

The Prince George's Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY SINCE 1932

Vol. 88, No. 26 June 25 — July 1, 2020

Prince George's County, Maryland

Newspaper of Record

Phone: 301-627-0900

25 cents

Nonprofit Hearts of Empowerment Hosts Town Hall With Black Community Leaders to Discuss Racial Injustice and Pathways For Positive Change



PHOTO COURTESY HEARTS OF EMPOWERMENT

Hearts of Empowerment host Town Hall with community leaders from Washington D.C. Pictured Left to Right: Mister Fitzgerald (Actor/Moderator), Sharece Crawford (Elected at-large Committeewoman for the DNC), Marcus Goodwin (Executive Director of Run Hope Work and 2020 candidate for D.C. Council at large), Correy Faciane (CEO of Hearts of Empowerment), Dr. Malacai Richardson, Bob Ross (President of the Prince George's County NAACP), Nikhil Datta (Events Director of Hearts of Empowerment).

As a minority-led organization, Hearts of Empowerment has sought ways to voice their support for the BLM movement and generate discourse on how to act on pathways for positive change. The organization hosted a Virtual Town Hall on June 11, 2020 with Black community leaders of Washington D.C. in an effort to stimulate conversation on what systemic problems exist in the nation and ways to fix them, rather than merely address them. This event was organized solely by Hearts of Empowerment, feeling a responsibility to provide a platform for community-level conversation with agents of change in the area.

Panelists included Bob Ross, President of the Prince George's County NAACP, Marcus Goodwin, Executive

Director of Run Hope Work and 2020 candidate for D.C. Council at large, Dr. Malacai Richardson, holding a Ph.D. in Psychology, and Sharece Crawford, Elected at-large Committeewoman for the DNC. The four joined Hearts of Empowerment to engage, teach, and provide opportunities for solutions to an attentive audience of over one hundred young adults who attended via Zoom, Facebook, and Instagram Live. These leaders voiced their opinions and provided productive dialogue on what change looks like from both social and policy perspectives. Participants were able to ask questions and cater the conversation topics in real-time.

"Our supporters shared that our platform provided a spark to many households of having the conversation

about the injustices and the racial tensions our community faces. These are tough and important conversations to have and we're glad to be a part of that" shared Communications Officer, William Reyes. Hearts of Empowerment is committed to always providing a platform where the community can come together to voice their opinions and respond to inequities in our communities, throughout the nation and across the globe.

Hearts of Empowerment is a 501(c)(3) nonprofit based in Arlington VA. They provide strategic event planning, marketing and fundraising to other organizations, so that no charity has to close its doors due to lack of funding and awareness.

PGCMLS Announces "Antoine and Friends: Local Children's Author Series"

By DONNA SCOTT-MARTIN
PGCMLS

LARGO, Md. (June 18, 2020)—Prince George's County and the greater Washington, D.C. area are home to many distinguished authors of children's books. The Prince George's County Memorial Library System (PGCMLS) and children's author Antoine Lunsford are collaborating on the launch of a new virtual event series called "Antoine and Friends: Local Children's Author Series." Every Friday at 11 a.m. this summer, local children and families will have the opportunity to hear authors who live and work in the community read their books. Attending a virtual reading is a great way to continue building literacy skills this summer and to participate in "Summer @ Your Library," a partnership between PGCMLS and the Washington Nationals. "An-

toine and Friends: Local Children's Author Series" is made possible by the PGCMLS Foundation. The series aims to educate and encourage area youth to read all summer long.

Antoine Lunsford

Antoine Lunsford is an elementary school educator and author based in the Washington, D.C. area. He serves on the PGCMLS Foundation Board of Directors and is the author of the Little Andy's World series for young readers. Beginning in fall 2020, Lunsford will be teaching with the Prince George's County Public Schools.

Antoine & Friends Virtual Events Lineup | Fridays at 11 a.m.

All programs will be streamed live on Crowdcast, YouTube, Facebook, and Twitter. Visit pgcmls.info/virtual-events to register.



PHOTO COURTESY PGCMLS

Antoine Lunsford

The first event was held June 19

Antoine Lunsford, the host of *Antoine and Friends*, read his third book in the Little Andy's World series called *Little Andy Runs for School President*. Lunsford's books are for school-aged children.

June 26

Glen Mourning is an author, educator, and motivational speaker. He will share a book from the *Crunchy*

See **AUTHOR SERIES** Page A8

Psi Epsilon Omega Chapter of Alpha Kappa Alpha Sorority, Incorporated® in Prince George's County, Md. Supports Black-Owned Business During COVID-19

By RACINE TUCKER-HAMILTON

Alpha Kappa Alpha Sorority Incorporated®, Psi Epsilon Omega Chapter

PRINCE GEORGE'S COUNTY, Md. (June 17, 2020)—Psi Epsilon Omega (PEO) Chapter of Alpha Kappa Alpha Sorority (AKA), Incorporated® in Prince George's County, Md. has provided more than \$15,000 to 70 Black-owned businesses from Jan.–May 2020 in support of African-American entrepreneurs. Health and wellness providers, restaurants, plumbers, and clothing retailers, are just a few of the Black owned businesses supported by Psi Epsilon Omega Chapter of Alpha Kappa Alpha Sorority, Inc.

"As the first Black female Greek organization, our sorority has always supported the Black community. Despite this initiative being launched prior to the COVID-19 pandemic, we are thrilled that we were able to "intentionally" support African-American entrepreneurs during a time when businesses were required to close or reduce their services due to the coronavirus," said Benita Swindell, Alpha Kappa Alpha Sorority, Incorporated®, Psi Epsilon Omega Chapter President.

Psi Epsilon Omega along with other AKA chapters, are tracking the money that members spend each month at Black-owned businesses. This effort is part of

the Black Dollar 365 initiative. This program highlights and promotes successful African-American owned businesses with an aim toward spawning new entrepreneurial ventures in our communities. PEO is encouraging intentional support, and leveraging the power of the Black dollar, 365 days a year.

"It is very important that we support local Black businesses 365 days a year, particularly in our service areas of Laurel, Bowie, and Greenbelt which are located in Prince George's County, Md., home to one of the wealthiest African-American counties in the United States," added Swindell. "It helps build jobs and support families in the communities where we live."

The Black Dollar 365 initiative is a part of Alpha Kappa Alpha's Target 3 program, Building Your Economic Legacy, through support of African-American entrepreneurs.

Alpha Kappa Alpha Sorority Incorporated®, Psi Epsilon Omega Chapter was chartered in 2007. Since its founding, the chapter has been aggressively implementing its programs of service in the communities of Laurel, Bowie and Greenbelt Maryland.



PHOTO BY PIPPALOU, COURTESY MORGUEFILE.COM

National Harbor Partners With The United States Air Force Band and Washington Performing Arts For Live Streaming of July 4th Concert

By SUSAN BOUNDS
for National Harbor

This July 4, National Harbor is partnering with Washington Performing Arts, and The U.S. Air Force Band for a special online live streaming concert at 4 p.m. EDT. World-renowned guest artists include violinist Joshua Bell, soprano Larisa Martinez, and bass Solomon Howard. The event will be hosted by Washington, D.C.'s own Aaron Gilchrist, morning anchor on NBC4. The live stream can be accessed at nationalharbor.com/july4 on July 4.

"A Tribute to the American Spirit" will highlight the resilience of all Americans, honor veterans and celebrate In-

dependence Day. The United States Air Force Band was formed in 1941 and has since inspired billions of listeners through its exhilarating music, engaging concerts and masterful recordings and continues to have a positive impact on the global community.

For many years, The U.S. Air Force Band has relied on music to help create bonds between the United States and the worldwide community. Music bridges language, cultural, societal and socio-economic differences and is able to advance relationships and inspire positive and long-lasting impressions. The Airmen musicians are a reflection of the excellence carried out 24/7 by Airmen stationed around the globe.

INSIDE

Library Launches Free Digital Access to the Washington Post, the New York Times, and 27 Magazines

PGCMLS cardholders and Prince George's County Public Schools students can now access these major publications at home and on the go.

Community, Page A3

On Juneteenth, Honor the Memory of Those Who Have Lost Their Lives to Racial Violence

... the symbolism is not a substitute for the efforts that need to be made to reform our policing system, our criminal justice system, and the economic and education inequities in America.

Commentary, Page A4

Stanford Student Creates Virtual Entrepreneurship Camp for Local Teens

Comcast Extends 60-Days of Free Internet Service to New Internet Essentials Customers

Business and Finance, Page A5

We Stand Together: Finding a Better Way to End Racial Inequity Starts Today

Library Launches Weekly "Summer @ Your Library" Virtual Event Series

Education, Page A6

Public Health Nutritionist Is Changing the Health Paradigm of Black Women

Eating affordable, nutritious, and delicious plant-based foods is one of the best ways for us to get healthy now.

Health and Wellness, Page A7

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Father Ihrle—Priest, Pilot, Navy Chaplain, Air Force Captain, Pastor and Fisherman

Father Bernard R. Ihrle, Jr., of Edgewater, a priest of the Washington Archdiocese, died June 6. He was 93.

He was born in Washington, son of Helen and Bernard R. Ihrle, Sr. He graduated from Gonzaga High School and attended George Washington University before serving in the Navy during World War II. After deciding to enter the priesthood, he attended St. Charles and St. Mary's Seminaries in Baltimore. He was ordained by Archbishop O'Boyle on June 4, 1955.

Father Ihrle served as associate pastor at Little Flower in Bethesda and during those years he received his license as a private pilot and became a chaplain for the Air National Guard. In 1961 while an associate pastor at St. Mark's in Hyattsville, he was called to active duty and joined the Air Force as a chaplain. He served six years, stateside and in Taiwan, before leaving the service as a captain.

He returned, and was named associate pastor at Holy Redeemer in Kensington. In 1970, he was appointed pastor at St. Mary's in Bryantown and in 1983 pastor at St. Philip the Apostle in Camp Springs. After eight years, a new pastor arrived but Father Ihrle stayed on as Senior Priest. During his years at St. Philip's he met regularly with the Sodality and SPRED (Special Religious Education), two of his favorite ministries.

He was often seen around the parish, even sometimes at meetings, in the company of his dachshund, Sam.

About 1983, Father purchased a Gateway PC DOS-based computer for the parish and began the process of developing a software program to assist parishes in preparing various reports required by the Archdiocese. One of the first projects was a parish census.

He retired in 1997 and moved to Edgewater with his new dachshund Peanut. He enjoyed rock-fishing off his 22-foot outboard boat, Two Plugs.

Father Ihrle was brother of the late William "Ed" Ihrle and Charles Ihrle; brother-in-law of Linda Ihrle-Mihm. Survivors include many nieces and nephews. A private Mass of Christian Burial was at St. Philip's with burial at Gate of Heaven.

During his years at St. Philip's, Father had a sign on the rectory door: "Be-

ware, Attack Dachshund." I hope there are dachshunds in Heaven.

Report from Morningside VFD

The evening of June 12, "Squad 27 was dispatched to the 5200 block of Saint Barnabas Road for an investigation of a vehicle into a house. First arriving units found one car that had hit the house with one patient trapped in the back seat. The crew of Squad 27 quickly stabilized the car, removed the passenger side rear door and extricated the patient." Earlier in the day, the Squad took in a small apartment fire as the search company on Curtis Drive in Company 29's area.

Ready for Golf?

The Forestville Pregnancy Center has a tournament for you. It's scheduled for August 11 at Oak Creek Golf Course. Beginning June 30, registration can be by GiveDirect, by mail (3611 Branch Ave. #102, Temple Hills MD 20748), or by phone (301-627-8323).

The fee is \$125, which covers breakfast, snacks and refreshments during the day, lunch, door prizes, and much more. There will be four Hole-in-One holes with a chance to win \$10,000 at one of the designated holes.

If you are not a golfer, consider sponsoring the tournament for \$150. For information contact them at www.forestvillepregnancycenter.org.

Changing Landscape

Development continues at a large site on Allentown Road near Branch Avenue. Among the businesses planned are a Wawa, convenience store and gas station, and Lidl, a German international discount supermarket. The project plans "60 townhouses, upscale amenities and outdoor activity area, pedestrian and neighborhood-scale streets, park landscaping and streetscape with courtyards, plazas and parks." The name of the new community is Andrews Allentown.

Joint Base Andrews has changed Wings: The 11th Wing is returning to its previous home, Joint Base Anacostia-Bolling. And the 316th Wing has come to Andrews.

Eats

BARR EATS has opened near the Branch Avenue Metro. They offer one protein & two sides for \$15. The protein: blackened lemon butter salmon, Old Bay lemon butter shrimp, lobster

tail, or thick cut NY strip steak. Call 202-340-0112 for information about ordering, menu and delivery.

Quickway Japanese Hibachi is celebrating its Grand Opening at The Landing in Clinton. Info, 240-318-5302.

Morningside Memories: 1958

The McHale family moved from San Francisco to Skyline 62 years ago this week, June 1958. We bought 5904 (now, 4304) Skyline Drive from John and Audrey Braun for \$21,000. We were delighted, and still are, with the trees and our friendly neighbors.

We learned we go could go to Sunday Mass in the multipurpose room of Morningside School. But where to shop?

Fortunately, The Women's Civic Group of Morningside had just issued a 1957 Morningside Directory. We found a full-page ad by attorney/realtor John McAllister, of Pine Lane, who had listed our house for sale.

We shopped for food—as listed in the Directory—at G.I. Market, A & J Super Market in Forestville, and B. K. Miller in Clinton. For hardware: Frank J. Campbell's and Coral Hills Firestone Store. For clothing: Bo Peep Shop, Darling Dress Shop, Nat Lewis and the Lane Shops.

For restaurants: China Sea, Shuler's, El rancho and Skyline Tavern. Barber-shop: Johnson's. Beauty shop: Eleanor's at 305 Larkspur. Avon Products: Alvina Beardmore at 221 Woodland Road. Notary Public: H. W. Shugarts, 414 Morgan Road.

Do you remember any of these?

Milestones

Happy birthday to Rose Hoffman, Veda Curcio, Shawn Kumra and Cathryn (Cordero) Pracht, June 27; Mike Dudding, Juanita Eppard, Erica R. Webb, EvaMarie Anthony and my granddaughter Leah Katherine Mudd, June 28; Faith "Dycki" Brown, Alexis Schuler and my great-grandson Wesley McHale, June 29; Karen (Beardmore) Ellis, June 30; Ruth LaBelle and Jordan Foster, July 1; Sharon Simms, Matthew Clark and Megan Frostbutter, July 2.

Happy 34th anniversary to Jack and Kimberly Hay on June 28; and to Carl and Sue (Stine) Mason, their 35th anniversary on June 29.

And to all of you, a happy—but safe—4th of July!

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

PGCPS PRIDE

In the spotlight are Bladensburg High School cosmetology teacher Shanay Dudley. She was named the 2020 Skills USA Advisor of the year. Dudley is a state certified FACS teacher and holds a cosmetology license in Maryland, the District of Columbia and Virginia.

Accokeek Academy teacher Arun Puracken was named National History Day Teacher of the year. Puracken, who has taught in PGCPs for six years, joins 16 other educators honored across the state.

Arrowhead Elementary Principal Shannon Butler went the extra mile for Teacher Appreciation Week. She organized a drive-by to check on teachers and staff. "For some of us it was a powerful and emotional moment" said Gayle Banks, a first-grade teacher.

ADVERSITY STRENGTHENS GRADUATE'S RESOLVE TO SUCCEED

Cobi Heron post-graduation job with the world's largest defense contractor, Lockheed Martin, as well as a U.S. Army Research Laboratory internship, are his prizes for never giving up and never giving in. Originally from California, Heron came to Bowie State to become the first in his family to earn a college degree. He joined the Bulldog Scholars Academy the summer before his freshman year to get a head start on his classes. After failing to prioritize his grades in his first year, he left the university. For the next two years, he worked his way back, taking classes at a community college. Once he re-enrolled at BSU, he was determined to get on the right track. He made the Dean's List in that first semester and continued to build momentum.

"There was a heavy weight on my shoulders being a first-generation college student. Everyone is depending on me to be the one to carry the torch across the finish line, so I just felt like I had to go back and finish," he said. "Bowie State literally that life Buoy that was thrown out there for me to have an opportunity to change the trajectory of my life and those around me."

Turning around his grades opened doors of opportunity at BSU. He spent a semester at a Chinese university, traveled to Ghana on an educational trip, did a Summer Undergraduate

Research Institute project on the mathematical concept of quantum walks and joined a Department of Energy research program on renewable energy with BSU faculty. Heron's global experiences made a deep impression.

"Everyone should take these types of opportunities to expand your horizons and get to see different cultures, so you get a greater understanding of what it's like to be a global citizen," he said. "I've learned that I have a niche for networking. Everywhere "I've been, I've made a lifelong connection to where I know that I'm welcome back with open arms."

He later landed the full-time Lockheed Martin job, helping to negotiate contracts for contractors. He also secured the 10-week summer internship with the Army Research Laboratory, shadowing a directorate to learn leadership skills. "Heron eventually plans to earn a doctoral degree in electrical engineering and start a hands-on STEM pipeline program for minority students. "I'm big on paying it forward. I feel like I have been blessed to be able to experience some things, and I would just like to see that same opportunity for others," he said. "Adversity builds character. College is not easy. I knew the only way to finish what I started was through persistence—that was the key." Media Contact: Damita Chambers, dchambers@bowiestate.edu.

BRANDYWINE LIONS CHARITIES FOUNDATION, INC.

The Brandywine Lions Charities Foundation is administered by the Brandywine Lions Club of Brandywine, Maryland. The Brandywine Lions Club was chartered with Lions Clubs International on February 1, 1944 and incorporated in 1973. The Brandywine Lions Charities Foundation was incorporated in 1982. The Foundation is a non-profit corporation under Section 501 © (3) of the Internal Revenue Code, and therefore is tax exempt. All contributions to the Foundation are tax deductible.

Our Mission: The Brandywine Lions Club has been devoted to the task of helping the needy in the Brandywine and surrounding areas. This in accordance with the motto of Lions Clubs International: "We Serve" and we at Brandywine are Proud of it."

Around the County

Local Students Honored

Local Students Graduate from Hood College

FREDERICK, Md. (June 18, 2020)—Local students graduated from Hood College in May.

Bowie, MD: **Imani Wilson**, bachelor's degree in Mathematics
Fort Washington, MD: **Eb Pitt**, bachelor's degree in Business Administration

Laurel, MD: **Kneshay Harper**, master's degree in Biomedical Science
Upper Marlboro, MD: **Paul Downs**, bachelor's degree in Communication Arts

Local Students Named to Dean's List at Hood College

FREDERICK, Md. (June 18, 2020)—The following students were named to the Dean's List at Hood College for the spring 2020 semester.

The Dean's List recognizes degree-seeking students who completed at least six semester hours of Hood work with at least a 3.5 semester GPA.

Bowie, MD: **Jordan Bailey**, **Colleen Blasko**, **Khadijah Wilson**
Camp Springs, MD: **Azanaa Hutchison**

District Heights, MD: **Yolande Thompson**
Fort Washington, MD: **Ebony Pitt**, **Talia Wade**
Hyattsville, MD: **Ashley Arevalo**, **Ayanna Tucker**

Laurel, MD: **Jessica Serra**
Upper Marlboro, MD: **Alicia Nelson**

—Office of Marketing & Communications, Hood College

Local Student Earns Degree from University of Northern Colorado

GREELEY, COLO. (June 18, 2020)—The following local student was among those who received degrees from the University of Northern Colorado at the end of the spring 2020 semester. Due to COVID-19, UNC rescheduled in-person commencement ceremonies in May and will hold them in December for the graduating class.

The student, degree, area of study, honor and hometown is:

Upper Marlboro, MD: **Lauren Nowak**, Master of Arts in Multilingual Education

For more information about the class of spring 2020, visit <https://www.unco.edu/news/articles/commencement-spring-2020.aspx>.

—Nate Haas, University of Northern Colorado

Cullen McGee graduates from Centre College

DANVILLE, Ky. (June 17, 2020)—**Cullen McGee** of Bowie graduated from Centre College with a bachelor of science degree in economics and finance during the College's virtual Senior Celebration held on Sunday, May 24.

Centre held the virtual Senior Celebration to honor the 352 members of the Class of 2020 on the date originally scheduled for Commencement. President John and First Lady Susie Roush recognized the graduating class live on Zoom from the stage of Newlin Hall in Centre's Norton Center for the Arts. The event was not meant to take the place of an in-person Commencement weekend, which will occur in the future when conditions allow.

A graduate of Gonzaga College High School, McGee's parent is Maura McGee of Bowie.

—Cindy Long, Centre College

Local Students Named to the Dean's List at the University of New Haven

WEST HAVEN, Conn. (June 17, 2020)—The following students were named to the Dean's List at the University of New Haven for the spring, 2020.

Bowie, MD: **Meghan Paternoster**, Henry C. Lee College of Criminal Justice and Forensic Sciences, Bachelor of Science in Criminal Justice
Glenn Dale, MD: **Leilani Djaouga**, College of Arts and Sciences, Bachelor of Arts in Psychology

Hyattsville, MD: **Mellisa Boyce**, Henry C. Lee College of Criminal Justice and Forensic Sciences, Bachelor of Science in Criminal Justice

—Carolyn Meyer, University of New Haven

Nearly 5,100 Iowa State University Students Receive Degrees This Spring

AMES, Iowa (June 15, 2020)—A virtual commencement ceremony was held this spring at Iowa State University to honor the nearly 5,100 graduates who earned degrees. The traditional on-campus celebrations were moved online as a result of the COVID-19 pandemic. University leaders recorded three commencement ceremonies to honor graduates.

Following are graduates from your area:

Hyattsville, MD: **Elizabeth Carino**, Doctor of Philosophy, Genetics and Genomics

—Angie Hunt, Iowa State University

Summer Food Service Program Starts on June 29

Prince George's County Public Schools (PGCPS) [ended] the current two-day meal distribution program on Wednesday, June 17. Following a one-week break to complete year-end activities, PGCPS will operate the annual Summer Food Service Program from Monday, June 29 through Thursday, August 13.

"Grab and go" breakfast and lunch meals will be available Monday through Thursday from 10 a.m. to noon at 87 school sites and 12 apartment complexes. To view a list of sites, visit www.pgcp.org/food-and-nutrition/cards/Summer-Meals/.

To bridge the gap in meal service, PGCPS families can access seven community sites from Monday, June 22 through Friday, June 26. The sites will offer lunch and a snack from 12–2 p.m.

Updates to services and sites will be provided as information becomes available. For more information, visit www.pgcp.org/foodandnutrition.

—Office of Communications, PGCPS

Even though some restrictions are lifted, please continue to:

- Wear a mask • Practice physical distancing
- Wash your hands often, for at least 20 seconds

Prince George's County Began Modified Phase Two Re-opening as of June 15

Visit www.pgcedc.com/covid19 for information and guidance on re-opening your business

COMMUNITY

The American Counseling Association's Counseling Corner

Is Quarantining Negatively Affecting Our Kids?

Most schools closed in mid-spring. Playgrounds in many areas are taped off. Sports programs from baseball to swim meets are being cancelled. The current COVID-19 crisis and its quarantining measures are directly affecting our children every day in a variety of ways.

Many parents worry what the long term effects may be on our kids. It's a question for which there aren't a lot of ready answers but the consensus from numerous experts is that most kids will be all right.

This is especially true for younger children. While they may now complain when locked down at home that they're "bored," it's probably the same complaint voiced during every summer's school vacation.

Being bored at times won't harm a child's psychological and emotional development but, rather, it does offer opportunities for parents to help build self-sufficiency. Providing kids with additional ways to express their creativity and enhance learning is one approach, but sometimes simply leaving a child to develop his or her own answers to being alone can encourage a child's independence and ability to create his or her own activities. Parents can empathize with a child's unhappiness with the current situation but they don't need to be a constant playmate or sources of entertainment.

With pre-teens and teenagers the problems can sometimes be more difficult. Social interaction is extremely important to these age groups and the disappearance of classrooms and the freedom to just hang out with friends often are more serious issues than simply being bored. Additionally, older children are better able to understand the health and societal problems this health crisis has brought, which can mean higher levels of anxiety and stress as they worry not only about their own health, but that of others close to them.

Allowing fewer restrictions on electronic interactions is one way for today's pre-teens and teens to stay connected. Social media and cell phone chat times can be replacements for that face to face time the kids previously enjoyed.

But parents also need to watch for any serious problems that today's changed world can bring to their kids. Significant changes in eating and sleeping habits, being overly argumentative, or withdrawing from family and friends for extended time periods can all be signs of depression. Depression isn't simply being sad, but it's a serious, longer-term mental health issue which is treatable and for which medical and mental help should be sought.

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.

Library Launches Free Digital Access to the *Washington Post*, the *New York Times*, and 27 Magazines through Flipster, Including *Essence*, *Time*, and *People en Español*

By DONNA SCOTT-MARTIN
PGCMLS

LARGO, Md. (June 15, 2020)—As the County's public library, the Prince George's County Memorial Library System (PGCMLS) is honored to serve the community by providing free access to trustworthy information, news, and cultural resources. This commitment extends into the digital environment with the Library's 85+ online resources and extensive collection of ebooks, audiobooks, streaming movies and music, and live virtual programs. The Library is proud to announce the addition of free digital access to the *Washington Post*, the *New York Times*, and 27 popular magazines. These new resources are available through the Library's online "News Suite" at pgcmls.info/news-suite. PGCMLS cardholders and Prince George's County Public Schools (PGCPS) students can now access these major publications at home and on the go. The digital access to these major publications significantly expands the community's ability to access major newspapers and periodicals that were previously only available onsite at PGCMLS branch libraries.

"The Library's collections team is thrilled to be able to provide this level of digital access to the major newspapers and magazines that customers seek the most," said Blane Halliday, Director for Collection Strategies at PGCMLS. "Customers can now access local and national news from home without having to incur the cost of personal subscriptions."

In addition to catching up on local, national, and international news with digital

newspapers, customers can read about popular culture, food, home décor, history, science, health and wellness, and more through Flipster (EBSCO), which offers free digital access to 27 major magazines. The collection includes: *American History*, *The Atlantic*, *Babybug*, *Better Homes & Gardens*, *Consumer Reports Buying Guide*, *Eating Well*, *Entertainment Weekly*, *Essence*, *Fine Gardening*, *Fine Homebuilding*, *Forbes*, *Fortune*, *InStyle*, *Martha Stewart Living*, *Parents*, *People en Español*, *Scientific American*, *Shape*, *Southern Living*, *People*, *Ranger Rick*, *Real Simple*, *Time*, *Threads*, *Travel & Leisure*, and *Zoobooks*.



How to Access New Resources from Home

Access to the *Washington Post*, the *New York Times*, and Flipster is available to all Prince Georgians with a PGCMLS library card or PGCPS LINK card number. New customers can obtain a free virtual library card at pgcmls.info. Instructions on how to log in to library resources with a LINK card number are available at pgcmls.info.

The *Washington Post*

Visit pgcmls.info/news-suite and click on the *Washington Post* icon.

- Enter your library card or LINK card number when prompted.
- Follow instructions to create an account.
- Re-login required every 7 days to keep access.

Users can also access content through the *Washington Post*'s mobile app using their account credentials (Android and iOS).

The *New York Times*

Visit pgcmls.info/news-suite and click on the *New York Times* icon.

- Enter your library card or LINK card number when prompted.
- Follow prompts to create an account.

• Re-login required after 72 hours. Users can also access content through the *Times*' mobile app with their account credentials (Android and iOS).

Flipster (EBSCO)

Access is available online through pgcmls.info/news-suite or via Flipster's iOS, Android, or Kindle Fire apps.

- Find Prince George's County Memorial Library System in the list of libraries.
- Enter your library card or LINK card number.
- Click the Flipster icon and browse the digital magazine collection.

The PGCMLS News Suite also includes access to archives of major American newspapers through Major Daily Newspapers (ProQuest), approximately 300 consumer health periodicals through Health Source Consumer Edition (EBSCO), and RBDigital Magazines. Additional newspaper resources are available through the Library's Online Resources.

Baltimore Barbershops Help Neighbors Cope With Trauma

By KANITA IYER, JASON FONTELIEU and JAMAL WILLIAMS
Capital News Service

BALTIMORE (June 17, 2020)—In most barbershops, you might find posters that show style trends or magazines stacked on tables. But in New Beginnings barbershop, what stands out are student artwork on the walls and stacks of pamphlets promoting art exhibits and health screenings.

New Beginnings is not just a place for a trim. It's also a place where you can address health concerns and trauma that stem from violence in Baltimore.

"I had to start doing things to address the issue of senseless violence, starting with myself, as well as others, that brought forth the urgency to unite barbers and beauticians with much more depth," New Beginnings owner Troy Staton said.

The barbershop, in southwest Baltimore's Hollins Market neighborhood, offers blood pressure checks, HIV testing and flu shots, among other health-related services. They do this with the support of Kaiser Permanente.

"Barbershops and salons have a long

history of being places where folks feel safe in discussing needs and wants, and almost like counseling," said Alma Roberts, Kaiser Permanente's interim director for community health for Greater Baltimore. "They're considered anchor organizations in their communities and have access to the trust of their clients."

Kaiser partnered with New Beginnings in 2016 to bring health services to the shop. Such alliances often forge relationships with clients that doctors cannot, because they are built on instinctive trust.

"There are only so many people you let get close to you, like really close to you," said Stephen B. Thomas, a health policy and management professor at the University of Maryland's School of Public Health in College Park.

Thomas leads a team of researchers in the Health Advocates In-Reach and Research (HAIR) campaign. The group is working to mirror the barbershop alliances in Baltimore by building a network of

Prince George's County barbershops and beauty salons to promote public health there.

"Automatically, by the virtue of what (barbers) do, you have to let down your shields to let someone touch you ...," Thomas said. "And I think when physicians see some of this, they're envious of the relationship the barbers have with their clients."

Kaiser has expanded to work with six other barbershops and hair salons in West Baltimore. Three are partner shops, meaning they have health-related trainings in the shops, as well as access to Kaiser's mobile unit, where the shops' customers can be screened. The other three businesses are ambassador

shops, which don't offer screenings in the Kaiser mobile unit but do participate in all other activities, Roberts said.

Roberts said the partnership has offered medical screenings and other medical assistance to about 5,000 Baltimoreans since 2016. Kaiser also provides classes and workshops, including weekly wellness and fitness classes and monthly mental health workshops. Kaiser works in collaboration with organizations such as the Black Mental Health Alliance and gymGO.

In addition to health screenings, Kaiser trains its partners in managing issues such as mental health, diabetes and chronic diseases. All of its partners and ambassadors are certified in Mental Health First Aid, a national program that teaches how to recognize and respond to mental illness and substance abuse.

Emotional connections often are made inside barbershops, and Hollins Market barbers fill a huge need. In 2018, the Hollins Market neighborhood ranked fourth-highest in the city in gun-related homicides, fifth-highest in shootings and fourth-highest for the number of narcotics calls for service per 1,000 residents, according to data compiled by the Baltimore Neighborhood Indicators Alliance.

New Beginnings fell victim to such violence when the shop was shot up on Halloween in 2018. Staton suffered a wound to the neck. A bullet lodged into the wall next to his barber station. The bullet hole is still there.

"I keep that there as a reminder to never take nothing for granted," Staton said. "I could've simply patched it up, but then it'd be gone. And I needed to remember how simple things could change at any given moment."

City Councilman John Bullock said Hollins Market "is still a neighborhood that adds a significant amount of vitality, even compared to some of the neighborhoods that are in close proximity." New Beginnings is in Bullock's district. He's been a client there for nearly seven years. He said he has observed how therapeutic a haircut can be for customers because barbershops are "safe forums to tell our stories."

That sharing works both ways. Staton is in therapy for post-traumatic stress following the shooting at his shop. His openness to treatment helps defy

the stigma against mental illness in the African American community, which Mia Smith-Bynum, a family science associate professor at the University of Maryland's School of Public Health, describes as "pretty pronounced."

"With all the negative stereotypes aimed at African Americans, you layer mental health issues on top of it ... it's just one more thing that can be used as a weapon to dehumanize African Americans or to diminish them," Smith-Bynum said. "That's where the stigma comes from."

Donna Bruce, a beautician in the Baltimore area for almost 35 years, sees it regularly. "Nobody talks about stress, about mental health ... because of the stigma ... you put on your big girl panties and move on," she said.

Bruce said being a hairstylist, for her, is much more than doing hair—she's also a peer recovery specialist certified by the state of Maryland, specializing in helping with family-related issues.

She has an arsenal of resources ready to suggest, such as TurnAround Inc., for survivors of sexual violence or Dee's Place for people in recovery.

But she said there are times when listening to her clients' stories takes a toll on her.

"Some people bring a lot of baggage to the table, and that's secondary stress that I didn't even know that I was taking on until I started taking some social work classes" at the University of Maryland School of Social Work, Bruce said. "I didn't know I was affected by that."

Even so, Bruce has built strong relationships with her clients. She talks to them about a variety of issues—from everyday gossip to addiction and mental health.

"I'm everybody's mother," she said. "I'm Ma, I'm Auntie ... They consider me a family member."

Staton has also found family among his clients and people who live in the neighborhood. Marie Snipe chose him to be her son's godfather.



CAPITAL NEWS SERVICE PHOTO

New Beginnings barbershop, owned by Troy Staton, in May 2020 in Baltimore's Hollins Market neighborhood.

Snipe said she met Staton in 1993 when he worked in a shop a few blocks away and she needed help raising her children.

"I felt guilty because of my past—me using (drugs) and not being there" for her children, Snipe said. "But I always told them, no matter what, if anything were to happen to me, they always could go to the barbershop."

Staton had food and diapers for her children, and he looked out for other members of the community by offering rides and pitching in to cover bills, Snipe said.

Today, Snipe is a substance abuse counselor. She works as a liaison to connect Staton's clients with resources they might need to combat their own addictions.

The barbershop "was a place to go where you needed help, resources, anything they can help you with. They never turn their back on you or judge you for anything," she said.

Snipe's son, Davon Mayo, like many other kids in the neighborhood, helped around Staton's shop by sweeping and cleaning. He was "always connected to the barbershop," Snipe said. Mayo died of a gunshot wound to the head in southwest Baltimore in April 2019. He was 25 years old.

For Staton, it's clear what his shop, and other barbershops, symbolize.

"They are the heartbeat and the pulse of the community."



PHOTO COURTESY TROY STATON

Troy Staton heads a network of barbers and beauticians helping clients cope with trauma in Baltimore in May 2020. He owns New Beginnings barbershop in Baltimore's Hollins Market neighborhood.

COMMENTARY

Marion Wright Edelman

President Emerita, Children's Defense Fund



ChildWatch:

Let's Set Our Children Free

Juneteenth marks the date in 1865 when many black slaves in Texas finally learned they were free from federal troops arriving in Galveston after the end of the Civil War, more than two and a half years after President Lincoln had signed the Emancipation Proclamation freeing all slaves in the Confederate states. In most years Juneteenth is a jubilant celebration, but this year has been a stark reminder of exactly why we choose to commemorate and honor that day and why history is so important. I'm glad the president learned a little bit of history he was unaware of and postponed his Tulsa speech for one day. In my dear friend and beloved role model Fannie Lou Hamer's eternal words, nobody's free until everybody's free.

[The following] is a prayer by Reverend James Forbes, Senior Minister Emeritus of Riverside Church in New York City and an anchor of the Children's Defense Fund's Samuel DeWitt Proctor Institute at Haley Farm, to sustain and strengthen us as we carry on the struggle to set all of our children free from poverty, racism and violence.

TO SET ALL THE CHILDREN FREE

"We shall overcome" has got to be more than a frame of mind
 It's working hard in our own backyard—to leave no child behind
 "We shall overcome" has got to be more than a children's prayer
 It's sacrifice, at any price, to show them that we care
 "We shall overcome" has got to be more than a memory
 It's a new resolve, to get involved in building community
 "We shall overcome" has got to be more than a distant dream
 And a place on the freedom team
 "We shall overcome" has got to be more than a protest song
 It's a loving vow, to show somehow, we all can get along
 "We shall overcome" has got to be more than a melody
 It's a one-by-one till the job is done to set all the children free
 "We shall overcome" has got to be more than a freedom song
 It's confidence, being convinced that right will conquer wrong
 "We shall overcome" has got to be more than a song we sing
 It's the will to fight, to make things right, so the freedom bell can ring
 For the children, ring
 For the children, ring
 Through the power of the Spirit, let's empower each other to go out with power to set all the children free.

Marc Morial

President and CEO, National Urban League



To Be Equal:

On Juneteenth, Honor the Memory of Those Who Have Lost Their Lives to Racial Violence

"The people of Texas are informed that in accordance with a Proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between employer and free laborer."

—General Order No. 3 as read by Maj. Gen. Gordon Granger, Galveston, Texas, June 19, 1865

Contrary to recent claims by President Trump, the holiday of Juneteenth was quite well known before this year.

It's true that most people don't learn about Juneteenth in school. Currently, only Texas recognizes it as a state holiday. But most major cities have held Juneteenth celebrations for decades. The popular ABC sitcom *Black-ish* brought Juneteenth into the mainstream of pop culture in 2017 with a widely-celebrated musical episode in the tradition of *Schoolhouse Rock*.

And it is true that Juneteenth has taken on a special significance this year, and not only because President Trump awkwardly scheduled a campaign rally for the

day in Tulsa, the site of the worst incident of racial violence in American history.

On May 31 and June 1, 1921, white mobs incensed at Black financial achievement in the Greenwood District—also known as "Black Wall Street"—rampaged through the neighborhood killing men and burning and looting stores and homes. A 2001 report estimated that as many as 300 people died. About 10,000 Black people were left homeless, and property damage amounted to more than \$1.5 million in real estate and \$750,000 in personal property (equivalent to \$32.25 million in 2019). Their property was never recovered nor were they compensated for it.

The campaign rally was rescheduled.

While the last several weeks have been riven with conflict as demonstrators express anguish over racially-motivated police killings, most of the country seems to be awakening to a greater cultural sensitivity and the need for intense anti-racism activism. Celebration of Juneteenth, a commemoration of the end of legal slavery in America, is part of this awakening.

State workers in New York and Virginia will have the day off, and governors Andrew Cuomo and

Ralph Northam want to make the day a state holiday.

Most major corporations, including the NFL, Mastercard, Lyft and Uber, have made the day a paid holiday, as have media companies such as *New York Times*, the *Washington Post* and Vox Media have also made Juneteenth a company holiday.

The National Urban League, too, has designated Juneteenth an official paid holiday.

Growing up with parents who were civil rights activists in the late 1960s and early 1970s, my family celebrated Juneteenth, along with Emancipation Day celebrations on Jan. 1 and Watch Night parties on New Year's Eve.

Enthusiasm for Juneteenth seemed to wane after Martin Luther King Day became a federal holiday in 1983. The burgeoning interest in the celebration could be a positive sign, but the symbolism is not a substitute for the efforts that need to be made to reform our policing system, our criminal justice system, and the economic and education inequities in America.

Passing the Justice in Policing Act is one way to honor the memory not only of our enslaved ancestors, but the victims in Tulsa and all those who have lost their lives to racially-motivated violence.

AMERICAN FORUM OP-ED

COVID and Racism Have Exposed Great Inequalities. We Need Small Business Now More than Ever

By SHAUNDELL NEWSOME

GoFundMe pages, idled workers and "good-bye and thank you" signs popping up on one long-standing storefront after another. America's Main Street businesses are on the ropes and many of our moms and pops are facing early retirement. Sadly, an overwhelming eight in 10 small business owners say our nation's leaders don't understand their needs—and favor big business anyway—during this time of crisis, according to a new survey of 1,200 entrepreneurs from Small Business for America's Future.

The COVID-19 pandemic and the protests around the murder of George Floyd and so many other black Americans have exposed and highlighted the structural racism that exists in our healthcare and economic systems. For small business owners—and for all of us who rely on them for jobs and essential and enjoyable services—the aftershocks could be profound. Shutters and closures raise the specter of Main Streets that more resemble the first years of the Great Recession, or the aftermath of an extreme weather event, than a rebounding recovery.

Small businesses—particularly small business owners of color—are suffering and the Trump Administration's confusing, uneven and lackluster response has left many entrepreneurs feeling poorly understood and left behind. There has been little progress on advancing a comprehensive recovery plan that will help our nation's primary job creators survive and rebuild over the long term.

This is an unacceptable state of affairs. We cannot let our small businesses bear the economic brunt of the turmoil in our country. It was small businesses—not giant corporations—that led the country out of the Great Recession. They created nearly two-thirds of new jobs following the recession, according to the Small Business Administration. With a long-term recovery plan dedicated to helping small businesses, they can lead the way out of the COVID-19 recession, too.

But we have a lot of work to do. Small business owners were already feeling betrayed by the 2017 Trump tax cuts, citing windfalls for corporations and lip service for them. The feeling only intensified when, under the administration's Paycheck Protection Program (PPP) implementation plan, it became known that chains like Ruth's Chris Steak House and Shake Shack had an easier time getting a PPP loan than your neighborhood bistro or barber shop.

For entrepreneurs of color, emergency aid has fallen far short. A recent poll of Black and Latino business owners from Color of Change and UnidosUS found just 12% of the owners who applied for aid from the Small Business Administration —most seeking a PPP

loan—reported receiving what they had asked for and nearly half say they will be permanently out of business by the end of the year.

The result, unfortunately, is that small businesses have lost faith that government leaders care about them. We can't go on like this. Our leaders must commit to helping small business owners recover and rebuild over the long-term. To help the small business community in this effort, a coalition of business owners and leaders have come together to launch Small Business for America's Future.

We need a strong small business voice in Washington committed to ensuring policymakers prioritize Main Street by advancing policies that work for small businesses and their employees. If we don't empower our job creators, our economic recovery will be much slower and more painful.

Our survey shows the need for a long-term recovery plan for small businesses is undeniable:

- Nearly a quarter (23%) of small business owners have considered closing their business permanently and 12% are facing the possibility of having to declare bankruptcy because of COVID-19
- 53% have new debt related to COVID-19. Of those, one-third have \$50,000 or more in new debt.
- Three in 10 small businesses will dip into their personal savings to finance reopening while 2 in 10 will use credit cards to do so

Small business owners are in this situation for doing their part to prevent the spread of the virus. Now, it's time for policymakers to do their part to make sure small businesses can rebuild.

In our survey, small business owners identified three primary areas of concern that need to be addressed in the recovery: lowering healthcare costs, creating common-sense tax policies that put small businesses on a level playing field with big businesses, and ensuring a just and equitable recovery and economy.

The virus has not gone away and the road to recovery will be steep. Small business owners will have to struggle through lower sales volume and depressed consumer demand as people cautiously test the waters. Only 38% of small businesses expect revenue to increase over the next 12 months, according to a CNBC survey.

We need our leaders to dedicate themselves to creating policies that give Main Street a chance to get off the ropes. And we'll be in their corner fighting for small business and America's future.

Shaundell Newsome is co-chair of Small Business for America's Future, owner of small business Sumnu Marketing and Chairman of the Board for the Urban Chamber of Commerce Las Vegas.

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.

The Prince George's Post

Subscribe Today! Call 301-627-0900 or email bboice@pgpost.com

BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

SSDI Denied; Will Claiming Early Hurt Spouse or Survivor Benefits?

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

Dear Rusty: I applied for Social Security Disability Insurance (SSDI) benefits and was denied. So, because I turn 62 this month, I plan to file for my early SS retirement benefits. Since I've not worked a lot due to health issues I won't get much and I realize my benefit will be reduced by about 30% from my full retirement age amount, but we need the extra income to help with my medical bills. My husband is 57 and still works. Social Security will be our only retirement so he will be working for as long as he can. My question is, how will my early retirement affect any spousal benefits I might qualify for in the future? Or my widow's benefits if he should die before I do? **Signed: Worried Spouse**

Dear Worried: Claiming your own SS benefit at age 62 will cause your spousal benefit to be less when your spouse benefit starts (when your husband claims). That's because your spousal benefit will be in the form of a "spousal boost" which will be added to the reduced SS benefit you will get by filing at age 62. The amount of your spousal boost will depend upon how old you are when your husband claims (which is when your spousal benefit kicks in). If you've reached your full retirement age (FRA) of 66 years and 8 months, your spousal boost will be the difference between 1) your SS retirement benefit amount at your FRA (regardless of when you claimed) and 2) half (50%) of the benefit your husband is entitled to at his FRA (regardless of when he claims). At your FRA you get the full amount of the spousal boost; but taken before your FRA the spousal boost will be actuarially reduced according to the number of months prior to FRA it is taken. Since the spousal boost is added to the benefit you are already receiving, you claiming your reduced benefits at age 62 means your spousal benefit will also be reduced. But your spousal benefit (while your husband is living) is entirely different from your survivor benefit if your husband dies before you.

As your husband's widow, provided you have reached your FRA you will get 100% of the amount he was receiving (or entitled to receive) at his death, instead of your smaller benefit from claiming at age 62. In other words, that you claimed your own benefit at 62 doesn't affect your survivor benefit. But if the survivor benefit is claimed before you reach your full retirement age it will be reduced due to claiming it early (the reduction is about 4.75% for each year early). Note that you do not have to claim the survivor benefit immediately; you may wait to claim until it reaches maximum at your FRA.

One final point: Statistically, about 2/3rds of all initial SSDI disability applications are denied. If you believe strongly that you've been unfairly denied, you can appeal that denial, even if you go ahead and claim your own SS benefit at age 62. To appeal the SSDI denial you should submit form SSA-561—Request for Reconsideration, which you can find at this link: www.ssa.gov/forms/ssa-561.html.

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 ssadvisior@amacfoundation.org.

Prince George's County Began Modified Phase Two Re-opening as of June 15
Visit www.pgcedc.com/covid19
for information and guidance on re-opening your business

Maryland Small Business Development Center Offers No-Cost and Low-Cost Training for Maryland Small Businesses

Whether you are an established business or just starting out for the first time, the Maryland Small Business Development Center (MDSBDC) offers a comprehensive range of resources to help businesses at all levels, especially during these uncertain times. From regularly updated announcements and guidelines to training courses and other learning programs at no- or low-cost, MDSBDC is working to help all small businesses in Maryland.

"SBDC training programs are designed with [working individuals] in mind. Most courses are offered in the evening and range in length from two hours to several weeks. They are presented by local business leaders from many professional disciplines to

help you develop the planning, management, and financial skills necessary to make your business thrive. By leveraging the resources of professionals in the community, we are able to offer a wide range of high-quality workshops, conferences, seminars, and courses at no cost, or a nominal fee."

To learn more, visit marylandsbdc.org/training and click on the Events Calendar for upcoming sessions that meet the needs of your business.

You can also view the Small Business Survival Guide, which is updated several times a day and has up to date information to help you through the ever changing guidelines surrounding the COVID-19 emergency.

Stanford Student Creates Virtual Entrepreneurship Camp for Local Teens

A graduating Stanford student, Curtis Staples, will be running a two week, hands-on virtual entrepreneurship bootcamp, called Create It.

The camp is for students entering grades 8–12 and will run from July 13–24, Monday through Friday from 1–3:30 p.m. EST via Zoom.

Students will bring their ideas to life by speaking with potential users, testing their ideas, designing mock-ups, and even-

tually pitching their product/company to the entire class.

Throughout these two weeks, students will learn from a curriculum based on teachings and learnings from Stanford University and from companies in industry.

There will be opportunities to engage with user researchers and designers from companies such as Google and Coursera. Students will also be able to learn from both founders and other student entrepreneurs who've

started their own successful companies.

Staples decided to start Create It to share his own knowledge and experience and help give students a head start in the business world before he heads off in the Fall to start work as an Associate Product Manager at Twitter.

There are limited spaces available and parents can register their children by going to www.campcreateit.com.

If parents have any questions, Staples can be contacted via email at curtis@campcreateit.com or by phone Monday–Friday during 12–5 p.m. at 650-246-9882.

Comcast Extends 60-Days of Free Internet Service to New Internet Essentials Customers

Company's COVID-19 commitment to help households in need access the internet now available through the end of 2020

By SANDRA ARNETTE
Comcast

PHILADELPHIA (June 18, 2020)—As the current school year comes to an end, school districts across the country are already announcing plans for when school returns in the fall. To help provide additional support to students and families, Comcast today announced it will continue to provide 60 days of free Internet service to new, eligible Internet Essentials customers. Originally set to expire on June 30, the free offer will now be available through the end of this year. In addition, Comcast will continue to waive, through the end of the year, the requirement that cus-

tomers not have a past due balance with Comcast to qualify for the free offer.

"For almost a decade, Comcast has been helping to level the playing field for families in need so they can benefit from all the Internet has to offer. So, we're happy to be able to extend this 60 days of free Internet service to new customers," said Dana Strong, President of Xfinity Consumer Services. "Now more than ever, connectivity has become a vital tool for families to access educational resources for students, important news and information about their community and the world, telehealth applications, or to stay in touch with family and friends."

Since 2011, Internet Essentials has connected more than two million low-income families to the Internet, serving approximately eight million people. During that period, the program has grown from focusing on bridging the "homework gap" for school-age children to being deeply invested in providing digital equity. The program, which offers low-cost, high-speed Internet service for \$9.95 a month plus tax, also provides multiple options to access free digital skills training in print, online, and in person. In addition, customers have the option to purchase a low-cost Internet-ready computer.

Internet Essentials is structured in partnership between

Comcast and tens of thousands of school districts, libraries, elected officials, and nonprofit community partners. For individuals and organizations interested in becoming a partner, please visit: <https://partner.internetessentials.com> to order free collateral materials that will also be shipped free of charge.

Applicants can go to: www.internetessentials.com using any web-connected device, including mobile phones. The accessible website also includes the option to video chat with customer service agents in American Sign Language. In addition, there are two dedicated phone numbers 1-855-846-8376 for English and 1-855-765-6995 for Spanish.

Southern Management Unveils Comprehensive Cleaning and Sanitization Program at Its Hotel Properties

Ever Strong serves as strategic roadmap for confidently reopening hotels

By PRESS OFFICER
Southern Management Corporation

VIENNA, Va. (June 15, 2020)—With a long-standing reputation and steadfast commitment to caring for and ensuring the safety of its guests and team members, Southern Management Corporation (Southern), the largest privately-owned residential property management company in the Mid-Atlantic region, and its Hotel Division, has launched a comprehensive cleaning and sanitization program named Ever Strong. This detailed plan allows Southern to safely reopen and operate its four hotels—The Hotel at the University of Maryland, Cambria Hotel College Park, The Hotel at Arundel Preserve and Bear Creek Mountain Resort and Conference Center. Based upon the latest guidance from the Centers for Disease Control and Prevention (CDC), government authorities, and in concert with the American Hospitality and Lodging Association's Safe Stay standards, Ever Strong is built upon four pillars—physical distancing, cleanliness, active monitoring and rapid response.

"Shortly after the pandemic wreaked havoc on the hospitality industry and forced us to temporarily close some of our hotel properties, our team came together with the mindset of restoring confidence in traveling and created a detailed plan to give our visitors peace of mind as they venture outside of their homes," said Jeff Brainard, vice president of sales and marketing at Southern Management Corporation. "The company-wide program highlights necessary steps, protocols and actions that are being taken and will continue to be taken to ensure team members, guests and visitors have a safe, clean and comfortable experience at all of our hotel properties."

The four pillars that make up the foundation of Ever Strong are:

Physical Distancing

Each of the four properties have been modified to maximize public spaces and encourage physical distancing—keeping guests six feet apart at all times. In addition to layout changes and signage, the properties have adjusted their operational practices to encourage responsible distancing in all

areas such as elevators, restaurants, fitness centers, meeting and event spaces and pools. All staff members are required to wear face coverings and guests are strongly encouraged to as well. Disposable face coverings are provided for guests, if needed.

Cleanliness

The company's market-leading cleaning programs have been enhanced and include significantly increased frequency of cleaning in all high-traffic areas and frequent sanitizing of high-touch surfaces. The placement of hand sanitizing stations, property-wide use of personal protective equipment and focus on team member health protocols are also in effect. Guest room sanitization is a priority with enhanced high-touch deep cleaning on doors, furniture, fixtures, telephones, remotes,



PHOTO COURTESY THE HOTEL AT THE UNIVERSITY OF MARYLAND
The Lobby of The Hotel at the University of Maryland.

etc. Linens are delivered and removed from guest rooms in single-use bags. Team members will not enter guest rooms during the guest visits, unless required to respond to an emergency. Guest rooms remain vacant for 48 hours after check-out, when possible.

Active Monitoring

A critical element of maintaining the Ever Strong program includes monitoring and evaluating our practices, heeding expert guidance, listening to feedback, and adapting. As the Ever Strong program evolves, Southern will actively communicate changes to procedures and protocols to team members and guests. The most current version of the plan is made available to the

public via the property websites.

Rapid Response

When a presumed or confirmed case of COVID-19 is identified, our mitigation strategy is to take immediate measures that protect guests and team members, while ensuring the continuity and safety of operations. Management will work with the Southern COVID-19 Response Team to follow established protocols. The actions that will be taken include: restrict area access, sanitation, notification, room recovery and contact tracing. Additionally, Southern will notify any in-house guests and team members of the action plan in the event of a positive case of COVID-19 on the property. Contract tracing will be used to determine anyone who may have come into contact with a contaminated area.

All team members receive comprehensive training on COVID-19 safety and sanitation protocols. As a result of the new requirements and protocols, more time and effort is required in what has already been a labor intensive service. Action plans are in place and team members are trained on how to respond swiftly to any reported cases of COVID-19 on-property.

"The size of our hotel portfolio puts us in a unique position over other hotel brands by allowing us to create a comprehensive plan that covers all aspects at each of the four properties. Additionally, because of Southern's diversified portfolio, we're able to take findings from other industries and apply to the hotels, when appropriate," said Brainard. "A key component of our program is to remain nimble and make appropriate changes to our practices based on evolving guidance and best practices to ensure an unmatched experience for all of our guests and visitors."

The company-wide program is continuously updated to comply with CDC and industry guidelines. To view the full Ever Strong plan in more detail, visit <https://www.southernmanagement.com/EverStrong/>.

Southern Management Corporation is the largest privately-owned residential property management company in the Mid-Atlantic region. The company owns and manages 77 apartment home communities comprising more than 25,000 apartment homes throughout the Baltimore-Washington region. In addition to residential property ownership and management, Southern Management owns and manages commercial properties as well as four hotels and conference centers. To learn more, visit www.southernmanagement.com

EDUCATION

We Stand Together: Finding a Better Way to End Racial Inequity Starts Today

Ed Tech Leader K12 Inc. to Invest \$10 Million in Scholarships, Provide Free Curriculum, and Create National Forum on Race in Education

By PRESS OFFICER
K12 Inc.

HERNDON, Va. (June 18, 2020)—In the midst of protests across the country driven by the death of unarmed Black Americans George Floyd, Breonna Taylor, and countless others, K12 Inc.—the nation's leading provider of online and blended education—is committing to a series of initiatives that support racial and socioeconomic equity and inclusion in and through education.

Since its inception twenty years ago, K12 has been committed to removing barriers that impact academic equity and to providing high-quality education for anyone—particularly those in underserved communities—as a means to foster economic empowerment and address societal inequities through college and career readiness. The company's new pledge and continued support of racial equality and justice are consistent with this commitment.

"At K12, we support eliminating racism, prejudice, and violence in all forms and against all groups," said K12 CEO Nate Davis. "As a community of educators, we believe that Black Lives Matter, and that K12 teachers, administrators, and management must serve as a role model for children, parents, and families. Only through sustained actions can we strive to create real change. It's my hope that our continued efforts to bridge the differences that divide our communities will help build a better, stronger, more inclusive nation."

The company announced today it is making a commitment to do the following:

- **Invest at least \$10 million in new scholarships for Black students** to attend K12-powered private schools, which includes three private K-12 institutions and the award-winning Galvanize programs in data science and software engineering.
 - This commitment will produce at least 100 Black software engineers and data scientists and help thousands of high school students gain the necessary skills to enter high-paying jobs in Information Technology and health care.
 - This initiative will also support underrepresented students planning to enroll in colleges and universities

across the country.

- These scholarships are in addition to the student and teacher scholarships already funded through the independent foundation K12 established in 2016, known today as Future of School.

- **Build a career readiness scholarship for Black students** that includes access to virtual career exploration, mentorship opportunities, resume building, professional development workshops, and enrollment in Tallo—the nation's premier online platform for connecting students with employers, colleges, and universities.

- **Expand upon the legal and law enforcement career pathway at K12-powered Destinations Career Academies**, which promote economic inclusion in underserved areas of the country and provide the academic and professional skills students need to thrive in high-demand career fields.
 - This new pathway will be created in partnership with local law enforcement agencies and civil rights groups with the goal of building a more diverse, socially-conscious and community-supportive law enforcement workforce.

- **Partner with other institutions to design interactive K-12 courses on systemic racism to be made available for free to every public school in the U.S.** that explain the history and legacy of slavery, segregation, and Jim Crow and its impact on Black people of yesterday, today, and tomorrow.
 - These courses will highlight community and civic changemakers and movements from Civil Rights to Black Lives Matter, to inspire the next generation of leaders and allies.
 - The courses will seek to foster a conversation about the reforms we can all support—based on past and current events—to enact change.

- All of this content will be offered free-of-charge to schools across the country, and to other institutions including Historically Black Colleges and Universities and scholars who are interested in developing similar courses.

- **Sponsor and convene a national forum** to promote dialogue and examine ways to enhance and provide access to high-

quality educational opportunities for students and families lacking access to such options in their communities.

- This initiative will bring together national thought leaders in education and proponents of change from corporate and academic circles to create concrete strategies for improving racial equity in education.

- These strategies will subsequently be presented to state and federal lawmakers, state boards of education, and the U.S. Department of Education.

- **Expand the number of Black teachers, particularly male teachers**, employed at K12-powered schools, including improved recruiting, training and retention strategies.

- The company will seek to establish partnerships with HBCUs and existing partners to expand the pipeline of Black teachers for schools and universities across the nation. Research shows that Black students who have at least one Black teacher in elementary school are less likely to drop out of school and more likely to go on to college than Black students who do not have Black teachers.

- Promote K12 employee volunteer efforts through its "K12 Cares" program and provide paid-time-off and other incentives to encourage employee participation in initiatives that support diversity and inclusion in the community.

In addition to these commitments, K12 will continue to increase its existing diversity and inclusion efforts across every aspect of the organization, including supporting Black and minority-owned businesses; partnering with organizations to launch voter registration drives for K12 employees, K12-powered high school students, and Galvanize community members; expanding legislative reform efforts that combat racism; and improving its recruiting, training, and retention strategies in instructional, leadership, administrative, and corporate roles.

"K12 has a strong history of bridging gaps in access to education, and in helping to provide school choice for underserved communities," Davis said. "We are committed to leveraging our experience and our expertise to make a difference. We have a history of making education options available to all groups and our focus on the Black community is another step in what we've always done. Only through economic power, education equity, health care equality, and fair laws and policies can there truly be equity for Black Americans."

For more information on the company's pledge to end racism and discrimination, please visit our website: www.k12.com/about-k12/diversity-inclusion.html



Library Launches Weekly "Summer @ Your Library" Virtual Event Series

The Prince George's County Memorial Library System (PGCMLS) launches a new weekly series of live virtual "Summer @ Your Library" (S@YL) events for all ages. Tune in on Wednesdays, June 17–August 26 at 4 p.m. for live performances and educational programs that highlight the 2020 "Summer @ Your Library" theme of "Imagine Your Story." All PGCMLS virtual events are free and open to the public. The programs are streamed on Crowdcast with select additional streams on Facebook, YouTube, and Twitter. Register for these events: pgcmls.info/virtual-events.

"Summer @ Your Library" Weekly Virtual Event Lineup Wednesday, July 1 at 4 p.m.

Sciencetellers Presents:

Dragons! Return of the Ice Sorceress (K-5)

In a faraway world, two villagers go on a daring journey to release the dragons and save the entire kingdom. See if the heroes can stop the evil ice sorceress before all hope is lost!

Wednesday, July 8 at 4 p.m.

Didgeridoo Down Under Presents:

Family Variety Show (All Ages)

A high-energy, Australia-themed program that combines music, culture, comedy, character building, storytelling, and audience participation.

Wednesday, July 15 at 4 p.m.

Echoes of Nature Presents: Amazing Adaptations (K-5)

What helps an animal climb, fly, live in the water or live on land? Will those adaptations help that animal in a different habitat? Learn how amazing adaptations help an animal survive.

Wednesday, July 22 at 4 p.m.

Bright Star Theatre Presents Aesop's Fables (K-5)

These fables from the legendary Greek storyteller, Aesop, have been delighting young and old alike for thousands of years, and they still have a message for us today. Perfect for younger audiences, these classic tales entertain but also share a strong message about treating others fairly and knowing right from wrong.

Wednesday, July 29 at 4 p.m.

Didgeridoo Down Under Presents:

Aussie Funk Jam (Tweens & Teens)

Learn to play the "didge," including animal sounds and simple rhythms. Experience a naturally exhilarating, buzzing musical sensation.

Wednesday, August 5 at 4 p.m.

Bright Star Theatre Presents: Once Upon a Time (K-5)

See classic tales brought to life! Dance at the ball with Cinderella and challenge the giant with Jack and the Beanstalk! Fun and interactive, this show is great for younger audiences or anyone who is young at heart.

Wednesday, August 12 at 4 p.m.

Echoes of Nature Presents: Confusing Camouflage (K-5)

What is camouflage? Who camouflages? Why do certain animals camouflage? Meet a couple animals that are great at adapting. Craft and game ideas included.

Wednesday, August 19 at 4 p.m.

Sciencetellers Presents: Aliens: Escape from Earth (K-5)

During a midnight meteor shower, something mysterious falls from the sky—but it's not a shooting star. Two curious kids investigate and find themselves mixed up with visitors from another planet! Pursued by a wacky space scientist, they must get the aliens back to their spaceship—before it's too late! An exciting, out-of-this world adventure!

Wednesday, August 26 at 4 p.m.

Didgeridoo Down Under Presents Music & More from Down Under and Beyond (Adults)

Take a musical journey to Australia and beyond, as the performer plays an assortment of didgeridoos and percussion instruments. Our performers play a modern style, mixing fast-paced rhythms with relaxing soundscapes and organic sound effects.

Weekly "Summer @ Your Library" virtual programs are sponsored by the following Library Friends Groups: Accokeek, Bowie, Hillcrest Heights, Mount Rainier, New Carrollton, and Oxon Hill. "Summer @ Your Library" is made possible with support from the PGCMLS Foundation.

"Summer @ Your Library" is the annual summer reading and library engagement program presented by PGCMLS. This year's program is co-presented with the 2019 World Series Champion Washington Nationals. Participants can unlock badges and earn prizes, like free books and an "Imagine Your Story" t-shirt, by logging 30 minutes of reading a day, virtual event attendance, and accessing PGCMLS online library. S@YL participants can track their activity progress throughout the summer with a downloadable S@YL game board or the Library's Beanstack website and app (iOS/Android). All who complete the full S@YL challenge will receive an entry for an exclusive Washington Nationals experience and a Maryland 529 college savings fund.

117 Student-Athletes Named to Spring 2020 Athletic Director's Honor Roll

By GREGORY C. GOINGS
Bowie State University

BOWIE, Md. (June 17, 2020)—Bowie State University Athletics is excited to announce the names of the Spring 2020 Athletic Director's Honor Roll. In order to be named to the Athletic Director's Honor Roll, student-athletes must earn a 3.20 or higher GPA. Kudos to all our student-athletes in their pursuit of academic excellence. A total of 117 student-athletes earned a 3.20 or higher term grade point average; 65 males and 52 females.

Men's Sports

LAST, FIRST	SPORT	MAJOR	TERM	GPA
Anderson, Myles	MBB	VCDMA		3.2
Belle, David	MBB	ORG-MA		4
Carpenter, Anthony	MBB	BUAD-BS	3.563	
Route, Justin	MBB	COMM-BS	3.75	
Turner, Dexter	MBB	BUAD-BS	3.429	
Williams, Khalil	MBB	BUAD-BS	4	
Bailey, Frank	MCC/MTI/MTO	CRJU-BS	3.5	
Chicha, Benvindo	MCC/MTI/MTO	BIOL-BS	4	
Colbert, Larry	MCC/MTI/MTO	CRJU-BS	3.2	
Dyson, Shawn	MCC/MTI/MTO	COSC-BS	3.2	
Eiland, Frederick	MCC/MTI/MTO	CRJU-BS	3.538	
Massey, Shane	MCC/MTI/MTO	VCDMA-B	3.2	
Teferra, Yeabsera	MCC/MTI/MTO	BUAD-BS	3.8	
Willis, Koby	MCC/MTI/MTO	SOWK-BS	3.75	
Carter, Joshua	MTI,MTO	VCDMA-BS	3.8	
Gray, Movado	MTI,MTO	SPM-BS	3.4	
Holliday, Aaron	MTI,MTO	VCDMA-BS	3.8	
Johnson, Keshayne	MTI,MTO	SPM-BS	3.33	
Orlando, Francis	MTI,MTO	COMM-BS	4	
Payne, Dyshawn	MTI,MTO	CTEC-BS	3.31	
Tyler, Zion	MTI,MTO	CRJU-BS	3.6	
Ashby, Brenden	MFB	ORG-MA	4	
Blow, Tyshawn	MFB	UNDEC	3.6	
Bobo, Quindonte	MFB	BUAD-BS	3.25	
Burrows, Semaj	MFB	BUAD-BS	3.813	
Carmichael, Shaikh	MFB	COMM-BS	3.2	
Carter, Jordan	MFB	CRJU-BS	3.6	
Christian, Jordan	MFB	CRJU-BS	3.8	
Coombs, Sharif	MFB	CTEC-BS	3.5	

Cooper, Gaston	MFB	SPM-BS	4
Da Silva, Lance	MFB	SOCI-BS	3.4
Davis, Justice	MFB	CRJU-BS	3.5
Drew, William	MFB	HURD-MA	3.75
Dumas, James	MFB	HURD-MA	3.5
Fuentez, Kenny	MFB,MTO,MTI	CRJU-BS	3.2
Gillis, Adam	MFB	HURD-BS	3.5
Greaves, Christian	MFB	SPM-BS	3.6
Harris, Xavier	MFB	SPM-BS	3.2
Hinckley, Keshane	MFB	SPM-BS	4
Kittrell Jr., Derrick	MFB	SPM-BS	3.833
Laguerre, Akeem	MFB	SPM-BS	3.2
Lane, Elijah	MFB	CRJU-BS	3.2
McFarlane, McDane	MFB	INSS-MA	3.5
Mosley, Hasan	MFB	SOWK-BS	3.2
Murray, Joseph	MFB	CRJU-BS	3.333
Oge, Nayel	MFB	CRJU-BS	3.2
Omerhodzic, Alen	MFB	UNDEC	3.313
Roundtree, RJ	MFB	BUAD-BS	3.8
Scott, Isaac	MFB	SPM-BS	3.6
Scott II, Steven	MFB	ECEB-BS	3.5
Sharp, Brandon	MFB	CTEC-BS	3.231
Stewart, Carleton	MFB	MGMT-BS	3.333
Thomas, Tevin	MFB	CRJU-BS	3.4
Turner Jr., Myron	MFB	CRJU-BS	3.2
Walker, Curtis	MFB	COMM-BS	3.33
Waugh, Dante	MFB	COMM	3.8
Williams, Keith	MFB	BUAD-BS	3.2
Wilkins, Calil	MFB	CRJU-BS	3.4
Williams, Devin	MFB	COMM-BS	3.4
Williams, Isaiah	MFB	SPM-BS	3.667
Wilson, Darius	MFB	HURD-MA	4
Winder, Quron	MFB	BUAD-BS	3.6
Wissmann, Christopher	MFB	BUAD-BS	3.6
Young, Jaision	MFB	BUAD-BS	4
		ORG-MA	3.5

Women's Sports

Calhoun, Drew	WBB	CRJU-BS	3.75
---------------	-----	---------	------

See HONOR ROLL Page A8

HEALTH AND WELLNESS

Coronavirus Emergency Special Enrollment Period Deadline Extended to July 15

More than 43,000 have enrolled since mid-March

BALTIMORE, (June 18, 2020)—The Maryland Health Benefit Exchange announced today that it has extended the deadline of its Coronavirus Emergency Special Enrollment Period so that uninsured residents will have until **July 15** to enroll in health coverage through Maryland Health Connection, the state's health insurance marketplace.

Individuals who enroll in health coverage through Maryland Health Connection today through July 15 will have a coverage start date of July 1.

While you do not have to be sick to seek coverage, health insurance companies on Maryland Health Connection cover testing, visits relating to testing, and treatment of COVID-19. These consumers will not be billed for a copay, coinsurance or deductible for services to test, diagnose and treat COVID-19.

The African American Tobacco Control Leadership Council (AATCLC) and Action On Smoking and Health (ASH) File Lawsuit Against the FDA

The Complaint Highlights the Lack of Action to Protect Thousands of African Americans From Tobacco-Related Deaths

(June 17, 2020)—Today, The African American Tobacco Control Leadership Council (AATCLC) and Action on Smoking and Health (ASH) held a virtual press conference announcing their joint complaint against the FDA. The complaint requests that the court compel the FDA to fulfill its mandate to take action on FDA's own conclusions that it would benefit the public health to add menthol to the list of prohibited characterizing flavors and therefore ban it from sale.

"We stand before you today to announce that we are suing the United States Food and Drug Administration for their failure to implement public health policy that protects the health and welfare of African Americans with respect to menthol cigarettes," said Carol McGruder, founding member and co-chair of the AATCLC. "Our mission is to save the 45,000 Black lives lost each year from tobacco-induced diseases and we have resolutely pursued that mission since our inception."

This lawsuit brings to the forefront the lack of action from the FDA to fulfill its mandate concerning whether menthol products should be taken off the shelves. In 2009, Congress passed—and President Obama signed into law—the Family Smoking Prevention and Tobacco Control Act. The act created a flavor ban in cigarettes but excluded menthol, subject to further research. In 2011, the FDA's Advisory Committee concluded that the "Removal of menthol cigarettes from the marketplace would benefit public health in the United States."

Despite this conclusion, and several statements of support in the interim, the FDA has not begun the rulemaking process of removing menthol from combustible cigarettes. The plaintiffs are asking the court to direct the FDA to take action.

Tobacco is the leading cause of preventable death worldwide, smoking-related illnesses are the number one cause of death in the African American community, and 85 percent of African American smokers smoke menthol cigarettes.

"By continuing to delay, the FDA and the U.S. government are failing to protect the health of U.S. citizens, particularly African Americans, and the U.S. is also falling behind the global trend as countries around the world are increasingly banning menthol," said Kelsey Romeo-Stuppy, managing attorney at ASH.

Our nation finds itself at a moment in time when action to eradicate systemic inequities and racism is crucial to fighting injustice, and this case is a perfect example of action which will elicit positive change. It is no coincidence that the timing of the announcement falls two days before the 155th anniversary of Juneteenth, the day slaves in Texas finally heard the news that they had been freed. Juneteenth has become a day of celebration in the Black community, acknowledging all the sacrifices and struggles that it took to free African Americans from slavery.

"Now is the time for the FDA to step up to the plate and do what it was supposed to do years ago—prohibit the sale of all flavored tobacco products," said Dr. Phillip Gardiner, founding member and co-chair of AATCLC.

While removing menthol and other flavored tobacco products are part of a larger issue for a healthier America and for a more racially just America, AATCLC and ASH call on all tobacco control groups and elected officials to support this lawsuit against the FDA and to join the fight for healthcare for all.

The AATCLC was formed to educate the public about the effects of tobacco on the Black American and African Immigrant populations, the tobacco industry's predatory marketing tactics and the need to regulate flavored tobacco products, including menthol cigarettes. To more effectively reach and save Black lives, we also partner with community stakeholders and public serving agencies to inform and direct tobacco control policies, practices and priorities. <https://www.savingblacklives.org/>

ASH is America's oldest anti-tobacco organization, dedicated to a world with ZERO tobacco deaths. Because tobacco is the leading cause of preventable death worldwide, ASH supports bold solutions proportionate to the magnitude of the problem. ASH works both domestically and globally on initiatives that include pushing for legal liability for the tobacco industry, including criminal liability for tobacco executives; changing social norms to end the age of the cigarette, developing and distributing publications and research documents for tobacco control best practices, and demanding respect for basic human rights and protections against the tobacco industry and their products. <https://ash.org/>

Public Health Nutritionist Tracye McQuirter Is Changing the Health Paradigm of Black Women

Tracye McQuirter, MPH, Launches 10,000 Black Vegan Women

By MARY BETH OLSON
for 10,000 Black Vegan Women

WASHINGTON (June 18, 2020)—Award-winning author and public health nutritionist Tracye McQuirter, MPH, is giving free nutritional guidance and support on how to get (and stay) healthy through her new 10,000 Black Vegan Women program.

Through a series of online 21-Day Vegan Fresh Starts that include cooking videos, meal plans, vegan recipes, grocery shopping lists, meal prep guides, and nutrition tips, McQuirter will give black women the support they need to go vegan, get healthy, and feel great for life.

"Black women have the most to gain from the health benefits of eating plant-based foods because we experience the highest rates of preventable chronic diseases in the country, including heart disease, certain cancers and diabetes," said McQuirter.

"I want to truly change the health paradigm of black women. We are leaders in so many progressive ways, but we are in a crisis when it comes to our health. And while there are many reasons for this, we have the power to

take back control of our health. It's about our greens, not our genes! Eating affordable, nutritious, and delicious plant-based foods is one of the best ways for us to get healthy now and for the rest of our lives." For more information, please visit 10000blackveganwomen.com.

Washingtonian Tracye McQuirter, MPH, is a writer, speaker, public health nutritionist, and 33-year vegan who has been teaching people how and why to live a healthy vegan lifestyle for the past 30 years. She is the recipient of multiple awards for her public health nutrition and vegan advocacy and was named a national food hero changing the way America eats for the better by *Vegetarian Times*. She's the author of the book *Ageless Vegan*, which *Library Journal* starred as "raising the standard of plant-based cuisine," and the national best-seller *By Any Greens Necessary*, which established her as one of the most influential vegans in the country. She directed the nation's first federally-funded vegan nutrition program and was a nutrition advisor for the Black Women's Health Imperative. Tracye recently created the first-of-its-kind, free *African American Vegan Starter Guide* in



partnership with Farm Sanctuary and previously co-created one of the earliest vegan websites 20 years ago, which was also the first by and for African American vegans. Her work has appeared in the *New York Times*, the *Washington Post*, *USA Today*, *Essence*, *Bon Appetit*, *Ebony*, *Women's Health*, *Black Enterprise*, *VegNews*, the *Huffington Post*, and many more. Tracye is a graduate of Sidwell Friends School, Amherst College, and New York University, where she received a master's degree in public health nutrition.

Prince George's County Opens Free COVID-19 Testing Site at the Laurel—Beltsville Senior Activity Center

The Health Department now operates three appointment-only testing sites countywide and encourages those with or without symptoms to call for an appointment. Same day appointments are available.

By GEORGE LETTIS
Prince George's County Health Department

LARGO, Md. (June 15, 2020)—The Prince George's County Health Department's new free community COVID-19 testing site has opened at the Laurel-Beltsville Senior Activity Center, located at 7120 Contee Rd, Laurel, MD 20707. The department now offers free COVID-19 testing, at three sites countywide by appointment. For appointments, please call 301-883-6627.

Laurel-Beltsville Senior Activity Center
7120 Contee Rd, Laurel, MD 20707

By appointment only: Monday–Friday 10 a.m. to 6 p.m.

Rollingcrest-Chillum Recreation Center
6120 Sargent Rd, Chillum, MD 20782

By appointment only: Monday–Friday 10 a.m. to 6 p.m.

Cheverly Health Center
3003 Hospital Drive, Cheverly, MD 20782

By appointment only: Monday–Friday 10 a.m. to 3 p.m.

"As we gradually lift more restrictions across the County in phase two of our reopening, test-

ing more residents remains a critical part of our success going forward," said Prince George's County Executive Angela Alsobrooks. "Not only will the new site at the Laurel-Beltsville Senior Activity Center expand our testing footprint in the County, it will provide more access to testing for our region's senior citizens, a population that data show is at higher risk of serious COVID illness."

Tests are available for individuals with or without symptoms who have been exposed to or suspect they may have been exposed to a COVID-19-positive person. Patients who have a testing prescription from a health care provider must still make an appointment by calling 301-883-6627.

All County-run testing sites accommodate testing for those in a vehicle or on foot, but they must have an appointment before arriving on-site.

Those without appointments will be accommodated as long as the site can handle the volume.

For more information about tests and testing locations, please visit health.mygpc.us/COVIDtesting.

"Expanding the number of Prince Georgians who get tested helps public health workers contain the virus," said Prince George's County Health Officer Dr. Ernest Carter. "As our reopening journey progresses, tracking who has the virus and isolating those individuals and their contacts limits its ability to spread, and that will help us continue to reduce our curve and reopen further."

Dr. Carter also says Prince Georgians can also help further reduce the County's curve by continuing to stay six feet from others, wearing a face covering when you go out to the store or to any business, essential or non-essential, and when on public transportation. It is also critical that individuals continue to wash their hands often with soap and warm water for at least 20 seconds, and stay at home as much as possible.

Meanwhile, the Health Department is working to open additional COVID-19 test sites in the southern and central parts of the County in the coming weeks.

Stay updated and informed by regularly checking the County's COVID-19 information hub at health.mygpc.us/coronavirus.

Earth TALK™ Avocados: Not As Green As You Think?

Dear EarthTalk:
Is it true that my avocado habit is bad for the environment and my carbon footprint?

—J. Pilsen, Olathe, KS

Compared to other fruits and vegetables that are grown closer to home, eating avocados—most of which are flown in from Central America—can be a drag on your carbon footprint. Furthermore, they require a lot of water, fertilizers and pesticides to grow, further complicating this seemingly "green" superfood.

Avocado's environmental impacts come from the "energy, water, fertilizer and pesticides required to grow them, the resources used for packaging materials and the energy used in processing, transporting and keeping

them cool to preserve their freshness," Tom Cumberlege of Carbon Trust tells *Vice.com*, also pointing out that some of the biggest markets for avocados are in the UK, northern Europe and Canada."

Despite that avocados can now be grown around the world, the majority of them (upwards of two metric tons annually) come from Mexico. "A Mexican avocado would have to travel 5,555 miles to reach the UK," reports Honor May Eldridge of the non-profit Sustainable Food Trust. "Given the distances, fruit is picked before it's ripe and shipped in temperature-controlled storage, which is energy intensive."

Avocados also require an astonishing amount of water to grow, some 320 liters per fruit. "The UK's imports of avocados contain over 25 million cubic meters annually of virtual water—equivalent to 10,000 Olympic-sized swimming pools," reports Eldridge. "With global temperatures rising and water becoming scarce, this has serious impacts on local communities who do not have access to drinking water."

Furthermore, the global popularity of avocados in recent years has led to "monoculture" farms that grow only one crop over and over, degrading soil quickly and requiring increasingly more chemical fertilizers and pesticides. Surging demand has also led to rampant deforestation, especially in areas like

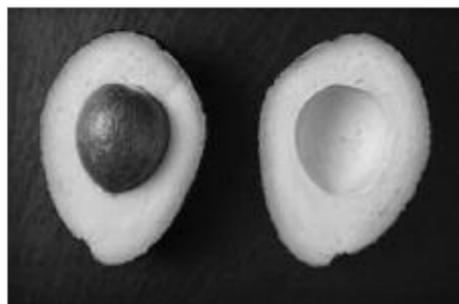
Mexico's mountainous Michoacán. A researcher from Mexico's National Institute for Forestry found that avocado production there tripled from 2001–2010—causing the loss of some 1,700 acres of forest annually.

Compared to meat, avocados are still a much better deal for the environment—and much less of a drag on your carbon footprint. Indeed, the *Evening Standard* reports that eating a kilo of lamb generates some 46 times the carbon emissions as the average pack of avocados. Enjoying a piece of farmed salmon will also increase your carbon footprint more than having some guacamole or avocado toast every now and again.

As a consumer, the best thing you can do with an avocado is to "make sure that it doesn't go to waste," says Cumberlege. "... avocados will not last days in the fridge after they have been prepared, so [they] should be enjoyed sooner rather than later."

CONTACTS: "Green Gold: Global Avocado Boom Destroying Mexico's Forests," <https://sputniknews.com/latam/201608121044220909-avocado-mexico-destroy-forests/>; "This Is How Bad Your Avocado Obsession Is for the World," https://www.vice.com/en_uk/article/7xm8ab/this-is-how-bad-your-avocado-obsession-is-for-the-world/; "How Much Water Does It Take To Grow An Avocado," old.danwatch.dk/en/undersogelseskapitel/how-much-water-does-it-take-to-grow-an-avocado.

.....
EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit **EarthTalk**. Check out our other columns at <https://www.emagazine.com/earthtalk-qa/>. To donate, visit <https://www.earthtalk.org>. Send questions to: question@earthtalk.org.



CREDIT: FOODIE FACTOR, PEXELS

Avocados sure are delicious and may be healthy, but the fact that they are shipped around the planet makes them worse than locally grown fruits and veggies regarding our carbon footprints.

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.

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

S. G. Spottswood
A.M.E. Zion Church
 419 Hill Road, Landover, MD
 20785 • 301-490-2625
Rev. Ranessa Mayo, Pastor
 "We are training disciples to experience victory in every area of their lives"
 Matthew 28:19-20
 Sunday School 9:00 a.m.
 Morning Worship 10:00 a.m.
 Soulful Thursdays
 Bible Study 7:00 p.m.

BAPTIST

Forest Heights Baptist Church
 We exist to strengthen your relationship with God.
 6371 Oxon Hill Road
 Oxon Hill, Maryland 20745
 Sunday School
 (Adults & Children) - 9:30 A.M.
 Worship Service - 11:00 A.M.
 Wed. Prayer Service & Bible Study - 7:00 P.M.
 Office (301) 839-1166
 Fax (301) 839-1721
 E-mail: FHBC@verizon.net
 Pastor: Rev. Waymond B. Duke

COMMUNITY CHURCH

WORD OF GOD COMMUNITY CHURCH
 "The Church Where Everybody is Somebody and Jesus is Lord"
 4109 Edmonston Road Bladensburg, MD
 (301) 864-3437
 Intercessory Prayer: Sundays - 8:30 a.m.
 Church School: - 9:15 a.m.
 Morning Worship Celebration - 10:30 a.m.
 Wed. Night Bible Study - 7:45 p.m.
 Elder Willie W. Duvall, Pastor

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

Author Series from A1

Life series. According to Mourning, "Sometimes life can get a little crunchy, but never give up!" His books are for school-aged children and young adults.

July 10

Ebony Troncoso is a children's book author, educator, and the founder and CEO of Aspired Dreams publishing house. With a great passion for writing, Troncoso prides herself on creating vivid, heartfelt stories that surround the theme of family dynamics for children under the age of 10 years old.

July 17

Toni Settles is a philanthropist, educator, and literacy advocate. She will be sharing a book from her series *Andrew and the Time Machine Closet*. These books are for school-aged children. Settles believes that "every child should feel positively represented in the stories that they read."

July 24 & August 7

James Pettinelli is the author of the *Zagaboo* series of children's books. Pettinelli will read, sing songs, and play guitar for this fun-filled presentation. *Zagaboo* and his kingdom of talented trolls are eager to help children overcome challenges and learn something really cool. *Zagaboo* is for school-aged children.

July 31

Christine Turner Jackson is the author of *Pitch Black*, a book inspired by the events of her father's childhood growing up in Washington, D.C. in the 1950's. After teaching elementary science in Prince George's County, she began a 25-year career with the U.S. Department of Education. Her book is for teen and young adult audiences.

August 14

Melinda Rapp will be sharing her book, *I Wonder*, which is a child's journey to becoming a big brother or sister. Her books are for pre-K children. Ms. Rapp is from the Washington, D.C. area and currently resides in Maryland.

August 21

Ciara Hill is a therapist and children's author. She has written the books, *Shiloh & Dande the Lion* and *Color Me Diverse*. Her books are for children in pre-K through 2nd grade.

Honor Roll from A6

LAST, FIRST	SPORT	MAJOR	TERM	GPA
Christian, Dynaisha	WBB	BIOL-BS		3.28
Howard, Robyn	WBB	EDUC-BS		4
Hutton, Talanya	WBB	COMM-BS		3.66
Lyons, Seanice	WBB	PSYC-BS		3.43
Myers, Katerra	WBB	CRJU-BS		3.4
Scott, Jazmyne	WBB	CHEM-BS		3.63
Williams, Kyaja	WBB,WTI,WTO,WCC	SPM-BS		3.64
Anthony, Paris	WBW	MATH-BS		3.62
Harris, Taylor	WBW	PSYC-BS		3.6
Pearson, Erin	WBW	NURS-BS		3.75
Snowden, Cayla	WBW	NURS-BS		4
Watts, Olivia	WBW	COSC-BS		3.813
Brown, Kaylia	WTI,WTO,WCC	CRJU-BS		3.56
Ekpo, Blessing	WTO,WTI	BIOL-BS		3.33
Farmer, Telicia	WTI,WTO,WCC	GOVT-BS		3.8
Jones, Kevona	WTI/WTO	SOCI-BS		3.8
Little, Kayla	WTI,WTO,WCC	CRJU-BS		3.8
Manago, Desha	WTI,WTO	VCDMA-BS		3.3
McDonald, Jordan	WTI,WTO	CAAS-BS		3.8
Peterson, Makayla	WTI,WTO,WCC	CRJU-BS		3.66
Porter, Angel	WTI/WTO	BIOL-BS		3.8
Stewart, Alexa	WTI,WTO	SPM-BS		4
Beaudoin, Chelsea	WVB	ENGL-BS		3.66
Menchaca, Oladia	WVB	VCDMA-BS		3.6
Okorafor, Caitland	WVB	EDUC-BS		4
Omo-Osagie, Shalom	WVB	THEA-BS		3.667
Tucker, Bianca	WVB,WTE	BUAD-BS		3.267
Washington, Neysha	WVB	NURS-BS		3.76
Apollon, Devinity	WTE	PSYC-BS		3.83
Bridgett, Kayla	WTE	NURS		3.5
Byrom, Tamia	WTE	PSYC-BS		3.37
Rones, Natalya	WTE	COSC-BS		3.76
Mason, Aria	WTE	BIOL-BS		3.69
Stewart, Jatiya	WTE	BIOL-BS		3
Alexander, Aseyah	WSB	PSYC-BS		3.6
Gordon, Shanya	WSB	VCDMA-BS		3.62
Harvey, Breanna	WSB	EDUC-BS		3.31
Johnson, Morgana	WSB	EDUC-BS		3.67
Reyes, Jennyfer	WSB	BUAD-BS		3.4
Ware, Brooke	WSB	PSYC-BS		3.375
White, Morgan	WSB	PSYC-BS		4
Bailey, Jordan	CHEERLEADER	MS-COUNS		4
Edwards, Sydney	CHEERLEADER	NURS-BS		3.25
Hall, Kyla	CHEERLEADER	CAAS-BS		3.4
Millard, KaPria	CHEERLEADER	CRJU-BS		3.25
Nelson, Dyonna	CHEERLEADER	PSYC-BS		3.5
Robinson, Lailah	CHEERLEADER	BIOL-BS		4
Steven, Kiara	CHEERLEADER	NURS-BS		3.76
Thompson, Khaila	CHEERLEADER	SOWK-BS		3.67
Washington, Charlotte	CHEERLEADER	CAAS-BS		3.857
Williams, Anniesha	CHEERLEADER	CRJU-BS		3.2

CLASSIFIEDS

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

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.

FARM EQUIPMENT

Lease Your Land for Hunting Pre-paid annual lease payments \$5M liability insurance. We handle everything for you Base Camp Leasing 1-866-309-1507 www.basecampleasing.com

SERVICES—MISCELLANEOUS

Save loads of money with your advertising budgets CONNECT with the Multi-Media Specialists of the MDDC Advertising Networks; GET Bulk Advertising Opportunities, 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

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.

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.mddcadservices.com

MISCELLANEOUS

Save loads of money with your advertising budgets CONNECT with the Multi-Media Specialists of the MDDC Advertising Networks; GET Bulk Advertising Opportunities, 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

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.

BUSINESS SERVICES

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.

REAL ESTATE FOR SALE

New homes priced from the low \$100's available immediately in active adult 55+ landlease community in Smyrna Delaware. Close to DE Beaches and Dover Downs. Low taxes. 302-659-5800 or www.BonAyreHomes.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

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

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.**
MDDC PRESS
 ADVERTISING SERVICES
 Kevin Berrier
 443-508-1936
KBerrier@MDDCPress.com

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

LeafFilter
 NO MORE GUTTER CLEANING, OR YOUR MONEY BACK GUARANTEED!
 CALL US TODAY FOR A FREE ESTIMATE **1-844-566-3227**
15% OFF YOUR ENTIRE PURCHASE
AND **10% OFF** SENIOR & MILITARY DISCOUNTS
PLUS **5% OFF** TO THE FIRST 50 CALLERS!
 Promo Number: 285 (Not valid for service on Sun, Mon, Tue, Wed, Thu, Fri, Sat, Sun, Sep 15, 2020)

Prepare for unexpected power outages with a Generac home standby generator
SCHEDULE YOUR FREE IN-HOME ASSESSMENT TODAY!
855-993-0969
FREE 7-Year Extended Warranty*
 A \$695 Value!
 Offer valid March 16, 2020 - June 30, 2020
 Special Financing Available
 Subject to Credit Approval
 *Terms & Conditions Apply