

The Prince George's Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY SINCE 1932

Vol. 91, No. 30 July 27 — August 2, 2023

Prince George's County, Maryland

Newspaper of Record

Phone: 301-627-0900

25 cents

Encompass Health and University of Maryland Medical System Announce Joint Venture to Own and Operate Rehabilitation Hospital in Bowie

By PRESS OFFICERS
Encompass Health Corp. /
University of Maryland Medical System

BIRMINGHAM, Ala. and BOWIE, Md. (July 18, 2023)—Encompass Health Corp. (NYSE: EHC) and the University of Maryland Medical System (UMMS) announced they have executed a joint venture agreement to own and operate Rehabilitation Hospital of Bowie. The 60-bed inpatient rehabilitation hospital, located at 17351 Melford Boulevard, began serving patients in June 2023.

The joint venture combines the expertise and resources of Encompass Health, the nation's largest owner and operator of inpatient rehabilitation hospitals, and the University of Maryland Medical System, one of the largest private employers in

Maryland, with 11 primary and specialty care hospitals and more than 150 locations across the state. This is the first joint venture partnership between the two parties.

"This new partnership with Encompass Health opens new doors for patients and communities and further expands the spectrum of healthcare services for the residents of Prince George's County and the region," said Mohan Suntha, MD, MBA, President and CEO of UMMS. "Along with our public and private sector partners, the University of Maryland Medical System has made numerous essential investments in high-quality healthcare delivery in the region, including a new state-of-the-art hospital and the county's only standalone compre-

See **JOINT VENTURE** Page A7



IMAGE COURTESY UNIVERSITY OF MARYLAND MEDICAL SYSTEM AND ENCOMPASS HEALTH

Rehabilitation Hospital of Bowie is located at 17351 Melford Boulevard.

Prince George's County Kicks off the Stuff TheBus Back to School Supply Drive

By PAULETTE L. JONES
DPW&T

LARGO, Md. (July 14, 2023)—The Prince George's County Department of Public Works and Transportation (DPW&T) will be hosting the annual "Stuff TheBus" Back to School Supply Drive from July 18, 2023, to August 18, 2023. This drive aims to support students, particularly those who are most vulnerable, in preparing for the upcoming academic year by providing them with new backpacks and essential classroom supplies.

Since 2018, DPW&T has received significant donations from various organizations, including County government agencies, County staff, the Prince George's County Alumnae Chapter of Delta Sigma Theta Sorority, Inc., and the Prince George's County Community Partners. The success of the "Stuff TheBus" drive has been steadily increasing over the years. Looking specifically at last year, DPW&T managed to gather over 900 backpacks, and the overall item count exceeded 11,000.

"The Stuff TheBus" Back to School Supply Drive is one of our major events for the year. We take

pride in providing families with the opportunity to gather backpacks and school supplies, especially during these financially challenging times," stated DPW&T's Director, Michael D. Johnson.

The 2023–2024 academic year for Prince George's County Public Schools will commence on August 28, 2023. We are excited to have another successful drive as we strive to support our young students in starting their school year on a positive note. For more information about the "Stuff TheBus" Back to School Supply Drive, please reach out to Paulette Jones, Chief of Communications, at pljones@co.pg.md.us.

Who:
Prince George's County
Department of Public Works and Transportation

What:
Stuff TheBus Back to School Supply Drive

Where:
9400 Peppercorn Place
Largo, Maryland 20774
(End of the cul-de-sac)

When:
Kickoff was Tuesday, July 18, 2023. The drive continues until August 18, 2023.

Governor Moore Launches Maryland ActNow Campaign to Close the Digital Divide in Maryland

By PRESS OFFICER
Maryland Governor News

ANNAPOLIS, Md. (July 18, 2023)—Governor Wes Moore today launched the Maryland ActNow campaign in partnership with EducationSuperHighway, reaffirming the Moore-Miller administration's commitment to closing the digital divide by extending broadband internet access to all Marylanders and making it more affordable. The governor was joined by U.S. Department of Commerce Deputy Secretary Don Graves, state and local officials, and leadership from non-profit EducationSuperHighway to illustrate the campaign partnership, part of an effort that will also deploy \$267 million in federal funding to support Maryland's broadband infrastructure.

"Access to the internet is no longer optional—it is essential and nobody should be locked out of the internet because of their income or where they live," said Gov. Moore. "When it comes to getting folks online, our administration is very clear: we will not rest until every single Marylander has access to affordable and reliable internet. The discounts offered under this program and the investments we are making have the power to expand opportunities for Marylanders across the state. Leaving no one behind means getting everyone online."

ActNow is a public awareness campaign to help increase awareness of and enrollment for the Federal Communications Commission's Affordable Connectivity Program. The program offers a \$30 internet access discount for low-income households. The campaign, a partnership with EducationSuperHighway and 20 community organizations from across the state, will get Affordable Connectivity Program-eligible Maryland families signed up ahead of the start of the new school year.

"Too many people are left behind because they can't afford high-speed home internet,

but 1 in 4 American households now qualify for the Affordable Connectivity Program," said Founder and CEO of EducationSuperHighway Evan Marwell. "We applaud Governor Moore's leadership in raising awareness of this critical program to connect Marylanders to the home internet they need to thrive in today's world and close the digital divide."

EducationSuperHighway works to close the digital divide for the 18 million households that have access to the internet but cannot afford to connect. The organization focuses on America's most unconnected communities, where more than 25% of people don't have internet.

On June 26, Governor Moore announced that Maryland would use more than \$267 million in federal funding from the National Telecommunications and Information Administration through the Broadband Equity, Access, and Distribution program—part of President Joseph R. Biden's Infrastructure Investment and Jobs Act—to bring high-speed internet access to every Marylander. The Maryland Department of Housing and Community Development's Office of Statewide Broadband is developing a plan for funding deployment, informed by public webinars and outreach conferences held this past spring.

"Today, access to the internet is nothing short of a fundamental need. That's why we fought for historic funding in the infrastructure modernization law to connect Marylanders in rural and urban communities alike who still lack reliable and affordable broadband," said U.S. Senator Chris Van Hollen. Since the Maryland Department of Housing and Community Development's Office of Statewide Broadband was founded in 2017, it has invested more than \$300 million into broadband infrastructure and equity programs. That investment has provided high-speed internet access to an estimated 52,000 previously unserved homes and businesses statewide.

Council Convenes for Final Session Prior to Summer Recess—Enacts Healthy Restaurants Legislation and Other Measures, Addresses Executive Appointments

By PRESS OFFICER
Prince George's County
Council Media

The Prince George's County Council convened Tuesday, July 18, 2023, in its final regular session before Summer Recess. During Tuesday's session, the Council passed key legislation; received public testimony from residents and stakeholders; and addressed Proposed Correspondence.

The Council enacted the following measures:

- **CB-046-2023, Healthy Restaurants Legislation** proposed by Vice Chair Blegay in response to the rise in chronic illnesses and the County's lack of healthy food options. Under the measure, Prince George's County Government will provide incentives to restaurants offering foods deemed "healthy" by the Health Department's Healthcare Action Coalition and a registered dietician. To receive County incentives, at least 40% of a restaurant's meals must be deemed healthy and include one "healthy" plant-based meal. County support would be offered in the form of zero-interest loans, publicity, marketing, promotion during annual Restaurant Weeks, and other incentives.
- **CB-061-2023,** legislation amending provisions of the

County Code regulating the procedure to declare County Real Property as Surplus Property.

- **CB-031-2023,** an Ordinance amending the definitions of Convenience Store, Gas Station, and Tobacco Shop uses in the Zoning Ordinance to clarify the percentage of certain uses that may be dedicated to the display and sales of tobacco products also passed.
- **CR-022-2023,** legislation amending the Salary Plan of the County to reflect the continuation of certain Military Leave Benefits and the eligibility requirements for certain military leave benefits.
- **CR-063-2023,** legislation adjusting the Public Safety and Behavioral Health Surcharge
- **CR-069-2023,** a Council Resolution concerning School Facilities Surcharge
- **CR-070-2023,** legislation establishing a Universal Design Implementation Workgroup to assist the County in implementing the required procedural and design requirements of Universal Design established in CB-65-2023.
- **CR-72-2023,** legislation concerning the 2009 Countywide Master Plan of Transportation – Minor Amendment

In other matters, the Council addressed Executive Appointments to the Fire Commission, which were

ultimately rejected in a 6-3-1 vote, with a commitment from Council Chair Dernoga to engage with all interested stakeholders to effectively address concerns of the volunteer and career firefighters as it relates to the Fire Commission nomination process moving forward.

CR-071-2023, legislation expressing opposition to locating a PEPCO lithium battery storage facility in the Southlawn and Livingston Woods Area was also introduced. Following public testimony from residents opposed to the project, PEPCO leadership addressed the Council, committing that no construction will commence on the project until they come back before the body in September.

The Council also announced the appointment of Jocelyn Route to the Prince George's County Board of Education. Route currently serves as a Public Health Advisor for the Substance Abuse and Mental Health Administration, an agency within the U.S. Department of Health and Human Services. She holds a Bachelor of Science in Psychology and Political Science and a Master's degree from Howard University.

The County Council will reconvene in September, unless an emergency meeting is required during recess.

INSIDE

- Meet and Greet With PGCPs Superintendent Millard House, II
- 2023 NASA Goddard Summer Film Festival
- Local Student Honors
- WHS Prize List Now Available Online!

Around the County, Page A2

Library's "Rock Banned" Teams With President Obama on TikTok Video in National Campaign

Maryland Humanities Announces One Maryland One Book Community Programming

Community, Page A3

To Be Equal: A Tribute to a Titan: Honoring Jesse Jackson's Legacy and Our Shared Mission

...we welcome his successor, Frederick Douglass Haynes III, a man of equal passion and commitment.

Commentary, Page A4

Hospice of the Chesapeake Announces New Board Members

Governor Moore Announces Maryland Higher Education Commission Appointments

Business and Finance, Page A5

Health Department Introduces the Prevent T2 Program to Combat Type 2 Diabetes

Storing Fat Around Waist May NOT Up Your Diabetes Risk, Surprise Findings Suggest

Health and Wellness, Page A5

TOWNS *and* NEIGHBORS

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

Thank you, Mayor Cann, Council Members and the Town of Morningside!

Morningside surprised me July 18. They invited me to join them on their meeting night. They also invited my three local kids, John, Elaine and Sheila.

After the meeting was called to order, Mayor Benn Cann presented me A Proclamation. It includes some very nice sentiments, such as “Whereas, Mary McHale has been an outstanding supporter of the Town of Morningside by reporting about and attending our various meetings and events for well over forty years...” And it proclaimed, “this eighteenth day of July, 2023, as Mary McHale Day in the Town of Morningside.”

They gave me flowers, had refreshments, and labeled the bulletin board outside the front door as dedicated to me. (I have to return to read it again; I don't know the exact words.)

I said my thank-yous. I also told them that the column was at the request of another Morningside mayor. It all began the summer of 1976 when Mayor Gerald Glaubitz asked me to write the Morningside column for The Enquirer-Gazette. I reminded him I don't live in Morningside, but he didn't consider that a good excuse.

Morningside had had a newspaper column since the Town incorporated in 1949, maybe even before. Among the several earlier Morningside columnists were Ann Brown, Pat Smith and Jeanne West. Mayor Glaubitz wanted the column to continue, and so it has.

My first column ran on July 8, 1976, when I wrote, “Starting today, I will be writing a column for the Morningside-Skyline area. I hope you will call with family and neighborhood news...”

I certainly didn't foresee it leading to a Proclamation, flowers and Mary McHale Day. Thank you, Morningside, so much.

I'm honored to be able to keep the Morningside column going. I love the Town and I pray there'll always be a Morningsider (or Skyliner like me) to keep the tradition going.

Town of Morningside: Night Out

The Morningside Police Department hosts National Night Out Against Crime on Tuesday, August 1, at the Municipal Center. There'll be free hamburgers, hot-dogs, the trimmings and snow-cones. Also, a dunk tank and basketball hoop shooting and motorcoaches. The Morningside Fire Department will do demos. The VFW and its Auxiliary will have tables—they'll talk about VFW benefits

and give general information. The food and fun begins at 5:30 p.m. and ends at 8:30.

Health and Wellness clinic at Suitland Road Baptist Church

Suitland Road Baptist Church, Dr. Kelvin McCune, Pastor, is hosting their annual Community Health and Wellness Outreach on Saturday, August 5, 11 a.m. to 3 p.m.

A Zumba workout, by the Renown BeUnique Bodyworks, will kick off the event. After zumba-ing, you'll need to take advantage of the free blood pressure screening.

Current health trends and nutritional updates will be discussed by guest speakers, Dr. Gayle Jones, MA, FCN, RN, and Dr. Yolandra Hancock, MD, MPH.

The Women, Infant and Children (WIC) Nutrition Program will have a representative to answer your questions. A representative from Community Legal Services of Prince George's County will be available to discuss your legal issues.

Suitland Road Baptist Church is 6412 Suitland Road, across the street from my house. For more information, call 301-219-2296.

Neighbors & other good people

Very sad news for my daughter Elaine and her husband Luke Seidman. Luke's great-niece Lauren was killed a few days ago when a tire flew off a truck and smashed into her car. She was only 18. Luke and Elaine are headed to Kentucky for the funeral.

An official welcoming was held at St. Philip the Apostle Church for their new pastor, Fr. Ryan I. Pineda. He gave us a little background: he was born in Manila, moved to Guam and eventually to Los Angeles where he taught school and finished his master's in education. In 2008 he moved to DC, and eventually applied and was accepted to study for the priesthood; he was ordained in 2016. Father Ryan (as he says we can call him) has served in three local parishes before St. Philip's, which is his first parish as pastor.

Andrews Air Show 2023

Joint Base Andrews will be Celebrating the 75th Anniversary of the United States Air Force on September 17-18, 2023, with the USAF Thunderbirds, USAF F-35A Lightning II Demonstration Team, and many others. This free event for the General Public will bring the very best of military demonstrations, static displays, warbirds and civilian aerobatics to the “premier Joint Base in America's Defense Structure.” I'll have a lot more de-

tail (like where to park) in future columns.

Changing landscape

Back in the '70s, it was Skyline Tavern. By the '80s, it was Skyline Restaurant. I think most of us just called it “Skyline.” Well, now it's Andrew's Cocktail Lounge, with a bar, a billiard & pool hall, and Chinese & American Food. Hours, 11 a.m. to 11:59 p.m.

Four Maryland Green Line stations are closing for construction. Since July 22, service has been unavailable on the line's northern end at Greenbelt, College Park, Hyattsville Crossing, West Hyattsville and Fort Totten. Free shuttle service is provided to replace trains.

After 25 years of shipping DVDs, Netflix will ship my (and your) last disc on September 29, 2023. Now where will I go for the old films?

A home at 3328 Swann Road, in Suitland, just sold for \$537,000.

Wordle report

Now that I've passed the 500-played mark, I report that I've only been able to do 17 2's. (Of course, no 1's). I have 127 3's, 210 4's, 112 5's. Also, 33 6's. I refuse to mention the failures. My aim now is to have more 3's than 5's.

How're you doing?

I remember the Walls

Robert Jakob Walls, Sr., 73, of Brandywine, died last December at the University of Maryland Charles Regional Medical Center in LaPlata. He was the husband of Martha Walls, father of Robert, Michael, Mark and Cynthia Walls, grandfather of two; brother of Christine, George, David, Steven, John and Donald Walls.

Robert was born in Frankfurt, Germany, son of the late Christa and George Naylor Walls. By trade, he was a baker, and a founding family member of the original Walls Bakery in Waldorf, which dates to 1968.

He loved working at the bakery, popular “Home of the World's Best Eclairs.”

I think I remember Walls Bakery in Suitland before they moved to Waldorf. Do you?

Milestones

Happy Birthday to Helen Rawlett, July 30; John Short, Paula Boxley, Howard C. Booth, and Annie Desmarais, July 31; Carolyn Dade, Aug. 1; Chris Webb, Cornel Gotshall, Dave Williams and Samantha Wade, Aug. 3; Victoria Levanduski, Laura Cook and Sallee Bixler, Aug. 4.

by Audrey Johnson 301-922-5384

Brandywine-Aquasco

FREEDOM FIGHTERS

On view on the first floor at the Martin Luther King, Jr. Memorial Library in Washington, DC (901 G St NW, Washington, DC 20001) is the exhibit We Who Believe in Freedom: Black Feminist DC. This exhibit is a partnership through the National Women's History Museum and the DC Public Library. The exhibition focuses on the stories and voices of Black feminist organizers and theorists, such as educator Mary McLeod Bethune and Congresswoman Eleanor Holmes Norton, and their fight against discrimination. <https://www.womenshistory.org/black-feminist-dc> Through September 15, 2024.

CHRIST UNITED METHODIST CHURCH HONOREES

The following church members were honored at Christ United Methodist Church, Aquasco, Maryland 50th Anniversary Banquet (1973-2023), Rev. Shemaiah Strickland, Pastor. The Anniversary Banquet was held July 15, 2023, at Jaycees Community Center, Waldorf, Maryland.

Mrs. Catherine Brooks, a life-long resident of Prince George's County. She loves to travel, especially to sunny California, and to volunteer. Mrs. Brooks enjoyed working in the church as a Communion Steward and a member of the Outreach Committee, as well as serving in other organizations, including the Baden Food Pantry. While working at the pantry, she gained so many friendships as she provided food for many. One of her many lifetime highlights was receiving the Maryland State Governor's Award for Volunteerism. Mrs. Brooks believes you should “never volunteer for recognition, but to help those in need.”

Mrs. Evelyn Love is a retired educator, lifetime member of Christ United Methodist Church and its predecessor, John Wesley Methodist Episcopal Church. As a committed disciple, she has offered her gifts on the Usher's Board, Finance Committee, Communion Stewards, the former United Methodist Women and Annual Homecoming Committee. The words, “through it all I've learned to trust in Jesus, I've learned to trust in God,” ground her faith.

Mr. William O. Pinkney is the husband of Barbara E. Pinkney. He is a faithful member of the church and has served on various committees, such as the Board of Trustees, United Methodist Men, Men's Choir, and the Ensemble Choir. In addition, he

has also served as the Custodian of Legal Papers. Family is important to him and when he called you brother or sister, he meant it.

Mrs. Barbara “Bee Bee” Pinkney has lived in Aquasco, Maryland all her life. She is married to William O. Pinkney and together they have raised five children. Throughout Bee Bee's life, she has shared a joy for cooking and caring for her family. In addition to caring for her children and grandchildren, Bee Bee has always displayed a caring heart for others. You could always count on her prayers and services towards members of her community. Many close to her would hear her quote The Lord's Prayer often. “For thine is the kingdom, the power, and the glory, for ever and ever.”

SERVANTS WHOM CHRIST CHURCH SHAPED AND FORMED TO GO FORTH IN MINISTRY

Rev. Shellie Wright-Adams, Rev. Alice F. Bagby, Rev. Jacques Banks (Deceased), Rev. Kenneth Brown, Rev. Michelle Young-Downing (Deceased), Rev. Antoine Love, Rev. Walter L. Skinner, Jr., Rev. Sandra Smith, Rev. Dr. Joyce Brown-Wilbon.

CERTIFIED LAY MINISTERS

Min. Lillian Forbes (2010-2018), Min. Shonnita Lee (2020-2023) Deceased, Min. Robin Lee Rogers (2023).

ACKNOWLEDGMENTS

Rev. Shemaiah Strickland, Pastor, Officers and members of the 50th Anniversary Planning Committee would like to express their sincere gratitude to all who supported the 50th Anniversary Celebration of Christ United Methodist Church by your prayers, and the sharing of your gifts and talents. A special appreciation is extended to Bishop LaTrelle Easterling, Resident Bishop of the Baltimore Washington and Peninsula Delaware Conferences of the United Methodist Church, and all of our other special guests who participated in our anniversary activities. This is a memorable time in the life of our church and we give praise and honor to our Lord and Savior, Jesus Christ. To God be the glory for the things he has done.

Around the County

Council Hosts Meet and Greet With PGPCS Superintendent Millard House, II

The County Council welcomed Prince George's County Public Schools Superintendent Millard House, II, to the Wayne K. Curry Building on Tuesday, July 18th for an introductory “Meet and Greet” lunch meeting to discuss shared concerns and his plans to lead the school system.

Prior to his appointment, Mr. House served as the Superintendent of the Houston Independent School District (HISD) in Houston, Texas, where he supervised 275 schools with 25,000 staff and 200,000 students, and worked with a \$2 billion annual budget.

Superintendent House participated in robust dialogue with the Council, answering several questions from each of the members including those focusing on special education, student achievement, and classroom size. Jocelyn Route, the Council's newly appointed Board of Education member also attended the Meet and Greet event and expressed concern related to violent behavior among school aged children, specifically upon their return to the classroom following COVID-19.

—Prince George's County Council Media

2023 NASA Goddard Summer Film Festival

This year's annual Goddard Film Festival highlights the center's achievements over the past year in astrophysics, Earth science, heliophysics and planetary science. Enjoy a video creator's eye view of the scientific achievements and engineering marvels that happen at Goddard every day.

https://www.youtube.com/watch?v=5b4ey5GsEu8&ab_channel=NASA_Goddard

—NASA Goddard News

Local Resident Graduates From Dickinson College

CARLISLE, Pa. (July 18, 2023)—**Sloane Butler**, child of Greg and Ivey Butler of Upper Marlboro, Md., graduated from Dickinson College on May 21 with a BA in political science. Butler is a graduate of Key School.

Dickinson College, located in historic Carlisle, Pa., was chartered in 1783. The private, liberal-arts college is nationally recognized for its cross-disciplinary, active approach to learning, international education, civic engagement and its commitment to teaching its students about sustainability across the curriculum, the community and the globe. www.dickinson.edu.

—Media Relations, Dickinson College

Minnesota State Mankato Announces 2023 Spring Semester Dean's List

MANKATO, Minn. (July 17, 2023)—The Academic High Honor and Honor lists (Dean's lists) for the past spring semester at Minnesota State University, Mankato have been announced by Provost and Senior Vice President for Academic Affairs David Hood.

Among 3,434 students, a total of 1,081 students qualified for the High Honor List by achieving a 4.0 straight “A” average, while 2,353 students earned a 3.5 to 3.99 average to qualify for the Honor List.

To qualify for academic honors, undergraduate students must be enrolled for at least 12 credit hours for the semester.

For additional information, please visit: <https://mankato.mnsu.edu/academics/course-planning-and-registration/registration-and-academic-records/current-students-registration-resources/grades/deans-list/>

Minnesota State Mankato, a comprehensive university with 14,482 students, is part of the Minnesota State system, which includes 26 colleges and seven universities.

Beltsville, MD: **Quinn Corrigan**, Honor List

Bowie, MD: **Sosena Gebremariam**, Honor List

Riverdale, MD: **Katlyn DeGroat**, High Honor List

—MNSU-Media Relations

Washington International Horse Show Prize List Now Available Online!

65th Annual Washington International Horse Show CSI5*-W
October 23-29, 2023

The Show Place Arena, Prince George's Equestrian Center,
Upper Marlboro, MD

(July 13, 2023)—The prize list for the 65th Annual Washington International Horse Show (WIHS) presented by MARS Equestrian™ is now available online at wihs.org. Entries will close Tuesday, September 5. Join us!

WIHS will celebrate this landmark year with increased prize money, additional classes, horse- and rider- friendly facilities, new awards, a variety of hospitality options, along with time-honored traditions and blockbuster entertainment.

Highlights

- \$450,000 Longines FEI Jumping World Cup™ Washington CSI5*-W for the President's Cup, the only five-star World Cup qualifier in the U.S.
- New! \$10,000 3'3" Junior Hunters (Small and Large)
- New! \$2,500 Welcome class for Children's and Adult Hunters
- WIHS Children's and Adult Jumper Championship prize money increases to \$12,500
- WIHS to host the Show Jumping Hall of Fame (SJHOF) Jumper Classic Series East Coast Final

Plus

- Top footing in arena and multiple warm-up areas
- Dedicated FEI Complex
- Exhibitor Lounge
- Custom-built VIP Club with premium catering and excellent views of the ring

About Washington International Horse Show, a 501(c)(3) nonprofit charitable organization: Established in 1958, the Washington International Horse Show is one of North America's most prestigious, competitive, and entertaining equestrian events with competition for international, professional, amateur, junior and child riders. Highlights include the Longines FEI Jumping World Cup™ Washington CSI5*-W for the President's Cup, the WIHS Equitation Finals and Children's and Adult Hunter and Jumper Championships, top national hunters and jumpers, plus popular community and charity events. WIHS is an official USEF Heritage Competition. Visit wihs.org.

COMMUNITY

10th Annual Wine & Jazz at Marietta House Museum

By STACEY HAWKINS
Marietta House Museum

Enjoy a relaxing afternoon on the grounds of Marietta House Museum, on **Saturday, Aug. 5**, from 2 p.m.–7 p.m. (Rain date Aug. 12) Bring a blanket or lawn chair and enjoy wine tastings, local artists, food and craft vendors, and tours of the historic home.

Core Entity Jazz will start off the event and jazz performed by AJQ Plus 1 will complete the day. Wineries at this year's event are Cove Point Winery, Olney Winery, Friday's Creek Winery, and Misfit Winery.

Crafters will be demonstrating their beautiful woodcarving work for display and hand carved wood boards for sale, and canvas artists will display their artwork to enjoy and buy. Vendors' products include handmade textiles, soaps, fragrances, lip balms, jewelry, herbs, lavender items, Caribbean sauces, wine jellies, wreaths, candles, lip balms, and more!

Food vendors will have BBQ, shrimp, fish, Caribbean food, vegan, vegetarian, ice-cream, funnel cakes, and more! Tours of the historic house and law office will be given during the day at listed times.

Ages 21 and up. \$10 per person. Advance registration at this direct link: <https://tinyurl.com/2c8avfcs>

Cash only will be accepted at the door. For more information call 301-464-5291 or email mariettahouse@pgpcparks.com We look forward to seeing you.

Marietta House Museum is located at 5626 Bell Station Road, Glenn Dale, MD. 20769, and is a property of the Maryland-National Capital Park and Planning Commission.

EPA Joins Maryland in Announcing New Chapter in Bay Restoration

By PRESS OFFICER
EPA, Region 3

PHILADELPHIA (July 20, 2022)—EPA Mid-Atlantic Regional Administrator Adam Ortiz joined Maryland Governor Wes Moore and Lieutenant Governor Aruna Miller today on Wye Island in Queen Anne's County to announce new strategies by Maryland for restoring water quality in the Chesapeake and Atlantic coastal bays.

The governor ushered in a new phase of Chesapeake and coastal bay restoration cooperation by signing an executive order recreating the "Governor's Council on the Chesapeake and Coastal Bays watershed."

The event represented an acknowledgement of Maryland's longstanding leadership on Bay issues, and reformation of Bay Cabinet as the next phase of its commitment.

"Our administration is focused on working in new and collaborative ways to reduce the pollution reaching our bays and providing our local communities and farmers with the opportunities and resources they need to succeed," said Gov. Moore. "Now is the time to embrace the lessons we've learned in the Chesapeake and Coastal Bays over the past 40 years and evolve our strategy to reflect that."

"Bay restoration is not only a priority of the Biden-Harris administration, but a personal one of mine as well," said EPA Mid-Atlantic Regional Administrator Adam Ortiz. "Investments from the Bipartisan Infrastructure Law are creating real progress and tremendous opportunities to improve the health and resiliency of local communities, streams, and the Bays as we also tackle the impacts of climate change. As the Chesapeake Bay Program partnership determines ways to accelerate our efforts, Governor Moore's leadership and new focus will help advance our collective work."

EPA, along with Maryland and other partners are making investments, and using federal and state authorities where it matters, including working with the agricultural community and creating coastal resilience.

This year marks the 40th anniversary of the Chesapeake Bay Program partnership. For more about 40 years of working to restore the nation's largest estuary <https://40years.chesapeakebay.net/>.

Library's "Rock Banned" Teams With President Obama on TikTok Video in National Campaign

By ANDREA CASTILLO
PGCMLS

LARGO, Md. (July 18, 2023)—The Prince George's County Memorial Library System (PGCMLS) has partnered with former President Barack Obama and the Obama Foundation in a national campaign with libraries to promote the freedom to read, featuring a video that includes the Library's year-round Rock Banned campaign [which was released] Thursday, July 20. The video by PGCMLS, [was] shared on TikTok and Instagram, features staff and customers at PGCMLS branch libraries with a selection of favorite banned books.

In a letter released Monday, former President Obama addressed librarians, saying "the free, robust exchange of ideas has always been at the heart of American democracy," but also expressed concerns that the increasing number of book bans and challenges around the country silence the ideas shared in texts by and about people of a variety of backgrounds and perspectives.

"In a very real sense, you're on the front lines—fighting every day to make the widest possible range of viewpoints, opinions, and ideas available to everyone," Obama said in the letter. "Your dedication and professional expertise allow us to freely read and consider information and ideas, and decide for ourselves which ones we agree with."

PGCMLS launched its award-winning Rock Banned campaign in 2022 to build

public awareness among residents about the importance of the freedom to read as staff and programs were targeted online, branches were vandalized, and programs were disrupted because of the Library's visible commitment to Black Lives Matter and the LGBTQ+ community. The same year the campaign started, the ALA documented 1,269 challenges to library books and materials, the highest number since it began compiling the data more than 20 years ago and nearly double the number of challenges from the year before. Nationally, the challenges in 2022 targeted 2,571 unique titles, many either by or about members of the LGBTQ+ community, as well as by or about Black or Indigenous communities, and people of color.

"Through our Rock Banned campaign, PGCMLS is dedicated to building public awareness about the importance of the freedom to read all year round. In Prince George's County, we are committed to intellectual freedom, and our libraries play a vital role in making sure its residents have access to literature and ideas that represent and open the doors to new perspectives and experiences," said PGCMLS Interim CEO Rick AmRhein. "We are excited to work with President Obama—himself an avid reader—along with the Obama Foundation, on this important campaign."

Also taking part in the freedom to read campaign with former President Obama and the Obama Foundation is the Kankakee Pub-

lic Library in Illinois, Harris County Public Library in Texas, and the Woodland Public Library in California.

The Prince George's County Memorial Library System (PGCMLS) helps customers discover and define opportunities that shape their lives. The Library serves the 967,000+ residents of Prince George's County, Maryland through 19 branch libraries, a 24/7 online library, the County Correctional Center Library, and pop-up services throughout the community. PGCMLS is a responsive and trusted community-driven organization. Programs, services, and outreach activities serve book lovers, immigrants and refugees, job seekers, children, young professionals, seniors, and families alike. PGCMLS is the recipient of two Top Innovator Awards from the Urban Libraries Council (2023: Democracy; 2021: Workforce and Economic Development). Learn more at pgcmls.info/about-us.

The Obama Foundation's mission is to help people turn hope into action—to inspire, empower, and connect them to change their world. Day in and day out, they are supporting and connecting values-based changemakers around the globe, by working to create a world where girls have equal opportunities to pursue their dreams through access to education, and by fostering safe and supportive communities where young men of color have clear pathways to opportunity. Learn more at obama.org.

Maryland Humanities Announces One Maryland One Book Community Programming

Maryland Humanities Celebrates 2023 One Maryland One Book Selection, *There There* by Tommy Orange, with Author Events and Partnerships with Indigenous Marylanders

By SARAH WEISSMAN
Maryland Humanities

BALTIMORE (July 19, 2023)—Maryland Humanities kicks off programming for One Maryland One Book 2023 with a virtual event with *There There* author Tommy Orange (Cheyenne and Arapaho) in conversation with Maryland-based writer Brendan Shay Basham (Diné) on September 7 at 6 p.m. Eastern. The author of the 2023 One Maryland One Book Selection will visit Maryland in-person at Salisbury University on October 12 at 7 p.m. for a public conversation with Dr. Isabel Quintana Wulf of the English Department, followed by audience Q&A and book signing.

Released in 2018, *There There* tells the interconnected stories of a cast of twelve Native characters from across generational lines, as they converge toward the Big Oakland Powwow. Together, the stories give a riveting portrait of the what Orange calls the urban Indian experience. *There There* was one of The New York Times Book Review's 10 Best Books of the Year, and won the Center for Fiction's First Novel Prize, as well as the PEN/Hemingway Award.

Maryland Humanities partners with local organizations such as The Handsell House, a nonprofit now owned by the Nanticoke Historic Preservation Alliance. The house sits on the Nanticoke River (also called the Chicone Village) in what many now known as Dorchester County. In conjunction with One Maryland One Book, the Handsell House will hold a community panel discussion on the topics of *There There*, in partnership with the Pocomoke Indian Nation and Dorchester County Public Library on November 12.

Highlighting the book's focal point on Indigenous people who live in cities, Ashley Minner (Lumbee) will lead a walking tour of "the American Indian community of East Baltimore," recently digitized at baltimorereservation.com. Attendees will travel to Hokahey Indian Trading Post, Vera Shank Daycare/Native American Senior Citizens, Inter-Tribal Restaurant, and more. The tours will be conducted in partnership with the Enoch Pratt Library. Every year, Maryland Humanities funds libraries, schools, and other organizations who plan to produce their own programming related to One Maryland One Book. The organization will announce logistical details on the Minner's walking tour and the partner programming this fall.

There There was chosen as this year's One Maryland One Book by a selection committee of twenty Marylanders, including teachers, scholars, librarians, writers, booksellers, and community workers representing ten counties and Baltimore City. A public call for books under the theme of "Connection" garnered

nearly 300 titles, from which the committee then made their selection.

"*There There* provides us an opportunity to connect with several Native American lives that feel immediate and relevant to the world today," says Lindsey Baker, Executive Director of Maryland Humanities. "These characters are deeply rooted in their rich, often traumatic histories, yet are instantly recognizable to any reader. Tommy Orange shares with us their triumphs and their struggles, creating fully-rounded characters and journeys to follow."

Both author events are free. Maryland Humanities will also collaborate with other partners across the state, including libraries, schools, universities, book clubs, and local Native/Indian organizations to conduct programs where readers can connect with each other and discuss the book's themes. Maryland Humanities will distribute free copies of *There There* to partners.

About the Author

Tommy Orange is the author of the New York Times bestselling novel *There There*, a multigenerational, relentlessly paced story about a side of America few of us have ever seen: the lives of urban Native Americans.

There There was one of The New York Times Book Review's 10 Best Books of the Year, and won the Center for Fiction's First Novel Prize and the PEN/Hemingway Award. *There There* was also longlisted for the National Book Award and was a finalist for the Pulitzer Prize. Orange graduated from the MFA program at the Institute of American Indian Arts, and was a 2014 MacDowell Fellow and a 2016 Writing by Writers Fellow. He is an enrolled member of the Cheyenne and Arapaho Tribes of Oklahoma. He was born and raised in Oakland, California.

"Wandering Books": Where will you find *There There*?

Copies of the 2023 One Maryland One Book selection will be dropped off in public spaces in counties across the state as part of "Wandering Books," a fun campaign that introduces readers to *There There* and the One Maryland One Book program. Anyone can receive clues about where to find books via Maryland Humanities' Maryland Center for the Book Facebook page or by following

@MDHumanities on Instagram. This year, libraries in Maryland will distribute books throughout their communities. After finding a copy of *There There*, readers can log on to www.bookcrossing.com and register their book's ID number. Then, they can post a comment or review when they've finished reading. Following that, readers can then leave the book somewhere public for another reader to find and enjoy. Instructions are located inside the book cover. Participation is free. Those who register books will be automatically entered to win a \$25 gift certificate to Bookshop.org and must include their name and email to be eligible.

When we read a great book, we can't wait to share the experience and talk about it with others. That's one of the joys of reading. In that spirit, through our Maryland Center for the Book program, Maryland Humanities created One Maryland One Book (OMOB) to bring together diverse people in communities across the state through the shared experience of reading the same book. We invite readers to participate in book-centered discussions and related programs at public libraries, high schools, colleges, museums, bookstores, and community and senior centers around the state. OMOB programs, including the author tour, take place each year in the fall. A calendar of free public events—including the Author Tour—will be available online. One Maryland One Book is presented in partnership with Howard County Library System and is sponsored by The Institute of Museum and Library Services via the Maryland State Library Agency. One Maryland One Book activities in Baltimore City are supported in part by the Creative Baltimore Award.

The Maryland Center for the Book (MCFB)—an affiliate of the national Center for the Book in the Library of Congress—develops and supports literary programs and outreach activities that engage citizens across Maryland in literature and reading. As a program of Maryland Humanities, MCFB highlights our region's literary heritage and calls attention to the importance of books, reading, literacy, and libraries. Want to discuss the book now or get updates on upcoming events? Join the conversation on the Maryland Center for the Book page.

Maryland Humanities creates and supports bold experiences that explore and elevate our shared stories to connect people, enhance lives, and enrich communities. For more information, visit www.mdhumanities.org. Maryland Humanities is generously supported by the National Endowment for the Humanities; the State of Maryland; the Citizens of Baltimore County; private foundations; corporations; small businesses; and individual donors. Connect with Maryland Humanities on Facebook, Twitter, Instagram, and YouTube.



PHOTO CREDIT
ELENA SEIBERT

Tommy Orange

COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

A Tribute to a Titan: Honoring Jesse Jackson's Legacy and Our Shared Mission

"No generation can choose the age or circumstance in which it is born, but through leadership it can choose to make the age in which it is born an age of enlightenment, an age of jobs, and peace, and justice."

—Jesse Jackson

It was the repeated refrain of a poem composed in the 1940s by Atlanta pastor and civil rights activist Rev. William Holmes Borders Sr. But Rev. Jesse Jackson's call-and-response with a multi-racial group of children on Sesame Street in 1972 made it an anthem for a generation.

I am—Somebody.

Rev. Jackson, who this week announced his retirement from the organization he founded, the Rainbow PUSH Coalition, is not just a beacon of hope or a pillar of strength; he is a trailblazer, a

mentor, a friend, and an inspiration to me and countless others.

As a teenaged protégé Dr. Martin Luther King, Jr., Jackson was an eyewitness to some of the most pivotal moments in civil rights history, including King's tragic assassination in 1968.

"It's a hurtful, painful thought," he said, "that a man of love is killed by hate; that a man of peace should be killed by violence; a man who cared is killed by the careless."

Jackson's tireless fight for voting rights, economic justice, and racial equality have left an indelible mark on our nation and have been a guiding force for the National Urban League's work.

Of that generation who picked up the torch directly from King, only Jackson and Andrew Young, remain, carrying it forward to illuminate the path towards justice and equality. When the

assassin's bullet stilled King's voice, it was Jackson's that thundered forth, resonating the clarion call for justice well into the 21st century.

In 1984 and again in 1988, I proudly traveled as a delegate to the Democratic National Convention to cast my vote for Jackson. His keynote address at the 1984 convention inspired a generation of young leaders—myself included—and continues to resonate today:

"This is not a perfect party. We are not a perfect people. Yet, we are called to a perfect mission. Our mission: to feed the hungry; to clothe the naked; to house the homeless; to teach the illiterate; to provide jobs for the jobless; and to choose the human race over the nuclear race."

His historic presidential runs were not mere campaigns; they were seismic shifts in the political landscape. Jackson ran with purpose, with passion, and with an unyielding belief in the possibility of change. Finishing third in 1984 and second in 1988, Jackson shattered the glass ceiling for future leaders like Barack Obama.

The National Urban League and the Rainbow PUSH Coalition share a common mission. We both strive to empower African Americans and other marginalized communities, promote economic and social justice, and fight for equal opportunities for all. Our organizations have long been intertwined in this shared mission, working side by side to bring about meaningful change.

Jackson founded People United to Serve Humanity—Operation PUSH—in Chicago in 1971 to promote the employment of Black Americans by the companies operating in their communities, and to nurture Black-owned businesses. The National Rainbow Coalition was a political move-

ment that grew from Jackson's 1984 Presidential campaign. Jackson merged the two organizations in 1996.

For more than five decades, Rainbow PUSH has served as a blueprint for multicultural coalition building. Jackson advanced the idea that elected office was not just a position of power, but a platform to advance social and economic justice. He gave voice to progressive issues and served as a relentless catalyst for change, creating productive tension that spurred action.

In his retirement statement, Reverend Jackson said, "I have been doing this stuff for 64 years... I've had a good run." Indeed, he has. His life's work has brought about significant change and progress, and his legacy will continue to inspire and guide us.

As we navigate this transition, we welcome his successor, Frederick Douglass Haynes III, a man of equal passion and commitment. Haynes, a longtime civil rights activist and former president of the National Baptist Convention USA, is poised to carry the torch forward.

Haynes has pledged to work tirelessly to build on the legacy of Rev. Jackson and to ensure that the Rainbow PUSH Coalition remains a powerful force for justice and equality. The National Urban League is proud to support him in this mission.

In the spirit of Reverend Jackson, let us continue to carry the torch of justice, to push for a world where everyone, regardless of their race or background, has an equal opportunity to thrive. Because, as Reverend Jackson has shown us, when we fight for justice and equality, we don't just change the world, we create a new one.

—July 20, 2023

Marian Wright Edelman

Founder and President Emerita, Children's Defense Fund



ChildWatch:

"Youth Aren't Bulletproof"

"Dear Lawmaker,

My name is Ana Rodriguez. I lost my daughter, Maite Rodriguez on May 24, 2022 in a mass shooting at her school, Robb Elementary, in Uvalde, TX . . . It was the last week of school and she was excited about watching movies with her friends and attending the honor roll ceremony. Don't imagine. Put yourself in my daughter's shoes that day: Her name is called out to receive her honor roll certificate and she walks over, wearing her green converse with a heart on the right toe. She must feel so happy and proud of herself. After the ceremony, her class gets up and starts heading back to Room 112. I'm sure she and her friends are talking and showing each other their achievement certificates, not knowing the fear,

pain and horror that awaits . . . All I have left of my daughter Maite are memories. Memories and the last pair of shoes I purchased for her, the ones she wore on that awful day—her green converse with a heart drawn on the right toe . . ."

When 10-year-old Maite Rodriguez was murdered by an assault rifle in her fourth-grade classroom alongside two teachers and 18 classmates, her parents had to identify her body by those favorite sneakers. Maite's shoes became a symbol of the devastation of that day. On July 18, supporters of the Uvalde families brought copies of this letter from Maite's mother and lapel pins featuring Maite's green sneakers to Washington, D.C. to distribute in the halls of Congress. At a moment

when some Republican lawmakers have been proudly wearing AR-15 lapel pins to work, they hoped these pins could send a different message: as the artist who created the pins said, "Maite's shoes are a symbol of her beauty and strength, and a reminder that real people are dying every day from gun violence, including small, innocent children. Instead of celebrating AR-15s, let's remember all that they have the power to destroy." Rep. Lauren Boebert (R-Co.) was filmed being handed this letter and pin and immediately throwing both into a trash can.

These are the forces our children are up against from some of the adults who should be entrusted to help protect them. But our children already know they deserve better. Every year students in grades K-12 enrolled in Children's Defense Fund Freedom Schools® summer enrichment programs take part in a National Day of Social Action highlighting a critical issue affecting children's lives. This year, on July 19 thousands of scholars at CDF Freedom Schools sites across the country made signs and posters, attended marches and rallies, wrote letters, and met with elected officials to share their own direct and indirect experiences with gun violence, remind adults that #YouthAren'tBulletproof, and ask adults to protect children, not guns. As one child's sign read: "Protect us not guns!!! Please."

Gun violence is the leading cause of death for

children in the United States, killing students like Maite in their classrooms and killing and injuring babies, preschoolers, children, and teenagers in their neighborhoods, at parks, playgrounds, and shopping malls, as they ride in their cars and play in their yards, and inside their own homes. Thousands of other children and teenagers are affected because someone they love has been killed or injured by a gun. One young CDF Freedom Schools scholar, Andrew, read aloud this message to his city councilmembers: "I do not approve of gun violence because it puts a direct impact on kids and it makes them motherless and fatherless. It scares a lot of kids. It hurts to experience this type of violence. Please help us stop all this violence." Another scholar wrote, "I have a vision for a safe community. I care about gun violence because people's lives shouldn't be cut short because others made bad decisions."

Even while some lawmakers are ignoring pleas to protect child victims of gun violence and treating them as trash, these children are standing up for their own lives and asking adults to stand with them. The CDF Freedom Schools scholars were grateful for the lawmakers who met with them and encouraged them as they demanded change. Which side are you on?

—July 21, 2023

White House Initiative on Historically Black Colleges and Universities Names 2023 HBCU Scholars

By PRESS OFFICER
U.S. Department of Education

The White House Initiative on Advancing Educational Equity, Excellence, and Economic Opportunity through Historically Black Colleges and Universities announces its ninth cohort of HBCU Scholars, recognizing 102 undergraduate, graduate, and professional students from 29 different states and countries for their accomplishments in academics, leadership, civic engagement and much more. The 2023 HBCU scholars are the largest cohort since the inception of this recognition program in 2014 and represent a record number of institutions, with the HBCU participation rate now over 70 percent.

"Our 2023 HBCU Scholars are talented students who embody the culture of excellence and inclusion championed by our nation's Historically Black Colleges and Universities," said U.S. Secretary of Education Miguel Cardona. "On behalf of the U.S. Department of Education and everyone across the Biden-Harris Administration, I congratulate each of our 2023 HBCU scholars on this prestigious recognition and thank them for their commitment to serving their communities. I'm thrilled to see the HBCU Scholars program continue to expand its reach and provide such exciting professional development, networking, and educational opportunities to some of our nation's brightest and most promising young leaders."

Currently enrolled at 70 of our nation's HBCUs, this group of HBCU Scholars were selected from a competitive pool of over 300 applicants. Over the course of an academic school year, HBCU Scholars will serve as ambassadors of the White House Initiative on HBCUs, the U.S. Department of Education, and their respective HBCU. Furthering the mission to Raise the Bar, students in this program are encouraged to lift their communities, unite others around student success, work to strengthen our democracy, and grow our economy. HBCU Scholars will be offered professional and personal development, and cross-university networking opportunities with an opportunity to explore, discuss, and improve issues specifically related to the HBCU community.

A critical component of the HBCU Scholar Program is a part-

nership with NASA to foster innovation and opportunity for the cohorts. This partnership with NASA makes the Minority University Research and Education Project (MUREP) Innovation Tech Transfer Idea Competition (MITTIC), "Mini MITTIC" part of the HBCU Scholar Program. Through the Mini MITTIC program, HBCU Scholars will partner with one another to developing ideas to commercialize technology derived from NASA intellectual property that can improve their campus and surrounding communities. HBCU Scholars will have the opportunity to present their IP ideas in-person at NASA Goddard Space Flight Center in Greenbelt, Maryland during the National HBCU Week Conference in September.

"NASA's MUREP is thrilled, once again, to engage with the White House Initiative on HBCUs to enhance the learning experience for this year's cohort of White House Scholars," said MUREP manager Torry Johnson. "We are looking forward to the new ideas that the Scholars develop at the MITTIC Hack-a-thon using NASA's technology portfolio and our continued overall support of the HBCU community."

HBCU Scholars will also be invited to the 2023 HBCU Week National Annual Conference, which will be held on September 24-28, 2023, at the Hyatt Regency in Crystal City, Virginia. This year's conference themes are, "Raising the Bar: Forging Excellence Through Innovation & Leadership." During the conference, HBCU Scholars will participate in conference sessions designed to engage a spirit of innovation, leadership, and personal and professional development. Most importantly, HBCU Scholars will have opportunities to engage with one another, initiative staff and partners all to further showcase their individual and collective talent.

Following the conference HBCU Scholars will be invited to participate in programs, event and monthly master classes that are designed to enhance HBCU Scholars professional development and create greater access to post-graduation opportunities within non-profit, business, and federal agency partners to ensure that as a nation we remain globally competitive.

More information about the 102 HBCU Scholars' activities will be provided in the coming months as they serve as ambassadors of the White House Initiative on Advancing Educational Equity, Ex-

cellence, and Economic Opportunity through Historically Black Colleges and Universities.

Below is the Prince George's County listing of HBCU Scholars.

Maryland

(Hometowns, listed in parentheses)

(Bowie) **Brittney Henry**, University of Maryland Eastern Shore, Princess Anne, MD
(Upper Marlboro) **Khamara Logan**, University of Maryland Eastern Shore, Princess Anne, MD
(Upper Marlboro) **Victoria Lanier**, N.C., North Carolina A&T State University, Greensboro, NC

The Prince George's Post

The Prince George's Post
P.O. Box 1001 15207 Marlboro Pike
Upper Marlboro, MD 20772-3151
Phone: 301-627-0900 • Legal Fax: 301-627-6260
Email: pgpost@gmail.com
Contents © 2023, The Prince George's Post

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

Prince George's County, Md. Member National Newspaper Publishers Association, and the Maryland, Delaware, District of Columbia Press Association. The Prince George's Post (ISSN 10532226) is published every Thursday by the New Prince George's Post Inc., 15207 Marlboro Pike, Upper Marlboro, Md. 20772-3151. Subscription rate: 25 cents per single copy; \$15 per year; \$7.50 senior citizens and students; out of county add \$1; out of state add \$2. Periodical postage paid at Southern Md. 20790. Postmaster, send address changes to Prince George's Post, P.O. Box 1001, Upper Marlboro, Md. 20773.

BUSINESS *and* FINANCE

Social Security Matters

Ask Rusty:

Will WEP and GPO Affect My Wife's Spousal Benefit?

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

Dear Rusty: My wife worked for the US Postal Service in New York for about 22 years, and then in the private sector for about 15 years. She began collecting her "deferred annuity" from the USPS at age 62 and she plans to collect her Social Security benefits at age 67, which is her full retirement age (FRA).

Her Social Security benefit before the Windfall Elimination Provision is less than 50% of my Primary Insurance Amount, so the plan is for her to start collecting a "spousal" benefit from me at age 67. My question is: will my wife's spousal benefit be reduced by both the Windfall Elimination Provision and the Government Pension Offset (GPO)? **Signed: Inquiring Husband**

Dear Inquiring Husband: Your wife cannot separate her personally earned Social Security retirement benefit from her Social Security spousal entitlement from you—whenever she applies for Social Security, your wife will be automatically deemed to be filing for all benefits she is entitled to when she claims.

Because your wife has a "non-covered pension" from the US Postal Service (USPS)—and assuming that pension is under the older "CSRS" (Civil Service Retirement System)—your wife's personally earned SS retirement benefit will be reduced by the Windfall Elimination Provision (WEP). WEP reduces Social Security retirement benefits for anyone who also has a pension earned while not contributing to Social Security.

The Government Pension Offset (GPO) is different: the GPO will affect any additional amount your wife is entitled to as your spouse, which we refer to as her "spousal boost." The "spousal boost" amount is the difference between your wife's pre-WEP FRA entitlement and 50% of your FRA entitlement, which is your Primary Insurance Amount. Because of her USPS pension, GPO will reduce your wife's "spousal boost" by 2/3rds of the amount of her non-covered pension, which may eliminate her potential spousal boost.

So WEP will affect your wife's personally earned SS benefit, and the GPO will affect her spousal entitlement from you. But, depending on the amount of her USPS pension, your wife will not be entitled to an additional amount as your spouse if 2/3rds of her USPS pension amount is more than her "spousal boost" amount. And if the GPO doesn't completely eliminate your wife's spousal boost, it will at least drastically reduce it.

I have previously published several articles about both WEP and GPO and how each provision works, which you are welcome to review at the AMAC Foundation's special Social Security website—www.SocialSecurityReport.org. In particular, one such article providing more detail on how the GPO works can be found at this link: www.socialsecurityreport.org/ask-rusty-government-pension-offset-gpo/.

Social Security will make the final determination about your wife's benefit entitlement under WEP and GPO when she applies for her Social Security benefits, but I'm afraid your wife's entitlement may be much less than you are anticipating because of these two provisions. If you have additional questions, please feel free to contact us directly via email at SSAdvisor@amacfoundation.org or call us directly at 1.888.750.2622.

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 ssadvisor@amacfoundation.org.

Hospice of the Chesapeake Announces New Board Members

By ELYZABETH MARCUSSEN
Hospice of the Chesapeake

PASADENA, Md. (July 20, 2023)—Several prominent members of the community recently were appointed to the boards of directors of Hospice of the Chesapeake and its foundation. Terri Hussman and Albert Zanger were elected to the Hospice of the Chesapeake Inc., Board.

Hussman, who recently finished serving her full term on Hospice of the Chesapeake's Foundation Board, serves as program coordinator for the Hussman Foundation and co-director of the Hussman Institute for Autism. Zanger is vice president and chief financial officer for University of Maryland Charles Regional

Medical Center.

Betty Buck, Marian Kaufman and Jerry Slocum were elected to the Hospice of the Chesapeake Foundation Board. Buck is the chair and founder of HM2 Buck for Hope Foundation and former president and CEO of Buck Distributing Company, Inc. Kaufman, returning to the board after serving two terms prior to 2021, is a psychotherapist and has taught in the Master of Social Work programs at Smith College and Catholic University. Slocum is a business development manager and Community Reinvestment Act officer at Shore United Bank.

Members who were elected as officers of the Inc., Board include Nancy Smit, Chair; Sue Huff, Vice-Chair; Tricia

Lehmann, Secretary; Mike DeStefano, Treasurer; and David Weng, Member-at-Large. Members elected as officers of the Foundation Board include Jason Cherry, Chair; Mary Frances Isakov, Vice Chair; Liz Freedlander, Secretary; and Amy Castleberry, Treasurer.

Hospice of the Chesapeake is honored to welcome these new board members and new officers in support of its mission. Headquartered in Pasadena, Maryland, with local offices in each county it serves, the organization is the largest independent nonprofit in the state of Maryland. It provides hospice, supportive and grief care services to residents of Anne Arundel, Calvert, Charles and Prince George's counties.

Governor Moore Announces Maryland Higher Education Commission Appointments

By PRESS OFFICER
Maryland Governor News

ANNAPOLIS, Md. (July 17, 2023)—Governor Wes Moore announced appointments to the Maryland Higher Education Commission, including Catherine "Cassie" Motz, who will serve as chair.

"The Maryland Higher Education Commission is poised to help make the necessary innovative changes to be a solid building block in my promise to build pathways to work, wages and wealth," said Gov. Moore. "The extensive knowledge and unwavering commitment that our new commissioners possess will drive the transformation of higher education in Maryland."

The Maryland Higher Education Commission is the state's higher education regulatory and coordinating board, responsible for establishing statewide policies for Maryland public and private colleges and universities, as well as for the for-profit career schools. The commission also administers \$130 million in financial assistance to more than 65,000 Maryland students each year.

The commission consists of twelve members appointed by the governor with the advice and consent of the Senate. One member is a student, serving a one-year term; all other members are appointed for five-year terms.

"Each member of this diverse and inclusive commission brings significant expertise in academic, career, technical, educational, and workforce development to the table," said Maryland Higher Education Acting Secretary Dr. Sanjay Rai. "The guidance they provide will help align higher education with the state's emerging needs in academic programs, workforce, and research."

Catherine "Cassie" Motz, Chair

Motz is the executive director of the CollegeBound Foundation in Baltimore, serving since 2014. CollegeBound helps Baltimore City public school students realize their dreams of college education using a nationally-recognized advising model that has transformed the lives of more than

67,000 students. Prior to joining CollegeBound, Motz served as a deputy chief of staff and deputy legal counsel to Governor Martin O'Malley and as the interim director of the Governor's Office for Children.

Dr. Charlene Mickens Dukes

As Interim President for Montgomery College, Dr. Dukes was responsible for leading one of the most diverse community colleges in the nation. She is also the Founder of The Dukes Group LLC, which provides consulting services tailored to higher education, community nonprofits, and policy groups in support of organizational development and diversity, equity, and inclusion. As the first female president of Prince George's Community College, Dr. Dukes served thirteen years at its main campus in Largo, and five degree and extension locations. Under her leadership, the community college was the only college in Maryland to be chosen as one of the nation's sixteen White House Champions of Change in community colleges.

Dr. Dukes celebrated 42 years of progressive leadership includes previous service as president of the Maryland State Board of Education, chair of the Council of Presidents of the Maryland Association of Community Colleges, service on the Board of Directors of the American Association of Community Colleges, service as secretary of the board of directors of the Institute for Higher Education Policy, as well as the secretary and convener of the Presidents Round Table of Black Community College CEOs including chancellors, system presidents, and campus presidents.

Chike Aguh

Most recently, Aguh was appointed by President Joseph R. Biden to serve as chief innovation officer at the U.S. Department of Labor, leading efforts to use data, emerging technologies, and innovative practice to advance and protect American workers. Previously, he was founding leader of the Community College Growth Engine Fund, a national multimillion dollar effort to support 41 community colleges in training thousands for good jobs.

Dr. Sheila Thompson

Dr. Thompson most recently worked as a mathematical statistician with the U.S. Department of Education National Center for Education and served as the National Research Coordinator for the Progress in International Reading Literacy Study. She was also the co-owner, founder, and chief executive officer of Precision Research & Evaluation, LLC, working on methodologies of project implementation and fiscal responsibility, along with preparing grant evaluations for federal and local government.

Mickey Lynn Burnim

Dr. Burnim has led four universities, including Elizabeth City State University, Bowie State University, University of Maryland Eastern Shore, and Coppin State University. He previously served as provost and chief academic officer at North Carolina Central University, assistant vice president for academic affairs in the University of North Carolina system, and economics faculty member at the Florida State University.

Dr. Janet Wormack

Dr. Wormack most recently served as vice president for administration and finance at Salisbury University, providing vision and executive leadership to advance the university's commitment to diversity and inclusion.

Prior to Salisbury, Dr. Wormack served as senior vice chancellor for administration and finance and as chief financial officer at Houston Community College and as the senior vice president for administrative and fiscal services at Montgomery College. She also previously served as adjunct faculty at Morgan State University and as chief of procurement operations for Montgomery County government.

Rebecca Taber Staehelin

Rebecca Taber Staehelin is the co-founder and co-chief executive officer of Merit America, a nonprofit organization that prepares low-income Americans for

See APPOINTMENTS Page A6

Earth TALK™

Hydrofoils Poised to Revolutionize Shipping

Dear EarthTalk:

What exactly are hydrofoils and why are environmental advocates so bullish on them revolutionizing the shipping industry?

—John C., Elizabeth, NJ

The shipping industry emits around three percent of the world's greenhouse gas emissions annually, which is a comparable figure to that of the widely known airline industry's footprint. Looking at how to make the shipping industry, and maritime transport, more sustainable is accordingly a key concern for environmental leaders around the globe. Hydrofoils are not a new concept, but electric ones may be a promising new innovation for the future of sustainable maritime travel, and

the field is developing fast.

December 2022 saw the advent of the world's fastest and most long-range electric ferry to date in Stockholm, Sweden, in the form of the Candela P-12 shuttle. Like all hydrofoils, this public transportation shuttle was built with a wing-like structure underneath itself that functions much like the airfoil seen on airplanes: As the official Candela press release states, "The hydrofoil technology means that the boat is lifted on wings that 'fly' underwater, eliminating water resistance from pushing the hull through water. The hydrofoils reduce energy consumption by 80 percent compared to conventional ships." This new combination of technology makes electric hydrofoils both faster than diesel-powered ships and

cheaper to operate due to less stringent energy demands.

The wide-spread implementation of electric hydrofoil technology has not yet occurred. However, Stockholm's KTH Royal Institute of Technology asserts that the inclusion of electric hydrofoils or similar technologies could potentially reduce the shipping industry's emissions by 97.5 percent compared to the emissions of standard diesel-fueled ships. Furthermore, the very nature of the construction of these light-weight electric hydrofoils requires less material, overall minimizing the emissions of an electric hydrofoil throughout its lifetime.

In the face of rising global temperatures, and a projected increase in global greenhouse gas emissions, hydrofoils are neces-

sary additions to the maritime industry if it hopes to reach the International Maritime Organization's goal of cutting carbon emissions by 40 percent by 2030. Beyond that, these ships also serve in the interest of efficiency, particularly since their lighter designs and inability to produce a wake mean that they are oftentimes faster than standard diesel boats: For example, the implementation of an electric hydrofoil has cut down one commuting route in Stockholm from 55 minutes to only 25.

The original concept of a hydrofoil has existed for decades, but electric hydrofoils are the "new kid on the block" focused on growing sustainable practices for the future. These boats' low carbon footprint, lower operating costs and ability for more efficient



CREDIT: CANDELA

Hydrofoils are not a new concept, but electric ones may be a promising new innovation for the future of sustainable maritime travel.

transportation make them an interesting new opportunity for investment, and for a future that will require more environmentally-focused decisionmaking.

CONTACTS: Hydrofoil Basics, lancet.mit.edu/decavimator/Basics.html; Electric hydrofoil boats beat diesel boats for climate sustainability, kth.se/en/om/nyheter/centrala-ny

heter/elektriska-barplansfartyg-klimatsmartare-an-dieselfartyg-1.1212858.

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. See more at <https://emagazine.com>. To donate, visit <https://earthtalk.org>. Send questions to: question@earthtalk.org

COUNTY CHURCH DIRECTORY

UNITED METHODIST

WESTPHALIA Christian Community Church

"A CHURCH ON THE REACH FOR GOD"

9363 D'Arcy Road
Upper Marlboro, MD

Worship Service:
9 a.m.

(301) 735-9373
Fax: (301) 735-1844

Rev. Dr. Timothy West, Pastor

ALL ARE WELCOME

Web Site:
www.westphaliaum.org

BAPTIST

FIRST BAPTIST CHURCH OF HIGHLAND PARK

'A Bible Based, Christ Centered & Spirit Led Congregation'

6801 Sheriff Road Landover, MD
20785 (301) 773-6655

Sunday Biblical Institute:
9:30 a.m.

Sunday Worship:
7:30 a.m., 10:45 a.m.

Saturday Worship:
6:30 p.m.

'WONDERFUL WEDNESDAYS WITH JESUS':
12 noon (The Power Hour) and 6:45 pm

"A Time of Prayer, Praise, Worship, & The Word"

Dr. Henry P. Davis III, Pastor
www.fhbp.org

BAPTIST

First Baptist Church of College Park

Welcomes You Where Jesus Christ Is Lord and King

Stephen L. Wright, Sr., Pastor

5018 Lakeland Road
College Park, MD 20740
301-474-3995
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. King, Pastor
www.uumchurch.com

Have a Safe Weekend

Church Directory Advertisements are paid ads.

Call the Prince George's Post today and have your Church information published in our Directory.

Call Today!
301-627-0900

S. G. Spottswood A.M.E. Zion Church

419 Hill Road, Landover, MD
20785 • 301-490-2625

Rev. Ranessa Mayo, Pastor

"We are training disciples to experience victory in every area of their lives"

Matthew 28:19-20

Sunday School 9:00 a.m.
Morning Worship 10:00 a.m.

Soulful Thursdays
Bible Study 7:00 p.m.

BAPTIST

Forest Heights Baptist Church

We exist to strengthen your relationship with God.

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

COMMUNITY CHURCH

WORD OF GOD COMMUNITY CHURCH

"The Church Where Everybody is Somebody and Jesus is Lord"

4109 Edmonston Road Bladensburg, MD
(301) 864-3437

Intercessory Prayer: Sundays - 8:30 a.m.
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

CLASSIFIEDS

BUSINESS OPPORTUNITIES

Let the Multimedia Specialists of MDDC Ad Services help you in growing your business and increasing your customer base. CALL TODAY at 855-721-MDDC, Ext. 4 and start seeing results NOW!

FREE

for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet FREE with one-time \$20 copay. Free shipping & handling. Call Maxsip Telecom today! 1-888-592-5957

PET SUPPLIES

Are you a pet owner? Do you want to get up to 100% back on Vet Bills? Physicians Mutual Insurance Company has pet coverage that can help! Call 1-888-928-1656 to get a free quote or visit insurebarkmeow.com/mddc

BUSINESS SERVICES

Increase the digital presence of your business! Contact MDDC Ad Services to receive a FREE Digital Footprint Consultation for your business from a TOP PERFORMING advertising agency! Call 855-721-MDDC, Ext. 4, www.mddcadservices.com.

HOME IMPROVEMENT SERVICES

BEAUTIFUL BATH UPDATES in as little as ONE DAY! Superior quality bath and shower systems at AFFORDABLE PRICES! Lifetime warranty & professional installs. Call Now! 877-738-0991.

SERVICES—MISCELLANEOUS

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-337-5228 www.dental50plus.com/MDDC#6258

FOR SALE

Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-855-993-0969

MISCELLANEOUS

Are you a pet owner? Do you want to get up to 100% back on Vet Bills? Physicians Mutual Insurance Company has pet coverage that can help! Call 1-888-928-1656 to get a free quote or visit insurebarkmeow.com/mddc

VEHICLES WANTED

DONATE YOUR CAR/TRUCK/RV - Lutheran Mission Society of MD Compassion Place ministries help local families with food, clothing, counseling. Tax deductible. MVA licensed #W1044. 410-228-8437 www.CompassionPlace.org

DISH Network. \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-407-6870

PET SUPPLIES

Use Happy Jack® DD-33 on dogs & cats to kill fleas and deer ticks on contact. Biodegradable! At Tractor Supply® (www.happyjack-inc.com)

FREE

FREE high-speed internet for those that qualify. Government program

FREE

FREE high-speed internet for those that qualify. Government program

ESTATE SALE LOG HOMES

PAY ONLY THE BALANCE OWED!

JUST RELEASED: AMERICAN LOG HOMES is assisting estate and account settlement on houses

LOG HOME KITS selling for BALANCE OWED with FREE DELIVERY

| | |
|--------------------------------|------------------------------|
| Model #101, Carolina, \$40,840 | BALANCE OWED \$17,000 |
| Model #203, Georgia, \$49,500 | BALANCE OWED \$19,950 |
| Model #305, Biloxi, \$36,825 | BALANCE OWED \$14,500 |
| Model #403, Augusta, \$42,450 | BALANCE OWED \$16,500 |

NEW HOMES:
• Never been manufactured
• NO TIME LIMIT FOR DELIVERY
• Comes with complete building blueprints and Construction Manual
* Windows, Doors and Roofing not included

Serious Inquiries only Call: 704 368-4528

Before Calling View House Plans at www.americanloghomesandcabins.com

Leaf Filter CLOG-FREE GUTTERS FOREVER

GUTTER PROTECTION AFTER LeafFilter

BEFORE LeafFilter

THE NATION'S #1 GUTTER GUARD

EXCLUSIVE LIMITED TIME OFFER!

15% OFF + 10% OFF + 0% OFF

YOUR ENTIRE PURCHASE SENIORS & MILITARY ARE FOR 24 MONTHS**

Promo Code: 285

FREE GUTTER ALIGNMENT + FREE GUTTER CLEANING*

CALL US TODAY FOR A FREE ESTIMATE **1-844-566-3227**

Morn: Thurs: 8am-1pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

A COMPANY OF LEAFHOME

Appointments from A5

upwardly-mobile careers at scale. Prior to co-founding Merit America, Staehelin built and led Coursera's government and nonprofit team and served as education policy advisor to Delaware Governor Markell, as chief performance officer at the Delaware Department of Education, and as a consultant at McKinsey & Company.

Tanya Johnson, Student Commissioner

Tanya Johnson is currently attending Morgan State University where she is pursuing her Doctor of Philosophy in higher education. She is a graduate of Johns Hopkins University with a Master of Science in education and works as the interim university student accounts director where she re-launched the university-wide student accounts operational services. Johnson also holds a Bachelor of Science in management from the University of Maryland.

For more information on the Maryland Higher Education Commission, go to MHEC.Maryland.gov and for more information on the Commission responsibilities, go to <https://mhec.maryland.gov/About/Pages/commission.aspx>.

WESLEY FINANCIAL GROUP, LLC

We Cancel TIMESHARES for You

Every year 150,000 people reach out to us for help getting rid of their timeshare. In 2019, we relieved over \$50,000,000 in timeshare debt and maintenance fees. We can help.

Get your free information kit and see if you qualify:
888-984-2917

DENTAL Insurance

Get your **FREE** Information Kit from Physicians Mutual Insurance Company.

1-855-337-5228
Dental50Plus.com/MDDC

Product not available in all states. Contact us to see the coverage and offer available in your state. Contact us for complete details about this insurance solution including costs and limitations. This specific offer is not available in CO. Call 1-800-969-4188 or request for a similar offer in NY. To find a provider in the network visit us at www.physiciansmutual.com/benefit/firstdentist. Certificate #2526 (IL) 2562, Insurance Policy #50, Rider #68/64/69, In CA, CO, IL, KY, NE, NH, PA, RI, SD, TN, VA, Includes Participating Providers and Preventive Benefits Rider. Certificate #254/64/65 (PA) 2549/Insurance Policy #54/64/69 (GA) #5462, (OK) #5400, (TX) #5410) 6323

FREE INTERNET

Qualify today for the Government Free Internet Program

YOU QUALIFY for Free Internet if you receive Housing Assistance, Medicaid, SNAP, WIC, Veterans Pension, Survivor Benefits, Lifeline and Tribal.

Bonus offer: 4G Android Tablet with one time co-pay of \$20

CALL TODAY (888) 592-5957

maxsip
A CP program details can be found at www.forgovaffordableconnectivityprogram.com/amerfaq

Affordable pet INSURANCE

1-888-928-1656
InsureBarkMeow.com/MDDC

Physicians Mutual Insurance Company
For complete details, including costs and limitations, please contact us.
6294 Product not available in all states.

DONATE YOUR CAR, TRUCK, RV

Your donation helps provide food, clothing, hope.

LUTHERAN MISSION SOCIETY OF MD
Compassion Place MINISTRIES

Tax deductible.
MVA licensed #1044

410-228-8437
www.CompassionPlace.org

Prepare for power outages today

WITH A HOME STANDBY GENERATOR

\$0 MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS

Contact a Generac dealer for full terms and conditions

REQUEST A FREE QUOTE
CALL NOW BEFORE THE NEXT POWER OUTAGE
(855) 993-0969

FREE 7-Year Extended Warranty* - A \$695 Value!

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

HEALTH *and* WELLNESS

Prince George's County Health Department Introduces the Prevent T2 Program to Combat Type 2 Diabetes

By LAUREN MOSES
Office of the Health Officer

CHEVERLY, Md. (July 18, 2023)—The Prince George's County Health Department is announcing the launch of the Prevent T2 Program, a comprehensive year-long class aimed at preventing or delaying the onset of Type 2 diabetes. Developed by the Centers for Disease Control and Prevention (CDC), this evidence-based program equips participants with proven strategies for adopting a

healthier lifestyle. Type 2 diabetes is a significant public health concern, with rising rates across our community. The Prevent T2 Program empowers individuals with the knowledge and tools to take charge of their health and significantly reduce their risk of developing this chronic condition.

"Our mission at the Health Department is to improve the health and well-being of our community," stated Health Officer Dr. Sanmi Areola. "Introducing the Prevent T2 Program is a significant step in our commitment to providing accessible

resources and support for individuals at risk of Type 2 diabetes. Empowering our residents with evidence-based strategies are important to ensuring a healthier future for everyone."

Led by trained lifestyle coaches, the Prevent T2 Program offers many benefits, including guidance on healthy eating, weight management, increased physical activity, stress management, and a supportive community of participants. The classes are conveniently conducted online, ensuring accessibility for individuals with busy sched-

ules. Recent studies conducted by the CDC have shown promising results, indicating that participants in diabetes prevention programs, such as Prevent T2, are less likely to develop Type 2 diabetes. For those who develop the condition, the onset is delayed by approximately four years, allowing for a longer period of good health and vitality.

County residents who are 18 years or older, overweight, exhibit risk factors for prediabetes, or have prediabetes are encouraged to register for the Prevent T2 Program. Interested individuals can call 301-856-9643 to register for the program or email wellnessinfo@co.pg.md.us. The online classes will be held on Tuesday afternoons starting August 22.

Storing Fat Around Waist May NOT Up Your Diabetes Risk, Surprise Findings Suggest

For some people, gene variants may cause abdominal fat storage while protecting from diabetes, new research indicates

By PRESS OFFICER
UVA Health

CHARLOTTESVILLE, Va. (July 18, 2023)—Conventional wisdom holds that storing fat around your belly puts you at increased risk for type 2 diabetes. But surprising new findings from the University of Virginia School of Medicine suggest that naturally occurring variations in our genes can lead some people to store fat at the waist but also protect them from diabetes.

The unexpected discovery provides a more nuanced view of the role of obesity in diabetes and related health conditions. It also could pave the way for more personalized medicine – treatments tailored to the individual. For example, doctors might prioritize weight loss for patients whose genes put them at increased risk but place less emphasis on it for patients with protective gene variants, the researchers say.

"There is a growing body of evidence for metabolically healthy obesity. In this condition, people who would normally be at risk for cardiovascular diseases and diabetes because they are obese are actually protected from adverse effects of their obesity. In our study, we found a genetic link that may explain how this occurs in certain individuals," said researcher Mete Civelek, PhD, of UVA's Center for Public Health Genomics. "Understand-

ing various forms of obesity is important to tailor treatments for individuals who are at high risk for adverse effects of obesity."

Abdominal Fat and Good Health

As medicine grows more sophisticated, understanding the role of naturally occurring gene variations will play an important role in ensuring patients get the best, most tailored treatments. The new work by Civelek and his team, for example, indicates that variants can simultaneously predispose some people to store fat at the abdomen—thought to put them at increased risk for a cluster of health problems called metabolic syndrome—while also protecting them from type 2 diabetes. (Metabolic syndrome raises the risk for diabetes, stroke and other serious health issues.)

One of the metrics doctors use to determine if a patient has metabolic syndrome is abdominal obesity. This is often calculated by comparing the patient's waist and hip measurements. But Civelek's research suggest that, for at least some patients, it may not be that simple. In the future, doctors may want to check a patient's genes to determine how to best guide the person down the road to good health.

"We found that among the hundreds of regions in our genomes which increase our propensity to accumulate excess fat in our abdomens, there are

five which have an unexpected role," said Yonathan Abera, the lead author of the study and a PhD candidate at UVA's Department of Biomedical Engineering, a joint program of the School of Medicine and School of Engineering. "To our surprise, these five regions decrease an individual's risk for type 2 diabetes."

In addition to producing surprising findings, Civelek's research provides important new tools for his fellow researchers seeking to understand the complexities of gene variations. The sophisticated approach Civelek and his collaborators developed to identify the relevant variants and their potential effects will be useful for future research into metabolic syndrome and other conditions.

The tools could also prove invaluable in the development of new and better treatments for metabolic syndrome, the scientists say.

"We now need to expand our studies in more women and people from different genetic ancestries to identify even more genes that underlie the metabolically healthy obesity phenomenon," Civelek said. "We plan to build on our findings to perform more experiments to potentially identify a therapeutic target."

Findings Published

The researchers have published their findings in the scientific journal *eLife*. The paper is open

access, meaning it is free to read.

The research team consisted of Yonathan Tamarat Abera, Lijiang Ma, Johan L.M. Björkegren and Mete Civelek. The researchers have no financial interest in the work.

The research was supported by the National Institutes of Health's National Institute of Diabetes and Digestive and Kidney Diseases, grant R01 DK118287; the National Heart Lung and Blood Institute, grant T32 HL007284; the American Diabetes Association, grant 1-19-IBS-105; and the National Science Foundation's Louis Stokes Alliances for Minority Participation Bridge-to-the-Doctorate Virginia-North Carolina Alliance Fellowship.

To keep up with the latest medical research news from UVA, subscribe to the Making of Medicine blog at <http://makingofmedicine.virginia.edu>.

UVA Health is an academic health system that recently expanded to include four hospitals across Charlottesville, Culpeper and Northern Virginia, along with the UVA School of Medicine, UVA School of Nursing, UVA Physicians Group and the Claude Moore Health Sciences Library. With more than 1,000 inpatient beds, approximately 40,000 inpatient stays annually and more than 1 million outpatient encounters annually at UVA Health, more than 1,000 employed and independent physicians provide high-quality, comprehensive and specialized care to patients across the Commonwealth and beyond. Founded in 1819 as just the 10th medical school in America, the UVA School of Medicine consistently attracts some of the nation's most prominent researchers to develop breakthrough treatments to benefit patients around the world. Visit uvahealth.com.

Joint Venture from A1

hensive cancer center in Largo, as well as a freestanding medical facility and growing health campus in Laurel. As we expand our services in the Capital Region, we remain deeply committed to delivering a Better State of Care in our communities by providing a wide range of comprehensive services from primary care to complex specialty care and rehabilitation."

"We are excited for this new joint venture partnership with the University of Maryland Medical System, a strong healthcare entity known for its preeminent, comprehensive healthcare services and dedication to the communities it serves," said Abe Sims, President of Encompass Health's MidAtlantic Region. "Through this new hospital and our joint venture with UMMS, we look forward to providing access to high-quality care for Prince George's County area residents in need of rehabilitative services. By leveraging the strengths of both organizations, we will help patients regain their independence through our coordinated and connected care."

Complementing local acute care services provided by the University of Maryland Capitol Region Health across Prince George's County, the Rehabilitation Hospital of Bowie serves patients recovering from debilitating illnesses and injuries including strokes and other neurological disorders, brain injuries, spinal cord injuries, amputations and complex orthopedic conditions. In addition to 24-hour nursing care, the hospital offers physical, occupational and speech therapies to restore functional ability and quality of life. Care is provided by highly specialized nurses, therapists and physicians. The hospital, totaling approximately 60,000 square feet, features all private patient rooms, a large therapy gym with advanced rehabilitation technologies and an activities of daily living suite, a therapy courtyard, a cafeteria and a dayroom.

The Rehabilitation Hospital of Bowie is Encompass Health's 158th inpatient rehabilitation hospital nationwide and its second inpatient rehabilitation hospital in Maryland.

The University of Maryland Medical System (UMMS) is an academic private health system, focused on delivering compassionate, high-quality care and putting discovery and innovation into practice at the bedside. Partnering with the University of Maryland School of Medicine and University of Maryland, Baltimore who educate the state's future health care professionals, UMMS is an integrated network of care, delivering 25 percent of all hospital care in urban, suburban and rural communities across the state of Maryland. UMMS puts academic medicine within reach through primary and specialty care delivered at 11 hospitals, including the flagship University of Maryland Medical Center, the System's anchor institution in downtown Baltimore, as well as through a network of University of Maryland Urgent Care centers and more than 150 other locations in 13 counties. For more information, visit www.umms.org.

Encompass Health (NYSE: EHC) is the largest owner and operator of rehabilitation hospitals in the United States. With a national footprint that includes 158 hospitals in 37 states and Puerto Rico, the Company provides high-quality, compassionate rehabilitative care for patients recovering from a major injury or illness, using advanced technology and innovative treatments to maximize recovery. Encompass Health is ranked as one of *Fortune's 100 Best Companies to Work For* and *Modern Healthcare's Best Places to Work in Healthcare*. Visit encompasshealth.com, or follow us on our newsroom, Twitter, Instagram and Facebook.

Forward-Looking Statements

Statements contained in this press release which are not historical facts, such as those relating to the likelihood, timing and effects of the completion of this joint-venture hospital, are forward-looking statements. In addition, Encompass Health may from time to time make forward-looking public statements concerning the matters described herein. All such estimates, projections, and forward-looking information speak only as of the date hereof, and Encompass Health undertakes no duty to publicly update or revise such forward-looking information, whether as a result of new information, future events, or otherwise. Such forward-looking statements are necessarily estimates based upon current information and involve a number of risks and uncertainties. Encompass Health's actual results or events may differ materially from those anticipated in these forward-looking statements as a result of a variety of factors. While it is impossible to identify all such factors, factors which could cause actual results or events to differ materially from those anticipated include, but are not limited to, any adverse outcome of various lawsuits, claims, and legal or regulatory proceedings that may be brought by or against Encompass Health or University of Maryland Medical System; disease outbreaks, including the speed, depth, geographic reach and duration of the spread; the actions to be taken by Encompass Health in response to disease outbreaks; changes in the regulation of the healthcare industry at either or both of the federal and state levels; competitive pressures in the healthcare industry and Encompass Health's response thereto; the hospital's ability to maintain proper local, state and federal licensing; potential disruptions, breaches, or other incidents affecting the proper operation, availability, or security of Encompass Health's or University of Maryland Medical System's information systems; Encompass Health's ability to attract and retain nurses, therapists, and other healthcare professionals in a highly competitive environment with often severe staffing shortages and the impact on Encompass Health's labor expenses from potential union activity and staffing shortages; changes, delays in (including in connection with resolution of Medicare payment reviews or appeals), or suspension of reimbursement for Encompass Health's services by governmental or private payors; general conditions in the economy and capital markets; and other factors which may be identified from time to time in Encompass Health's SEC filings and other public announcements, including Encompass Health's Form 10-K for the year ended Dec. 31, 2022 and Form 10-Q for the quarter ended March 31, 2023.

Senior Spotlight

How Functional Fitness Can Help You Keep Up With the Grandkids

(NAPSI)—One of the greatest joys—but potentially biggest challenges—for many grandparents is time spent with the grandkids. Whether yours are toddlers or teens, keeping them entertained requires a level of fitness that might include everything from lifting a child to chasing them at the playground to competing in a round of golf. For grandparents seeking an enriching and active experience with their grandkids, it's important to engage in everyday fitness routines that can help:

- maintain muscle mass,
- preserve cardiovascular health,
- fortify flexibility, and
- bolster balance.

Functional fitness training can help with these goals.

What is Functional Fitness?

"Functional fitness uses multiple muscle groups and movements to help train muscles, joints, limbs, and nerves to all work better together for everyday tasks, like lifting groceries from the car, or outmaneuvering the grandkids," says Jaynie Bjornaraa PhD, MPH, PT, who is vice president of rehabilitation services and fitness solutions at American Specialty Health Fitness.

Examples of functional fitness exercises include lunges, squats, and planks. "Lunges help improve balance and make the legs stronger," says Dr. Bjornaraa. "Squats help strengthen the muscles used in sitting, standing, or lifting heavy objects safely. Core training, like planks, helps strengthen the lower back, hips, and abdominal muscles. A strong core provides a stable base when lifting, standing, or performing the chores of everyday life."

There are many ways to incorporate functional fitness into an everyday fitness routine. For example, online workout classes such as Pilates, yoga, or strength training can provide easy access to beginner, intermediate, or advanced exercise routines. Gyms offer in-person classes plus access to most any kind of fitness equipment you may need to practice functional fitness, from mats and free weights to fitness balls and exercise bands.

If cost is a factor in joining a gym or fitness classes, programs such as the Silver&Fit® Healthy Aging and Exercise Program, which is available through certain Medicare Advantage plans, offer no-cost or subsidized low-cost access to thousands of standard name-brand gyms and YMCAs, in addition to premium boutique studios around the country. These programs may also include online access to fitness video classes such as dance, cardio, tai chi, Pilates, strength training, yoga, and others that teach proper form and technique. Nearly five million participants use the Silver&Fit program to help them stay fit.

"Functional fitness offers terrific health benefits for everyone, no matter your age or fitness level," added Dr. Bjornaraa. "I encourage my friends, family, and clients to engage in some kind of functional fitness exercise every day to maximize the benefits."

If you're ready to try some functional fitness exercises but aren't sure where to begin, you may care to check out a functional fitness exercise video called "3 Functional Exercises Using Only Body Weight."

Learn More

For information about the Silver&Fit program, visit www.silverandfit.com.



PHOTO CREDIT NAPSI

Fun with your grandkids is just one good reason to get physically fit.

LIFESTYLE *and* HEALTH

Elevate SUMMER ENTERTAINING with an Enjoyable Crunch

FAMILY FEATURES

As families and friends gather on patios and decks to enjoy the warmth of summer and meals fresh off the grill, many are searching for that perfect ingredient that can complement salads, appetizers, main courses, desserts and more.

This year, you can turn to pecans to elevate meals and give your guests something to rave about. Iconic for their flavor versatility – shining in a wide range of profiles from sweet and spicy to salty, smoky and savory – they're a tasty addition for favorite summertime recipes.

From an enjoyable crunch to comforting creaminess and a satisfying chew,

pecans deliver a perfect bite and texture. These Grilled Pork Chops with Peach Pecan Salsa, for example, are loaded with fresh flavors for an easy, nutritious warm-weather meal.

Taste is just the beginning – pecans also pack a nutritious punch with a unique mix of health-promoting nutrients and bioactive compounds. Known for their rich, buttery consistency and naturally sweet taste, pecans have a longstanding tradition as a nut topping. They're sprinkled atop this Spiced Pecan Grilled Peach Salad with Goat Cheese for a refreshing seasonal salad with a nutty crunch.

To find more recipes that take summer entertaining to the next level, visit EatPecans.com.



Spiced Pecan Grilled Peach Salad with Goat Cheese

Prep time: 5 minutes
Cook time: 50 minutes
Servings: 4

Spiced Pecans:

- 1 large egg white
- 3 tablespoons dark brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon kosher salt
- 2 cups pecan halves

Salad:

- 1/4 cup, plus 2 teaspoons, extra-virgin olive oil or pecan oil, divided
- 1/4 cup white wine vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder
- 1/8 teaspoon kosher salt pepper, to taste
- 2 large peaches, halved and pits removed
- 6 cups mixed baby greens (such as arugula, spring mix and spinach)
- 4 ounces soft goat cheese

To make spiced pecans: Preheat oven to 275 F. Line rimmed baking sheet with parchment paper and set aside.

In medium bowl, whisk egg white, brown sugar, cinnamon, cayenne pepper and salt until well combined. Fold in pecans and mix until evenly coated in mixture. Spread in single layer on prepared baking sheet.

Bake 45-50 minutes, stirring occasionally until pecans are fragrant and golden brown. Allow to cool completely.

To make salad: Heat grill to medium-high heat.

In small bowl, whisk 1/4 cup olive oil, white wine vinegar, Dijon mustard, garlic powder, salt and pepper, to taste. Set aside.

Brush cut sides of peach halves with remaining olive oil and grill until grill lines appear and peaches become tender, 3-5 minutes. Remove peaches and cut into slices.

Divide greens among four plates. Top with grilled peach slices and goat cheese. Divide 1 cup spiced pecans evenly among salads and reserve remaining cup for snacking. Drizzle each salad with vinaigrette.

Grilled Pork Chops with Peach Pecan Salsa

Cook time: 25 minutes
Servings: 4

- 4 boneless pork loin chops (each 1-inch thick)
- 3/4 teaspoon, plus 1/8 teaspoon, kosher salt, divided
- freshly ground black pepper, to taste
- 2 medium peaches, diced
- 2/3 cup raw pecan pieces
- 2 tablespoons red onion, diced
- 2 tablespoons chopped fresh basil
- 1 teaspoon minced jalapeno pepper
- 2 teaspoons lime juice

Season pork chops with 3/4 teaspoon salt and black pepper, to taste. Heat grill or grill pan to medium-high heat. Grill pork chops until browned, about 5 minutes. Flip and cook 5-6 minutes until food thermometer inserted in center registers 135 F. Transfer to plate and rest at least 5 minutes until internal temperature rises to 145-160 F.

Gently stir peaches, pecans, onion, basil, jalapeno, lime juice and remaining salt. Add salsa on top of each pork chop with remaining salsa on side.



Highly Rated Diets to Support Heart Health

FAMILY FEATURES

Eating healthy is an important goal for people looking to maintain or improve their physical health, particularly as it relates to the heart. With often conflicting information available online and via social media, it may be difficult or downright confusing to find the eating plan for you.

To help navigate the maze of information – and misinformation – experts assessed and scored the heart healthiness of several popular diets. Each diet was evaluated against the American Heart Association's guidance for a heart-healthy eating pattern, which emphasizes eating a variety of vegetables and fruits, whole grains, lean proteins (including fish, low- or non-fat dairy and plant proteins), non-tropical plant oils and minimally processed foods; avoiding added sugars, salt and alcohol; and sticking to this guidance even when you're eating away from home.

Diets received a rating between 0-100 and were ranked in tiers, with the resulting analysis published as an American Heart Association scientific statement in the journal "Circulation."

"If implemented as intended, the top-tier dietary patterns align best with key features of heart-healthy eating and may be adapted to respect cultural practices, food preferences and budgets to enable people to eat this way for the long term," said Christopher D. Gardner, Ph.D., FAHA, chair of the scientific statement writing committee and the Rehnberg Farquhar Professor of Medicine at Stanford University.



Photos courtesy of Getty Images

Tier 1: Highest-Rated Eating Plans (scores higher than 85)
The four patterns with the highest ratings align best with heart-healthy guidance, are flexible and provide an array of healthy foods to choose from.

- **DASH** – With a perfect score by meeting all guidance, an eating pattern similar to the Dietary Approaches to Stop Hypertension plan emphasizes vegetables, fruits, whole grains, legumes, nuts, seeds, low-fat dairy, lean meats, poultry, fish and non-tropical oils. Nordic and Baltic diets are also examples of this eating pattern, which is low in salt, added sugar, alcohol, tropical oils and processed foods.
- **Mediterranean** – This pattern limits dairy while emphasizing fruit, vegetables, whole grains, legumes, nuts, seeds, fatty fish and extra-virgin olive oil. Because it includes moderate alcohol drinking, rather than avoiding or limiting consumption, it scored a few points lower than DASH.
- **Vegetarian/Pescatarian** – A plant-based eating pattern that includes fish.
- **Vegetarian/Ovo/Lacto** – Plant-based eating patterns that include eggs (ovo-vegetarian), dairy (lacto-vegetarian) or both (ovo-lacto vegetarian).

Tier 2: Vegan and Low-Fat Diets (scores 75-85)
These eating patterns mostly align with heart-healthy criteria and emphasize important food groups but fell short of reaching the top tier due to limitations.

- **Vegan** – A plant-based eating pattern that includes no animal products. Restrictions in this plan may make it more difficult to follow long term or when dining out. Following a vegan eating pattern increases the risk of some nutrient deficiencies, which may be overcome by supplements or fortified foods.
- **Low Fat** – A diet that limits fat intake to less than 30% of total calories, including the volumetrics eating plan and therapeutic lifestyle change plan. These types of plans often treat all fats equally while the American Heart Association's guidance suggests replacing saturated fats with healthier fats such as monounsaturated and polyunsaturated fats. Those who follow low-fat diets may overconsume less healthy sources of carbohydrates, such as added sugars and refined grains. However, these factors may be overcome with proper counseling and education from a health professional.

To find the full results and learn more about heart-healthy eating, visit Heart.org.