

The Prince George's Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY SINCE 1932

Vol. 87, No. 39 September 26 — October 2, 2019 Prince George's County, Maryland Newspaper of Record Phone: 301-627-0900 25 cents

Meet One of Hoyer's Democratic Primary Challengers: McKayla Wilkes



PHOTOGRAPH CREDIT JULIA LERNER/CAPITAL NEWS SERVICE

CHESAPEAKE BEACH, Maryland—Democratic congressional candidate McKayla Wilkes speaks to prospective campaign donors and volunteers at a fundraiser in Chesapeake Beach.

By HORUS ALAS
Capital News Service

CHESAPEAKE BEACH, Md. (September 19, 2019)—The clean, white living room of Paul Zeitz's summer house looked out at the vast expanse of the Chesapeake Bay's choppy waves Saturday. Twelve guests

sat on a white L-shaped couch and chairs dispersed on the room's gray wood floors while McKayla Wilkes told her life story.

"My dad actually died before I was born," Wilkes told Capital News Service from the couch. Her aunts played a formative role in her upbringing, and de-

spite that original trauma, "our family was very close."

Wilkes—a 29-year-old Waldorf resident challenging House Majority Leader Steny Hoyer for the Democratic nomination in Maryland's 5th Congressional District—was holding two simultaneous campaign events for the first time that day.

In addition to the meeting and fundraiser at Zeitz's beach house, her staff was canvassing in College Park, campaign manager Dash Yeatts-Lonske said.

Wilkes said she was placed in juvenile detention for skipping school as a teenager, and as a young working adult, had to drive to work on a suspended license after being unable to pay traffic tickets.

"The (criminal justice) system isn't broken—it's fixed against people like me," she said.

But the insurgent victory of Rep. Alexandria Ocasio-Cortez, D-New York, combined with revocation of her financial aid at Prince George's Community College, motivated Wilkes to take the plunge and run for Congress.

"People like us—regular, working-class people—are left

out of the conversation in the halls of Congress," Wilkes said, and noted her campaign was "100%" committed to replicating the sucker punch Ocasio-Cortez's campaign landed on the then-incumbent Rep. Joe Crowley.

Wilkes has tangled with her prospective rival before.

At the State of Justice Symposium hosted by State's Attorney Aisha Braveboy at the Hotel at the University of Maryland on Sept. 10, she criticized Hoyer, D-Mechanicsville, for being inconsistent in his stance on cannabis.

Hoyer spoke at the event and said people should not be jailed for marijuana offenses, but had recently referred to marijuana as a "gateway drug."

Wilkes said a constituent reached out to Hoyer asking about his stance on cannabis legalization. Hoyer wrote a letter in response to the constituent, who then shared it with the news outlet Marijuana Moment.

Marijuana Moment reported on the letter Aug. 27. In it, Hoyer referred to cannabis as "a threshold drug that leads to the use of harder, very harmful drugs."

Hoyer pushed back against the

claim, telling Capital News Service the statement came from "an old letter." He also said he was a longtime supporter of medical marijuana, and defended states' rights to legalize the substance.

"Alcohol is legal, cigarettes are legal... If states want to make (marijuana) legal, that's fine," Hoyer said.

Marijuana Moment published the letter—dated Aug. 26—in its story.

Hoyer, the second-most powerful Democrat in the House caucus, is a Washington establishment figure who's served 20 terms in office.

Wilkes presents herself as a foil—a working class mother of two from a hardscrabble upbringing who's struggled to get ahead.

If elected to represent the district, Wilkes said her chief legislative priorities would include the "Green New Deal," "Medicare for All" and criminal justice reform. Hoyer has thus far not explicitly endorsed the "Green New Deal" nor "Medicare for All."

Wilkes campaign volunteer Richard Elliot told Capital News Service that "McKayla is running on lived experience and progressive issues; Hoyer is running simply on name recognition."

Wilkes' campaign faces a daunting battle against the incumbent, who won reelection with

67% of the vote in 2018, according to data from the Maryland State Board of Elections. In the Democratic primary that year, Hoyer captured 83% of the vote.

Federal Election Commission records indicate her campaign had received \$51,602 in total contributions between Jan. 1 and the end of June and reported \$42,493 in cash on hand.

Hoyer's campaign, meanwhile, had brought in nearly \$1.3 million in the same period, with \$865,414 cash on hand.

"At this point," Wilkes said, "we're basically canvassing, trying to get out and speak with voters. We've been door knocking. We're just doing outreach," which she said would be a long-term campaign strategy.

Brand New Congress, a progressive organization known for backing Ocasio-Cortez, endorsed Wilkes on Sept. 10.

While the organization doesn't contribute funding, Wilkes said the group will be helping with connections and fundraising.

Wilkes isn't alone in her challenge to Hoyer.

Briana Urbina, an attorney based in Hyattsville, is also seeking the Democratic nomination in Maryland's 5th Congressional District. Bryan Cubero of Lexington Park is running as the district's sole Republican candidate.

Anne Arundel Medical Center, Doctors Community Health System Combine to Form Luminis Health

By ARMINTA PLATER
Anne Arundel Medical Center

ANNAPOLIS, Md. and LANHAM, Md. (September 17, 2019)—Anne Arundel Medical Center (AAMC) and Doctors Community Health System (DCHS) have combined to form a new health system. AAMC and DCHS announced today that the name of the new, integrated health system is Luminis Health. The new health system will reimagine community care, improving access and population health while expanding services throughout Maryland.

"For years, Anne Arundel Medical Center and Doctors Community Health System have shared a dedication to compassionate care, delivered when and where people need it most," said Victoria Bayless, president/CEO of AAMC and CEO of Luminis Health. "We're carrying that same commitment into the future as Luminis Health, a health system that is here to embrace progress and awaken a new era in care for our communities."

"We are committed to lighting the way to the highest quality, personalized health care to meet our patients' needs," said Gary Jobson, board chair, Luminis Health. "The benefits of combining and creating the new health system include more entry points for coordinated care across the region, improved access to care close to home, enhanced quality and improved health outcomes."

"Luminis Health will serve as a beacon of hope and healing to strengthen our local communities," said Paul Grenaldo, president of DCHS. "Those important phrases truly represent elements of each organization's great traditions while looking towards the future as to how we can be of greater service to people throughout Maryland."

After sharing their intent to partner in May, AAMC and DCHS signed a definitive agreement at the end of June and closed July 1, 2019. Luminis Health will launch its new brand in spring 2020, which will include a

new logo and visual identity. The full integration is expected to take up to two years.

In November, health system officials will host public town hall meetings in Anne Arundel and Prince George's Counties. To view the town hall schedule and to learn more about Luminis Health, visit LuminisHealth.com.

What is the meaning behind the new name?

Luminis (pronounced lu-mi-nous) is symbolic of light. It signifies the health system's commitment to being a beacon of hope and healing for its communities. Light is quite literally energy that you can see—and by joining forces and moving forward as one, AAMC and DCHS are igniting new possibilities for how and where health care is delivered.

How did you pick this name?

Over the past several months, health system officials have asked for input from community members and internal stakeholders through surveys, research and interviews. Luminis Health was born from that input, but more importantly, all of the research will help define the new health system brand. The new brand will be revealed in spring 2020.

Will the name of the hospitals change?

Starting Sept. 17, the new health system will be known as Luminis Health. The next step is to determine how the new system name will apply to both hospitals' existing entity names while respecting the legacies of each. This process will continue to include an enormous amount of research to make sure voices of both AAMC and DCHS stakeholders (i.e., employees, physicians, board members, community members, volunteers, etc.) are heard.

How will this affect patients?

Right now, access to care will remain the same, without any immediate changes. Patients can continue to see their preferred providers, and insurance coverage and access to patient portals will not change.

Death Toll Soaring For Unrestrained Drivers and Unbuckled Passengers in Prince George's County During 2019

Unbelted vehicle occupants run the risk of easily becoming projectiles in a crash

By PRESS OFFICERS
AAA Mid-Atlantic

WASHINGTON, D. C. (Friday, September 20, 2019)—So far this year at least 10 persons, including five children, who were not buckled up at the time, were killed, and one other unbelted vehicle occupant suffered grievous life-threatening injuries, in a series of fatal single-vehicle crashes in Prince George's County.

[Last Thursday] the Maryland Department of Transportation Motor Vehicle Administration (MDOT MVA) released results from a recent survey on statewide seat belt use. It also announced a new initiative—"Seat Belts Look Good on You"—to reinforce seat belt safety for teen drivers.

Prince George's County is a hotspot of fatal crashes claiming the lives and limbs of unrestrained drivers and unbuckled vehicle occupants. "Between 2012 and 2015, an average of 15 unrestrained motorists were killed and 39 unbelted motorists were seriously injured in vehicle crashes in Prince George's County annually," according to the County Government.

This year, the lack of seat belt use is a worrisome trend in the County. Equally troublesome, "more than three out of 4 people who are ejected during a fatal crash die from their injuries." As a tragic case in point, at least seven crash victims, five children and two young adults, were killed after they were ejected from the vehicles upon impact in separate incidents on county roads.



IMAGE BY NETTO FIGUEIREDO FROM PIXABAY

They were reportedly unbelted at the time.

In 2018, "105 people died in crashes on Maryland roadways while not wearing a seat belt," according to the Maryland MVA. Approximately one-third ("32.5%") of unbelted crashes in Maryland" occurred in the Washington Metropolitan area. Always buckle up. Insist passengers are belted, too.

On March 26, five DuVal High School students were injured in a head-on collision. Two of the students were ejected out of the vehicle. Reportedly, none of the students was wearing a seatbelt at the time of the crash. Although seat belt use is on the rise in the county, it is a sobering reminder of the inherent dangers of being unbuckled, which increases the lethal odds of being thrown from a vehicle.

In the wake of the sudden outburst of fatal crashes involving unbelted vehicle occupants in 2019, County officials, Maryland law enforcement agencies, and traffic safety advocates, including AAA Mid-Atlantic, are once again warning: "people not wearing a seat belt are 30 times more likely to be ejected during a crash."

Safety belt use in Maryland was at 90.3 percent in 2018—"a drop from the 92 percent reported in 2017," explains the Maryland Department of Transportation Motor Vehicle Administration. Yet, seat belt usage in the state increased slightly to 90.4% in 2019, which means that "roughly 10 percent of people are still not buckling up," cautions MDOT.

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To Be Equal: Passing of Juanita Abernathy Inspires Gratitude and Inspiration

Mrs. Abernathy worked in the Alabama chapter of the NAACP when Rosa Parks was arrested, sparking the 381-day Montgomery Bus Boycott. In addition to typing up flyers, she organized a transit plan to get people to work without patronizing the buses, arranging intricate car pools using extra cars lent by a local funeral home.

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On Stage at Joe's Tackles "When Hate Hits Home"

The underlying mission of On Stage at Joe's is to give audiences a deepened understanding of the history of our artists, the role they play in anchoring culture for our community, and the power of live performance experiences.

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TOWNS and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Adventuring in Morningside: cemetery, bioretention, dog waste and hard-working Public Works man

Therese and I stopped off at the Town Hall to drop off Skyline Newsletters and to get the Morningside news from Administrative Associate Regina Foster and Lori Williams. (By the way, Therese Gallegos is my daughter, visiting from Texas.)

Then, with Lori's instruction, we climbed a hill next to the Town Hall parking lot to pay a visit to the cemetery. I've written about it before and received lots of emails from you with memories of those graves, but this was a first time for me. The fenced gravesite is located behind homes on Morgan Road. It has scattered stones and one standing tombstone. The inscription is faint, but Therese made out the name of William Emanuel Thomas, Maryland Landsman, US Navy, August 9, 19_9. Previously there had been more tombstones with inscriptions.

Then we headed back down the hill to the Green Infrastructure Bioretention sign, which explains the attractive landscaping: "A properly designed and installed bioretention facility captures stormwater and allows it to slowly soak into the ground. Layers of well-draining soil and water-loving plants are used to slow down the stormwater and filter it of pollutants before it enters the groundwater or local stream." The project is thanks to The Chesapeake Bay Trust in partnership with EPA and the Maryland Dept. of Natural Resources.

Then as we drove Woodyard Road, we encountered James Adams and his Morningside Public Works truck. He was busy cleaning up litter tossed from cars onto the roadside or even into nearby Henson Creek. He said he has to do this cleanup three times a day. He had also been using a Bobcat tractor to cut back the roadside weeds. James, by the way, is a longtime Morningsider who grew up on Pickett Drive.

I checked out the nearby Dog Waste Station, which has plastic bags and a receptacle to drop the filled bag into. There are now five or six of these around the Town. A sign on the Public Works truck bears a reminder, "Do your doody. Scoop that poop."

Our Morningside odyssey complete,

we continued down Woodyard and turned onto Suitland Road.

Neighbors & other good people

Karl Kaufman, son of Karl and Karin Kaufman, of Morningside, married Melissa Miller on March 8 in Washington.

Last weekend Morningside Volunteer Firefighters attended The New Jersey Firemen's Convention in Wildwood NJ. They were excited to have their own booth this year. The volunteers were there to answer questions about the Morningside VFD, especially their live-in program. They also sold Morningside patches for \$5.

Ms. Jasmin Lee & the Vocal Quartet will be performing Sunday, Oct. 6, 2 p.m. at Davies Unitarian Church. All proceeds will be donated to the Oxon Hill Food Pantry. Info: <https://daviesu.org/connectingdavies-concert-series>. The church is at 7400 Temple Hills Road.

Changing landscape

Central High School, in Forestville, will be closed during the 2019-2020 school year for a HVAC (heating, ventilation and air conditioning) project. The students will be relocated to Forestville High. Over the past years Central has hosted the county's only high school-level French Immersion magnet program, as well as an International Baccalaureate (IB) magnet program. Central was founded in 1961 and years ago was the high school for students in my area. My daughter Sheila graduated from Central in 1979.

The Shady Glenn Fire Station and Cadet Training Building in Capitol Heights is an upcoming project, the cost of which will be about \$12 million.

As Skyline plans for its 50th anniversary, I remember 1978

That year, Skyline School opened every Friday evening with social activities, music, games and more for ages 12-16. The Bookmobile changed its schedule from Saturday to Thursday at the end of Lucente. It was announced that there had been 38 accidents on Suitland Road, between Allentown Rd. & Suitland Parkway. And two new businesses opened: High's at 6716 Suitland Road and Silver Hill Florist, across from the firehouse.

Ann Marie Morgan, of Reamy Drive, made Who's Who in American Colleges and Bill Krug, of Frank St., who plays football for the U. of Georgia made 2nd team All-American. Morningside Baptist welcomed Pastor Frye. Seventy trees were removed behind Andrews Estates for the new sewer-line. And Charlie Tretler was elected SCA President.

To be continued.

Col. Aubrey Pridgen witnessed the raising of the flag on Iwo Jima

Aubrey Woodrow Pridgen, 94, formerly of Skyline, died in San Antonio on Aug. 27, the 71st anniversary of Aubrey and his late wife Annetta.

A native of Snow Hill, N.C., he entered the Navy in 1944 and was assigned to the USS Battleship West Virginia. He was aboard many campaigns including Leyte Gulf, Suriago Strait, Mindoro, Luzon, Iwo Jima and Okinawa. He witnessed the raising of the Stars & Stripes on Mt. Suribachi, Iwo Jima, and the signing of the Japanese surrender in Tokyo Bay Sept. 2, 1945.

After the war, he attended East Carolina University for his BS and MA degrees. It was there he met Annetta Cavanaugh in the Registrar's Office. They wed in 1948. He taught and was a principal in public schools until, in 1957, he began a second military career, serving in the Army Medical Service Corps in France, Germany, Illinois, New York, the Pentagon and Texas. He retired as a lieutenant colonel in 1982.

In 1969 the Pridgen family moved to Skyline and lived here for some years before moving to Texas where he had yet another career, in real estate.

Survivors include his daughters Audrey, Anna, Amy and Ailsa; and grandchildren, Kendra, John and Julia. Services were at Chapel Hill UMC with burial at Ft. Sam Houston National Cemetery in San Antonio.

Milestones

Happy birthday to Tim Ward, Sept. 28; my brother Tom Mudd and Janice Diggs, former Morningside Town clerk, Sept. 29; Peggy Nanney and Jessica (Williams) Proctor, Sept. 30; Jasmine Wade, Nola Thomas and my grandson Sam Mudd, Oct. 2; and John Ihrig, Oct. 3.

Happy 56th anniversary to André and Cynthia Jordan, on Sept. 28.

Around the County

Legacy Lecture Series Presented by Bulldog Nation Athletics

Bowie State University Athletics presents Legacy Lecture Series featuring Special Guest Walt Williams, Co-Author of *Lessons From Lenny: The Journey Beyond a Shooting Star*. This free event will take place **Monday, September 30** from 6 until 7:30 p.m. in the Martin Luther King Communication Arts Center, Myers Auditorium, 14000 Jericho Park Rd., Bowie, MD, 20715. For additional information, contact Dr. Marie Brown via email at mbrown@bowiestate.edu or call 301-860-3571.

—Gregory C. Goings, Bowie State Sports Information

Comcast To Announce Winner of Its Xfinity 1 Voice Regional Gospel Showcase

Finalists to Perform Live Before Celebrity Judges for Chance to Win \$5,000

The votes are in and the following four gospel groups will advance to the 1 Voice Regional Gospel Showcase finals to display their talents before a team of celebrity judges for a chance to win \$5,000. The groups include Chester L. Burke & CO Ministry (Washington, D.C.); **First Baptist Church of Highland Park (Hyattsville, Md.); Fort Washington Baptist Church (Fort Washington, Md.); and Mt. Ennon Baptist Church (Clinton, Md.)**. The evening also will feature performances by gospel sensations Fred Hammond, Kierra Sheard, Deitrick Haddon and Tim Bowman, Jr., and be a part of the grand opening of The Center for Performing Arts located on the campus of Prince George's Community College. The event is by invitation only.

The Xfinity 1 Voice Regional Gospel Showcase is a collaborative effort designed to celebrate the breadth of outstanding local talent within African-American houses of worship in Maryland, Virginia and Washington, D.C., while highlighting key faith-based initiatives that bring the community together.

Join the 1 VOICE Watch Party!

Come on out and root for your favorite choir at the official 1 VOICE Watch Party on Saturday, September 28, 2019, 7:30-10 p.m., First Baptist Church of Highland Park, 6801 Sheriff Rd, Landover, MD 20785. RSVP at www.1voicegospelshowcase.com.

—Sandra Arnette, Comcast

Destiny, Power & Purpose, Inc. Celebrates Selection as a Giant Food Community Bag Program Beneficiary For October 2019

Destiny, Power & Purpose, Inc. (DPP) has been selected as a beneficiary of the Giant Food Community Bag Program for the month of October 2019. The Giant Food Community Bag Program, which launched in July 2019, is a reusable bag program that facilitates community support with the goal to make a difference in the communities where shoppers live and work. DPP was selected as the October beneficiary of the program by store leadership at the Giant Food located at 5500 Silver Hill Road in District Heights, MD. DPP will receive a \$1 donation every time the \$2.50 reusable Community Bag is purchased at this location during the month of October.

DPP is a non-profit organization whose mission is to help individuals to break the vicious cycle of repeated substance abuse and incarceration off their lives through empowerment. DPP's recovery/reentry support services include high-quality case management; along with recovery housing, transportation, vital document and employment assistance. Since 2011, DPP has supported, assisted and empowered the lives of more than 4,000 Prince George's County residents that found it difficult to make changes in habits and behaviors that continuously led to the use of drugs, alcohol and/or incarceration.

Learn more about the services provided by Destiny, Power & Purpose, Inc. by visiting our website at www.destinypowerpurpose.org.

—Deborah A. Corley, Destiny, Power & Purpose, Inc.

Library News

One Maryland One Book (OMOB)

One Maryland One Book (OMOB) is Maryland's first-ever statewide community reading project and is the signature program of the Maryland Center for the Book at Maryland Humanities. Readers are invited to participate in book-centered discussions and other events at public libraries, high schools, colleges and universities, museums, bookstores, and community and senior centers. The selected book for 2019 is *What the Eyes Don't See: A Story of Crisis, Resistance, and Hope in an American City* by Mona Hanna-Attisha. Readers will be hooked as Dr. Mona fights to reveal how Flint's children were exposed to lead. Related events are being held at these branch libraries: Accokeek, Bowie, Greenbelt, Hyattsville, Largo-Kettering, Laurel and Oxon Hill.

2019 Maryland STEM Festival

PGCMLS is excited about participating again this year in the Maryland STEM Festival. This year's theme is Space and Flight. The theme commemorates the 50th Anniversary of Apollo 11 (July 19, 1969) and the 60th Anniversary of the Goddard Space Flight Center (March 1, 1959). The festival will run from October 11 to November 10, 2019. Visit www.pgcmls.info to learn about STEM-tastic events at your library!

Hyattsville, Glenarden and, Beltsville Branches Add Sunday Hours

Thanks to the generosity of the County Executive and County Council and all our library supporters, the Prince George's County Memorial Library System (PGCMLS) will offer Sunday hours from 1-5 p.m. at three additional locations, starting in October 2019. The addition of Sunday hours to the Hyattsville (temporary location), Glenarden and Beltsville branches will bring the total to 10 PGCMLS branches with Sunday hours.

Greenbelt Branch Closure

The Greenbelt Branch of the Prince George's County Memorial Library System will be closing for re-carpeting and shelving replacement from November 25, 2019 to January 21, 2020. Nearby branches include: Hyattsville, New Carrollton and Bowie.

—D. Scott-Martin, PGCMLS

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

BSUNAA SCHOLARSHIP GALA

Bowie State University National Alumni Association will sponsor the Scholarship Gala (Profiles of Excellence) Friday, October 11, 2019, 7 p.m. at Martin's Crosswinds, Greenbelt, Maryland. Dress Semi Formal. Tickets cost \$100 (\$10 Tax Deductible). Please make checks payable to BSUNAA. A portion of the proceeds to support BSUNAA Scholarship.

Featuring live entertainment by West Mob Band. For more information about this event please contact BSUNAA 1865@gmail.com. P.O. Box 174, Bowie, Maryland 20719. Telephone contact is 301-509-5431 or 301-775-8008.

CELEBRATE NATIONAL GOOD NEIGHBOR DAY

"Studies show that loneliness and isolation are as bad for health as smoking or obesity, especially if you're over 50. Saturday, September 28, make some connections and invite someone over for coffee. Check in on a neighbor. Organize potluck. It's good for your health and theirs. Because when people connect, they affect each other's lives. Find out how you can stay connected to your community, today and every day. Visit Connect2Affect.org. With the generous support of United Healthcare."

PRE-VETERANS DAY EXTRAVAGANZA

It's another 2019 Pre-veterans Day Extravaganza for Casino Slots Fun to Delaware Park Racetrack and Casino Slots to Wilmington, Delaware, Saturday, November 9, 2019. Bus leaves St. Philip's Church at 7:30 a.m. and Clinton Park-N-Ride at 8:15 a.m. Bus returns at approximately 6 p.m.

Fun package includes a \$30.00 slot play rebate with light refreshments. Oldies but Goodies, 50/50 raffle and cake sales. Cost \$45.00. Absolutely no refunds. Pay early so you won't be left out. Purchase tickets by November 2, 2019. Point of contacts are Shirley A. Cleaves, 302-690-4260 and Doreatha A. Savoy 301-372-3136.

HOW TO RECOGNIZE THE SIGNS OF A STROKE

"Stroke is an emergency and the leading cause of disability in the United States. Get treatment. Call 911. Know the signs. The warning signs are Balance (sudden loss of balance or coordination), Eyes (sudden change of vision), Face (sudden weakness of the face), Arms (sudden weakness of an arm or leg), Speech (sudden difficulty speaking) and Time (Be fast, time to call 911)". Visit [MedStar Southern Maryland.org/Stroke](http://MedStarSouthernMaryland.org/Stroke) for more information on MedStar Southern Maryland Hospital Center's Stroke Center.

BOWIE STATE UNIVERSITY

Bowie State University became Maryland's first historically black university to partner with the U.S. Coast Guard under a new agreement providing BSU students and graduates with expanded access to scholarships, academic options and research opportunities.

Bowie State University President Aminta H. Breaux and U.S. Coast Guard Vice Admiral Daniel Abel, deputy commandment for operations, participated in an agreement signing ceremony at the university. Vice Admiral Abel is the initiative's executive champion, and Captain Joseph Loring, the commanding officer of Coast Guard Sector Maryland-National Capital Region, is the university's primary liaison.

"As we celebrate this historic agreement, Bowie State University is honored to have as our newest partner, the U.S. Coast Guard. This partnership will create new career pathways for our students and graduates to enhance the university's mission and advance our strategic priority of student success," said President Breaux. "Bowie State University is committed to providing our students with experiences to help them realize their full potential and to contribute to a global society, and we are grateful to the U.S. Coast Guard for its leadership preparing students for diverse career opportunities."

Mark your calendars now for the **8th Annual World of Wheels for CASA Prince George's County Touch-a-Truck Family Festival!**

Saturday, October 19, 2019 • 10 a.m.–2 p.m.

DeMatha High School, Hyattsville, MD

Admission to this event is free!

Come out and have fun while supporting a great cause!

Court Appointed Special Advocate (CASA)/Prince George's County recruits volunteers to advocate on behalf of youth in foster care!

Court Appointed Special Advocate (CASA)/ Prince George's County, Inc. is a volunteer-based organization that partners with the juvenile court to improve the lives of abused and neglected children living in foster care.

COMMUNITY

The American Counseling Association's Counseling Corner

Caregiver Burnout Is a Very Real Problem

A caregiver, someone involved in assisting others with activities of daily living or perhaps medical issues as well, comes in two different forms. Professional caregivers are paid to provide assistance in a variety of settings ranging from the person's home to some type of care center.

However, there are also an estimated 44 million or more informal caregivers who are providing unpaid care to a child or adult, often on a daily basis. The caregiver may be a spouse, a relative or just a close friend, there to help a loved one who can no longer take care of their daily needs on their own.

Providing such basic help to someone close to you can certainly be rewarding, but at the same time can also be difficult and demanding. A recent study of family caregivers found that almost half reported being "somewhat stressed," and more than a third were "highly stressed." Caregiving, especially if it is full time, can become overwhelming. It's important to try to minimize that stress in order to avoid caregiving burnout.

A starting point is simply to remind yourself that what you are doing has value, not just emotional value, but also real, measurable economic value. It's been estimated that family caregivers annually provide more than 37 billion hours of care, worth an estimated \$470 billion.

Another key to avoiding burnout is not to isolate yourself. Talk to family and friends about the stresses you're facing and seek advice, support and help when it's offered. You might want to look online for some of the local and national caregiver support groups that offer advice and information, and can help connect you with others in a similar position.

You also have to be practical. On one level that means being as organized as possible to make your caregiving work a bit less stressful. But on another level it means recognizing that you aren't super-human. You need a break every now and then and must find time to take care of your own health.

Check with your local hospital or senior center to find out what they offer to support caregivers. Many communities today provide transportation services, home care, meal assistance and adult-day-care centers. Any such services can help reduce the stress and anxiety most caregivers face, and allow them to better assist those who depend on them.

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

Smart Start Your Business

October 17, 2019 • 1–5 p.m.

County/Sponsor: Prince George Co/Corridor Region
Location: City Hall of Bowie, 15901 Excalibur Road,
Bowie, MD 20716
Cost: \$55

Contact Information: 410-706-5463

The Smart Start Your Business workshop is one in a series of three workshops highly recommended for new start-up businesses and aspiring entrepreneurs. Learn how to avoid common pitfalls, explore the feasibility of your idea and increase chances for success!

Professional presentations will be made by an attorney, an accountant, a banker and an insurance professional.

Knowledge is power in the business arena. So as you begin your business venture, be sure you are prepared with the facts and resources needed to legally run and successfully compete in your industry. To assist you, the Smart Start workshop also reviews relevant Maryland business law and provides an overview of the marketing resources available through the Corridor Region SBDC.

Register: www.marylandsbdc.org/calendar/corridor-smart-start-your-business-prince-george-co-office

Largo Community Members Gather to Host First Back to School Drive

By CASSANDRA SANTIAGO
for Rich Scholars and LiveLIVE LLC

Two organizations, Rich Scholars and LiveLIVE, teamed up to spread some back-to-school joy in the Largo community in early September.

Families with students of all ages attended the event held at Largo's Northampton Park just two days before the start of classes in the area's elementary, middle and high schools.

The purpose of the three-hour event was not only to hand out free school supplies, but create a day of community fun and togetherness centered around education.

Rich Shootas, Rich Scholars member and Roc Nation's own rap artist Q Da Fool, along with hip-hop artist Neal 2.0 CEO of LiveLIVE LLC, rap artist Stacks Gotti founder of Bank Up Clothing and other Largo community members, handed out over 275 book bags filled with goodies. Students received basic school items such as notebooks, binders, pens, pencils, highlighters, crayons and markers. Organizers also included hygiene necessities such as soap, toothbrushes and deodorant to encourage a

sense of preparedness and confidence in the area's school-aged kids.

"We made history today," Q Da Fool said following the event. "No one ever did a back to school event for the Largo community at Northampton Park, the park we all grew up playing on."

Some book bags were also donated to four schools: Phyllis E. Williams Elementary, Ernest Everett Just Middle School, Kettering Middle School and Largo High School.

Rich Scholars aims to be a motivational voice for at-risk youth with low to no school attendance or plans to drop out. Event organizers hoped to inspire students to strive for success with the needed tools to start the year on a positive note.

Parents expressed happiness and gratitude for help with the financial burden of purchasing new supplies to support their student's journey.

The park was filled with laughter and joy as kids participated in a moon bounce, face painting and basketball games while snacking on snow cones, cotton candy and popcorn. Rich Scholars also gave out free, themed t-shirts.

Over 100 attendees expressed excitement

to meet rap artist Q Da Fool, who grew up in the Largo community and signed with the label Roc Nation in 2018.

Organizers also purchased and set up nets for the park's bare basketball hoops to create healthy hobbies for the youth outside of school.

"I was most happy once I put official basketball nets on the courts because we never had any coming up," Neal 2.0 said.

But the journey to organizing a first-time event like this one wasn't easy. Organizers sought donations from different community companies, but everyone declined to help. Largo Landing Fellowship House, a limited-income, government-assisted apartment community, was the only Upper Marlboro staple who donated school supplies to help make the event a success.

The declines didn't unsettle the organizers' determination to stir community change and positivity. They made do with what they could and both parents and children benefited from the family-friendly Sunday event. They hope to make the back to school drive an annual tradition.

"We will continue to make a difference in the community," Stacks Gotti said.



PHOTOGRAPH CREDIT ALEXANDER ALVES

Passing out Bookbags (Q Da Fool, Stacks Gotti, Neal 2.0).

Maryland Judiciary Asks Students to Create Artwork To Foster Peaceful Resolution of Conflicts

By PRESS OFFICERS
Maryland Judiciary

ANNAPOLIS, Md. (September 16, 2019)—The Maryland Judiciary is asking students to use their artistic talents to help promote peacemaking during the 14th annual Conflict Resolution Day Bookmark Art Contest. The contest is open to Maryland students in kindergarten through eighth grade to help celebrate national Conflict Resolution Day on Thursday, Oct. 17.

Students can create bookmarks with the theme of resolving or preventing conflict. Topics include peer mediation, talking things out, apologizing, respecting differences, solving problems together, listening, tolerance, building peace, inclusion, and alternatives to violence.

"We want to encourage students to resolve conflicts peacefully," said Mary Ellen Barbera, Chief Judge of the Maryland Court of Appeals. "Creating art provides an opportunity to think imaginatively about peacemaking and offers an exciting way to share ideas. We hope that, by participating in this contest, students will engage in meaningful peer-to-peer discussions and will learn more about settling disputes without violence."

The contest has gained in popularity since it began in 2005. Last year, more than 1,200 students from across Maryland participated, with 13 bookmarks chosen as winners and 14 as honorable mentions.

Submissions will be judged on artistry, creativity, and message. Prizes will be awarded for first, second, and third place in three age groups: grades K-2, 3-5, and 6-8.

For each age group, the prize awards will be \$75 for first place, \$50 for second place, and \$25 for third place. A selection of winning bookmark entries will be printed as bookmarks and distributed throughout Maryland to promote conflict resolution.

Winners and their families will be invited to a ceremony and reception in Annapolis on Thursday, Dec. 5. Chief Judge Barbera will meet the winners and present the awards.

The contest is sponsored by the Maryland Judiciary's Mediation and Conflict Resolution Office (MACRO). Entries are due by Thursday, Oct. 17, which is Conflict Resolution Day. Visit MACRO's website, mdcourts.gov/bookmarkcontest, for more information, including a template, instructions, and information about how and where to submit entries.

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WHERE: COMFORT INN UPPER MARLBORO
9421 Largo West, Upper Marlboro, MD 20774
WHEN: SATURDAY, OCTOBER 5, 2019
TIME: 12 NOON TO 4 PM
CONTACT: Kimberly Carroll - 301-499-4600

DOOR PRIZES • REFRESHMENTS • FUN!

Prince George's County Grief Programs Include A Family Night With Extra Marshmallows

By ELYZABETH MARCUSSEN
Hospice of the Chesapeake

LARGO Md. (September 17, 2019)—Chesapeake Life Center's Prince George's County office at 9500 Medical Center Drive, Suite 250, Largo, Maryland, will offer a variety of grief support programs.

New to the schedule is **Cocoa & Collage: A Prince George's County Family Event** that will meet from 6:30 to 8 p.m. Nov. 12. It is an opportunity for families or individuals to spend an evening creating a collage honoring the memory of a loved one. Attendees are invited to bring pictures they have of their loved ones, to share or incorporate into a collage. Collage materials, cocoa and extra marshmallows will be provided. The cost is \$10.

Other groups meeting in the Largo office include:

- **Prince George's County Teen Support Group** is a way for youth ages 13 to 18 to connect with others their age who also grieve the death of a loved one. It meets monthly from 6:30 to 8 p.m. Oct. 9, Nov. 13 and Dec. 11.
- **Coffee and Conversations Monthly Morning Grief Support Group**, an informal gathering

that provides a safe place for sharing and learning about grief while exploring coping strategies. The group will meet from 10 to 11:30 a.m. Oct. 10, Nov. 14 and Dec. 12.

- **Monthly Evening Grief Support Group** is similar in format to the morning group and will meet on the fourth Thursday of the month from 6 to 7:30 p.m. Oct. 24, Nov. 21 and Dec. 19.

- **Sudden Loss Support Group** is for adults who are grieving someone who has passed unexpectedly or suddenly, including from suicide, homicide, accidents or natural causes that brought death rapidly. The group will meet on the evenings of Oct. 21, Nov. 18 and Dec. 16. Call for times and to speak with a counselor prior to attending your first meeting.

- **SoulCollage Grief Support Group** has participants create a series of collages to commemorate lost loved ones and to visually journal the grief process. The group will meet from 5 to 7:30 p.m. Oct. 14, Nov. 11 and Dec. 9. The cost is \$10.

Children are not permitted in any of the adult groups. Registration is required for all groups and can be completed by calling 888-501-7077 or emailing griefinfo@chesapeakelifecenter.org.

COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

Passing of Juanita Abernathy Inspires Gratitude and Inspiration

"I started when there were no cameras and no newspapers writing nice things about you, instead they were writing all sorts of ugly things. But we kept going. It wasn't about us. It wasn't about me. It has always been about right and righteousness. Justice and equality. Not just for me and my family, but for all of God's children." —Juanita Jones Abernathy

In this digital age, we can organize a protest march, urge a boycott or raise awareness about social issues with a click of a mouse.

In the dark and dangerous days of Jim Crow, half a century ago, civil rights activism was more labor intensive. And nothing embodies the boots-on-the-ground labor that was involved more than

the image of Juanita Jones Abernathy, pounding away at her typewriter, creating fliers for the Montgomery Bus Boycott.

"She said that if she typed with a heavy hand, she could make seven copies at once," her son Kwame Abernathy told the New York Times.

And the image of the Abernathys' firebombed home illustrates the danger of such work.

Juanita Abernathy, who passed away [September 12], was not only a stalwart of the 20th Century Civil Rights Movement, she was a champion for marginalized people, a brilliant businesswoman and a dedicated community servant.

Her husband, Ralph Abernathy, who died in 1990, was known as Martin Luther King, Jr.'s close friend

and collaborator. She, like most of the women of the Civil Rights Movement didn't receive their due recognition at the time, as Mrs. Abernathy would be the first to tell you.

"The men ran the movement, but we were the actual bodies that made it happen," she once told an interviewer.

Mrs. Abernathy worked in the Alabama chapter of the NAACP when Rosa Parks was arrested, sparking the 381-day Montgomery Bus Boycott. In addition to typing up flyers, she organized a transit plan to get people to work without patronizing the buses, arranging intricate car pools using extra cars lent by a local funeral home.

A few weeks after the U.S. Supreme Court ruled, in *Browder v. Gayle*, that bus segregation was unconstitutional, a pregnant Mrs. Abernathy was at home with her toddler daughter. Her husband was away with Dr. King, organizing the Southern Christian Leadership Conference.

Ku Klux Klan members, enraged by the desegregation ruling, firebombed her house and First Baptist Church, where Ralph Abernathy served as pastor.

She and her daughter escaped the house unharmed. The church was destroyed. The white supremacist terrorists who confessed to the bombings were acquitted by an all-white jury.

Her grace, determination and bravery in the face of life-threatening danger remain overwhelmingly inspirational.

Mrs. Abernathy was the youngest of eight children born into a farming family designated by Tuskegee Institute as the most successful Black farmers in the Black Belt in the 1940s. She earned a bachelor of science degree in business education from Tennessee State University in Nashville and married Rev. Abernathy in 1952.

In 1961, the family left Montgomery for Atlanta, where she worked to integrate the public schools and fought for the creation of the fought for the Food Stamp program and a National Free Meal Program for public school children.

She stepped back from the Civil Rights Movement following the assassination of Dr. King, and became a successful saleswoman for the Mary Kay cosmetics company, eventually rising to National Sales Director and proudly piloting a series of pink Cadillac, the company's signature high-sales award.

Her activism continued, however, as she traveled the world on peace missions, risking her life in Northern Ireland in 1972.

She fittingly occupied a place of honor at President Barack Obama's inauguration in 2009.

Mrs. Abernathy's passing touches me personally, as she was a contemporary of my parents—also NAACP members during those turbulent years, and who also faced death threats as a result of their work. She, like they, have my eternal gratitude and continue to inspire not just myself but everyone in the Urban League Movement.

Marion Wright Edelman

President Emerita, Children's Defense Fund



ChildWatch:

Ask the Question: When Are We Going To End Child Poverty in America?

"No child living in America today should have to worry about whether they'll have a place to sleep at night or enough food to eat. But these are daily realities for the 1 in 6 poor children in this country. Children like me."

These are the words of 18-year-old Children's Defense Fund-Minnesota Beat the Odds® scholarship winner Israel Glenn in a petition to add a question about child poverty to an upcoming presidential debate. Israel continues: "Growing up on the North Side of Minneapolis, I know what it means to struggle. I've been homeless, spending school nights sleeping on park benches. I've been hungry, not knowing where my next meal would come from. I

know what it means to have to work to support your family when you need to be focusing on school. And I know that other kids shouldn't have to face these struggles. Every child in America should be able to focus on learning, growing and just being a kid.

"Did you know it's been 20 years since there was a question about how to address child poverty in a presidential debate? But a child is born into poverty every minute in this country. Those children will face hunger, homelessness, illness, violence and toxic stress. And those children deserve answers about how the next president of the United States is going to make sure they get a fair shot at a better life. Ignoring this issue on the national debate stage sends a

signal that children living in poverty are not a priority. To fix the problem, we need to put a spotlight on it. That's why I'm calling for a question in the presidential debates about child poverty. I want to know what the next president is going to do to make sure the next generation won't struggle like I did."

Israel is beating the odds right now but it hasn't been easy. For him, growing up poor meant frequent moves through unsafe neighborhoods, bullying, periods of homelessness and bouts of hunger. He remembers times when he cried every night. When he was a sophomore in high school he took a job with his school's janitorial staff to help support his family and other students would deliberately make messes just to tease him as he cleaned up. Despite working 30 hours a week Israel excelled in school. He was ultimately elected class president and became the first person in his family to graduate from high school and go to college. He is a college freshman and determined to keep succeeding for his whole family, especially for his mom: "I want her to be proud of me and to experience through me the things she missed doing." He also dreams of a future in politics so he can help others—especially families living in poverty. This petition is just a start.

He knows there is so much work to be done. New data released last week by the U.S. Census Bureau showed children are the poorest age group in our country. Disgracefully almost one-third of the 38.1

million poor people in the United States are children. While the data show a reduction in child poverty in 2018, the number of poor children—11.9 million, 16.2 percent of all children—remains unacceptably high. More than 70 percent of poor children live in working families and the youngest children are the poorest children. The odds continue to be stacked against children of color who made up nearly three-quarters of all poor children in 2018. With nearly one in four poor, they are more than 2.5 times more likely to be poor than White children.

That's why Israel and the Children's Defense Fund want to make sure ending child poverty now becomes an urgent national priority and make sure it's a priority for candidates who want to be president. They should be asked their specific plans for ending it. CDF's new Ending Child Poverty Now report showed again that the United States could help millions escape poverty now by investing in existing policies and programs to increase employment, make work pay and meet basic child needs. We'd like to hear candidates' own innovative ideas for tackling child poverty with urgency. So let's all ask them, and keep asking them until they act to give every child a fair chance to succeed in America. As Israel says, "I was born, grew up, and graduated high school while I waited for answers. I'm done waiting."

Stand up for poor children like Israel and sign the petition here: <https://change.org/childpovertyquestion>

Benjamin L. Cardin

United States Senator for Maryland



Cardin Says Trump Rollback of Auto Emission Standards Prioritizes Polluters' Profits Over Public Health

WASHINGTON — U.S. Senator Ben Cardin (D-Md.), ranking member of the Senate Environment and Public Works Transportation Subcommittee, called the actions by the Trump Administration to strip states of their ability to protect their citizens from dangerous air pollution "absolutely the wrong thing to do."

Cardin: "President Trump continues to prioritize polluters over public health. Automakers have signed on to strong but reasonable standards led by California that Maryland and more than a dozen states cov-

ering a majority of the American people also follow. But this president insists on pulling all of us down to the lowest-common denominator. His latest move will add more pollution to our air and put children and others at higher risk for respiratory problems while contributing to our climate crisis. This is the absolute wrong thing to do. The mission of the Environmental Protection Agency is "to protect human health and the environment." Taking unprecedented steps to strip states' rights to set reasonable greenhouse

gas emission standards for cars and light trucks runs counter to its scientific mission. People and public health need to come before profits."

Senator Cardin has been a strong supporter of the Obama Administration's California Waiver, which Maryland has been following for years. Wednesday he also cosponsored a Senate resolution supporting states' rights to set their own pollution standards that are more stringent than federal standards.

Van Hollen Secures \$75 Million Increase in Program to Support B-W Parkway Repairs

WASHINGTON (September 20, 2019)—U.S. Senator Chris Van Hollen (D-Md.) has announced that he secured a \$75 million increase in a program that can be used to support Baltimore-Washington Parkway repairs. Earlier this year, the National Park Service (NPS) struggled with timely repairs of the Parkway—creating pothole issues and poor driving conditions—due to a lack of funds in this account. Following Senator Van Hollen's efforts to address this issue, the Park Service began emergency repairs of the roadway. This new funding—up from \$25 million in FY 2019—can also be used to repair and improve the Clara Barton and Suitland Parkways. To receive the funds, NPS or the State of Maryland will have to apply for them, and Senator Van Hollen will push them to do so. The funds were included in the FY 2020 Transportation, Housing, and Urban Development funding bill passed Thursday by the Senate Appropriations Committee.

The Prince George's Post

The Prince George's Post
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Upper Marlboro, MD 20772-3151
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Contents © 2019, The Prince George's Post

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General Manager/ Legal Advertising Manager Brenda Boice	Administrative Assistant/ Billing Julie Volosin
Legal Advertising Assistant Robin Boerckel	Web Manager Kyler Quesenberry

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

Assisted Living and Similar Facilities Need to Restrict Yearly Price Increases, Says AMAC

WASHINGTON, DC (September 19, 2019)—"It's a fact that the cost of providing services at senior citizen facilities increases annually for any of a variety of reasons. It's also a fact, however, that most seniors living in assisted living facilities and senior housing don't have the resources to pay steadily increasing rates, particularly when they exceed the annual Cost Price Index [CPI]. Something's gotta give lest the nation's elderly join the ranks of the homeless," according to senior advocate Dan Weber.

Weber, who is founder and president of the Association of Mature American Citizens [AMAC], cites the latest report from the Bureau of Labor Statistics issued earlier this month. It concludes that its "all items [CPI] index increased 1.7 percent for the 12 months ending August."

Yet, notes Weber, the most recent National Senior Living Cost Index prepared by the senior-living referral service, A Place for Mom, shows that the cost for independent living facilities rose 2.6%. Assisted living costs were up by 2.4% and the costs for memory care facilities were up by 3.2%.

According to the Genworth Cost of Care Survey 2018 "the national median cost for assisted living per month is \$4,000, which breaks down to around \$133 per day (and adds up to \$48,000 per year)." Meanwhile, the Pension Rights Center reports that fifty percent of older Americans over 65 had, at most, an annual income of about \$24,224 in 2018.

"Consider the fact that 2019 Social Security Recipients received the highest Cost Of Living Adjustment since 2012, 2.8%. In

2009, 2010 and 2015 benefits were stagnant as the Obama administration chose to not offer a COLA and relenting in 2016 they decided to increase the Social Security COLA by a mere .3%. So it has been a harsh existence for too many senior citizens over the better part of a decade," says Weber.

The nation is aging at a rate of new 65-year-olds a day and that growth will continue through the year 2030. "It's a population that creates a fast growing and lucrative market for the senior living sector and if the industry wants to maximize returns, it should take measures to make sure senior housing is affordable. One suggestion: keep annual cost increases at or below the COLA. Better yet, how about keeping increases at or below the CPI," Weber suggests.

Calendar of Events

September 26–October 4, 2019

Community in the Courthouse: Fraud & Scams

Date and Time: Thursday, September 26, 2019, 6–7:30 p.m.
Description: This month we are focusing on fraud and scams and have invited some of our attorneys that handle these types of cases.
Cost: Free
Ages: Adults
Location: Prince George's County Courthouse, 14735 Main Street, Room M0421, Upper Marlboro, MD 20772
Contact: <http://sao.mypgc.us>,
<http://twitter.com/PGSAONEWS>
Thelmetria Michaelides at 240-508-2018 or tamichaelides@co.pg.md.us.

Christian "Big New York" de Mesones

Date and Time: Friday, September 27, 2019, 8–10 p.m.
Description: A powerful and popular entertainer, Christian "Big New York" de Mesones has been playing bass guitar for decades. Audiences delight in his signature, flavorful sound that fuses funk, R&B, jazz, rock, and Latin elements. He has performed to record-breaking crowds as opening acts for artists like Marion Meadows, Chuck Brown, and Roberta Flack. ADA: Yes
Cost: Tickets: \$25/person; 10% discount for Montpelier members and seniors. Purchase through PARKS DIRECT
Ages: All ages are welcome
Location: Montpelier Arts Center, 9652 Muirkirk Road, Laurel, MD 20708
Contact: 301-377-7800; TTY 301-699-2544

24th 5K Walk/Run~"Empowered—Body, Mind & Soul" The Ivy Community Charities of PG County

Date and Time: Saturday, September 28, 2019, 8 a.m.–12 p.m.
Registration 8 a.m., Start 9 a.m.
Description: In collaboration with Alpha Kappa Alpha Sorority, INC Iota Gamma Omega Chapter. Come out for our "Empowered—Body, Mind & Soul" 2019 5K Walk/Run and start your journey to optimal health and wellness! Meet with a variety of community health providers, practitioners, and vendors who will be demonstrating paths to wellness through numerous methods and practices. Your support will make a positive impact on the programs and services provided to the citizens of Prince George's County! Tickets include the 5K Walk/Run, cardio warm-up, pre and post refreshments, music, fun, health education and parking. The Ivy Community Charities of Prince George's County, Inc. is committed to community outreach through education, health, the family, leadership development, cultural arts and economic empowerment.
Cost: \$40; \$15 youth 16 and under
Ages: All ages are welcome
Location: Watkins Regional Park, 301 Watkins Park Drive, Upper Marlboro, MD 20774
Contact: 5kwalkrun@icpcpg.org. Register on eventbrite

Fall Flea Market at Marietta House Museum

Date and Time: Saturday, September 28, 9 a.m.–2 p.m.
Description: Local community members with over 25 tables of wonderful gently used items will be here for you to peruse and purchase! Great for decorating, gifts, or finding that special treasure. Clothing, children's items, books, Avon, household goods, jewelry, and much more! Parking is free, so as you find your treasures you can load the car and shop some more. The Glenn Dale Farmer's Market will be here with food, produce and more while you shop and stroll the beautiful grounds. Marietta is a property of the Maryland-National Capital Park and Planning Commission.
Ages: All ages are welcome
Location: Marietta House Museum, 5626 Bell Station Road, Glenn Dale, MD 20769
Contact: 301-464-5291

McCeney March 2019

Date and Time: Saturday, September 28, 2019, Day-of Registration & materials pickup: 10:30 a.m. Walk begins 11 a.m.
Description: 4th annual "McCeney March" through Historic Laurel in honor of community activist, avid walker and LHS Board member Jim McCeney. Proceeds of the McCeney March go towards a scholarship for students interested in history and for the benefit of the LHS. Walk participants are invited to join the Laurel Historical Society for its Friends & Family Picnic immediately following at Riverfront Park. Registration information available online at: www.laurelhistoricalsociety.org
Location: Walk Begins at the Laurel Museum, 817 Main Street, Laurel, MD 20707

A Taste of Maryland:

The History of Some of Maryland's Most Iconic Foods

Date and Time: Sunday, September 29, 2019, 2–3:30 p.m.
Description: Learn about the history of Maryland's most iconic food traditions/businesses such as Maryland Beaten Biscuits, crab cakes, coddies, McCormick Spices and Old Bay to less well-known fare including black licorice, white potato pie, and peach fluff. Presentation based on research presenter Joyce White has been doing in her role as curator for the state of Maryland permanent exhibit for the Southern Food and Beverage Museum in New Orleans. Demonstration followed by opportunity to taste an assortment of sweet and savory Maryland fare. Handicap accessible.
Cost: Free, No reservations, "first come, first serve basis."
Location: Hampton National Historic Site, 535 Hampton Lane, Towson, MD 21286
Contact: 410-823-1309 x254 or visit www.nps.gov/hamp or Facebook for more information.

NOT ONE Campaign Against Domestic Violence Event

Date and Time: Wednesday, October 2, 2019, 6–8 p.m. Check In begins at 5:30 p.m. Program begins at 6 p.m.
Description: Hosted By State's Attorney Aisha Braveboy
Location: Prince George's Community College, Rennie Forum, 301 Largo Road, Largo, MD 20774
Contact: For Questions and/or Sponsorship Opportunities: Judy Danso, Chief of Staff, 301-952-5166

School Spirit Skates (recurring event)

Date and Time: Friday, October 4, 2019, 9–10:30 p.m.
Description: Bring some friends and enjoy some skating fun.
Cost: Wear something with school logo or show school ID and the cost is \$5 per person (skates included). No other discounts or passes permitted.
Location: Bowie Ice Arena, 3330 Northview Dr, Bowie, MD 20716

OUT on the TOWN

On Stage at Joe's Tackles "When Hate Hits Home"

All new season at Joe's Movement Emporium reflects cultivated and curated performances in dance, music and theater

By NEENA NARAYANAN

Joe's Movement Emporium

MT. RAINIER, Md. (September 18, 2019)—Google "When Hate Hits Home" and you'll find countless stories of everyday people all over the world experiencing racism, homophobia, sexism and other forms of bigotry. Most of us can easily recall our own stories of either being the victim or witness to such acts. Whether through a tweet or verbal insult hurled from a passing car, many of us have been given to the message to "go back" when we're in a place we call home. The un-

derlying mission of On Stage at Joe's is to give audiences a deepened understanding of the history of our artists, the role they play in anchoring culture for our community, and the power of live performance experiences. Performances take place Joe's Movement Emporium located at 3309 Bunker Hill Road, Mt. Rainier, MD 20712. Tickets can be purchased in advance online at www.joesmovement.org/new-events.

2019 Featured Performances:

Music: Afro-Latino Chamber Music Tour: Ceylon Mitchell, Flutist
Sunday, October 13, 2019

Enjoy the sounds of Western virtuosic writing, the improvisation, and complexity of distinct national musical styles, as well as the African rhythms, harmonic progressions and flowing melodies of Caribbean music.

Theater: Ally Theatre Company's Dhana and the Rosebuds
Fri, Nov 1, 2019–Sat, Nov 23, 2019

Dhana and the Rosebuds, follows a young Syrian woman pursuing her science career in NYC as she tries to forget her complicated past.

Visit www.joesmovement.org/new-events for 2020 events.

Baltimore Artist Kicks Off National Literary Art Promotion

Marketing Campaign Begins with Maryland Libraries and Schools

COLUMBIA, Md. (September 17, 2019)—Baltimore artist Eljay McBride says he first became inspired to create literary art to promote reading, learning and literacy, and help people become more aware of who they really are. So, in 2002 he created the Librarian Girl painting, and then Journey Through History in 2016, both which have been purchased by libraries in Baltimore City and Prince George's County. His goal is to promote, circulate and sell his literary art to other libraries and schools throughout the United States.

"My belief is basically that we learn from different cultures and get a better understanding of who we are and what we really need, by learning the way other cultures live," McBride explained.

How do U.S. students compare with their peers around the world? As reported by the Pew Research Center, recently released data from international reading, math and science assessments indicate that U.S. students continue to rank around the middle of the pack in reading, and behind many other advanced industrial nations.

The 2017 International Literary Association report states that students who read

independently—choosing books on their own and reading them alone—have a higher rate of academic success than those who do not read independently.

And as such, the Librarian Girl is a beautiful, detailed painting of a young girl sitting at a desk in a library and reading. She is surrounded by numerous books. Above her, on top of the bookshelf sits a pyramid and world globe. She is illuminated with a glow from above, that seems to be coming from the window.

"The glow around the girl is about the spiritual aspect of her gaining certain types of knowledge that will evolve her into a different being. Whereby her learning and absorbing knowledge is stabilizing her more spiritually in terms of who she really is, and her purpose," McBride says.

In addition, McBride explains that he created the Librarian Girl to reflect different types of history throughout the world.

Journey Through History depicts a young boy sitting and reading. In the background are shelves of books, a girl and another boy are sitting at a desk and studying together. To the left of the boy is a large window and a daytime city scene with skyscrapers and a

large, dual-span bridge over water.

"In this painting, the boy is doing research. He wanted to learn more about himself and his culture, so he goes to the library. The boy is radiant and glows. He holds his head and thinks deeply as he reads a book," says McBride.

With the beginning of the school year underway, McBride believes this is the perfect time to invite school administrators, teachers and parents to purchase the Librarian Girl and Journey Through History for their school libraries, classrooms, offices, homes, study areas, etc.

McBride is an accomplished artist who began creating and painting art at the tender age of 4. Since then, he has created hundreds of original fine art paintings, many that have been mass produced as prints. Some of his artwork categories include spiritual, jazz, historic, children's, portraits, etc., and have been purchased by churches, schools, museums, celebrities, businesses, individuals, etc.

For more information about Eljay's art, contact writer/publicity manager Gail Dixon: email: eljayart@gmail.com or call: 443-742-5669. Website: www.eljaymcbride.com.

Calendar Spotlight: Civic Mindedness

2019 Emergency Preparedness Summit

Date and Time: Saturday, September 28, 2019, 9 a.m.–2 p.m.
Description: In recognition of National Preparedness Month, the Prince George's County, Office of Homeland Security, Office of Emergency Management will host activities aimed at broadening participation in emergency preparedness, response, recovery, and mitigation. This event will feature topics such as: Active Shooter: learn what actions to take when confronted with an active shooter situation; Individual & Family Preparedness: learn how to create an emergency preparedness kit and a family communications plan; Pet Preparedness: learn how to best prepare your pet for an emergency; Volunteerism: learn about citizen preparedness and emergency response volunteerism opportunities. Register at bit.ly/2019PrepSummit today!
Cost: No cost to the public.
Location: Fairmont Heights High School, 6501 Columbia Park Road, Landover, MD 20785
Contact: 301-324-4400

National Public Lands Day at Greenbelt Park

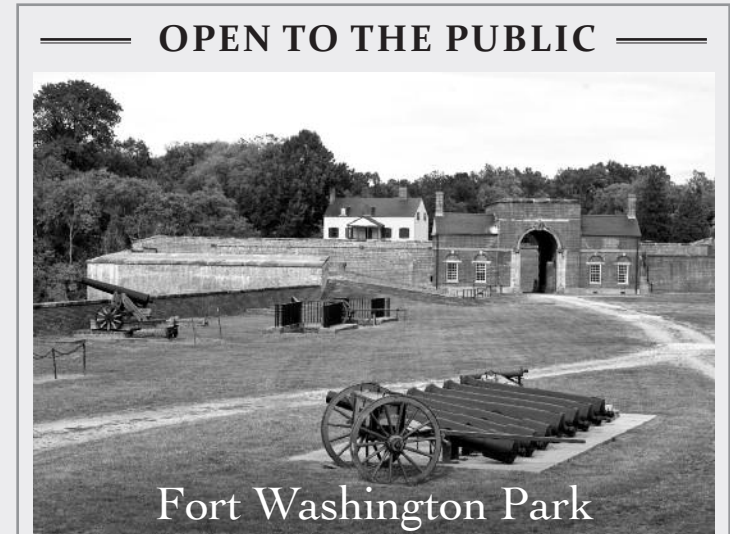
Date and Time: Saturday, Sept. 28, 2019, 8:45 a.m.–12:15 p.m.
Description: National Public Lands Day is the nation's largest hands-on volunteer effort to improve and enhance the public lands Americans enjoy. Greenbelt Park will be working on trail improvement projects, invasive plant removal, and other park projects. It is also a day to discover Greenbelt Park and its amenities. Greenbelt Park has nine miles of trails to explore the forest.
Location: National Park Service—Greenbelt Park, 6565 Greenbelt Road, Greenbelt, MD 20770
Contact: Park Ranger Kevin Barry, 301-344-3944

National Public Lands Day at Fort Washington: Shoreline Clean up

Date and Time: Saturday, September 28, 2019, 9:30 a.m.
Description: Help celebrate National Public Lands Day, an annual event to volunteer at your local public lands. We will be doing a shoreline/trail trash pick up for this day. Meet up down at the

lighthouse to sign in and get a trash bag and help up clean up the park. We will have gloves, but feel free to bring your own.

Cost: Free
Ages: All ages are welcome
Location: Fort Washington Park, 13551 Fort Washington Road, Fort Washington, MD 20744
Contact: Barbara Wadding, 301-763-4600



Fort Washington Park

PHOTOGRAPH BY DFWLERDC, WIKIMEDIA COMMONS

Overlooking the Potomac River, Fort Washington has "stood as a silent sentry" for over 200 years, and remains one of the few U.S. seacoast fortifications still in its original form. Fort Washington Park joined the National Park Service in 1946 and today offers scenic views of Washington, D.C. and Virginia for picnicking, fishing, and an extensive collection of paths for hiking and bike riding. A small museum and occasional re-enactments provide a glimpse into the history of this important defense for our Nation's Capitol.

Fort Washington Park:
13551 Fort Washington Road, Fort Washington, MD 20744
301-763-4600 • <https://www.nps.gov/fowa/index.htm>

PLAN AHEAD FOR THESE EVENTS!

Hidden Spaces Tour

Date and Time: Sunday, October 6, 2019, 4 p.m.
Description: Finally, you get to enter all the places you're normally not allowed to go, see marks of original construction, and learn about the changes over Montpelier's 236 year history.
Cost: Adult: \$15; Friend of Montpelier/active-duty military: \$10.
Ages: 16 and older
Location: Montpelier Historic Site, 9650 Muirkirk Road, Laurel, MD
Contact: 301-377-7817; 301-699-2544

Fifth Annual Green Summit

Date and Time: Saturday, October 12, 2019, 10 a.m.–3 p.m.
Description: We will have green vendors, DIY workshops, tours and so much more fun for the whole family!
Cost: Register for free ticket, visit bit.ly/doesummit2019
Ages: All ages are welcome
Location: Kentland Community Center, 2413 Pinebrook Ave, Landover, MD 20785
Contact: Prince George's Department of the Environment

Driskell Center Exhibition Tour

Date and Time: Saturday, October 12, 2019, 5 p.m.
Description: Dorit Yaron, with The David C. Driskell Center, University of Maryland, will lead a guided tour of the center's current exhibition of African American artworks selected from a number of different collections.
Cost: Free, but RSVP required: info@cpae.org (limit 25)
Location: Driskell Center, 1214 Cole Student Activities Building, College Park, MD 20742
Contact: 301-927-3013 (leave message)

Children's Craft & Tea

Date and Time: Sunday, October 13, 2019, 1 p.m.
Description: Enjoy a Halloween-inspired tea with our child-friendly tea menu. Following the tea, children will make crafts such as pumpkins, spiders, ghosts, and scarecrows. A harvest of fun!
Cost: \$10/person. Reservations are required.
Ages: 4–10
Location: Marietta House Museum, 5626 Bell Station Road, Glenn Dale, MD 20769
Contact: 301-464-5291; TTY 301-699-2544

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Wednesday Bible Study 7-8p.m.
Wednesday Prayer Service 8p.m.

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Death Toll from A1

In fact, the number of injuries to those not wearing seat belts has been on the rise in Maryland in recent years, with 376 in 2017 alone. "Nearly 94 percent of Americans disapprove of someone driving without a seatbelt, and a full 74.4 percent completely disapprove this bad driving behavior," according to the latest Traffic Safety Culture Index from the AAA Foundation for Traffic Safety.

"Unfortunately, far too many Marylanders are still not buckling up on local roads or in the back seat. This is risky behavior. Despite the perceived danger, risk of arrest, and personal and social disapproval, American drivers report engaging in a number of problematic driving behaviors," explained John B. Townsend II, AAA Mid-Atlantic's Manager of Public and Government Affairs. "In fact, 17% of drivers confessed to having driven without wearing a seat belt at least once in the past 30 days prior to the survey."

"Yet millions do not buckle up on every trip." In the late 1990s, Prince George's County reportedly had "the lowest percentage of seat-belt wearers in the state at 76 percent, and the highest percentage of deaths resulting from not using seat belts." Since then, there has been a remarkable paradigm shift in seat-belt usage and compliance in the County.

Seat belt use remains a countywide traffic safety culture imperative and principal. County officials worry whether the recent spate of fatal crashes involving the "beltless" betokens a reversal of traffic safety fortune. It's the law. In Maryland, all drivers and passengers must wear seatbelts.

The message is clear: seat belts save life. Sadly, some folks still aren't getting the message. At 5 a.m. February 2, five children, ages 5 to 15, were flung like projectiles from a vehicle and killed after the vehicle they were riding in smashed into trees, reports the Maryland State Police. The tragic snowy morning crash in Bowie garnered national headlines. A sixth passenger in the vehicle succumbed to injuries he sustained in the violent single-vehicle crash. Subsequently, the driver of the vehicle, who was also the mother of two of the crash victims, was charged with vehicular manslaughter.

Several days later, three persons were killed and another was severely injured in a single-vehicle crash on Martin Luther King Jr. Highway at Glen Willow Drive in Seat Pleasant, confirms the Prince George's County Police Department's Collision Analysis and Reconstruction Unit. The errant vehicle left the roadway, struck an embankment and ultimately overturned. Police officials on the scene said, "Preliminarily, it does not appear any of the occupants was wearing a seatbelt." This violent crash occurred around 3:55 a.m., Sunday, February 10, 2019, the Prince George's County Police Department said.

On late Friday evening, April 19, four persons were killed after the SUV they were riding in crashed into a utility pole in the 5800 block of Sheriff Road. Two of the occupants were ejected from the vehicle, causing crash investigators with the Collision Analysis and Reconstruction Unit on the scene to surmise they weren't wearing seatbelts. Yet three-point seat belts reduce the odds of ejection during a crash by 91%.

"Because unbelted passengers are not secured, they can easily become projectiles in a crash, causing serious injuries or death to other passengers," warns the Maryland Highway Safety Office. Seat belt usage "is one of the most effective ways to save lives and reduce injuries in crashes," the CDC says.

"Maryland recorded 142 unrestrained vehicle occupant fatalities in 2008, compared to 112 such deaths in 2016, and 116 such fatalities in 2017, according to NHTSA's Fatality Analysis Reporting System (FARS) database. More than half of Maryland drivers killed in crashes at night (between 8 p.m.–6 a.m.) were not wearing seat belts).

Even so, wearing a seat belt has been "mandatory in the state of Maryland since 1997." Unlike Virginia, Maryland and the District have primary seat belt laws. It allows sworn police officers in the state to stop and ticket someone for not buckling up. In 2018, Maryland State Police issued 11,243 citations and 8,805 warnings for seat belt violations, according to the Maryland Highway Safety Office.

"Unrestrained drivers and passengers represent almost half of all passenger vehicle occupant deaths in the United States," a study published in the Journal of Safety Research in February 2019 confirms. The researchers found, "Seat belt use was higher in front passenger seats (86.1%) than in rear passenger seats (61.6%)." Nearly a fourth (24%) of 16 to 20 year-old drivers in Maryland were not wearing a seat belt in the period between 2011 and 2014, reported the Maryland Motor Vehicle Administration (MVA).

Again, vehicle occupants not wearing a seat belt run the risk of being ejected through the windshield during a crash. If this occurs, they are three or four times more likely to die.

"If you get thrown from the vehicle, you're more likely to be killed by the trip through the windshield, or by your collision with the ground 150 feet later, than by the initial collision with another vehicle or any other object," warned the Montana Seat Belt Work Group.

Depending upon the speed, they could be "thrown half the length of a football field."

M&T Bank and University of Maryland Partner To Provide Financial Services and Education To the Campus Community

COLLEGE PARK, Md. (September 18, 2019)—M&T Bank was chosen to be a financial services provider to University of Maryland, College Park. M&T will partner with the university on a wide-range of initiatives to serve the campus through personal banking services, financial literacy programs, and community involvement.

The dynamic partnership makes way for a new, full-service retail bank branch in the Adele H. Stamp Student Union—Center for Campus Life on the campus of the University of Maryland at 3972 Campus Drive in College Park. To understand what's important to students, M&T conducted interviews and collected over 700 surveys from students on campus and the resulting data will inform the design of the branch.

There will also be five ATMs located across the campus. The ATMs and branch are expected to be available for students, faculty, staff and the community in the fourth quarter of 2019. Details of the new branch design will be announced closer to the opening date.

In addition, M&T will sponsor the Harriet Tubman Conference Room at STAMP, where it will provide personal financial education to the university's faculty, staff and student body.

M&T will also provide support and volunteers to local Prince George's County public school programs as part of its sponsorship of America Reads, America Counts, and Partners in Print, an initiative of the Leadership and Community Service-Learning program at STAMP in the University of Maryland.

"As M&T looks to serve customers in new and innovative ways, we are excited to announce our partnership with the University of Maryland College Park, where we will be an involved member of the campus community," said Cecilia Hodges, M&T Bank Greater Washington Regional President.

—Jada Grant, M&T Bank