

The Prince George's Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY SINCE 1932

Vol. 88, No. 22 May 28 — June 3, 2020

Prince George's County, Maryland

Newspaper of Record

Phone: 301-627-0900

25 cents

Congratulations Class of 2020!

PGCPS Valedictorians and Salutatorians, page A3

PHOTO CREDIT EKRULILA, PEXELS.COM

Prince George's County Council Chair Todd M. Turner Participates in COVID-19 Strategic Renewal Task Force Meeting

Regional Task Force Charged with Addressing COVID-19 Economic Recovery and Renewal

By ANGELA ROUSON
Prince George's County Council Media

UPPER MARLBORO, Md. (May 21, 2020)—Prince George's County Council Chair Todd M. Turner joined regional leaders from Maryland, Virginia, and Washington, D.C., for the first COVID-19 Strategic Renewal Task Force meeting on Thursday, May 21, 2020.

Facilitated by the Greater Washington Board of Trade, the COVID-19 Strategic Renewal Task Force is charged with creating a shared regional vision for accelerating economic recovery and shaping a stronger future for the Greater Washington metropolitan area following the COVID-19 pandemic.

Council Chair Turner, representing Prince George's County on the task force, welcomes the opportunity to work across jurisdictional lines to collectively address the ongoing challenges of COVID-19 and its impact on residents and the regional economy.

"Once the COVID-19 pandemic has subsided, the long-term impacts of this crisis will continue to burden our residents and local economies. By working collaboratively, I am confident that our region, and each of our jurisdictions, will emerge from this historic crisis stronger, and I look forward to working with our region's leaders on recovery."

Chair Turner has previously served in various regional leadership roles, including as former Chair and eight(8)-year member of the National Capital Region Transportation Planning Board, and Metropolitan Washington Council of Governments (COG) Board Member. Council Chair Turner is the recipient of the 2014 Elizabeth and David Skull Metropolitan Public Service Award, COG's highest honor presented annually to a local, state, or federal elected official for outstanding service to the region.

The COVID-19 Strategic Renewal Task Force, comprised of approximately 45 regional leaders representing the public sector, private sector, academia, federal government, industry and community, will work closely with Washington D.C. Mayor Muriel Bowser, Virginia Governor Ralph Northam, Maryland Governor Larry Hogan, their respective administrations, and local governments across the DMV. The Task Force will convene monthly from May through October.

Upon its conclusion, the Task Force will present a strategy and actionable recommendations that will complement and help to integrate the efforts of regional governments. For additional information, visit COVID-19 Strategic Renewal Task Force: www.connecteddmv.org/strategic-renewal-task-force.

Appointment-Free COVID-19 Testing in Maryland Begins; Two New VEIP Testing Sites Open in Prince George's County

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, Md. (May 19, 2020)—Governor Larry Hogan today announced that the state has reached a critical milestone in its long-term COVID-19 testing strategy, surpassing 200,000 tests and completing testing of 3.5 percent of the state's population, and now has the capacity and supplies to offer testing to Marylanders who may have been exposed to the disease even if they do not have symptoms.

With this progress, Governor Hogan has directed the Maryland Department of Health (MDH) to make appointment-free COVID-19 testing available at community-based testing sites through

out the state. As part of this increased capacity, the state is establishing two new VEIP testing sites in Prince George's County.

Appointment-Free Testing: Drive-thru, appointment-free testing at the Hyattsville VEIP station (7401 Jefferson Ave., Hyattsville, MD 20785) is available Wednesdays and Fridays, 10 a.m.–2 p.m. (began 5/22). Testing will become available at the Clinton VEIP site this week (7213 Old Alexandria Ferry Road, Clinton, MD 20735). People who suspect that they may have been exposed to COVID-19, even if they are not yet symptomatic, can access a test at one of these sites without a prior doctor's order or a scheduled appointment. Testing will be provided at no out-of-pocket cost.

PGCPS Educators Nominated For Washington Post Awards

By OFFICE OF COMMUNICATIONS
Prince George's County Public Schools

UPPER MARLBORO, Md. (May 18, 2020)—The International High School at Langley Park (IHSLP) founding principal **Dr. Carlos M. Beato** and Bladensburg High School cosmetology teacher **Shanay Dudley** represented Prince George's County Public Schools (PGCPS) in the competition for Washington Post Principal of the Year and Teacher of the Year awards, respectively.

"These nominees represent excellence in leadership and classroom instruction," said Dr. Monica E. Goldson, Chief Executive Officer. "Dr. Beato focuses on raising academic achievement, empowering teachers and using his personal experiences to promote diversity and connect with students and families. Ms. Dudley has a passion for her work, sharing skills with students and motivating them to earn state certifications in cosmetology."

The Washington Post announced winners of both awards last week, who receive a signature trophy and \$7,500 monetary award. They are featured on The Washington Post website, and will appear in a half-page ad in The Washington Post newspaper. All nominees will receive certificates of appreciation. For details, visit www.washingtonpost.com/public-relations/teacher-principal-awards/.

Dr. Carlos M. Beato

Dr. Beato earned his doctorate from

the University of Maryland and holds master's degrees from New York University and Lehman College. He received a bachelor's degree in Spanish Literature from Middlebury College through a full Posse scholarship.

Starting his career in education as an educator for the New York City Department of Education, he joined PGCPS in 2015 as the founding principal of the district's innovative new IHSLP, a high school designed for students who speak English as a second language and are new to the United States. At IHSLP, Dr. Beato uses his life experiences as a Spanish-speaking immigrant to encourage students, promote diversity and equity, and create a collaborative, positive culture.

"Dr. Beato's passion for changing life trajectories and opening doors is apparent from the minute he walks into the room," said Daniel Sass, Assistant Principal at IHSLP. "His eyes light up when he speaks about his students and their successes, and he goes to great lengths to ensure that all of his students are celebrated, valued and loved."

Shanay Dudley

A National Board Certified Teacher (NBCT), Dudley has spent her entire career as an educator serving students in Prince George's County. Starting as a Family and Consumer Sciences Instructor

See **EDUCATORS** Page A3

Oxon Hill Sailor Serves in the East China Sea



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 3RD CLASS SEAN LYNCH

EAST CHINA SEA (May 16, 2020) Logistics Specialist 3rd Class **Rhandy Domigpe**, from Oxon Hill, Md., communicates with the bridge watch team during low visibility watch aboard the Arleigh Burke-class guided-missile destroyer USS Russell (DDG 59). Russell is deployed to the U.S. 7th Fleet in support of security and stability in the Indo-Pacific region.

Chispa Maryland and Maryland LCV Education Fund Responds to Urgent COVID-19 Need by Raising Funds For Langley Park Latino Community

Longtime Maryland LCV partners have been disproportionately harmed by the coronavirus pandemic

By PITA JUAREZ
Maryland League of Conservation Voters Ed Fund

ANNAPOLIS, Md. (May 21, 2020)—Maryland League of Conservation Voters Ed Fund (Maryland LCV Ed Fund) is responding to the COVID-19 crisis by launching a fundraiser for a

key Latino community partner in Prince George's County.

"Through our Chispa Maryland program, we have partnered with many Latino community groups who share our goal of

protecting our air, land, water, and public health," said Chispa Maryland Program Director Ramon Palencia-Calvo. "The Langley Park community in Prince George's County, where upwards of 80% of the residents are Latino, has been an especially committed and effective

partner. Because the community has been hit hard by the coronavirus crisis, we want to do all we can to help them weather this storm."

"The coronavirus pandemic has created an extreme need in the Langley Park community, one of the most affected in

Maryland," said Palencia-Calvo. "Immigrant community members are experiencing income loss due to layoffs or significant reduction of work hours, and many have been unable to access federal assistance programs or other relief efforts."

In response, Maryland LCV

Education Fund and Chispa Maryland are partnering with the Langley Park Civic Association, a nonprofit organization that serves individuals residing in Langley Park, to assist its immi-

See **LANGLEY PARK** Page A3

INSIDE

PGCPS Announces Class of 2020 Valedictorians and Salutatorians Ahead of Virtual Graduation Celebration

The May 30 eGraduation Celebration event will pay tribute to an estimated 8,000 seniors at 31 traditional, public charter and alternative high schools.

Community, Page A3

To Be Equal: Even While Physically Distant, 2020 Grads Find Ways to Celebrate and Inspire

I reminded the graduates that they stand on the shoulders of the generations that have gone before. And they must be strong enough to lift up the generations that come after.

Commentary, Page A4

The Hotel at the University of Maryland Slated for June 1 Reopening

In addition to frequent cleaning and sanitizing of all public spaces, guests can expect modified operating practices promoting physical distancing.

Business and Finance, Page A5

CVS Health Opens New Drive-Thru Test Sites

Maryland Health News

Going Virtual For Prostate Cancer

Tips for Caregivers

Health and Wellness, Page A6

Alzheimer's Association National Capital Area Chapter Offers Free Virtual Education Classes in June

Caregiver Services Corps to Help Maryland's Seniors

For Some, Necessary Isolation From Virus Is Detrimental to Mental, Physical Health

Health and Wellness, Page A7

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

From 800 meals to 10,660 a week, Carla delivers

Carla Cash is one of the angels we're hearing about during this stressful time.

As Constituent Service Director for District 8's County Council Member Monique Anderson-Walker, Carla began to worry about seniors—both in centers and homebound—and sought a way to provide them food.

She found a source in the World Central Kitchen, the not-for-profit non-governmental organization devoted to providing meals in the wake of natural disasters, founded in 2010 by celebrity chef José Andrés.

While she talked to me, she was actually driving into town to pick up meals at the Kitchen. She told me she had first started delivering 800 meals twice a week. She now delivers 10,660 meals a week!

She delivers to senior centers, senior's homes, and to District 8 firefighters and police officers. Among the very grateful recipients are our own volunteer firefighters at Morningside VFD. (Thank you to Skyline Citizens President Stan Holmes who told me about this, which led to my pursuing the story.)

Carla does not do this alone. Her volunteers include Jeanette Hite (of Skyline), Angelina Keene, Ricardo Stewart, Rev. Robert N. Tierney Screen, and the River Jordan Project.

As I spoke with the driving Carla Cash, I asked if she'd ever met José Andrés. She told me, "Once."

McNamara presents Caritas Awards

Dr. Marco Clark, President/CEO of Bishop McNamara High School announced the 2020 Caritas Awards. Caritas, by the way, is Latin meaning "loving kindness for others."

Distinguished Parents' Club Volunteer: Ja'net Dawson;

Distinguished Athletics Volunteer: Michael Gavin;

Distinguished Fine Arts Volunteer: Dr. Laura Kalshoven;

Anthony Johnson Unsung Hero Award: Dr. Frank and Diane McDuffie; Business Partner of the Year: BCC & Associates, LLC; Young Alumni Award: Ashley Sharp '11.

Distinguished Alumni Award: Chandrai Jackson-Saunders LR '79;

Presidential Award: Marybeth Baumgartner;

Distinguished Faculty Service Award: Robert "Bob" Nolte;

Distinguished Staff Service Award: Peter Sanneman;

Holy Cross Award: Robert Summers '86;

St. Andre Caritas Medal: Steve and Dianne Proctor;

And the St. Andre Caritas Award: The Executive Corporate Partnership Committee.

In closing, Dr. Clark says, "Women and men honored with the Bishop McNamara Caritas Award exhibit these qualities and exemplify the values and vision of Blessed Father Basil Moreau, founder of the Congregation of Holy Cross. Indeed, it is the highest honor Bishop McNamara High School bestows upon community members."

Graduation

Jaysen Smith, of Skyline, is graduating from Dr. Henry A. Wise High School, and is considering three different colleges. I'll tell you which when I hear.

Eighth-graders at St. Philip's School had been looking forward to their cancelled graduation ceremony last week. Their principal, Ms. Deanna Johnson, found a way to make it special anyway. She visited the home of all nineteen 8th-graders, and presented each with a lawn sign and a graduation box that included a cap and gown. She took of photo of each with his or her sign. My great-granddaughter Mary McHale visited me, very proud in her cap and gown.

Congratulations to all grads. Email me (muddmm@aol.com) so I can announce yours.

JR Butler, dies one day after his dad

John Raymond "JR" Butler, Jr., 73, who grew up on Morgan Road in Morningside, died at Charlotte Hall Veteran's Home on April 25, one day after his father, John Sr. also died there.

John was born in Worcester, Mass., son of John and Marion (Korkus) Butler.

He was manager in the automotive industry at Amoco Gas Station in Forest Heights for many years. He became well known for providing exceptional service as well as making many lasting

relationships with customers and employees. I had an email from a Morningside neighbor of John's who said she remembered he used to work at one of our local gas stations when he was in high school. I guess that prepared him for his life's work.

He enjoyed collecting coins, watching sports, including hockey and baseball, but, most of all he enjoyed spending time with family, especially his grandson Kyle.

He was predeceased by his parents and sister Joanne Smith. He's survived by his son and daughter-in-law, Carl and Jenn Butler; daughter, Julie Butler; siblings Robert, Richard and Russell Butler; and grandson Kyle. Services will be private.

Ruben Dangin, the Voice of America

Ruben Dangin, 88, of Tilghman Island, an international broadcaster with the Voice of America, died April 23.

He formerly lived in Fort Washington and was a member of Our Saviour's Lutheran Church in Temple Hills where his son Andre met his future wife, Kathy Cottrell of Skyline.

He was born in Indonesia and moved to the U.S. with his wife Tuti and their daughter Yanti in the 1970s. In 2000 he became an American citizen. He worked with the Voice of America for 49 years, retiring in 2001.

Ruben is survived by his wife of 56 years, Tuti; daughter Yanti, sons Andreas (Andre) and Alfian; and four grandchildren.

Milestones

Happy birthday to my next door neighbor years ago, Theodora "Teddy" Burke and Kevin Nichols, May 30; Ruth Garner, Aiyana Poe, my granddaughter Sarah McHale and John Tierney, May 31; Kathleen Stahl, June 1; Paul Elborne and Jacob Cook, June 2; and Darius Nalley-Stoddard, June 3.

Happy anniversary to Tyonda Simms-Taylor and Michael Taylor, their silver anniversary, June 1; and former Morningside Councilwoman Carol (Kline) and Tom DeGraba, their 26th on June 4.

Remembering our men and women who died in the service of our country.

Around the County

THURSDAY, MAY 28: CASA/Prince George's County Summer 2020 Online Volunteer Information Session

Court Appointed Special Advocate (CASA) is a volunteer-based organization that partners with the juvenile court to positively impact the lives of abused and neglected children ages 0–21. CASA volunteers change a child's story as trusted advocates for the best interests of children and teens in foster care. Learn more by attending our Online Info Session on **Thursday, May 28, 2020 from 6–7:30 p.m.** Email recruitment@pgcasa.org. For questions, visit pgcasa.org. To apply, visit <http://bit.ly/APPLYpgcasa>

Voters in Prince George's County Can Now Drop Completed Primary Ballots at Designated Locations

Voters who can't vote by mail can submit ballots at select locations ANNAPOLIS (May 21, 2020)—A completed June 2 Primary election ballot may now be submitted at designated drop-off locations. The designated ballot drop-off locations for eligible voters in Prince George's County are: **College Park Community Center**, 5051 Pierce Avenue, College Park, MD 20740

Bowie Gymnasium, 4100 Northview Drive, Bowie, MD 20716

Kentland Community Center, 2413 Pinebrook Avenue, Landover, MD 20785

Southern Regional Technology and Recreation Complex, 7007 Bock Road, Fort Washington, MD 20744

Prince George's County Board of Elections, 1100 Mercantile Lane, Suite 115, Largo, MD 20774

Mail-in ballots for the June 2 Presidential Primary are being sent by U.S. Postal Service to all eligible state voters. Ballots for Prince George's County residents are being mailed to voter addresses provided to the Maryland Board of Elections.

Any eligible voter who has not received a ballot in the mail may submit a ballot request to absentee.SBE@maryland.gov or call 1-800-222-8683.

Due to the novel coronavirus pandemic, voting for the June 2 Primary will be conducted primarily by mail, with limited options to vote in-person on election day in addition to the option to drop completed ballots at the aforementioned locations until June 2 at 8 p.m.

The pandemic also resulted in the date of the Primary being postponed from April 28. **While the mail-in ballots received by voters display the original Primary date of April 28, the ballots are in fact valid for the June 2 election. Voters should be aware these are official ballots that will record actual votes. They are not sample ballots.**

The return ballot must be postmarked no later than June 2 but can be mailed at any time before election day. Voters should sign only the oath on the outside of the envelope but not the ballot itself.

—Maryland State Board of Elections

State's Attorney Provides Update on Operation Safe Release

UPPER MARLBORO, Md. (May 19, 2020)—The current population at the county's detention center remains safely reduced by approximately 180 inmates since March 1, 2020, announced Prince George's County State's Attorney Aisha Braveboy.

"We are pleased that through collaboration and continued efforts with the Department of Corrections we have been able to keep the average daily population in the facility at a steady number which assists with preventing the further spread of the coronavirus," said Braveboy.

To date, there are 537 inmates who remain in custody at the detention center, most of whom are charged with very serious offenses or serving out sentences.

Approximately 1,121 individuals have been released from the detention facility to include those defendants released during their initial appearance before a Commissioner, which occurs shortly after their arrest.

Under Operation Safe Release, each case is reviewed to determine the appropriate recommendation for release. The State's Attorney's Office is not considering the release of defendants who pose a risk of danger to any alleged victims and/or the community at large. The goal is to safely and judiciously reduce the inmate population, prioritizing everyone's health and safety during the coronavirus crisis.

—Denise Roberts, Office of the State's Attorney, Prince George's County

COG Recognizes Outstanding Foster Parents

Foster parents from 10 jurisdictions across the District of Columbia, Maryland, and Virginia have been named 2020 Foster Parents of the Year by the Metropolitan Washington Council of Governments (COG).

COG partners with local and state child welfare agencies around the region to recognize these outstanding parents on an annual basis. Child welfare workers strive to keep families together, but when that is not possible, foster families can provide the necessary support.

Prince George's County Foster Parents of the Year: George and Ernestine Barksdale

The Barksdales have been foster parents in Prince George's County for ten years, opening their hearts and home to many foster children varying in ages, often accepting respite and emergency placements. They have seen at least three teens off to college. Currently, the Barksdales are in the process of accepting guardianship of their 14-year-old foster daughter.

—MWCOC Newsroom

MCS Virtual Concert: Sunday, May 31 at 4 p.m.

Maryland Choral Society will present its first virtual concert on Sunday, May 31, at 4 p.m., streaming on our Facebook page and YouTube Channel. To learn more, visit the event page on Facebook, where the event description will include details about the music we'll share and how to view the event. Supported in part by our business patrons, this concert is a free event, featuring classical masterworks and life-affirming compositions from several of our past performances. Any donations made during the concert will go to support local food banks.

—Maryland Choral Society

— 2020 Census —

Prince George's County Self Response Rate Is Over 60%!

**Take 10 minutes and BE COUNTED!
Have YOU Completed the Census?
2020census.gov**

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

2020 VIRTUAL GRADUATION

"Ways to provide our high school seniors with a celebration worthy of their accomplishments during these unprecedented times." Monica Goldson, Ed.D. Chief Executive Officer announced "a system-wide virtual graduation celebration in their honor, featuring Academy Award-nominated actress Taraji P. Henson as the commencement speaker. Taraji P. Henson is a 1988 Oxon Hill High School graduate. Other prominent Alums are on board for the celebration. The Graduation celebration will pay tribute to our estimated 8,000 Seniors at 31 traditional public charter and alternative high schools. The 2020 Virtual Graduation will air Saturday, May 30 at 7 p.m. on WJLA 24/7 News (Comcast 808, Fios 508, Direct TV/Dish 8) and Sunday, May 31 on ABC 7 at 12 p.m."

"Working with the Board of Education to give our students that moment once these restrictions are lifted. Until then, I want them to feel our PGCPs pride in their accomplishments."

"Your PGCPs family is so proud of your accomplishments and we want to send you into the real world not just #PGCPs Proud, but PGCPs Future Ready. You are unstoppable, Class of 2020". —Prince George's County Public Schools

A SPECIAL BIRTHDAY MESSAGE

My friend Joan Hayes, who is a Poet, sent me this poem for my special day. Listed is a verse from her fairytale book. May you be honored for your special day. As honorees approaches the center stage above stars pay tribute to them and drop down from the sky a group of stars from a sparkled web which acts as a lighthouse beacon from above to the ground of earth momentarily transfixed, an axle between heaven and dirt. As they reach the center stage, the web of stars breaks away to manufacture golden wings. Free air bound spirits with flesh, while the rest of the stars fly back to their blue aquatic nest.

DOORKNOB AND HANDLE RALLY

United Methodist Women New Hope Fellowship Cooperative Parish (Christ and Nottingham-Myers United Methodist Churches) are hosting a Door-Knob and Handle

Rally. "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you." You are cordially invited to participate in our Door-Knob and Handle Rally.

Benefit: Back Packs for the residence of the Board of Child Care. To participate, count the number of door-knobs and handles on all the doors in your house. Then donate \$2.00 for each door. All donations to the rally are due June 21, 2020. Please make your check payable to NHF-United Methodist Women. You may give your contribution to: Sis. Valerie Pinkney (Nottingham-Myers) or Sis. Debbie Proctor (Christ Church) or mail your donation to Deborah Proctor at: 12512 Lyton Avenue, Brandywine, Maryland 20613. Sis. Zilpha, President, Parish United Methodist Women, Rev. Constance Smith, Pastor.

AN AFTERNOON OF MUSIC

In the wake of the global pandemic, the concert scheduled to be held on Sunday, May 31, 2020 at Providence-Fort Washington, Maryland featuring members of Alpha Kappa Alpha Sorority, Incorporated has been postponed until 2021. A date will be scheduled once medical experts indicate it's healthy, safe, and clear to congregate in large gatherings.

If you have questions or concerns, please call 240-755-9008 to request a refund, or have your donation applied to the concert in 2021. Take care and be safe.

NATIONAL POLICE WEEK

Sunday, May 10 through Saturday, May 16 was National Police Week. Thanks to the police among us for your service. In 1962, President John F. Kennedy signed a proclamation which designated May 15 as Peace Officers Memorial Day and the week in which the date falls as Police Week.

Some of the retired police who are members of Clinton United Methodist Church are Ulric Thomas, Eddie Wilson, Carolyn Woodard (Sheriff), Karen Lindsay-Taylor, George Taylor, Kevin Augustus, Tawana Lindsay, Mia Kerrick, Jackie Lindsay. Some of the active police associated with Clinton Church are Neil Noel, Kevin Augustus Jr., Jose Rojas, Jazzmyn Simmons, District 5-Clinton Station.

COMMUNITY

The American Counseling Association's Counseling Corner

Maintaining Good Mental Health Is Essential

The last few months have left many of us feeling shaken. Life can be more difficult and hard to manage when we are so strongly affected by things far outside our area of control. But one of the secrets to getting through difficult times is to focus more heavily on those areas of our lives which we can control.

A starting point is your physical health. While that certainly means doing all you can to minimize your exposure to the COVID-19 virus, it also means working to keep yourself in the best physical condition possible.

Regular physical exercise, as we all know, is important regardless of a major health crisis. But with today's world-wide health problems, it's vital to do all you can to help your body face any threats it may encounter. Although your local gym or YMCA may have had to close, this isn't an excuse to become a sloth. Want a home workout? Check the literally thousands of online videos offering exercise advice and workout sessions for people in all types of physical condition.

If workout videos aren't to your liking, simple activities like daily walks not only in help improve physical fitness, but also mental fitness.

The long term isolation brought on by the coronavirus pandemic can take a very real mental toll. We have less contact with others, we find ourselves bored, and it certainly can be a factor in aggravating mental health issues, especially depression.

Improving your mental fitness isn't much different than working on your physical fitness. That daily walk, for example, is a time to ignore the latest news, to forget about how life has changed for you, and to be aware of nature as you clear your mind. An effective way to lower stress and fight depression, is simply to refocus your mind on pleasant, enjoyable things rather than to worry about all that is wrong.

There are numerous activities that can help accomplish that refocusing. Are you staying in touch or renewing contact with family and old friends? Yes, the phone and Internet are still working just fine. What about taking up that hobby you abandoned a couple of years ago, or working through that pile of books you've been promising yourself you'd get to some day?

Maintaining positive mental health is important throughout our lives, but especially so during rough times such as we are experiencing today.

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.

Educators from A1

at Largo High School, she has been working with Bladensburg High School students since 2015. She expanded the school's program to include a SkillsUSA after-school enrichment club that takes part in cosmetology competitions at regional, state and national levels. Because of this work, SkillsUSA named Dudley Teacher of the Year for Maryland Region 5 in 2017.

Dudley is currently working on a doctorate in Admin Leadership from Walden University and received her masters in education from Towson State.

"Ms. Dudley brings a wealth of knowledge, passion and experiences to the profession," said Dr. Phalena Washington, assistant principal of Northwestern High School, where Dudley volunteered in the Career Center and provided free cosmetology services for prom. "Her repertoire of experiences and commitment to the field of education are well established."

Langley Park from A1

grant residents during the coronavirus pandemic. Jointly, the two organizations are setting up a GoFundMe page to raise funds that will help provide families with emergency assistance for rent, food, medicine, and other essential items. Maryland LCV Ed Fund is also fundraising from other sources for the community.

"This pandemic has highlighted the inequities that exist in our communities," said Angela Gonzalez, board president of the Langley Park Civic Association. "We have families, youth, and seniors who have contributed greatly to Maryland's economic development by working hard and paying taxes, yet many of them do not have access to the most basic services such as health insurance, financial assistance, and other support. We have learned of many families with extreme needs that are not being met and it is our duty as fellow neighbors and community members to step up and fill this void so our families can survive and navigate this crisis."

The organizations plan to have the GoFundMe go live on Thursday, May 21. For more information, visit the Maryland LCV Education Fund website at www.marylandconservation.org

The Maryland LCV Education Fund, a non-profit, non partisan organization, works to strengthen the Maryland environmental community by growing a base of conservation-minded voters across the state. A leading environmental organization in Annapolis, we have advocated for smart environmental policies working to make Maryland a healthy and prosperous place for families and communities. Maryland LCV Ed Fund protects public health by fighting for restoration of the Chesapeake Bay and local waters, preserving green spaces, promoting smarter growth and increasing Maryland's investment in clean energy.

Chispa, meaning "spark" in Spanish, is a program of Maryland League of Conservation Voters Ed Fund launched in 2014. Chispa Maryland has been working to ensure that Maryland Latino families and community leaders are a powerful voice for protecting the environment, our health, and our future.

PGCPS Announces Class of 2020 Valedictorians and Salutatorians Ahead of Virtual Graduation Celebration

By OFFICE OF COMMUNICATIONS
Prince George's County Public Schools

UPPER MARLBORO, Md. (May 20, 2020)—Prince George's County Public Schools (PGCPS) announced Class of 2020 valedictorians and salutatorians ahead of its systemwide eGraduation Celebration [on] Saturday, May 30.

The upcoming eGraduation Celebration is being produced in collaboration with ABC7/WJLA-TV and features Academy Award-nominated actress Taraji P. Henson as commencement speaker. The event will pay tribute to an estimated 8,000 seniors at 31 traditional, public charter and alternative high schools and will air Saturday, May 30 on WJLA 24/7 News (Comcast 808, FiOS 508, DirecTV/Dish 8) at 7 p.m. with an encore Sunday, May 31 on ABC7 at noon. The event can also be viewed on PGCPS and ABC7 digital platforms, including the school system's website and social media channels.

The eGraduation Celebration will feature R&B singer Kenny Lattimore, a PGCPS Alumni Hall of Fame inductee; radio host/comedian Joe Clair; NFL cornerback Joe Haden; local news anchor Taylor Thomas and more.

This year's list of valedictorians and salutatorians is below.

For more Class of 2020 student features and highlights, visit the Future Ready grad portal: www.pgcps.org/futureready/

Academy of Health Sciences at PGCC

Brittany Linus, Valedictorian
Jared Zheng, Valedictorian
Amy Chen, Salutatorian
Sammy Orozco Contreras, Salutatorian

Bladensburg High School

Melisa Diaz Velasquez, Valedictorian
Tyreece Jackson-Marshall, Salutatorian

Bowie High

Carlos Encinales Angulo, Valedictorian
Jordan Evans, Salutatorian

Central High

Ameenat Afolabi, Valedictorian
Chandler Ransome, Salutatorian

Charles Herbert Flowers High

Evan Zheng, Valedictorian
Destiny Dennis, Salutatorian

Chesapeake Math and IT Public Charter

Nasya Anderson, Valedictorian
Phillip Nissen, Salutatorian

Chesapeake Math and IT South Public Charter

Ryan Raphael Sajot, Valedictorian
Rennie Pearson, Salutatorian

College Park Academy

Kalonji Harrington, Valedictorian
Immanuela-Nicole Enwesi, Salutatorian

Community-Based Classroom

Lisna Rugama Diaz, Valedictorian
Dayana Rojas-Anez, Salutatorian

Croom High

Alyesha Norris, Valedictorian
Machiya Muse, Salutatorian

Crossland High

Kamille Canlas, Valedictorian
Tiana Johnson, Salutatorian

Crossland High Evening

Brayan Rodriguez Chavez, Valedictorian
Josseline Franco Palacios, Salutatorian

Dr. Henry A. Wise Jr. High

Richelle Eastridge, Valedictorian
Naomi Barnett, Salutatorian

DuVal High

Rainer Ian Espiritu, Valedictorian
Ashlee Nanze, Salutatorian

Eleanor Roosevelt High

Melissa Jones, Valedictorian
Nicole Miko, Salutatorian

Fairmont Heights High

Ashley Gonzalez Coreas, Valedictorian
Mathelyn Velasquez, Salutatorian

Frederick Douglass High

Alexy-Alani Okie, Valedictorian
Kanajah Drakes, Salutatorian

Friendly High

Jaelene Amaya-Perez, Valedictorian
Jaelyn Boyden, Salutatorian

Gwynn Park High

Zarah Castro, Valedictorian
Yareny Amaya-Garcia, Salutatorian

High Point High

Darlin Paredes Hernandez, Valedictorian
Jennifer Sarpong, Salutatorian

Chesapeake Math and IT South Public Charter

Ryan Raphael Sajot, Valedictorian
Rennie Pearson, Salutatorian

College Park Academy

Kalonji Harrington, Valedictorian
Immanuela-Nicole Enwesi, Salutatorian

Community-Based Classroom

Lisna Rugama Diaz, Valedictorian
Dayana Rojas-Anez, Salutatorian

Croom High

Alyesha Norris, Valedictorian
Machiya Muse, Salutatorian

Crossland High

Kamille Canlas, Valedictorian
Tiana Johnson, Salutatorian

Crossland High Evening

Brayan Rodriguez Chavez, Valedictorian
Josseline Franco Palacios, Salutatorian

Dr. Henry A. Wise Jr. High

Richelle Eastridge, Valedictorian
Naomi Barnett, Salutatorian

DuVal High

Rainer Ian Espiritu, Valedictorian
Ashlee Nanze, Salutatorian

Eleanor Roosevelt High

Melissa Jones, Valedictorian
Nicole Miko, Salutatorian

Fairmont Heights High

Ashley Gonzalez Coreas, Valedictorian
Mathelyn Velasquez, Salutatorian

Frederick Douglass High

Alexy-Alani Okie, Valedictorian
Kanajah Drakes, Salutatorian

Friendly High

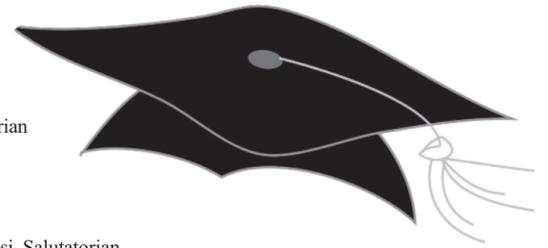
Jaelene Amaya-Perez, Valedictorian
Jaelyn Boyden, Salutatorian

Gwynn Park High

Zarah Castro, Valedictorian
Yareny Amaya-Garcia, Salutatorian

High Point High

Darlin Paredes Hernandez, Valedictorian
Jennifer Sarpong, Salutatorian



International High School @Langley Park
Tehune Asaye, Valedictorian
Stefany Novoa Chicas, Salutatorian

International High School @Largo
Damaris Aguilar Reyes, Valedictorian
Selvin Moreno Canales, Salutatorian

Largo High

Hana Wolde, Valedictorian
Ana Guevara Flores, Salutatorian

Laurel High

Yury Franco, Valedictorian
Melinda Davies-Cole, Salutatorian

Northwestern High

Tiffany Alvarenga-Sorto, Valedictorian
Reyna Mulatillo Rivera, Salutatorian

Northwestern High Evening

Yaire Garcia, Valedictorian
Kenia Argueta Chavez, Salutatorian

Oxon Hill High

Ashley Marcelo, Valedictorian
John-Eduard Trinidad, Salutatorian

Parkdale High

Feven Huruy, Valedictorian
Marlon Cruz, Salutatorian

Potomac High

Joshua Smith, Valedictorian
Lishanelly Alvarez Richardson, Salutatorian

Suitland High

Ayomide Badmus, Valedictorian
Marites Castillo, Salutatorian

Surrattsville High

Parris Veney, Valedictorian
Alyssa Holley, Salutatorian

Tall Oaks High

Abdul Fullah, Valedictorian
Duy Pham-Nguyen, Salutatorian

College Graduates and Dean's List Honorees

Lackawanna College Recognizes More Than 400 Graduates

SCRANTON, Pa. (May 22, 2020)—Lackawanna College has awarded more than 430 bachelor's degrees, associate degrees and certificates to the class of 2020, which includes students from 15 states and countries including France, Dominica and Saint Lucia. The College's 126th commencement is currently scheduled for Friday, Oct. 2, 2020, after its traditional May ceremony was postponed due to the global coronavirus pandemic. Prince George's County graduates include: Associate in Science, Business Studies:

Teron D. Haley, Upper Marlboro, Md.; and Tyler Omar Jousha St Louis, Bowie, Md.

—Heather Gogas, Lackawanna College

Union University Recognizes 595 Graduates

JACKSON, Tenn. (May 22, 2020)—Five hundred ninety-five students graduated from Union University after the spring semester ended May 14.

Commencement exercises originally set for May 16 have been rescheduled for June 20 because of the COVID-19 pandemic and will be held on the university's Great Lawn.

Oxon Hill, MD: Abigail Johnson, Bachelor of Arts in Music

—Tim Ellsworth, Union University

Cory Simmons Named to Dean's List at Anderson University

ANDERSON, S.C. (May 21, 2020)—Despite the incredible challenges posed by the COVID-19 pandemic, Cory Simmons of Bowie was named to the Dean's List at Anderson University for the spring semester, 2020. In order to be named to the Dean's List, a student must maintain a 3.5 grade point average or higher for the semester.

Anderson University congratulates Cory Simmons for this incredible accomplishment amid unprecedented challenges.

—Andrew J. Beckner, Anderson University

Local Student Named to MVC'S Spring 2020 Dean's List

MARSHALL, Mo. (May 20, 2020)—Dr. Diane Bartholomew, vice president of academic affairs for Missouri Valley College, has announced the Spring 2020 Dean's List. The requirements for the Dean's List are a 3.3 or higher grade point average; at least 12 graded hours for the semester and no "D," "F," or "Incomplete" grades for the semester. The following student from the area was named to the Dean's List:

Largo, MD: Marcelaine Augustin, Junior, Biology

—Danielle Durham, Missouri Valley College

M-NCPPC, Department of Parks and Recreation: Welcome Back to Golf in Prince George's County

By KIRA CALM LEWIS

Prince George's County Department of Parks and Recreation

RIVERDALE, Md. (May 22, 2020)—The Maryland-National Capital Park and Planning Commission (M-NCPPC), Department of Parks and Recreation announces the reopening of our three golf courses

"With the ability to open our courses, comes the responsibility to open safely and operate under correct guidelines. The health and safety of our staff and patrons at our golf properties remain our highest priority," says Bill Tyler, Director of the M-NCPPC, Department of Parks and Recreation. "The Department is following precautions directed by our

state and local government and health officials for the safety of our staff and patrons," emphasizes Tyler.

Sign up for our new golfers' group, The Tee Box, on Facebook and visit <http://pg-parks.com/Golf> to stay informed on all things golf around the Department. Please contact any of our courses directly with questions or for clarification on any of our new procedures.

Book tee times
• Enterprise Golf Course: 301-249-2040
• Henson Creek Golf Course: 301-567-4646
• Paint Branch Golf Complex: 301-935-0330
No Cash • No snack areas, grill location or cart service • No portable restrooms • no spectators, only players are welcome • no water cooler, bunker rakes, ball washers.

Bring gloves, hand sanitizer, water, cards and pencils. Arrive no more than 20 minutes prior to tee time. Dispose of personal trash.

Hours of Operations:			
Enterprise Golf Course			
Mon. Closed			
Tues.–Fri.	Cart Rentals	9 a.m.–2 p.m.	
Tues.–Fri.	Walking	9 a.m.–5 p.m.	
Sat.–Sun.	Cart Rentals	8 a.m.–2 p.m.	
Sat.–Sun.	Walking	8 a.m.–5 p.m.	
Paint Branch & Henson Creek Golf Courses			
Mon. Closed			
Tues.–Sun.	Carts Rentals	9 a.m.–3 p.m.	
Tues.–Sun.	Walking	9 a.m.–5 p.m.	
Tues.–Sun.	Range	9 a.m.–6:30 p.m.	

COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

Even While Physically Distant, 2020 Grads Find Ways to Celebrate and Inspire

"No one does big things by themselves. Right now, when people are scared, it's easy to be cynical and say let me just look out for myself, or my family, or people who look or think or pray like me. But if we're going to get through these difficult times; if we're going to create a world where everybody has the opportunity to find a job, and afford college; if we're going to save the environment and defeat future pandemics, then we're going to have to do it together."

—President Barack Obama, National High School Class of 2020 Commencement

Like proud fathers everywhere, I was looking forward to the high school graduation of my only son this spring. It's a rite of passage not only for the young men and women making a transition into adulthood, but also the families who nurtured them along the way.

None of us could've imagined how commencement ceremonies would be derailed by a global pandemic that shut down schools and colleges and robbed graduating seniors of long-awaited rituals like proms and class trips.

My family planted a sign in our yard to show how proud we are of my son. But that march across the stage to receive a diploma, to shake the hand of the

principal or the dean and to hear the exuberant cheers of friends and family, simply is not to be in 2020.

But the incredibly bold and creative ways America's high school and college graduates have found to celebrate are among the most inspirational moments to emerge from this challenging time. Social media overflows with moving videos of "commencement for one" celebrations in families' homes. A suburban New York high school will hold commencement at a drive-in theater, with graduates popping through their sunroofs to cheer and toss their caps. The vice principal will hand out diplomas with a 6-foot retractable arm. High schools in Florida will hold a drive-through graduation at Daytona International Speedway, with graduates driving across the finish line to accept their diplomas and take a victory lap.

One graduating senior in Los Angeles, Lincoln Debenham thought of a way to make graduation special for everyone: he asked President Barack Obama to deliver a national address. And President Obama obliged—not just for high schools, but colleges as well.

He was introduced for his high school commencement speech by Chicago Urban League Project

Ready student Aniyah Fisher, who served as an intern at the Obama Foundation as a part of the Youth Job Corps Program and is headed to the University of Michigan in the fall.

I had the honor last week of addressing the 2020 graduates of the nation's Historically Black Colleges and Universities, along with President Obama, actor Kevin Hart, NBA stars and Vince Carter, and choreographer and National Urban League honoree Debbie Allen. The event, Show Me Your Walk: HBCU Edition, was a joyful celebration of pride and hope for the future. It reminded the graduates that they stand on the shoulders of the generations that have gone before. And they must be strong enough to lift up the generations that come after.

The members of the Class of 2020 will carry with them forever the lessons of graduating into a world beset by a pandemic and economic crisis. It can be easy to dismiss the familiar themes of commencement speeches as meaningless platitudes. But as President Obama told the HBCU graduates, this pandemic has torn back the curtain on the idea that many of the folks in charge know what they're doing, and if the world's going to get better, it's going to be up to the class of 2020.

Marion Wright Edelman

President Emerita, Children's Defense Fund



ChildWatch:

Sharing Our Communal Grief and Never Losing Hope

Every day my very beautiful, brilliant, and much beloved mixed-race African friend, Maria Nhambu—who was placed in a Tanzanian orphanage in her first week of life—feeds my spirit. She is a daily trove of shared wisdom and loving support. She recently shared a poem by Heather Plett, which profoundly spoke to me during this pandemic and turbulent political time. I hope it will move you too.

Today I will greet Grief
When it comes:
I will meet it at the door,
I will say "Come in, old friend.
Take off your shoes.
Settle into this comfortable chair.
Make yourself at home
In this messy, humble space."

I will pour tea for Grief
And I will sit with it,
Sipping slowly as we
Stare out the window at the passing clouds.
I will listen to the
Hard stories of loss
Grief wants to tell.
I will breathe deeply into the ache
Grief lays before me.

I won't say much
Grief doesn't ask for many words.
I will mostly sit in silence
And I will let the tears flow
When Grief nudges the
Tender places in me.

When Grief is finished speaking,
I may invite Grief
To come to the canvas with me
To feel the ooze of paint
Between our fingers.
I may also invite Grief
To walk by the river with me
So that we can watch
The water flow past.

I won't ask Grief to leave,
But when Grief is ready to go,
I will open the door and bid farewell.

Then I will put away the teacup,
Clean the paint off my hands,
And carry on.

—By Heather Plett

In these times, we must all hold on to hope and have faith that we can and will overcome whatever faces us today and continue to build a hopeful tomorrow for ourselves and our children.

Maryland Courts Announce Plan to Gradually Reopen Through Phased Approach

ANNAPOLIS, Md. (May 22, 2020)—The Maryland court system has released its reopening plan that outlines how courts across the state will gradually return to full operations throughout the next several weeks and months.

Maryland Court of Appeals Chief Judge Mary Ellen Barbera issued the Administrative Order on the Progressive Resumption of Full Function of Judiciary Operations on May 22. The administrative order provides direction to the courts across the state as the judicial branch continues to monitor the COVID-19 public health emergency.

Beginning June 5, at 5 p.m., the Maryland courts will resume functions through a phased approach. Currently in Phase I of a five-phased plan, the Maryland Judiciary will move to Phase II on June 5. During Phase II, courts will continue to be closed to public except for those who are necessary to the matters being heard. Each phase will represent an increase in the level of activity within each courthouse and court office. Depending on the current state of COVID-19 throughout Maryland, it may be necessary for a jurisdiction to adjust phases.

Regardless of the phase, the administrative order encourages the courts to continue using technology for remote proceedings, either through video or telephonic purposes, as outlined in the Amended Administrative Order on Remote Proceedings Held During the COVID-19 Emergency issued May 1.

As outlined in the administrative order, Phase III, which is expected to begin July 20, will mark the milestone in which the clerks' offices in both

the District Court of Maryland and circuit courts will fully open to the public, if they are able to do so. At this time, a broader range of court matters will also be scheduled.

The courts will require any individual, including employees, seeking access to a courthouse or court office location, to answer a set of COVID-19 screening questions, be subject to temperature checks, wear a facial covering or mask, and practice social distancing. If an individual is denied access to a court building or court office, the individual will be given information on the option to conduct the hearing remotely, in locations where this service is available, or how to have it rescheduled.

At the local level, administrative judges may limit the number of people entering the courthouse or a courtroom. To date, the Maryland Judiciary has made major strides in obtaining various types of personal protective equipment (PPE), including masks, gloves, face guards, no-contact digital thermometers, hand sanitizers and sanitizing wipes, Plexiglas sneeze guards, signage and six-foot separation markers ahead of the courts' reopening dates.

As the phases change and evolve, notices will be placed within a court facility and online at www.mdcourts.gov/coronavirusupdate. In-person and remote court services, such as self-help centers, will vary by court location. Members of the public are encouraged to check the Judiciary's website for the latest information.

—Government Relations and Public Affairs

Hoyer, Cardin, Van Hollen Announce Nearly \$366,000 For COVID-19 Research at University of Maryland, College Park

WASHINGTON (May 21, 2020)—Congressman Steny Hoyer (MD-05) and Senators Ben Cardin and Chris Van Hollen announced three additional Rapid Research Response (RAPID) awards for the University of Maryland, College Park (UMD) to conduct research related to the 2019 novel coronavirus disease (COVID-19). The funding was authorized by the Coronavirus Aid, Relief, and Economic Security (CARES) Act through the National Science Foundation (NSF).

"Congress has passed numerous bills to provide funding for research of COVID-19 to help us better understand this disease," said Congressman Hoyer. "It is appropriate that the University of Maryland, College Park, a premier research institution, will receive additional funding through the CARES Act to research different facets of this crisis, which will help inform how our nation responds in the months ahead."

"Addressing the short and long-term impacts of the COVID pandemic depends upon the contributions and collaboration of leading research institutions, including the University of Maryland," said Senator Cardin. "In different ways, the results of these projects will help policy makers to better serve and protect the public health of the American people."

"To truly mitigate the impact of COVID-19, we need a scientific, evidence-based understanding of how the virus spreads and the most effective ways to fight it. This research is crucial to that understanding, safely reopening, and our preparedness for any future surge," said Senator Van Hollen, a member of the Senate Commerce, Justice, Science Appropriations Subcommittee. "We're proud to see the University of Maryland leading these efforts, and we'll continue fighting for the federal resources our state needs to address the pandemic."

Maryland State Law Enforcement Agencies Partner With American Red Cross in Blood Drive Effort

By PRESS OFFICER
Maryland State Police

PIKESVILLE, Md. (May 22, 2020)—Maryland State Police are joining with other state law enforcement agencies to assist the American Red Cross in encouraging the public to donate blood during the coronavirus pandemic. The push to donate blood is an effort by state law enforcement employees in Maryland who want to honor the memories of those Marylanders who lost their lives to COVID-19 and honor the service of all those who help fight it.

As part of this effort, the American Red Cross is partnering with Maryland State Police, Maryland Transportation Authority Police, Maryland Natural Resources Police, Maryland Transit Administration Police and Maryland Capitol Police to launch the #SleevesUpMD Blood Drive. The #SleevesUpMD campaign seeks to raise 150 pledges for blood donations. Blood supplies are at a critical shortage and just one lifesaving, selfless, donation can save as many as three people. Those partnering in this effort are en-

couraging all Maryland law enforcement, first responders and citizens to help us reach this goal.

"The commitment to public service and saving lives exhibited daily by the men and women of the Maryland State Police goes far beyond the enforcement of traffic and criminal laws," Maryland State Police Superintendent, Colonel Woodrow Jones III, said. "Our employees are always on the alert for opportunities to serve and assist our citizens, especially during these challenging days. This blood drive is a great way for us to give back to our communities in a tangible way. All of our state law enforcement agencies are proud to join together in this lifesaving effort."

To donate your lifesaving gift, click <https://sleevesup.redcrossblood.org/campaign/marylands-state-law-enforcement-sleevesupmd-campaign/>. Follow the instructions to make a reservation that is easy and convenient for you. A social distance-compliant reservation can be scheduled at any American Red Cross Maryland donation center.

The Prince George's Post



Your Newspaper
of Legal Record

Call: 301-627-0900
Fax: 301-627-6260

Do you have news or events to share? We'd love to hear from you!

Email the editor at
pgpost@gmail.com

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 © 2020, The Prince George's Post

Publisher/Senior Editor Legusta Floyd
Editor Lisa Duan

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.

BUSINESS AND FINANCE

Planning for Reopening: Information for Businesses

For information on safely planning for reopening, see the Maryland Department of Commerce Back to Business Site (open.maryland.gov/backtobusiness/) for updates and best practices.

Safety Best Practices: general and industry-specific. Available in English and Spanish

Take the Maryland Strong: Back to Business Pledge

Governor Hogan is encouraging Maryland business owners to take the Maryland Strong Back to Business Pledge, and display a signed pledge in their place of business.

See also **Guides to Help Prepare your Business to Re-Open** at www.pgcedc.com/covid19

One-Year Free MDHCC Membership—COVIDFREE

The Maryland Hispanic Chamber of Commerce (MDHCC) Board of Directors is offering a **one-year FREE (Gratis!) membership to EVERYONE (you do not need to be Hispanic to sign-up), who renews and/or sign-up for a MDHCC membership before May 31, 2020**, regardless if membership has expired. Take advantage of the offer promo code "COVIDFREE" offering a FREE! one-year membership. Take a few minutes to create a profile with the most recent information for your business and/or organization. Now more than ever, we need strong professional businesses, organizations committed to the safety and well-being, both personally and financially of our thriving communities who deliver a truly essential service.

Maryland Hispanic Chamber of Commerce
11 West Mount Vernon Place — Suite 304
Baltimore, MD 21201

443-620-0165 • info@mdhcc.org • www.mdhcc.org

Social Security Matters

Ask Rusty:

What Will My Wife's Survivor Benefit Be?

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

Dear Rusty: I am a 68-year-old retired male and had planned on waiting to collect Social Security benefits beginning at age 70. My wife is currently 53 years old. When I die, would my wife's spousal benefit at her full retirement age be equal to what I would be receiving at age 70 or be reduced? Also, if I were to die before 70 and before collecting social security, what would be my wife's survivor benefit at her full retirement age? **Signed: Older Husband**

Dear Older Husband: Your wife's survivor benefit as your widow will depend upon two things—the amount you were receiving (or were eligible to receive) at your death, and the age at which she claims her survivor benefit as your widow.

If you were receiving an increased benefit because you waited until age 70, your wife's benefit—if she has reached her full retirement age—will be 100% of the amount you were receiving at your death. If she hasn't yet reached her full retirement age when she claims her survivor benefit (she could claim as early as age 60) the benefit will be actuarially reduced according to the number of months prior to her full retirement age (FRA) that she claims it. The amount of reduction for claiming her survivor benefit before her FRA is 0.396% for each full month earlier, which is 4.75% per year earlier than her FRA, to a maximum of 28.5%. And for clarity, your wife isn't required to take the survivor benefit immediately upon your death; she can wait until the benefit reaches 100% at her full retirement age, if desired and if financially feasible.

If your wife is also eligible for a SS benefit on her own work record and you die before she reaches her FRA, she will have the choice to take either her own Social Security benefit or her survivor benefit from you. If her survivor benefit will be her highest possible benefit, she would have the option to take her own SS retirement benefit from her own work record first and delay taking the larger survivor benefit until it reaches maximum at her FRA. Or, if her own benefit at age 70 would be more than her survivor benefit from you, she could take the smaller survivor benefit first and delay taking her own SS benefit until it reaches maximum at age 70 and switch to her own benefit at that time. The goal is for her to get the highest possible benefit for the rest of her life.

Finally, if you were to die before you started collecting your increased Social Security benefit at age 70, your wife would still have the same options, but her survivor benefit amount would be based upon the amount you were eligible to receive at your death, even though you were not yet collecting. In other words, all those delayed retirement credits (DRCs) you are now earning (and will continue to earn until you are 70) will not be lost—the benefit you have earned up to the point you die will be what your wife's survivor benefit is based upon.

The 2.1 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.

County Bolsters Business Relief Fund With Federal Grant Funds

County Executive Alsobrooks utilizes Cares Act Grant to support local businesses

The new deadline for applications to the COVID-19 Business Recovery Initiative is **May 29, 2020**.

www.pgcedc.com/latest-news-from-edc

"As a County, we know that our businesses are hurting and need as much support as possible from as many resources as possible," said Alsobrooks. "It is with great pleasure that I join with our County Council in reallocating a portion of

the Prince George's County CARES Act Grant to support our local businesses."

Visit www.pgcedc.com/covid-business-fund-2020

—Lori Valentine, PGC Economic Development Corporation

The Hotel at the University of Maryland Slated For June 1 Reopening

The Hotel expands cleanliness standards with new disinfecting measures and modified operating practices promoting physical distancing

By GRACE CLARK
for The Hotel at the University of Maryland

COLLEGE PARK, Md. (May 19, 2020) —Following extensive consideration and the development of enhanced cleaning protocols to align with federal guidelines and industry recommendations, The Hotel at the University of Maryland, a luxury hotel and conference center adjacent to the University of Maryland (UMD), College Park, is pleased to announce it will reopen on Monday, June 1, 2020.

"The Hotel has an existing standard of excellence that touches on the entire guest experience, including a high expectation of cleanliness," said Linda Westgate, general manager of The Hotel at the University of Maryland. "We have thoughtfully adapted our operations and implemented additional measures to ensure guests can relax, rejuvenate and rest during their stay."

With a motto reading, "Our attention

to detail is your peace of mind,"

The Hotel at the University of Maryland, recently recognized as a AAA Best of Housekeeping property for 2020, has enhanced their cleaning protocols to align with new federal guidelines and industry recommendations. New disinfecting measures and modified operating practices incorporating physical distancing and low/no-touch operations are key pillars of the program.

In addition to frequent cleaning and sanitizing of all public spaces, guests can expect the following:

- Hand sanitizer dispensers strategically positioned throughout the hotel
- Guides to help maintain physical distance in The Hotel's reception areas, lobbies and elevators



PHOTO COURTESY THE HOTEL AT THE UNIVERSITY OF MARYLAND

The Lobby of The Hotel at the University of Maryland.

- Furniture arrangements in common areas to respect appropriate physical distancing and limit capacity
 - Updated housekeeping procedures for both in-house and newly arriving guests
- "As we welcome guests back to our properties, we do so with the commitment for them to be able to rest well knowing our focus on providing a clean, safe and comfortable environment is absolute," said Westgate.

For more information on The Hotel at the University of Maryland's comprehensive plan, visit www.thehotelumd.com/nowopen. Reservations can be made online or by calling 301-277-7777 or emailing reservations@thehotelumd.com.

With Record Day Postponed to June, Stores Look to New Ways to Sell Vinyl

By MILLER FRIEDMAN
Capital News Service

Matthew Moffatt, the owner of Smash! Records in Washington, D.C., was looking forward to Record Store Day, the annual April event when music fans descend upon local record stores to purchase limited-release music recorded on vinyl.

Music stores, like all nonessential businesses, have been closed in Washington and Maryland since late March, forcing the cancellation of Record Store Day during what is typically the most lucrative time of year for independent record stores.

"I would say that it's probably every record store's busiest day of the year, even for the stores that don't participate," Moffatt said.

Record Store Day has been postponed until June, but in the meantime record store owners like Moffatt are looking for new ways to serve a clientele base of fanatics and obsessives, including pricing and selling records on online platforms like Discogs.com.

Long before the coronavirus crisis, stores that sold vinyl records were on the endangered list, disrupted by digital serv-

ices that allowed buyers to download music on devices such as iPods or on their computers rather than purchase physical media.

In 2008, music stores started to fight back by establishing Record Store Day as a way to celebrate independently owned record shops. The idea sprang up from record store owners in Baltimore.

Today, thousands of record stores across the globe participate in the event, and it has received the support of numerous artists, including Jack White, Metallica and Dave Grohl.

Record Store Day is considered a major reason why the vinyl industry has recovered in the last decade. Last year, global vinyl sales were the highest they have been since the early 1990s.

"The fact that record stores could even exist before this is because there are people that are addicted to physical pieces of music - for good reason," said Moffatt, adding that the compassionate nature of record store customers has helped him immensely in recent weeks. "I'm very thankful I have a customer base that is actually thinking about me right now."

Much of this support reflects the store's reputation as a long-time Washington area institution, which first opened in 1984. Moffatt himself was a Smash! customer before he took over the store in 2006.

He is now navigating the process of selling music online via Discogs.com, which can be described as the Amazon of the vinyl industry. Stores and other users can create a page and sell records from the site.

The website currently contains more than 11 million releases from a wide array of genres. Buyers can navigate Smash!'s page on Discogs and purchase anything that would normally be available in the stores.

Discogs recently reported that in mid-March, more than 34,716 new releases were cataloged by users, the largest number of contributions to its database in any two-week period. The company attributed the growth to social distancing and stay-home orders, which prompted more people to catalog their music.

For some, purchasing albums on Discogs is superior to walking into a local record store. But others still prefer the experience of flipping through records with their hands.

David Goldberg, a longtime Smash! shopper who recently purchased store credit to be used later, believes the role a record store plays in a community is vital.

"While it's easy to find new music through the internet, there's nothing quite like holding the record in your hand," Goldberg said. "Without local stores, we wouldn't be able to access so many different bands that Amazon and wherever wouldn't carry. It's important to both support local businesses but also smaller bands that are making some of the most exciting music out there."

Sheila Hunt, co-owner of Record Exchange Silver Spring, is making sure her customers are not losing that sense of community while they are stuck in their homes. Record Exchange is conducting virtual "flip-throughs" on Facebook and Instagram, so customers can see what is new to the store from the comfort of their couches.

"The record store is not just about buying for a lot of our customers, it's kind of their touchstone for the week. It's their relaxation for the week," Hunt said. "So we want to make sure that we give them that experience virtually."

Hunt said she doesn't know whether the new Record Store Day date of June 20 is realistic, but she is confident that as soon as nonessential businesses can open back up in Maryland, the fear of coronavirus will not deter record lovers from getting back to normal.

"We do our best to make sure that the store is clean and the product is clean. I don't think it will necessarily stop people from coming to the record store. I think people are going to be looking to do something they're familiar with and something they love," Hunt said.

Moffatt, like Hunt, said he thinks the record store will provide music fans with a social music experience once nonessential businesses are open, seeing as it will presumably be a much longer time before people are allowed to attend concerts and music festivals.

"I think maybe places like this can serve as a stepping stone to normalcy. They can get a slice of (the live music) experience by coming to a place like this," Moffatt said.



CREDIT MILLER FRIEDMAN/CAPITAL NEWS SERVICE

SILVER SPRING, Maryland—With record stores like Record Exchange Silver Spring closed due to the coronavirus pandemic, retailers are looking at new ways to connect customers to vinyl.

HEALTH AND WELLNESS

CVS Health Opens New Drive-Thru Test Sites in Maryland as Part of Nationwide COVID-19 Response

Delivering on commitment to establish up to 1,000 test sites by end of May

By PRESS OFFICER
CVS Health

WOONSOCKET, R.I. (May 21, 2020)—Building on the company's comprehensive efforts to help slow the spread of the virus, on Friday, May 22 CVS Health (NYSE: CVS) open[ed] 17 new COVID-19 test sites at select CVS Pharmacy drive-thru locations across Maryland. The opening of additional test sites across the state and country will be announced by the end of the month.

These new sites will utilize self-swab tests and mark the next phase of the company's nationwide COVID-19 testing strategy, announced April 27. CVS Health expects to have up to 1,000 locations across the country offering this service by the end of May, with the goal of processing up to 1.5 million tests per month, subject to availability of supplies and lab capacity. The 17 test sites in Maryland are part of nearly 350 locations across 14 states including Arizona, California, Connecticut, Florida, Georgia, Illinois, Indiana, Louisiana, Maryland, Massachusetts, New Jersey, New York, Pennsylvania and Texas.

"While the large-scale test sites we've been operating since early April have proven successful, this new approach allows us to utilize our presence in communities across the country and bring testing closer to home," said Larry J. Merlo, President

and CEO, CVS Health. "Our frontline employees will continue to play a critical role in the testing process, with members of their communities directly benefitting from their dedication and selflessness."

Once fully operational, more than half of the company's 1,000 test sites will serve communities with the greatest need for support, as measured by the CDC's Social Vulnerability Index. The index tracks a variety of census variables including poverty, lack of access to transportation, and crowded housing that may weaken a community's ability to prepare for and recover from hazardous events like natural disasters and disease outbreaks.

"Following our announcement [last] week that Maryland has reached a critical milestone in its long-term COVID-19 testing strategy by dramatically expanding the availability of testing for residents, these new, additional sites are another important step to further increase testing access for communities across Maryland," said Governor Larry Hogan. "We will continue working closely with CVS Health and all of our partners in the private sector, along with Maryland's world-class health care systems, and local governments to protect residents' health and safety and support our state's safe and gradual recovery."

Self-swab tests will be available to individuals meeting Centers for Disease Control and Prevention criteria, in addition to age

guidelines. **Patients must register in advance at CVS.com** beginning Friday, May 22 to schedule an appointment. Patients will be required to stay in their cars and directed to the pharmacy drive-thru window where they will be provided with a test kit and given instructions, and a CVS Pharmacy team member will observe the self swab process to ensure it is done properly. Tests will be sent to an independent, third-party lab for processing and the results will be available in approximately three days.

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

The new testing sites in Maryland include these in Prince George's County:
CVS Pharmacy, 8201 Annapolis Road, New Carrollton, MD 20784

CVS Pharmacy, 7600 SE Crain Highway, Upper Marlboro, MD 20772

CVS Pharmacy, 5100 Brown Station Road, Upper Marlboro, MD 20772

CVS Pharmacy, 4840 Marlboro Pike, Capitol Heights, MD 20743

More information on steps CVS Health has taken to address the COVID-19 pandemic, including support for health care providers and clinicians facing financial and administrative strain, is available at the company's frequently updated COVID-19 resource center: cvshealth.com/covid-19

Maryland Health NEWS

Maryland launches expanded contact tracing operations

ANNAPOLIS, Md (May 21, 2020)—Governor Larry Hogan announced that Maryland's statewide contact tracing operation across all 24 of the state's jurisdictions [is] fully operational. **Maryland has more than quintupled its disease investigation capacity, and will have more than 1,400 case investigators statewide.**

What Marylanders can expect:

- When the phone rings, the caller ID will read "MD COVID."
- Depending on whether the contact investigator is calling directly from NORC (the organization hired by the state to do tracing), or a local health department, there will also be a list of phone numbers provided to verify the caller's identity.
- The caller will ask about one's health, any potential symptoms, and the duration of those symptoms.
- They may ask about an individual's whereabouts and interactions for a specific period of time.
- Guidance will be provided regarding self-isolation and monitoring for symptoms.
- They will ask for verification of date of birth and additional contact information.
- If an individual has already tested positive for COVID-19, they may request details regarding that test.

A contact investigator will **never** ask for a Social Security number, financial or bank account information, or personal details unrelated to COVID-19. They will not ask for photographs or videos, passwords, or payment.

Approval secured to expedite expansion of SNAP program to online grocery purchases, curbside pickup, and delivery

BALTIMORE (May 20, 2020)—The Maryland Department of Human Services (DHS) announced that it has secured approval from the USDA Food and Nutrition Service on its April 17 request to expedite online grocery purchases for food insecure Marylanders. The Supplemental Nutrition Assistance Program, or SNAP as it's commonly known, helps low-income households buy the food they need. **This accelerated timeline will provide SNAP households in Maryland with the opportunity to purchase groceries online from approved USDA retailers at no additional cost.**

The SNAP program plays a critical role in responding to vulnerable people who need food assistance, particularly during a crisis like the present COVID-19 pandemic. **Allowing SNAP households to purchase food online will increase participation in the recommended public health practices and help mitigate the risks associated with exposure to the Coronavirus across Maryland.** Approval of this request will also have a positive impact on Maryland households that might not have the ability to make SNAP purchases in person during this public health crisis, such as individuals with disabilities, those with chronic health conditions, and people who are required to self-quarantine due to exposure to COVID-19.

Online SNAP purchasing is available to customers statewide on May 28. The process will function similar to the way a credit or bank card transaction occurs—SNAP recipients will be prompted to enter their EBT card details at checkout, along with the Personal Identification Number (PIN) associated with their card. To ensure the launch runs smoothly, DHS services provided test EBT cards to Walmart, Amazon, and ShopRite for end-to-end testing prior to rolling out the online SNAP pilot in Maryland.

The latest Departmental updates and COVID-related resources can be found on the Department of Human Services' website at <http://dhs.maryland.gov/coronavirus>.

Parents encouraged to bring children's vaccinations up-to-date amid pandemic

BALTIMORE (May 20, 2020)—The Maryland Department of Health (MDH) has launched a new public service announcement encouraging parents to review their children's scheduled vaccination status and bring them up-to-date on missed vaccinations. To view Maryland's new pediatric immunization PSA, visit: <https://youtu.be/OYBq6QAqzA>

Recent data from ImmuNet, Maryland's immunization information system, shows that the overall number of vaccine doses administered to children ages 0–18 in March 2020 compared with March 2019 was down 27 percent; comparing April 2020 to April 2019, the number of doses was down by 56 percent.

The data also show significant declines in vaccine doses administered by vaccine type for both timeframes. For the routine childhood vaccines given to children younger than 24 months, the largest decreases were seen in the measles, mumps, rubella (MMR) vaccine, with a decrease of 71 percent, and varicella (chickenpox) vaccine with a decrease of 68 percent.

In Maryland, parents can view their children's official vaccination records online via MD.MyIR.net, a free and secure online portal where users can access official copies of their records and those of their family members. These records are accepted by schools, camps, daycare facilities, state agencies and other organizations that require proof of immunization.

Using a simple, one-time registration process, users can create an account via MD.MyIR.net, with the option to add family members. The portal is linked to ImmuNet, where health care providers upload and store vaccination records. The system is HIPPA-compliant and records are only available to authorized users.

"Parents are encouraged to check MyIR to confirm the status of their children's vaccination schedule," said MDH Deputy Secretary for Public Health Fran Phillips. "They should then work with their children's health care providers to schedule appointments, attend well-child visits and make sure they get back on track with any overdue vaccinations as soon as possible."

In addition to health care providers, some local health departments plan to resume immunization clinics this summer. Consult the local health departments for additional information. For more information about MyIR and ImmuNet, visit MD.MyIR.net.

Greater D.C. Area Going Virtual For Prostate Cancer on Father's Day Weekend

Online celebration will raise funds to support patients during COVID-19 crisis

By ILANA OSTRIN

ZERO - The End of Prostate Cancer

WASHINGTON (May 20, 2020)—ZERO – The End of Prostate Cancer is bringing the first-ever virtual celebration for prostate cancer to the greater D.C. area this Father's Day weekend. To honor area dads, ZERO is raising awareness for a disease that affects 1 in 9 men. On Saturday, June 20, the DMV community is invited to head online for an inspiring day that will show the love to local prostate cancer patients, survivors, and caregivers.

This digital gathering replaces the ZERO Cancer Run/Walk that was initially set to be held in-person but was moved to a cyber experience due to the COVID-19 outbreak. The online event will retain a community feel and spirit of hope that is signature to ZERO's nationwide Prostate Cancer Run/Walk series in about 45 cities across the country. Programming will include live interviews, performances, the chance to get outside for unique activities, and more.

"While COVID-19 is changing how the DMV comes together, our commitment to support patients and families through this crisis remains the same," said Caitlin Mur-

phy, ZERO's Mid-Atlantic Chapter Director. "With D.C. leading the nation in prostate cancer diagnoses and deaths last year, it's important that we continue to spread disease awareness and educate local men, even in a time of pandemic."

"The increased financial and emotional needs for patients due to COVID-19 are devastating," said Cheryl Nikituk, a prostate cancer caregiver, ZERO Board Member, and Northern Virginia resident. "Together, we can show love and support to prostate cancer patients, caregivers, and survivors during these difficult times, and honor those we've lost to the disease."

Specific event line-up details for the upcoming celebration will be released closer to the date. Some examples of the festivities include:

- A fundraising spotlight and local highlights that will shine a light on D.C.'s premier warriors in the fight against prostate cancer
- A touching ceremony honoring survivors
- An informative educational segment led by physicians from Potomac Urology that will inform the community on all things prostate cancer

- And much more!

Registration for the web-based gathering is free. Custom event shirts are available for a donation of \$40. Registrants are encouraged to fundraise leading up to the event date, as all funds raised will provide direct support to local prostate cancer patients and families who have been impacted by the COVID-19 crisis. Visit zerocancer.run/dc to register and for more information.

ZERO — The End of Prostate Cancer is the leading national nonprofit with the mission to end prostate cancer. ZERO advances research, improves the lives of men and families, and inspires action. We're building Generation ZERO, the first generation of men free from prostate cancer, through our national run/walk series, education and patient support programs, and grassroots advocacy. ZERO is a 501(c)(3) philanthropic organization recognized with four out of four stars by Charity Navigator, accredited by the Better Business Bureau, with regional chapters across the country. We dedicate 86 cents of every dollar to research and programs. For more information, visit zerocancer.org.

Practical Tips For Caregivers Facing a Pandemic

(Family Features) Whether your role as a caregiver has you looking out for an elderly relative, children or both, chances are good that you've worried about how the COVID-19 pandemic may continue to affect your ability to provide necessary care.

Following the most up to date guidelines from the Centers for Disease Control and Prevention is the first step for caregivers who are looking after loved ones. As caregivers

continue to adjust during the pandemic, keep these considerations in mind:

Contact health care providers to obtain extra necessary medications and stock up on over-the-counter drugs.

Monitor needed medical supplies related to a loved one's condition or treatments (oxygen, incontinence, dialysis, wound care, etc.) and common supplies such as tissues and cough syrup.

Those with a loved one in a long-term care facility should inquire about any positive COVID-19 cases in the facility, testing procedures for the residents and staff members and be aware of the facility's protocol if there is an outbreak or positive tests among residents and staff.

These additional tips can help caregivers reduce the pandemic's impact:

Make backup plans. Most caregivers have plans in place for temporary assistance when things go awry, but COVID-19 is putting many of those short-term solutions to the test. It's a good time to pull in additional resources so you have extra help waiting if someone you're counting on falls ill or can't fill in as planned. A meal delivery service may be a good option if grocery shopping and meal preparation continue to be affected.

Reduce exposure. Those who take care of loved ones in their homes or are regular care providers to family members and friends have concerns about exposing this vulnerable group to the virus. Many long-term care facilities have changed their visitation policies. You might be able to visit a loved one through a window, via a balcony or through video chat. It's also important to minimize time spent out in the community where you could unknowingly contract the virus and pass it to a vulnerable loved one.



PHOTO COURTESY OF GETTY IMAGES

HEALTH AND WELLNESS

Seniors

Senior resources:

American Society On Aging (ASA) offers open access to its COVID-19 Resources page: <https://www.asaging.org/covid-19-resources>

Caregiver Services Corps to help Maryland's seniors

ANNAPOLIS, Md. (May 18, 2020)—Governor Larry Hogan announced the launch of the **Caregiver Services Corps**, a program to support Maryland seniors who have been affected by the COVID-19 pandemic. **The Caregiver Services Corps is able to quickly deploy volunteers and other resources to the homes of seniors who need urgent assistance with everyday tasks when their typical caregiver becomes unable to help them due to COVID-19 exposure, illness, or other challenges.**

Seniors or their loved ones may request assistance from the Caregiver Services Corps if a friend or family member who typically provides care becomes temporarily unavailable. Volunteers can be deployed to seniors' homes to provide assistance, including with maintaining daily hygiene routines, preparing meals, picking up groceries or medications, or connecting virtually with health care providers.

Those in need of assistance should call 2-1-1 to be connected with the Caregiver Services Corps help center. Trained staff at the call center will triage the caller's needs and help match them with a volunteer. The call center is available 7 days a week and is capable of taking calls in many languages.

The Caregiver Services Corps is not intended to replace long-term arrangements for ongoing needs. Seniors and their loved ones should always work directly with their primary care physician or insurance company to arrange for such services.

Interested volunteers are encouraged to sign up at the Maryland Responds Medical Reserve Corps website. They do not need to work in the healthcare or medical field to volunteer, and there are opportunities to provide support with in-home care or in non-contact roles.

The State of Maryland provides a range of essential services to support older Marylanders, including the Senior Call Check Program, which places a daily check-in call to enrolled seniors. Other programs include nutrition and meal services, elder abuse prevention, and advocacy for older adults. Learn more about these programs from the Maryland Department of Aging: aging.maryland.gov/Pages/ProgramsAndServices.aspx.

—Office of the Governor

You can make a difference during the lonely days of the COVID lockdown, especially among lonely seniors whether they be friends or family, says AMAC

WASHINGTON (May 22, 2020)—If you don't have the heebie-jeebies by now, you soon will if you don't take precautions during this new era of self-isolation due to the coronavirus pandemic. The anxiety most of us feel for the victims of COVID-19 is exacerbated by the loneliness of the enforced seclusion required to keep ourselves safe.

"It takes a lot of self-discipline and spiritual moxie to overcome the sadness, boredom, disquiet and agitation of solitary confinement. It's a far cry from those moments when you want some alone time and it can lead to bouts of depression. Unfortunately, once again seniors are among the most susceptible," according to Rebecca Weber, CEO of the Association of Mature American Citizens.

Weber cites data from the University of Michigan National Poll on Healthy Aging (NPHA). It shows that long before the pandemic overwhelmed the U.S. in October of 2018, 34% of older Americans between the ages of 50 and 80 reported that they felt a lack of companionship. And, she points out, the authors of that study recently noted that "as social distancing and stay-at-home orders continue in many states in response to the COVID-19 pandemic, feelings of isolation and loneliness may be amplified among older adults."

Meanwhile, the same poll showed that individuals who engaged in social activities were less likely to feel isolated.

So what can you do about it?

According to the experts, Simply engaging an elderly friend or relative in conversation is a good way to start, says Weber.

- Social stimulation without face-to-face contact is, indeed, possible and easy enough to do. **Think about making a phone call every day or a couple of times a week to a lonely neighbor, friend or family member.** Better yet, make it a video call using your cell phone. You may have to provide easy to follow instructions and maybe even the device, but it will be well worth it. It's a good and effective substitute for a physical visit.
- And, when you are on one of your calls, you might use the occasion to explain that the lockdown doesn't preclude **getting physical by taking a walk at least once a day**, for example. A trip around the block or even in the backyard or the confines of your home provides a healthy dose of fresh air and exercise, even if you have to wear a face mask.
- If you notice a tinge of negativity in your conversation, deal with it. **Reminisce about happy events in the past** or talk about food, old friends and old movies—topics that provoke a smile or a laugh. After all, the purpose of making the contact is to spread cheer.
- **Give that person a purpose** by suggesting "chores" such as gathering family recipes, organizing family pictures or encouraging him or her to take up a new hobby such as jigsaw puzzles.
- **Finally, you may want to suggest getting involved with a local charity.** Lending a helping hand to a local charity such as a food-for-the-needy organization. Simple tasks such as mailing solicitations for contributions and/or packaged food items can make a shut-in feel not so isolated and can give them a "helper's high." In other words, helping others reinforces our sense of worth.

"It's all about creating distractions that replace the negative thoughts that come to mind when you've got too much idle time on your hands, making you feel useless, all alone and in despair," according to AMAC chief Weber.

Alzheimer's Association National Capital Area Chapter Offers Free Virtual Education Classes in June

By CINDY SCHELHORN
Alzheimer's Association

MCLEAN, Va. (May 18, 2020)—The Alzheimer's Association National Capital Area Chapter is offering free virtual education programs to help caregivers and their families. Each virtual education program is approximately one hour and allows the audience to ask questions and engage with others going through the journey.

Following is a list of webinars scheduled for June. Participation is free. Registration is required to receive the login information for the webinar. To register, visit alz.org/nca or call the Alzheimer's Association at 800-272-3900.

Healthy Living for Your Brain and Body: Tips from the Latest Research

Learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

Tuesday, June 9, 7–9 p.m.

Wednesday, June 11, 11 a.m.–12 p.m.

Understanding and Responding to Dementia-Related Behavior

Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs, and how to intervene effectively.

Tuesday, June 2, 1–2:30 p.m.

Living with Alzheimer's: For People with Alzheimer's

Now that you have been diagnosed, what are the things you most need to put in place to help you and your loved ones? What are strategies for care planning and support building, how do you prepare for doctor visits and where do you find support after the difficult diagnosis?

Tuesday, June 9, 1–2:30 p.m.

Living with Alzheimer's: For Caregivers—Early, Middle and Late Stage

Hear caregivers and professionals discuss helpful strategies to provide safe, effective, and comfortable care throughout the course of the disease.

Tuesday, June 16, 1–2:30 p.m. (Early Stage)

Tuesday, June 23, 1–2:30 p.m. (Middle Stage)

Tuesday, June 30, 1–2:30 p.m. (Late Stage)

The Alzheimer's Association National Capital Area Chapter also is offering telephone and virtual support groups. To find a group that meets on a convenient day and time, visit alz.org/nca or call the Association's free 24/7 Helpline at 800-272-3900. The Helpline is available around the clock, 365 days a year, with professional staff ready to provide reliable information and support to for caregivers and families impacted by Alzheimer's and all dementia.

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia—by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®. Visit alz.org or call 800-272-3900.

MENTAL HEALTH RESOURCES

Mental Health in Black Communities During Covid-19: Video

As the pandemic continues to impact all individuals mental health, we wanted to share a panel discussion called "Mental Health in Black Communities During COVID-19" where three MindPath Care Centers providers (Dr. James Smith, Daja Mayner, Kerry Mackey) talked about specific conditions/issues impacting black communities.

Find solutions and advice that will have a positive impact on mental health. The video can be viewed here: <https://www.mindpathcare.com/blog/mental-health-in-black-communities-during-covid-19-video/>

MindPath Care Centers, www.mindpathcare.com, is a leading provider of outpatient mental and behavior health services. Based in North Carolina, MindPath Care Centers has been able to provide telehealth services to patients throughout the country.

"Change Direction" on Mental Health

A new survey suggests nearly HALF of all Americans have reported distress since COVID-19. And some reports suggest suicide rates, already the SECOND leading cause of death among people between the ages of 10–34, will continue to climb, with an increase

of approximately 4,000 additional suicides and 4,800 overdose deaths predicted this year. But there is hope.

Change Direction has FREE resources to help you, your loved ones, and colleagues through this difficult time: www.changedirection.org/tools/

- Coronavirus Healthy Habits for Emotional Well Being (English/Spanish).
- How to Talk with Your Kids about Coronavirus
- Healthy Habit Children's Activity Book
- Virtual Work At Home Tips
- Coping with Grief and Loss

Do you know the "5 signs" to watch out for that can make a big difference between life and death? Many Americans already know the signs of a stroke or a heart attack, but do they know how to tell if someone is under emotional distress and needs help?

1. Personality change
2. Agitation
3. Withdrawn
4. Poor self care
5. Hopelessness

Visit www.changedirection.org/translated-tools/ for 5 signs posters that have been translated into 11 different languages.

For Some, Necessary Isolation From Virus Is Detrimental to Mental, Physical Health

By ANNA HOVEY
Capital News Service

KENSINGTON, Md. (May 22, 2020)—Social distancing and staying home have proven essential for flattening the coronavirus curve and minimizing harm from the virus, but research shows that these unprecedented guidelines to match our unprecedented times may negatively impact mental and physical health among Americans.

According to a study in The Lancet, symptoms of post-traumatic stress, anger and heightened stress may come as side effects of the nation-wide quarantine, and they may be long-lasting. Stressors for symptoms of poor mental health include lack of resources (medical and otherwise), extended quarantining, fears surrounding the virus, monetary loss, stigmatization of the illness and boredom. Lack of information and quarantining with no end in sight are also risk factors for declining mental health.

Health workers putting in long, grueling hours are heavily affected.

But COVID-19 is unique in the high degree to which it also affects Americans behind the front lines. A study conducted by the Journal of the American Medical Association (JAMA) Network warns that, while the need for social distancing guidelines in this country is quite apparent, the effects of social isolation and being homebound could contribute to heightened suicide and overdose rates in the United States.

According to the Centers for Disease Control and Prevention, racial minorities, particularly black and Hispanic people, are more likely to live in densely populated areas due to the effects of institutional racism and/or housing segregation.

Because of this, they may have a harder time socially distancing.

Almost a quarter of black and Hispanic workers are in the service industry or employed by businesses deemed essential during the quarantine, meaning they're at higher risk

of coming into contact with the virus.

These factors, combined with the healthcare disadvantages racial minorities face due to decreased access, could in part explain why black and Hispanic Americans are disproportionately affected and killed by COVID-19. The CDC said it is working to address these racial disparities, according to its page, COVID-19 in Racial and Ethnic Minority Groups.

Tanya Shah, vice president of the Commonwealth Fund, said that isolation isn't just a social issue, but something that affects mental and physical health as well. She started researching social isolation, particularly in adults, about three years ago, and the Fund has been working to raise awareness of this issue in terms of policy, research and screening ever since.

Isolation has a large impact on mortality and morbidity, according to Shah.

"We need to be paying attention to social isolation," Shah said in an interview with Capital News Service. "Just like we ask if you're a smoker or how many drinks you have a week, we need to be asking about your social structural context, because it has such a tremendous impact on health or vice versa. How your health changes has a huge impact on how you're able to connect with others."

Lack of social connection and a solid support system can contribute not just to mental health conditions like depression and anxiety, but also to cardiovascular risks and decreased cognitive and physical function. These risk factors overlap a lot with those of COVID-19, Shah said.

"Social isolation really means... a structural construct of being alone," she said. "Not everyone who is socially isolated would say they're lonely... Loneliness is more that perception of being isolated, but they're very interrelated."

This isn't to say that isolating isn't essential to flattening the COVID curve. Shah said that elderly, poor and sick people are the most

at risk of contracting the virus because they're more likely to live in intergenerational dwellings or to have to continue working to provide for the family.

The 44% of women over 75 living alone and the 50% of low-income people who report suffering from loneliness are at a higher risk of suffering from social isolation, Shah said.

One in four non-institutionalized older adults report feeling socially isolated. Together, these groups constitute tens of millions of Americans, according to Shah.

When social distancing and the subsequent loss of social support are added into the equation, these individuals are more at risk for serious health issues and 25% more at risk dying prematurely.

Shah said some research indicates that being socially isolated, whether from a group a person was once active in, like a church, or from loss of contact with healthcare providers, can be as or more harmful to health than smoking, obesity or physical inactivity.

Isolation-related illnesses also are not confined to the most at-risk groups.

"To be honest, we have not, in modern scientific history, experienced a pandemic of this proportion with these types of measures of physical distancing and social isolation and sheltering in place," Shah said.

There are some hints from past pandemics, though.

A couple of studies done on SARS survivors a year after the 2003 outbreak found evidence of still-elevated levels of stress and psychological distress, especially among healthcare workers.

Quarantined Liberians during the Ebola epidemic from 2013 to 2016 said stigma related to the illness led to the exclusion and disenfranchisement of minority groups in the country. Many who were quarantined may have avoided seeking medical help for treat-

COUNTY CHURCH DIRECTORY

UNITED METHODIST

WESTPHALIA

United Methodist Church

"A CHURCH ON THE REACH FOR GOD"

9363 D'Arcy Road
Upper Marlboro, MD

Two Worship Services:
8 and 10:30 a.m.
Sunday School: 9:30

(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., 11:00 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.fbhp.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.

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

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.

Rev. Dr. Kendrick D. Weaver,
Pastor
www.uumchurch.com

Looking for something exciting to do from the comfort of your own home?
Check out The Banneker-Douglass Museum online collection of over 12,000 curated archival records, books, maps, photographs, and artwork.

bannekerdouglass.
pastperfectiononline.com

Explore artifacts and journals donated by Arctic explorer Herbert M. Frisby; photographs, equipment, and personal effects of photographer Thomas Baden; medical instruments and artifacts from the 1920s through the 1950s; West African sculpture and utilitarian objects; works by Black Maryland artists, including Joyce Scott, Nathaniel Gibbs, Hughie Lee-Smith, and much more!

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

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

Rev. Ranesa 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

UNITED METHODIST

Isolation from A7

able, non-Ebola-related illnesses out of fear of further stigmatization, according to The Lancet.

Mental health has long been under-resourced in this country, according to Shah, who added that benefits should be expanded to pay for these types of services.

"Mental health services need to play a much bigger role in our response efforts as well as in our rehabilitation in the longer term post this pandemic...The research shows it's a long-term impact, not just the six weeks or the three months that we have to be socially isolated," Shah said. "We definitely need to be doing more."

Abiding by social distancing guidelines doesn't mean people have to be lonely, experts say. There are some precautions people can take in order to care for themselves in the short term, but larger, more systemic changes must take place to deal with bigger picture issues presented by the pandemic.

Go for walks, Facetime friends, or talk to neighbors (from a safe distance), experts recommend.

The Washington State Department of Health recommends that individuals struggling with anxiety, depression or other symptoms of poor mental health should avoid watching distressing news coverage of the virus when possible.

Health experts also advise people to structure their days and keep to a routine, especially those who are prone to depression or anxiety. The more life in quarantine reflects normal life, the better, they say.

Go to the following links. For help dealing with coronavirus anxieties: virsusanxiety.com. For advice on helping others who may be struggling: mentalhealthfirstaid.org. For other support services, including suicide prevention: sprc.org.

CLASSIFIEDS

ANNOUNCEMENTS / NOTICES

Recently diagnosed with LUNG CANCER and 60+ years old? Call now! You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 855-404-8251 today. Free Consultation. No Risk.

BUSINESS SERVICES

Increase your digital presence by advertising on FACEBOOK; TWITTER and GOOGLE ADS. Call our Multi-Media Specialists to experience the success of digital advertising today. Call 410-212-0616, www.mddcadvertising.com

BUSINESS SERVICES

Bulk advertising at its best: advertise in over 70 newspapers and reach millions of readers with ONE call. Broaden your reach and get results for pennies per reader. Call Wanda at 410-212-0616 or email wsmith@mddcpress.com.

MISCELLANEOUS

NOW-CALL TODAY! With one call, one placement, one bill, you'll reach the entire Mid-Atlantic region. Call 410-212-0616 or email wsmith@mddcpress.com

AUTOMOBILE DONATIONS

DONATE AUTOS, TRUCKS, RVs Lutheran Mission Society of MD. Compassion Place ministries help local families with food, clothing, counseling Tax deductible. MVA licensed #W1044. 410-636-0123 www.CompassionPlace.org

Place a business card ad in the Regional Small Display 2x2/2x4 Advertising network—Reach 1.8 million readers with just one call, one bill and one ad placement in over 50 newspapers in Maryland, Delaware and DC TODAY! For just \$1450.00, Get the REACH and RESULTS for just pennies on the dollar NOW! Call 410-212-0616 or email wsmith@mddcpress.com

EDUCATION/ INSTRUCTION

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 888-453-2456. (M-F 8am-6pm ET)

MISCELLANEOUS—FOR SALE

Attention: VIAGRA and CIALIS USERS! A cheaper alternative to high drugstore prices! 50 Pill Special - \$99 + FREE Shipping! 100% guaranteed. CALL NOW: 855-820-2858

BUSINESS OPPORTUNITIES

Let the Multi-Media Specialists of MDDC Ad Services assist you in growing your business and increasing your customer base. Call today at 410-212-0616 and start seeing results NOW.

Let the Multi-Media Specialists of MDDC Ad Services assist you in growing your business and increasing your customer base. Call today at 410-212-0616 and start seeing results NOW.

FINANCIAL SERVICE

Over \$10K in debt? Be debt free in 24-48 months. Pay a fraction of what you owe. A+ BBB rated. Call National Debt Relief 866-572-8948.

SERVICES—MISCELLANEOUS

Increase your customer base and get great results by placing your ads in the MDDC—Classified Advertising network! Call today 410-212-0616 Ask for Multi-Media Specialist -Wanda & watch your results grow.

PAID ADVERTISEMENT

HOW HAVE YOUR PLANS CHANGED?
Help us better understand...

Please help us by taking this online survey to determine what news you are seeking, what's most important now, what we can do better, and what your current shopping plans are. We will use the survey results to deliver community news that is most important to you along with helping businesses get some ideas on what you need.

\$1,000 will be awarded by Pulse Research to one respondent.

The survey is available at: www.pulsepoll.com

HEALTH / MEDICAL SUPPLIES

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 866-994-1121

MISCELLANEOUS

Let the Multi-Media Specialists of MDDC Ad Services assist you in growing your business and increasing your customer base Call today at 410-212-0616 and start seeing results NOW.

Alan Amrhine, Communications Director
Lutheran Mission Society

"MDDC has connected donors with the LMS Vehicle Donation Program for over six years! Great exposure, cost effective, and Wanda is so helpful!"

Call Wanda Smith, 410-212-2616
wsmith@mddcpress.com

Your local marketing experts with UNLIMITED REACH.

Kevin Berrier
443-508-1936
KBerrier@MDDCPress.com

Dental Insurance

Get dental insurance from Physicians Mutual Insurance Company to help cover the services you're most likely to use -

✓ Cleanings ✓ X-rays ✓ Fillings ✓ Crowns ✓ Dentures

1-855-337-5228

Call now to get this FREE Information Kit!
dental50plus.com/MDDC

Caregivers from A6

Shop smart. Because supermarkets and stores with goods identified as "essential" are still bustling with people, it's important to minimize extra trips and wear a mask when in public. If possible, drop groceries and essentials at the door or arrange for delivery. In addition, some major pharmacies, where AARP members get special benefits on health, wellness and beauty purchases, have introduced special shopping hours for seniors and drive-thru shopping options to minimize person-to-person contact.

Reschedule wellness appointments. Not only are doctor's offices short on resources, a waiting room can be filled with germs that may cause illness. Try to arrange for telephone or video-based appointments when possible and cancel any appointments that aren't urgently necessary.

Keep germs away. Thorough handwashing with soap and water is critical. In addition to washing hands after eating and using the restroom, anyone entering and leaving the house should wash his or her hands. Also wipe down high-touch surfaces like doorknobs, remotes and phone keypads.

Combat boredom. Despite the good intentions of staying away, social isolation can be a real concern for seniors. Practicing social distancing is important for their health, but you can help keep them engaged by increasing phone, video and online interaction, and encouraging family and friends to do the same. If your loved one doesn't already have a cell phone, contract-free plans are available with free activation and special rates for senior users. Many long-term care facilities also offer social distancing activities for residents.

Find more resources for caregivers at aarp.org/save.

Isolation from A7

able, non-Ebola-related illnesses out of fear of further stigmatization, according to The Lancet.

Mental health has long been under-resourced in this country, according to Shah, who added that benefits should be expanded to pay for these types of services.

"Mental health services need to play a much bigger role in our response efforts as well as in our rehabilitation in the longer term post this pandemic...The research shows it's a long-term impact, not just the six weeks or the three months that we have to be socially isolated," Shah said. "We definitely need to be doing more."

Abiding by social distancing guidelines doesn't mean people have to be lonely, experts say. There are some precautions people can take in order to care for themselves in the short term, but larger, more systemic changes must take place to deal with bigger picture issues presented by the pandemic.

Go for walks, Facetime friends, or talk to neighbors (from a safe distance), experts recommend.

The Washington State Department of Health recommends that individuals struggling with anxiety, depression or other symptoms of poor mental health should avoid watching distressing news coverage of the virus when possible.

Health experts also advise people to structure their days and keep to a routine, especially those who are prone to depression or anxiety. The more life in quarantine reflects normal life, the better, they say.

Go to the following links. For help dealing with coronavirus anxieties: virsusanxiety.com. For advice on helping others who may be struggling: mentalhealthfirstaid.org. For other support services, including suicide prevention: sprc.org.

Virtual Events:

"The Pride of Place Parlour"

The Prince George's African American Museum and Culture Center presents their newest virtual program: "The Pride of Place Parlour", a weekly series where community members will discuss what they love the most about Prince George's County! The first interview features Marva Jo Camp, Esq. who is a museum board member as well as the chairperson for Leadership Prince George's, and Vice-Chair of the Prince George's County Economic Development Cooperation. Watch the interview on YouTube.

2020 Monday Night Film Series

Robert E. Parilla Performing Arts Center, Montgomery College: From June 1-September 1, 2020, the Monday Night Film Series will be available digitally—just reserve a ticket online and we will email patrons a link! FREE for ALL! For the Monday Night Film Series 2020 schedule and to order tickets, visit the Parilla Performing Arts Center's website at <http://www.montgomerycollege.edu/pac>.

'Coronavirus and Veterans' Global Virtual Forum to Address Solutions for U.S. Military Veterans Amidst the Pandemic

As part of an on-going commitment to support America's veterans, retired Army Lieutenant Colonel and Veterans Law Attorney John Berry, Jr., CEO of Berry Law Firm, will host a comprehensive "Coronavirus and Veterans" virtual forum designed to tackle current challenges and address misconceptions. This virtual forum will be live streamed at 1 p.m. on June 3. Register online for free at www.COVID19andVeterans.com.

Reimagined in America: Taking a Well-Being Approach

June 4, 2020, at 1:30 p.m. ET Webinar

Join the Robert Wood Johnson Foundation for a discussion about what U.S. communities can learn from cities and countries around the world, like Scotland and Bhutan, that are reorienting policies, programs and budgets to put the well-being of people and the planet at the center of all decisions. Register www.rwjf.org and search for Reimagined in America webinar

WET BASEMENTS STINK !!

Mold, mildew and water leakage into your basement causes health and foundation damage. What can be done to fix the problem? Allstate American Waterproofing is an honest, hardworking local company. We will give you a FREE evaluation and estimate and a fair price. We have repaired thousands of basements in the area; we can provide local references. When your neighbors needed waterproofing, they called Allstate American. Why don't you? Call now to receive a 20% discount with your FREE ESTIMATE. MIHC#36672

CALL 1 800 426 7783 NOW!

Save Now On Home Security

Monitored by ADT® the #1 home security company in the U.S.

ADT® 24/7 Monitored Home Security

- 24/7 monitoring provides peace of mind
- Yard sign and window decals help deter crime
- Quickly connect to fire and emergency response
- May qualify for a homeowner's insurance discount

1-866-368-6214
WE'RE AVAILABLE 24/7—CALL TODAY!