruction and the exploitation of bodies and sexuality.

The different rooms of the museum host a variety of pieces, from golden ruins to a covered wagon with a roof woven of state flags and an interior resembling the night sky by artist Matthew Day Jackson.

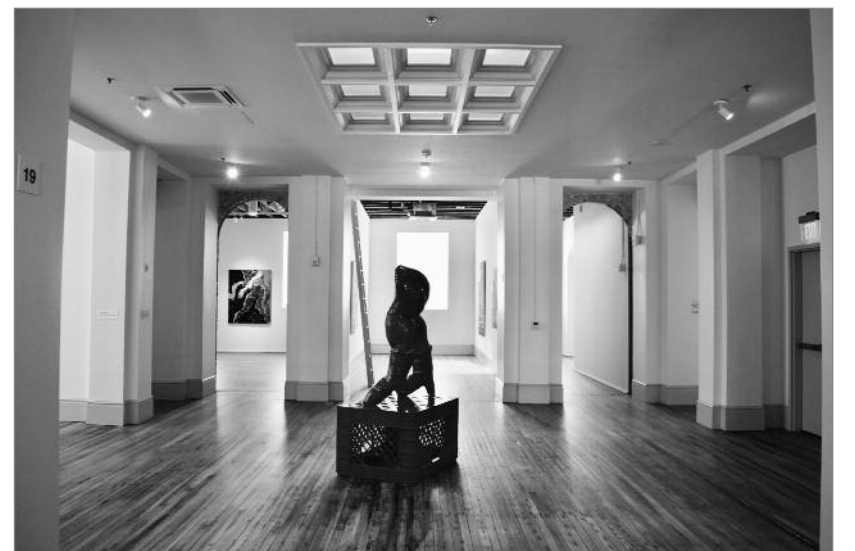
A series of paintings and sculptures on the third floor are texturally linked by fuzz.

Keith Haring's series of 20 paintings, highlighted prominently in the current exhibit, depict the artist's worries about oppression, destruction and illness, which he created while constantly listening to "What's Going On." The series was dedicated to Don Rubell's brother, Steve, who died from AIDS in 1989 at 45.

Mera and Don Rubell began collecting art shortly after they got married in 1964. Their son, Jason, began his collection in 1982. Since then, the family has built a reputation for supporting contemporary art; the Rubells opened a museum in Miami in 2019.

"The museum's historic setting in a place of learning invites the public to explore what artists can teach us about the world we live in and the issues with which we are wrestling as individuals and as a society," Mera Rubell said in a statement about the Washington museum.

Admission to the Rubell is free for D.C. residents, but the cost of entry rises to \$15 for anyone living outside of the District.



GRACE YARROW/CAPITAL NEWS SERVICE

WASHINGTON—The upper level of the Rubell Museum's galleries contains multiple rooms with contemporary art.

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COMMUNITY

Ja'Nece Bradford's "In Pursuit of a Dream" Is a Guide to Living a Meaningful Life

Serial entrepreneur Ja'Nece Bradford releases an eight-step workbook to encourage readers to create their life by design.

By PRESS OFFICER
JMB Artistry

WASHINGTON (Nov. 8, 2022)—Creative Consultant and Beauty Enthusiast Ja'Nece Bradford announces the release of her new workbook, *In Pursuit of a Dream*, a step-by-step guide that will take readers on a road of self-discovery to uncover their innate ability to design their idea of a rewarding life.

Bradford spent years creating a life by design and is ready to share her experiences with robust audiences.

After a years of success cultivating an impactful career as a professional makeup artist and creative consultant, Bradford provides a blueprint for many to enjoy. Filled with real-life experiences and strategies, *In Pursuit of a Dream* is packed with valuable tips and easily actionable steps to getting unstuck, discovering your purpose, moving towards your goals, and appreciating your journey every step of the way.

"I'm confident my workbook is the ultimate guide for those who want to handle the ups and downs, the fears, the doubts, and the roadblocks in life," said Bradford. "I

want readers to give themselves permission to pursue their dreams and unlock that creative niche waiting to blossom."

In Pursuit of a Dream is now available for purchase at www.janecebradford.com (<https://www.janecebradford.com/shop/p/the-pursuit-of-a-dream-book>).

Ja'Nece Bradford is an HBCU graduate and proud member of Alpha Kappa Alpha Sorority, Incorporated. Over the last seventeen years, Ja'Nece has undeniably created multiple lanes for herself as a successful makeup artist and hairstylist. Ja'Nece has worked with individuals from Fox News, NBC Universal, brides, special effects artistry, and within the lace wig industry. Bradford's extensive experience has landed projects with Pastor T.D. Jakes, Spike Lee, Kelly Oubre, Tom Arnold, Pastor Troy, Kathy Bates, Omarosa, Vice-President Kamala Harris, a host of U.S. Congressmen and women as well as presidential candidates, a primetime anchor, news reporters and other on-air talents for broadcast/cable shows, including Bill Nye, The Science Guy.

About *In Pursuit of A Dream: An eight-step guide for creatives that will*



COURTESY PHOTO ONEIL GARDNER-@CREATIVEGENTLEMEN IG

Ja'Nece Bradford

challenge you intellectually as well as artistically. Ja'Nece Bradford provides a guide that challenges you and sometimes, questions your determination. The next phase of your journey may seem far away. However, this step-by-step workbook for creatives, fit for all phases helps to strategize your next steps and claim accountability.

Community Survey Seeks Input on Future of the Bowie Race Track Property

By UNA COOPER
City of Bowie, MD

Bowie area residents, and students, faculty, and staff of Bowie State University are invited to have a say in determining the future of the Bowie Race Track property slated to transfer to the City of Bowie by the end of 2023. State law requires the land to be dedicated to recreational uses benefitting the Bowie area community and Bowie State.

Community members and interested stakeholders are invited to complete a short survey and to participate in a Community Planning Workshop to express interest in various types of recreational amenities that might be offered at the site. The workshop will be held December 3, 2022, 9 a.m. to 12 p.m. in the Student Center of Bowie State University. The survey will remain open until December 20.

The 150+ acre race track property is north of the City of Bowie and just south of the Bowie State University campus and includes land on both sides of Race Track Road. It was the scene of thoroughbred horse racing from 1914 to 1985 and served as a training facility for other tracks in Maryland after racing ceased there.

The survey was developed by the Bowie Race Track Task Force, which was appointed by the Bowie City Council. The Task Force is made up of representatives from Bowie State University, local homeowners associations, City committees, the City Council, and the Bowie community to study and make recommendations about future use of the site. The Task Force will be responsible for developing a prioritized list of desired recreational uses and associated space needs. Anyone with an interest in the community, the BSU campus, or in recreational offerings in the area is encouraged to complete the short 10-question survey.

Mayor Tim Adams, one of the City Council representatives on the Task Force, says:

"This is a tremendous opportunity for our community and Bowie State University to work together on a recreational vision for this key property which sits on both of our doorsteps. I am excited about the collaboration and look forward to learning what the recreational needs and wishes are."

Complete the survey at https://www.surveymonkey.com/r/brtp_questionnaire. Learn more about the Bowie Race Track Task Force at www.cityofbowie.org/racetrack.

Celebrate the Holidays at the Washington D.C. Region's Premier Waterfront Resort

From larger-than-life ice sculptures, Santa, performers, stunning holiday décor and displays, National Harbor has become one of the nation's top holiday destinations

By PRESS OFFICER
National Harbor

NATIONAL HARBOR, Md. (Nov. 4, 2022)—National Harbor has quickly become one of the nation's top holiday waterfront destinations. From family activities to a romantic getaway for couples—National Harbor has it all.

Each year, National Harbor welcomes Gaylord National Resort's amazing ICE! This year, the fun begins on November 20 through December 31, 2022. The world-famous interactive ICE! attraction returns this year (after a Covid hiatus) with A Christmas Story in larger-than-life sculptures and slides made completely of ice. The hand-carving of 10 million pounds of ice is done over six weeks by 40 artisans from Harbin, China—made famous for its International Snow and Ice Festival. The

artisans follow a 300-page book that covers the designs and specifications for the 19,000 sq. ft. attraction.

ICE! is part of Gaylord National's SO.MUCH.CHRISTMAS celebration that includes a variety of family-friendly holiday events such as photos with Santa, ice bumper cars and more. For additional information, visit www.christmasatgaylordnational.marriott.com/ice.

MGM National Harbor celebrates the holiday season at National Harbor with spectacular decorations throughout, including the property's popular Conservatory where the holidays come alive with a breathtaking display. Cirque Dreams Holidayze will be at the Theater at MGM National Harbor from Dec. 15–18.

The holiday celebration continues throughout the destination with the lighting of the Waterfront

District's new 60-foot RGB tree. The nightly light show starts at sunset as guests will enjoy as thousands of lights dance alongside a holiday medley performed by the United States Air Force Band, the season kick[ed] off November 12. Saturday night fireworks run November 12 till December 17 at 5:30 p.m. Activities continue throughout the holidays with the opportunity to meet Santa at The Capital Wheel, variety of seasonal classes, holiday market, brunch with Santa and free hot cocoa at participating stores.

National Harbor is the perfect location to host a holiday party, with options from Topgolf and Sunset Room to the Westin and AC Hotel, National Harbor is the place to celebrate the season with co-workers, family and friends. Enjoy a wide array of holiday activities and events in close proximity to the Capital Region including Christmas at

Mount Vernon (George Washington's Alexandria home), Winter's Eve Festival at Piscataway Park and holiday events in Washington, D.C.—all just a short drive from National Harbor.

The property is also the perfect location for holiday shopping with more than 140 shops including Tanger Outlets' 85 designer brands such as Kate Spade, Michael Kors, Hugo Boss, Movado, Polo Ralph Lauren, Tommy Hilfiger, Nike, Coach and H&M.

There's additional shopping in the Waterfront District where there are walkable streets with unique shops and boutiques such as Mahogany Books, ZAAF, BrookieGirl, Miguel Wilson, It's Sugar, Sticky Situations and more. These join nationally recognized brands including Build-A-Bear, Carhartt and others. MGM National brings additional boutique shopping opportunities including Shyft: Sneakers + Apparel, SJP by Sarah Parker and others.

For more information about all of National Harbor's holiday fun, visit www.nationalharbor.com/hohoho/. For more information on National Harbor, visit www.NationalHarbor.com.

NASA Details New Experiments Headed for the Space Station

By DESTINY HERBERS
Capital News Service

WASHINGTON (Nov. 9, 2022)—SpaceX's 26th commercial resupply mission, targeted to launch to the International Space Station on Nov. 18, will feature several new experiments and technology to advance the health of astronauts, NASA announced in a media preview Wednesday.

"The ISS is an amazing multi-disciplinary lab offering unique access to long duration microgravity and the low-Earth orbit. Each CRS mission brings a wealth of new research to the station," said Kirt Costello, NASA's chief scientist for the International Space Station Program Research Office.

The mission will launch on the Dragon spacecraft and Falcon 9 rocket from the launch complex at the Kennedy Space Center in Florida, said Josh Finch, a NASA communications official.

CIPHER Vestibular Health

CIPHER's vestibular health study will test the newly launching Falcon Goggles, a tool for examining how an astronaut's balance adapts in space, said study leader Timothy Macaulay.

The goggles will use unobtrusive cameras to track eye movements to understand how spaceflight impacts the astronauts' eye health and balance over time.

Experiments will test eye and head movement while the astronauts actively

move themselves in set patterns and while an astronaut is passively moved by another crew member.

"We know that there are significant vestibular and sensorimotor adaptations during spaceflight, especially around gravity transitions, like when first going to space and when landing back on Earth," Macaulay said.

This process can cause astronauts to experience motion sickness and deficits in both perceptual and motor functions, which are normal adaptations but they may happen quicker and become more severe during longer missions.

"(The changes) can impact astronauts' abilities to perform critical mission tasks during future deep-space exploration," Macaulay said.

The team is working to develop counter measures to help astronauts in flight and post-flight, specifically for long-term space missions, by adapting existing vestibular treatments used to help patients with balance on the ground.

Veg-05

NASA's space crop production team's Veg-05 study will grow three tomato harvests for the spring of next year, testing new growing technologies, said Gioia Massa, the study's principal investigator.

"Plants are a nutritious, palatable food source that we can grow for the crew during spaceflight and this has the potential to promote health, provide

bioavailable nutrients, enhance the dietary experience and reduce things like menu fatigue," Massa said.

The study will look at psychological impacts of having plants on board and growing and caring for them. The astronauts will also be surveyed for their moods after consuming fresh produce.

"The crew members, after they eat the fruit, will be asked to rate the flavor, the texture, the juiciness of the produce grown under the different light treatments," Massa said.

Crew members will grow Red Robin tomato seeds in NASA's Veggie plant growth unit using plant pillows, which have coarse clay to trap the water and air into the root zone of the plants.

The plants will be fed with slow-release, polymer-coated fertilizer, and exposed to LED lights with different levels of blue and red, Massa said, to learn about the impact of lighting on plant growth in space.

Looking forward, the teams are developing larger crop production hardware for future plant experiments for the Moon.

"Tomatoes are going to be a great crop for the Moon. They're very nutritious, they're very delicious, and we think the astronauts will be really excited to grow them there," Massa said.

Moon Microscope

The Moon Microscope technology is a portable test kit for in-flight medical diagnosis, said Mayra Nelman-Gonzalez, immunologist in NASA's Johnson Space Center's Immunology and Virology Laboratory.

The kit includes a portable, handheld microscope that connects wirelessly to

any smart device with Wi-Fi, and materials to pull and image blood samples on board.

"Although we don't have a profound clinical problem on the space station, crew members do experience changes in their immune systems," Nelman-Gonzalez said. "So when we go for deep space missions, the stressors increase and our ability to care for the crew is reduced, and that combination really increases certain clinical risks."

Moon Microscope technology has the potential to be used in hard-to-reach areas on Earth as well, Nelman-Gonzalez said. A layman can perform the blood smear and stain from the field, and send the image to doctors for analysis.

"Any sample that can be placed on a slide, we can image... as long as there are small particles, not necessarily a giant rock," Nelman-Gonzalez said.

BioNutrients-2

The BioNutrients-2 experiment will test new preservation methods for microbes and organisms in space conditions, explained John A. Hogan, chief of the bioengineering branch at NASA's Ames Research Center.

"Biomanufacturing may end up being an important component of future long-duration missions that involve human habitats on the Moon, and especially Mars, because they allow us to make the products there rather than bring them there," Hogan said.

For long-term space missions to other planets, food and medical supplies need to have a stable shelf life of at least five years to be considered a reliable supply.

"Studies have shown that the shelf

life of certain vitamins, nutrients and pharmaceuticals is currently too short for these long missions," Hogan said.

Over six months, crew members will be testing a new, lightweight bag system to store and grow microbes in the microgravity on the space station. These results will be used to support the development of a future three-year experiment to engineer a nutrient-dense yeast strain.

The team is exploring ways to produce fermented milk products like yogurt and kefir on board a spaceflight using shelf-stable powdered milk, which could provide probiotics, nutrients, and medicinal products to crew members.

"Our team is also working to find efficient ways to use local resources like carbon dioxide to make the media that's needed to enable large scale biomanufacturing," Hogan said.

iROSA

NASA will be launching two new, rollout solar arrays on the space station called iROSAs, aimed at increasing the space station's onboard power capacity, said Matt Mickle, Boeing's developmental projects senior manager.

The first two iROSAs were launched last year and have been performing "extremely well," Mickle said, each providing about 10 kilowatts of power generation capacity.

The new solar arrays will be installed by crew members over two spacewalks, planned for Nov. 28 and Dec. 1.

"With a successful installation, that means we'll be about halfway through our upgrade of the legacy solar system that's been on orbit for over 20 years," Mickle said.

COMMENTARY

Marian Wright Edelman

Founder and President Emerita,
Children's Defense Fund



ChildWatch:

Remembering Rev. Calvin O. Butts

When I was about seven years old, my family and I were visiting New York City and attending a large worship service at historic Abyssinian Baptist Church when I let go of my mother's hand in the bustling crowd on the way to the balcony and suddenly became separated from her. I was overwhelmed with panic and fear. But friendly people summoned an usher who took me down to the pulpit, where the preacher embraced me and asked the congregation if anyone knew this child. My mother, who was frantically searching for me in the balcony, stood and said yes, and another usher quickly reunited us. I can still remember how terrifying it felt to be lost. But I also remember how adults at Abyssinian Baptist Church immediately surrounded me with care and concern, reassured me they would take care of me, and did not let go until I was safe.

Adults at Abyssinian Baptist Church have been a haven of care and safety for children in their Harlem community for generations. They have done so under the leadership of giants like Rev.

Adam Clayton Powell, Sr., Rep. Adam Clayton Powell, Jr., Rev. Samuel DeWitt Proctor, and, for the last 33 years, Rev. Calvin O. Butts III. Rev. Butts was a good friend, a powerful preacher, a leader devoted to positively uplifting the Black community, and an effective voice for civil rights. When he passed away on October 28 we lost a champion for justice who had a transformative impact on his city and community.

Rev. Butts understood what it meant to grow up in New York City. As a child he lived in public housing in Manhattan's Lower East Side and then in Queens before attending Morehouse College on a scholarship. After graduating from Morehouse he returned to New York to pursue a master's degree in divinity from Union Theological Seminary, followed later by a doctor of ministry degree from Drew University. It was shortly after he entered seminary at Union that he was first hired by Rev. Proctor to serve at Abyssinian. He served first as a youth minister and then as assistant and executive

minister before succeeding Rev. Proctor as Abyssinian's Senior Pastor in 1989.

Social outreach, social uplift, and neighborhood involvement had been priorities for Abyssinian since its founding, and by the late 1980s the needs in its Harlem community were obvious and great. Some of Rev. Butts's most significant impact came through the Abyssinian Development Corporation, which was created the same year he became pastor as a not-for-profit community and economic development corporation that would help the church respond to his call to "rebuild their community brick by brick and block by block," with a mission to "increase the availability of quality housing to people of diverse incomes; enhance the delivery of social services, particularly to the homeless, elderly, families, and children; foster economic revitalization; enhance educational and developmental opportunities for youth; and build community capacity through civic engagement." The Abyssinian Development Corporation developed and sponsored a Head Start program, the Thurgood Marshall Academy Lower School, and the Thurgood Marshall Academy for Learning and Social Change, a state-of-the-art public middle and high school facility which when it opened became the first new high school in Harlem in 50 years. They were buying and renovating housing in Harlem before it became fashionable, and their efforts to increase retail options and other opportunities for the community laid the cornerstone for the neighborhood improvement that outside developers were joining by the 1990s in what became the new Harlem Renaissance. Under Rev. Butts's lead-

ership the Abyssinian Development Corporation was responsible for over \$1 billion in housing and commercial development in Harlem.

While he was leading Abyssinian, Rev. Butts also served as president of the State University of New York College at Old Westbury for twenty years, expanding the diverse public college's campus, graduate programs, and student enrollment. Among his other positions he was President of Africare NYC, a member of the Presidential Advisory Council on HIV/AIDS, chairman of the Board of the National Black Leadership Commission on AIDS, and co-chair of the African American Men and Boys Initiative. He was also an outspoken critic of prolific alcohol and tobacco advertising in Harlem and other Black neighborhoods, violent and misogynistic rap lyrics, and other negative cultural influences, always striving towards better. Ted Shaw, former President and Director-Counsel of the Legal Defense Fund (LDF) and a member of Abyssinian, noted that Rev. Butts worked tirelessly for decades to improve every aspect of life for people in Harlem with his genuine "love of Black people": "He was what W.E.B. DuBois called 'a race man.' He loved the struggle for equality, the literature and poetry of Black people, the various genres of Black music, the ways of Black folk."

Rev. Butts loved his people, his congregation, and his entire community. He was committed to working faithfully in many spheres to bring justice and opportunity to all of God's children, and Harlem and New York were changed by his vision and service. —November 11, 2022

Marc Morial

President and CEO, National Urban League



To Be Equal:

Rev. Calvin Butts Took His Ministry to the Streets

"Reverend Butts worked more effectively than any other leader at the intersection of power, politics, and faith in New York. He understood the role of faith in our lives, especially in the Black community. But he also understood power and how to wield it and how to demand power from those who often sought to hoard it. And so he was a pragmatist, he was a realist, but he was also a dreamer."

—Ford Foundation President Darren Walker

Last year, during a town hall on vaccines hosted by the Black Coalition Against COVID-19, of which the National Urban League is a co-founding partner, the Rev. Calvin Butts stated succinctly and powerfully the role of the church in Black communities, and the power of the church to shape those communities.

"The church is still the place of social cohesion for our community," he said. "I don't care what anybody says, it is true, and the Black pastor is still the most trusted of all. We have every reason to believe that's true not only in terms of medicine but also in terms of the political life that sets the atmosphere. We just had one Black pastor elected to the Senate. We had one Black pastor, who is still the major Black, political leader of all time, Adam Clayton Powell, Jr. We have Henry McNeal Turner, who was an AME Bishop down in Georgia, who was very powerful and Bill Gray, out of Philadelphia. So, we have, in our possession, the keys to unlock the doors of information to our community."

Rev. Butts, who passed away last month at the age of 73, used these keys more broadly and effectively than perhaps any other pastor in recent history

to transform his community and empower his congregation.

As the National Urban League prepares to relocate to Harlem, the community where our movement took root, we will be joining a community that has been profoundly and radically reshaped by Rev. Butts' passion, his devotion, and his political and business savvy.

Rev. Butts served Abyssinian Baptist Church for 50 years, starting as a 22-year-old youth minister in 1972, fresh out of Morehouse College. The church, then led by Rev. Dr. Samuel DeWitt Proctor, already had been built into one of the city's most influential institutions by Proctor's immediate predecessor, the dynamic 11-term congressman Rev. Adam Clayton Powell Jr.

Rev. Butts became Abyssinian's pastor in 1989. That same year, he founded Abyssinian Development Corporation with a single employee and a \$50,000 grant, with a mission to rebuild Harlem "brick by brick and block by block."

The non-profit has since invested \$1 billion in the community, including the first high school constructed in Harlem in half a century, some of the neighborhood's first national retail chain stores, one of its few full-service supermarkets, a department store, and a shopping center.

It also has developed more than 1,500 rental units in the Harlem area, most reserved for low-income residents.

The National Urban League is honoring Rev. Butts' legacy with our own \$242 million investment in Harlem, the 414,000-square-foot Urban League

Empowerment Center, which includes 170 units of affordable housing with 70 supportive homes reserved for youth aging out of foster care.

As Rev. Butts explained to The New York Times in 2008, the church's development work grew out of its tradition of social justice advocacy. The church was founded in 1808 by a group of Ethiopian merchant seamen and other Black worshippers who walked out of the First Baptist Church in Lower Manhattan after they were directed to sit in a segregated area. Abyssinia is a historic name for Ethiopia.

True to Abyssinian's origin, Rev. Butts fought fiercely and fearlessly for civil rights and social justice. Outraged by the violence and misogyny he heard in rap music, he once commandeered a steam roller to crush a pole of cassette tapes and compact discs in front of his church. When rap fans blocked his path, he and his followers hopped a bus to midtown Manhattan and dumped the pole in front of Sony headquarters. "This is your garbage," he shouted into a megaphone. "Take it back!"

He was a fierce critic of what he called "a culture of white supremacy" within the New York Police Department, calling rogue officers "ignorant savages who continue to prey upon our people as if we have no respect by virtue of our humanity or our citizenship."

U.S. Senator Raphael Warnock, who served as the youth pastor and then assistant pastor at Abyssinian in the 1990s, said, "Calvin Butts taught me how to take my ministry to the streets. The work of the Lord doesn't stop at the church door. That's where it starts. His pulpit was the public square."

—November 11, 2022

Pyramid's 10th 10x10 Invitational 300+ Works | Nearly 200 Artists | All Priced \$60

By PRESS OFFICER
Pyramid Atlantic Art Center

HYATTSVILLE, Md. (Nov. 14, 2022)—Pyramid Atlantic's annual 10x10 is now in its 10th year and opens Saturday November 19th! To mark the occasion, this annual artist-driven fundraiser is bigger than ever. Pyramid's gallery will be packed with over 300 pieces of original artwork donated by nearly 200 local and national artists who love the nonprofit art center.

This exhibition-slash-fundraiser has just two rules: all work must measure 10 x 10 inches and be priced at \$60. The full exhibition will be open for in-person viewing November 19-20. It then gets rearranged each week as work is delivered to its buyers. Pieces purchased after the 20th can be taken home immediately for instant gratification.

10x10 opens to the public on Saturday, November 19th with FREE RSVP from 5-9 pm. Gallery hours after the 20th do not require an RSVP. All works (sold and unsold) will be available to view in Pyramid's online gallery starting November 23. The exhibition runs through December 11, and is free to the public. Gallery hours are Wed-Thu 10-8 p.m., Fri-Sun 10-6 p.m. Pyramid Atlantic is located at 4318 Gallatin Street, Hyattsville Maryland 20781. More info and RSVP details at pyramidatlantic.org or by calling 301-608-9101.

10x10 is a great opportunity for collectors of all levels to get interesting pieces by talented artists at a remarkable price. Prints, draw-



ings, paintings, and mixed media will be on display.

Artists with studios, residencies, or exhibitions at Pyramid over the past year are invited to participate. Additional artists are nominated either by a self-nomination form or by the nomination committee. This year's committee included Jenny Axner, Michael Booker, Jason Bulluck, Adjoa Burrows, Grace Marie DeWitt, Jenny Freestone, Tabitha Jacques, Rose Jaffe, John Ortiz, Dominique Peterson, Linda

lighting, sustained damage from flooding, and been hit by vehicle traffic. Restoration work was completed by the Maryland-National Capital Park and Planning Commission, in partnership with Worcester Eisenbrandt, Inc. of Baltimore.

Along with the names of the 49 World War I fallen heroes from Prince George's County, the Bladensburg Peace Cross bears the words "Valor," "Endurance," "Courage," and "Devotion." Of the more than 62,000 Marylanders who served in WWI, a total of nearly 2,000 lost their lives.

Rededication from A1

Peace Cross, Governor Hogan directed Maryland's attorney general to file an amicus brief in support of a petition for certiorari. In what the governor called a "great victory," the Supreme Court ruled 7-2 in favor of allowing the 40-foot-tall monument to remain in its current location, on public land.

The rededication ceremony followed a comprehensive restoration of the nearly 100-year-old monument's concrete structure and decorative facing. Over the years, the memorial has been struck by

Rollins, and Nicole Salimbene. Thanks to their work, the exhibition boasts an impressive roster of artists.

This exhibition is made possible in part through support from the Maryland State Arts Council (msac.org), The Morris & Gwendolyn Cafritz Foundation, and the Maryland-National Capital Park and Planning Commission, Department of Parks and Recreation, Prince George's County.

Founded in 1981, Pyramid is a nonprofit contemporary art center fostering the creative disciplines of papermaking, printmaking, and book arts within a collaborative community. We equip, educate, and exhibit in our historic Hyattsville home.

The Prince George's Post

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

How Do I Get My Social Security As Soon As Possible?

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

Dear Rusty: I am a few weeks away from my 61st birthday in November 2022. I was wondering how far in advance of my 62nd birthday next year should I file my Social Security benefits paperwork in order to get my first check the same month I turn 62? I usually work a part time job during the winter months—but that job fell through this fall 2022. So, I do not want to waste any time getting that first check arriving the minute I turn 62 in November 2023. I don't want to take any chances of delays in starting my Social Security retirement benefits since I am currently not working.

Signed: Ready to Retire Soon

Dear Ready to Retire: Unless you were born on November 1st or 2nd, you will first become eligible for Social Security in December of 2023. That's because you must be 62 for the entire month before you can get Social Security for that month. If you were born on either the 1st or 2nd of November, then November 2023 will be your first month of eligibility and your first payment will be received in December. But if you turn 62 after November 2nd, your first month of eligibility will be December 2023 and your first payment will be received in January 2024 (Social Security pays benefits in the month following the month they are earned).

Social Security recommends you apply for your retirement benefit about 3 months before you wish your payments to begin, but you can apply as much as four months prior. When you complete the application there will be a question asking when you wish your benefits to start, and you should select the one that says, "I want benefits beginning with the earliest possible month and will accept an age-related reduction." Be aware that your age 62 benefit amount will be permanently reduced (your age 62 benefit will be 70% of the amount you would get at your full retirement age (FRA) of 67).

By applying as suggested above, you will get your first Social Security payment as early as possible, but you should also know

that the exact date of your payment depends on the day of the month you were born. If you were born between the 1st and 10th of the month, you'll get your payment in your bank account on the 2nd Wednesday of every month; if you were born between the 11th and 20th of the month, your payment will be received on the 3rd Wednesday of every month; and if your birthday is after the 20th of the month, the payment will be in your account on the 4th Wednesday of every month.

You can apply for benefits by making an appointment to do so at 1.800.772.1213 or by calling your local SS office, but the most efficient way to apply is online at www.ssa.gov/retire. To apply online, you'll need to first create your personal "my Social Security" online account, which is easy to do at www.ssa.gov/myaccount.

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

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

Wawa Celebrates Grand Opening of New Hyattsville Store as Part of 2022 Day Brighteners Tour

New Store Reflects Wawa's Commitment to Brighten More Lives in More Ways through New Jobs, New Growth and New Reasons to Celebrate Community Day Brighteners with a Call for Nominations

By PRESS OFFICER
Wawa, Inc.

HYATTSVILLE, Md. (Nov. 10, 2022)—Wawa, Inc. today announced the grand opening of its newest store located at 9100 Riggs Rd., Hyattsville, MD 20783 on Thursday, November 10. To mark the occasion, Wawa hosted an exciting grand opening celebration and outdoor ribbon cutting. Wawa will also provide free coffee to toast the community and brighten days from 11/10 to 11/20.

About Wawa's 2022 Day Brighteners Tour

With officials, charity partners, customers and Associates in attendance, Wawa's grand opening celebration introduces the community to the new store team and celebrates the role they play in making their communities a better place. Throughout the year, each grand opening celebration will be part of Wawa's 2022 Day Brighteners Tour, an initiative designed to celebrate the customers, Associates, local heroes and community organizations that brighten our days. The tour will also mark Wawa's ongoing commitment to growth, with plans to open 41 new stores and create more than 2,500 new jobs through the year.

The grand opening of the Hyattsville, MD location is the 33rd to open this year out of the 41 total stores projected to open across Wawa's operating area in 2022.

"At Wawa, our core purpose is fulfilling lives every day and since our first store opened, we've believed that we all have a role in making this world a better place," said Chris Gheysens, Wawa's Pres-



PHOTO CREDIT WAWA

Wawa's newest store is located at 9100 Riggs Rd. in Hyattsville.

ident and CEO. "Our store teams and Associates deliver experiences and emotional connections with customers that go beyond what traditionally happens in a retail environment. Simply put, they help make their communities happier and more connected. This year, we're excited to toast all the incredible Day Brighteners and kick off this one-of-a-kind tour with a stop at each new store to show our "Goose Gratitude" to associates and customers whose little acts of kindness make a big difference in our communities."

About the Hyattsville, MD Store: Constantin Tanasov will serve as general manager of the new Hyattsville Wawa store, leading a team of approximately 50 associates, all of which are new positions brought to the area through the development

of the store. Associates in these full- and part-time positions will not only receive competitive salaries with hourly starting rate of \$15 and health benefits, but once eligible, will participate in Wawa's employee stock ownership plan (ESOP). Wawa Associates own 40% of Wawa through the ESOP. More information and current job opportunities can be viewed at: www.wawa.com/careers. The store is fully equipped with built-to-order fresh food kitchen featuring its signature hoagies and newest food innovations such as the ever-popular, customizable burger, award-winning Wawa coffee; the Sizzliü, Wawa's hot breakfast sandwich; Wawa's new line of specialty beverages (hot, cold, iced and frozen); Wawa Bakery; and Wawa's beverage line of dairy products, juices and teas, plus packaged goods, fuel services, among other amenities.

HEALTH and WELLNESS

Eye Health

Research Suggests an Eye-Heart Connection

(NAPSI)—If you are like the majority of Americans, heart disease and eye disease run in your family. So you should know that a growing body of research suggests that eye and heart health are related. The latest study suggests that people with a specific form of age-related macular degeneration (AMD) are at significant risk for cardiovascular disease and stroke.

About AMD

AMD is the leading cause of visual impairment and blindness in people over 65 years old. There are two types of AMD. The type called dry AMD happens when the central area of the retina called the macula becomes damaged from the formation of small yellow cholesterol deposits under the retina. These deposits deprive the retina of blood and oxygen, leading to vision loss. The type of deposits the researchers believe are linked to heart disease are called subretinal drusenoid deposits.

The new study adds to the list of several health conditions an eye exam may help detect.

The Eye as a Window into Heart Health

Blood vessels and nerves in the

eyes are reflective of the rest of the body. That's why medical conditions such as stroke, heart disease, some cancers, and diabetes are sometimes first diagnosed by an ophthalmologist during a routine eye exam.

Here's what ophthalmologists want you to know about protecting both your eye and heart health:

- 1. Eat well.** A heart-healthy diet full of leafy greens and colorful fruits is also good for the eyes. Studies show foods rich in vitamins C and E, zinc, lutein, zeaxanthin, and omega-3 fatty acids can lower risk of certain eye diseases, including macular degeneration, cataracts, and dry eye.
- 2. Exercise.** The American Heart Association recommends 30 minutes of exercise a day. For eye health, the science shows regular exercise can protect your vision and, if you already have an eye disease, it can help you manage it better.
- 3. Know your family history. Early detection is key.** Many leading causes of blindness run in the family, such as macular degeneration and glaucoma. Know your family history and share it with your ophthalmologist at your next eye exam.

- 4. Get routine eye exams.** Seeing an ophthalmologist could do more than save your eyesight, it can also save your life. When David Hibler, Sr. went to get his eyes checked, his ophthalmologist detected signs of a blood clot. Thanks to a thorough eye exam, Hibler got treated and avoided a potential stroke. The American Academy of Ophthalmology recommends all adults receive a comprehensive eye exam by age 40, and every year or two after age 65.

Eye Exams Can Save Lives. EyeCare America Can Help

There could be good news for individuals age 65 or older who are concerned about their risk of eye disease and/or the cost of an eye exam: You may be eligible for a medical eye exam, often at no out-of-pocket cost, through the American Academy of Ophthalmology's EyeCare America® program. This public service program matches volunteer ophthalmologists with eligible patients in need of eye care across the United States. To see if you or a loved one qualifies, visit EyeCare America. EyeCare America is co-sponsored by the Knights Templar Eye Foundation Inc., with additional support provided by Alcon and Regeneron.

Learn More

For more information, visit www.aao.org/eyecare-america.

Maryland Department of Health Launches RSV Resource Webpage, Urges Marylanders to Take Precautions, Get Flu and COVID Vaccines

New webpage provides Marylanders with more information about RSV and other respiratory illnesses spreading in Maryland

By PRESS OFFICER
Maryland Dep. of Health

BALTIMORE (Nov. 10, 2022)—The Maryland Department of Health (MDH) today launched a new webpage ([https://health.maryland.gov/phpa/OIDEOR/CIDSOR/Pages/Respiratory-Syncytial-Virus-\(RSV\).aspx](https://health.maryland.gov/phpa/OIDEOR/CIDSOR/Pages/Respiratory-Syncytial-Virus-(RSV).aspx)) with resources about respiratory virus infections spreading rapidly this fall and steps Marylanders can take to protect themselves. The move follows Governor Hogan's announcement about statewide preparedness efforts to address an increase in Respiratory Syncytial Virus (RSV) and potential COVID-19 and flu surges.

The state has seen an early surge of severe respiratory illness, especially in very young and school-age children. Many children with RSV or other respiratory illnesses will experience cold-like symptoms, such as runny nose, decrease in appetite, coughing, sneezing, and fever, that get better within a

week or two.

However, infants, people who are immunocompromised, and people living with certain chronic medical conditions may experience severe illness that can cause difficulty breathing and hospitalization. Contact your healthcare provider if you or your child is having difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms.

There is no specific treatment for RSV. The U.S. Centers for Disease Control and Prevention offer these steps to relieve symptoms:

- Manage fever and pain with over-the-counter fever reducers and pain relievers, such as acetaminophen or ibuprofen. (Never give aspirin to children.)
- Drink enough fluids. It is important for people with RSV infection to drink enough fluids to prevent dehydration (loss of body fluids).
- Talk to your healthcare provider before giving your child non-prescription

cold medicines. Some medicines contain ingredients that are not good for children.

MDH encourages Marylanders to take preventive steps to be COVIDready and reduce their risk of getting COVID, the flu and other respiratory illnesses.

To reduce the risk of spreading a respiratory virus, Marylanders are urged to:

- Wash hands often with soap and water for at least 20 seconds.
- Cover coughs and sneezes using a tissue or your upper sleeve, not your hands.
- Stay home if you or your child is sick, except to get medical care.
- Don't send a sick child to school or child care.
- Consider wearing a mask, especially if you develop any symptoms, such as a runny nose, cough, or fever.
- Get a COVID-19 booster and flu shot.

For information on flu vaccines for children visit CDC.gov.

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www.fbc-cp.org

Sunday School 9:30a.m.
Sunday Worship 11a.m.
Holy Communion 1st Sunday
Wednesday Bible Study 7-8p.m.
Wednesday Prayer Service 8p.m.

UNITED METHODIST

Union

United Methodist Church

14418 Old Marlboro Pike,
Upper Marlboro, MD

Church (301) 627-7389

Sunday School (Children/Adults) - 8:30 a.m.
Sunday Worship: 10:00 a.m.

Reverend Twanda E. Prioleau,
Pastor
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Rev. Ranessa Mayo, Pastor

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Matthew 28:19-20

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Morning Worship 10:00 a.m.

Soulful Thursdays
Bible Study 7:00 p.m.

BAPTIST

Forest Heights Baptist Church

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6371 Oxon Hill Road
Oxon Hill, Maryland 20745

Sunday School (Adults & Children) - 9:30 A.M.
Worship Service - 11:00 A.M.
Wed. Prayer Service & Bible Study - 7:00 P.M.
Office (301) 839-1166
Fax (301) 839-1721
E-mail: FHBC@verizon.net
Pastor: Rev. Waymond B. Duke

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Church School: 9:15 a.m.
Morning Worship Celebration - 10:30 a.m.
Wed. Night Bible Study - 7:45 p.m.
Elder Willie W. Duvall, Pastor

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In Baltimore, one program is bringing health care directly to communities that are affected by historic cycles of poverty and drug use. "Health Care on the SPOT" dispatches a mobile van—literally a hospital on wheels—that provides free health care and drug addiction care wherever it goes, Spencer said.

In the midst of fentanyl's rise to prominence, programs like this aim to help citizens feel safe in navigating the world of drugs. The key is instilling equity, trust and compassion into these communities and meeting people where they are, Spencer said.

"Nobody can make better choices tomorrow," Spencer said, "unless you give them a tomorrow."

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