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Bowie Business Innovation Center Wins 2020 International Award

For 8(a) Accelerator Program, a Collaborative Initiative with the SBA

By JACK SPIRAKES, MPA
U.S. Small Business Administration

WASHINGTON (July 10, 2020)—The Bowie Business Innovation Center (Bowie BIC) is the International Business Innovation Association's (InBIA) 2020 Most Innovative Entrepreneurship Center of the Year. The prize recognizes the Bowie BIC's 8(a) Accelerator Program for its six-week training series to help select participants from the 8(a) Business Development Program learn advanced strategies to secure government contracts.

The InBIA annually recognizes business incu-

bators and entrepreneurship centers of excellence throughout the world for their work to accelerate economic ecosystem-building and regional growth. Award winners were announced in June 2020 during the 34th Annual International Conference on Business Incubation, a virtual event this year that drew 350 attendees from 44 countries.

"This is more than an award for Bowie BIC," said Lisa S. Smith, Bowie BIC's founding Executive Director. "It is an acknowledgement of the power of collaboration to address challenges faced by economically disadvantaged companies and an example of how our community is generating economic impact and jobs. Prince George's County is leading

the way as a hub and center of excellence for 8(a) business success."

Bowie BIC's 8(a) Accelerator Program launched in April 2019 as a collaborative effort with the U.S. Small Business Administration (SBA) and funding from Capital One, PiliarioMazza and EZGovOpps Market Intelligence. A cornerstone of its curriculum includes one-on-one mentoring and capture strategy development coaching from other successful 8(a) firm CEOs. In its first year, the program assisted thirty-two 8(a) companies and generated \$12 million in new government contract revenues.

District Director Antonio Doss of the SBA's Washington Metropolitan Area District Office com-

mented, "We were pleased to work with the Bowie BIC to launch this initiative. This high-profile award rightfully brings attention to the excellent teaching and mentoring that the 8(a) Accelerator Program provides to socially and economically disadvantaged small businesses. Participants gain confidence in their ability to compete effectively in the federal marketplace and use these learnings to gain new contract awards."

Due to the COVID-19 pandemic, the Bowie BIC 8(a) Accelerator's September 2020 term is completely online. Applications to join the virtual cohort are accepted in August.

Learn more at www.bowiebic8a.com.

FAME Is Celebrating Their 16th Anniversary And Awards Celebration Virtually on July 25



PHOTOGRAPH CREDIT: GWEN FLOWERS

The FAME Jazz Band. Join FAME - Foundation for the Advancement of Music & Education, Inc., in Bowie, as they celebrate 16 years of service to youth in the Greater Washington Region. Educators, members of the community, and 2020 FAME Jazz Band Program graduates will be honored at a virtual celebration on July 25, 2020 at 6 p.m. Performances will be by Grammy-nominated singer, songwriter and producer Eric Roberson, the FAME Jazz Band, and Divine Dance Institute with Jan Fox as Host. Special guests include Stedwick Ukulele Players, Solomon Onyeukwu, Oxon Hill MS Voices, and Solomon Wilson. For sponsorships, tickets and details, visit www.FAMEmusic.org, email info@famemusic.org, or call 301-805-5358. Tax deductible donations will be used to continue development and expansion of FAME's distance learning platform, FAME Online Learning (FOL), a comprehensive academic and music process created in response to the COVID-19 pandemic.

State's Attorney and MNCPPC Kick Off Summer Program for Prince George's County Youth

By DENISE SMITH
Office of the State's Attorney,
Prince George's County

UPPER MARLBORO, Md. (July 8, 2020)—Prince George's County State's Attorney Aisha N. Braveboy, in partnership with The Maryland-National Capital Park and Planning Commission (M-NCPPC), [last] week kicked off the County's first ever "SAO University" for county youth.

"I am excited about this new partnership with The Maryland-National Capital Park and Planning Commission and I believe that SAO University will be the start of something meaningful and impactful in the lives of county youth," said State's Attorney Braveboy. "This program will educate our youth and provide a pathway for future practitioners, policy makers and leaders in the justice system."

"The Commission is thrilled to partner with the State's Attorney's Office to provide this cutting edge program educating and engaging Prince George's County youth in the areas of law enforcement, the criminal justice

system, the array of career opportunities in these fields, and their constitutional rights," said Elizabeth M. Hewlett, Esq., Chairman of the Prince George's County Planning Board. "As a leading employer of youth for 50 years, the Commission is committed to providing programs such as SAO University that will empower and enrich the lives of our youth and provide invaluable life skills and experiences to enhance their future."

This is a four-week summer program hosted in partnership with MNCPPC for county youth ages 14–17. Each week, the program will have speakers present from the agency they represent within the criminal justice system, including prosecution, defense, police, courts, probation, and the correctional system. There will also be engaging and interactive sessions on relevant topics such as "Knowing Your Rights", "Search and Seizure Law" and "Police Use of Force."

Students will also be required to review a hypothetical case and participate in a mock trial.

Prince George's Community College President Dr. Charlene Dukes and Author Ibram X. Kendi Premier Virtual Discussion of "How To Be An Antiracist"

Prince George's Community College Center for Performing Arts and Maryland Partners join together to present important discussion on race relations

By SONJI JOYNER
Prince George's Community College

LARGO, Md. (July 9, 2020)—Prince George's Community College President Dr. Charlene M. Dukes will host a virtual discussion with New York Times bestselling author Ibram X. Kendi to discuss his book "How to Be an Antiracist." The conversation will be streamed live on Monday, July 20 at 7 p.m. on Crowdcast, Facebook, YouTube, and Twitter/Periscope, and will air on PGCC TV on a later date. Register for this free conversation with Dr. Dukes and Dr. Ibram Kendi by visiting KendiPGC.eventbrite.com.

Praised as "The most courageous book to date on the problem of race in the Western mind" (New York Times), Kendi's groundbreaking work has provided a major new counterpoint in the national conversation about race in America and resonates in this, our collective moment of reckoning.

Dr. Dukes is the first African-American woman to serve as president of the College and has 30 years of progressive leadership experience and administrative responsibility in higher education. "I believe this important conversation is necessary

for our communities. We are at a pivotal time in our nation where we must eradicate systemic racism and social injustice that people of color face on a daily basis," said Dr. Dukes. "I look forward to my conversation with Dr. Kendi to discuss how we can be anti-racist, foster equality, and heal as a country."

This special event is presented by a consortium of organizations based in Prince George's County and Maryland, including Prince George's Community College Center for Performing Arts, Joe's Movement Emporium, Prince George's County Memorial Library System and PGCMLS Foundation, Prince George's Community College's Center for Performing Arts, Prince George's County Human Relations Commission, and the Maryland State Library, with generous support from Wells Fargo.

Ibram X. Kendi's appearance is supported in part by the Institute of Museum and Library Services, through the Library Services and Technology

Act, administered by the Maryland State Library. The following Maryland public libraries are co-

presenters of this virtual event: Allegany County Library System, Anne Arundel County Public Library, Calvert Library, Caroline County Public Library, Carroll County Public Library, Charles County Public Library, Enoch Pratt Free Library, Howard County Library System, and Kent County Public Library.

Named a National Center of Academic Excellence in Information Assurance designated by the National Security Agency and Department of Homeland Security (2015–2020), Prince George's Community College (PGCC) provides high-quality education and training for the progressive and career-oriented residents of Prince George's County. From new high school graduates and career seekers to more seasoned professionals and senior citizens looking to enhance their skillsets, PGCC is comprised of students who represent a wide

range of ages, backgrounds, and goals. Serving nearly 40,000 individuals annually, the College is the first choice for higher education for residents of Prince George's County. Collaborative partnerships, responsive degree and training programs, and a commitment to student success enables PGCC to address diverse education and workforce development demands. For more information, visit the college website at www.pgcc.edu. Prince George's Community College is accredited by the Middle States Commission on Higher Education, 3624 Market Street, Philadelphia, PA 19104; (267-284-5000); www.msche.org. The Middle States Commission on Higher Education is an institutional accrediting agency recognized by the U.S. Secretary of Education and the Council on Higher Education Accreditation.

Prince George's Community College's Center for Performing Arts is a premier, state-of-the-art facility that nurtures and develops students' passions for dance, music, theater, and communications. The center also provides public access to some of the most renowned, star-studded national productions in music, dance, and theater. For more information and tickets, visit pgcc.edu/arts. Follow the Center for Performing Arts on Facebook and Instagram @PGCCArts.

INSIDE

Council Approves Joint Letter to Governor Hogan Addressing 2020 General Election Voting

Safeway and Safeway Foundation Award \$570,500 in the Second Round of COVID-19 Grants to Fight Hunger

Community, Page A3

To Be Equal: Sports Have the Potential to Help Unite Us; Racial Slurs That Divide Us Must Go

Slurs based on skin color and other physical differences are intended to debase and divide. And right now, more than ever, we need the power of sports to unite us.

Commentary, Page A4

Free Entrepreneur Training for Veterans

Miles & Stockbridge Launches Initiative to Support Black Entrepreneurs and Businesses

Market Your Business for Long-Term Success

Business and Finance, Page A5

Feeling the Heat: AAA Reminds Drivers of Heat-Related Dangers

Studies have shown about 56% of child hot car deaths in vehicles were caused by adults forgetting the children, and 26% of victims were playing in an unattended vehicle.

Summer, Page A6

Washington Area Bicyclist Association: Let's Get Rolling!

How to Make a Positive Impact in Your Community by Donating Plasma

Maryland Department of Health Launches 'MD Mind Health'

Health and Wellness, Page A7

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Morningsiders finally head for the polls on July 27

Morningsiders will at last be able to vote for two Town Council Members on Monday, July 27. In the past, the Town always held their annual election on the first Monday in May. But this is no ordinary year.

Four candidates are running for the two Council Seats. They are John Anthony, Sheila Scott, Dave Williams and incumbent Sharon Fowler.

Polls will be open 8 a.m. to 8 p.m. However, the Mayor and Town Council strongly urge eligible voters to request absentee ballots.

You can request an absentee ballot by calling 301-736-2300 and leaving a callback number, by going to generalmailbox@morningsidemd.gov. Or by writing to: Town of Morningside Election Board, 6901 Ames Street, Morningside, Md. 20746.

Morningside Memories: voting, 40 years ago

Morningside Mayor Gerald A. Glaubitz, who had already held office in the Town for 20 years, won a landslide victory at the Morningside polls on Monday, May 5, 1980. He easily defeated challengers James T. Adams, Lester Ryan and Kenneth J. Miller.

Phyllis C. Kordek and incumbent Charles J. Kiker won the two Council Seats, defeating Harry F. Messer, James O. Ealey, James Peyton and Jane Cowan.

A total of 326 voters turned out for the election.

Virus update

Novavax, a company based in Gaithersburg, Md., has been awarded a contract worth \$1.6 billion to develop a coronavirus vaccine. Let's hope they're successful. Soon.

Known cases in Maryland, through 5 p.m., Wednesday, July 8: Cases, 70,861, including 465 just on Wednesday. Deaths: 3,275, including 9 on Wednesday. Maryland is doing fairly well. People are generally masked outside. Most restaurants are still for carry-out only.

I am housebound. My poor Ford seems puzzled since it hardly leaves the driveway. I did, however, go to Mass—inside the church—on Sunday, with

daughter Elaine. Two of every three pews were taped shut and the aisle was taped for social distancing. There were no handouts (Sunday bulletins or missals), no music and few people. But I was happy to be there, especially to go to Communion.

Changing landscape

The Prince George's County Library has announced that, beginning July 1, the Library is permanently going fine free. It is also waiving all existing overdue fines.

Andrews Allentown Project "an environmentally responsible, quasi-urban pedestrian friendly, development of a 13-acre site" on Allentown Road near Branch Avenue. It will have 36,000 square feet of retail including Lidl grocery and WAWA, 60 townhouses, pedestrian and neighborhood-scale streets, park landscaping and streetscape with courtyards, plazas and parks.

Marshall's at The Landing at Woodyard in Clinton is opening this month.

Willie Shelton, Central HS soccer coach

Willie Shelton, Jr., a very important person in Skyline, died May 28 at Bradford Oaks Center in Clinton.

As Skyline President Stan Holmes says, "Mr. Shelton is probably responsible for keeping several hundred young kids off the streets." He encouraged the kids in the community to play soccer and to be involved. He kept a van for the specific purpose of transporting players and athletic equipment. And he was a heavy supporter of the Skyline Citizens Association, especially for our annual National Night Out.

Willie began his education in Newberry County, S.C., graduated in Philadelphia and joined the Army in 1954. At Fort Belvoir, Va., he served as a criminal investigator. He returned to South Carolina where he met and married schoolteacher Ojettia Caldwell on July 2, 1966. Five years later they were blessed with twins, Willetta and Williard.

He retired from the Army in 1974 and worked for the U.S. Capitol Police until retiring again in 1994. He was also a business owner and managed housing properties in Baltimore and Newbery, S.C.

Willie loved sports. He coached soccer at Central HS from 1987 to 1991 and was soccer commissioner and coach for Camp Springs Boys & Girls Club, 1980-2011; vice president of the Club from 1960-1989. As a youth he played baseball and tennis.

He's survived by his wife of 53 years, Ojettia; daughter Willetta Young and son Williard; grandchildren, half-brothers and half-sisters. Services were at Hodges & Edwards Funeral Home, Rev. Dr. John D. Chaplin officiating.

Willie is remembered for saying, "We all have a ticket to pay."

Willard Entwisle, presented Forestville slide-shows

Willard Ryon Entwisle of Solomons, Md., formerly of Forestville, son of Eugene and Edna Ryon Entwisle, died June 19.

He was a 1944 graduate of the now defunct Maryland Park High School, attended George Washington University and Strayer College. He always worked at Entwisle Block, Inc. in Forestville and was President when it closed in 1996.

Willard loved history. He was a member of many local organizations and a devoted stamp collector. Frequently he gave slide-shows of old photos featuring Forestville homes and other sites. He was a member of Centennial lodge #174 and Marlboro Eastern Star #61.

Survivors include his wife Elaine Johnson Entwisle, daughter Lynn Markert, son Mark and two grandchildren. He was a lifetime member of Forest Memorial Methodist Church in Forestville.

Milestones

Happy birthday to Allyssa Frederick and former Morningside Councilman Russell Butler, July 18; Mike Fowler Sr. and Eddie Hall, July 19; Donna Buchin, Dorothy Gessner and Tina Nichols, July 20; Mary Hay, Jeff Frederick, Ryan Simms and David Cook, July 22; Virginia Price, July 23; and Angela Surratt, July 24.

Happy 30th anniversary to my daughter Sheila and John Mudd, July 20; Percy and Barbara Crawford, their 48th on July 22; and Steve and Tessie Johnson, their 20th on July 22.

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

BSUNAA NEW LEADERSHIP FOR 2020

"Bowie State University Alumni elects Darren M. Swain to be the next President of Bowie State University National Alumni Association (BSUNAA)". "Thank you Bulldogs". On June 27, 2020 Mr. Darren M. Swain was sworn in as the 32nd President of the BSUNAA. Swain has a long history with Bowie State University serving as Student Body President in 1991-1992. He is a 2-time graduate of Bowie State University and served as an administrator with the University for almost 13 Years.

"The significance of attending a Historically Black College and University becomes more pronounced with each passing year," said Swain, noting that the importance of this legacy was a cornerstone of his election effort. "One thing that has remained unchanged is the self-defining certainty that comes from attending a HBCU. Without institutions like Bowie State University, doors of opportunity would be shut to future generations. I look forward to working with our alumni and the community to increase support for Bowie in the years to come."

Swain's administration includes Monique R. White Chisolm (1993), Vice President; Anthony Jefferson (1994), Treasurer; and Deborah McFarland (1969), Recording Secretary. Mr. Swain is very enthusiastic about the opportunity to serve his alma mater and is looking forward to ushering in "new" energy that will expound upon the rich legacy of the BSUNAA.

"I am excited to see my former legislative team member and fellow Bulldog continue his service to Bowie State," said State Senator Joanne C. Benson of the 24th Legislative District, He LOVES BSU and has all my support." The breadth of Mr. Swain's network is far-reaching, here is what At-Large Member Prince George's County Council, Calvin Hawkins said about Mr. Swain, "Darren is the right person for this position and I look forward to supporting him." Darren has assisted the University in its fundraising efforts in many capacities," said Gordon Sampson, Bowie State University Foundation Board Chair, "I look forward to working more closely with him, as he leads our National Alumni Association, to grow our endowment even more."

Swain's Transaction Team is being led by Weyden W. Wedderburn (1996) and Renada Johnson (2002). Mr. Swain hit the road running by addressing the Bulldog Nation via a video message on July 1; followed by a series of Listening

Forums to hear from all his constituents. July 23-Listening Forum with Bulldog Strategic Think Tank (7-8:30 p.m.), TBD-Listening Forum with BSU Administration.

The primary purposes of the Bowie State University National Alumni Association are to advance the cause of education; establish a mutually beneficial relationship between Bowie State University and the National Alumni Association, Inc.; to financially aid students who wish to attend Bowie State University, and to financially aid Bowie State University.

SCHOLARSHIP RECIPIENTS

The Peter A. Gross Sr. Scholarship Memorial Fund, Inc. has selected their 2020-2021 scholarship recipients. Six outstanding students will receive scholarships to support their respective college educations. The scholarship recipients are Paapa Ewool (Howard University); Namita Kekre (George Mason University); Jordan Carter (Bowie State University); Sierra Fountain (Prince George's Community College); Amaya Butler (College of Southern Maryland); and Alanah Johnson (Old Dominion). This scholarship program enables local Youth to continue their education on the collegiate level. The organization has a long-standing history of service to local communities, and these funds help to support those who exhibit the same commitment. Congratulations students for your high achievements and thanks to all who supported the Scholarship fund. The award ceremony scheduled for Sunday, July 19, 2020 at St. Philip's Church, Baden has been cancelled due to COVID-19 and all checks will be mailed to each recipient.

GET THE SCOOP

Mary Piccirilli from Cooper Lane Elementary School is the 2020 Prince George's County Public Schools Teacher of the year, a third-grade teacher, Piccirilli has spent her entire seven-year career in PGCPSS serving Cooper Lane students for the past two years. Prior to Cooper Lane, she was a second-grade teacher at Imagine Foundations at Leeland Public Charter School.

Joshua Pleasant is runner-up for this year's Teacher of the Year. Joshua is a World Culture and Geography Teacher at Benjamin Tasker Middle School. Vitalia Forbes, a second grade Teacher at Accokeek, and Lindsey Joseph, English Teacher at Crossland High School are finalists.

Around the County

July News from Neighborhood Design Center

Virtual Annual Awards: Congratulations

Volunteer of the Year Prince George's: Melanie Ray

The Kelley Okleson Community Advocate of the Year: Stephanie Proestl

The Baltimore Community Advocate of the Year: Brion Gill

The Prince George's Lifetime Achievement Award: Patricia Hayes Parker

Ongoing Volunteer Opportunity in Prince Georges County

Hyattsville Residential Tree Program

Are you a talented Graphic Designer who loves the environment, trees, and people?

A new program that will support residents of Hyattsville as they maintain and increase the tree canopy needs you! This project is fast and furious and will work directly with Public Works staff.

To volunteer or for any questions, please contact Allie O'Neill aoeill@ndc-md.org

Greenbelt ARTS: Art Share, Workshops, Puppet Show Redux!

Online summer programs will be starting throughout the season! See the Summer Class Guide and the Summer Connect Guide (modified camp programs) for program details and registration information. www.greenbeltmd.gov/government/departments-con-t/recreation-parks/virtual-greenbelt-recreation/play-in-place/visual-arts. **All activities are open to both residents and non-residents of Greenbelt.** Financial aid is available for residents.

Ceramic Arts Mini-Class:

Make Stamps & Texture Mats (ages 16+)

Wednesday, July 22, 3-4:30 p.m. on Zoom

Open to hand-builders, tile makers and wheel users. Beginners and all levels welcome. Greenbelt residents: \$30. Non-residents: \$35. Read more and register at https://recreation.greenbeltmd.gov/wbwc/webtrac.wsc/search.html?utm_medium=email&utm_source=govdelivery

Puppet Show: "The Apple Tree"

Available on demand through August 5

Enjoy a new movie version of a performance by Greenbelt's own Beech Tree Puppets. This show, which premiered as part of our July 4 celebration, is now available for streaming on our YouTube for Kids playlist. Designed for ages 2-8, but enjoyable for all ages!

Maryland FFA Honors Members at 92nd State Convention

HAVRE DE GRACE, Md. (July 8, 2020)—Maryland FFA Association honored local chapters and members for their outstanding achievements during the 92nd annual Maryland State FFA Convention held virtually, June 23-26.

The convention, dedicated to Dr. Ronald Seibel, for his lifetime of service to the Maryland FFA, was coordinated by the 2019-2020 MD FFA State Officer Team – Jill Allen, State President; Ryan Mondonedo, Vice-President; Sierra Wean, Secretary; Rylee McConville, Treasurer; Jaelyn Bryant, Reporter; Mallory Anderson, Sentinel. The convention opened with greetings from Dr. James Woodard, National FFA Advisor; and keynote address from Ms. Mamie Hertel, National FFA Central Region Vice President.

During this event, FFA members were recognized for their accomplishments and participation in the Maryland FFA:

The State Star Greenhand Award: Jayci Mitchell from the Cecil County School of Technology FFA Chapter, Region 5. Other Regional Star Greenhand Finalists: Region 1- Kara Rinker, Oakland FFA; Region 2- Abby Moreland, Catocin FFA; Region 4- Hope Mullins, North Harford FFA;

The State FFA Proficiency Award Winners -Gold Awards: Avery Dull, Westminster, Diversified Livestock Production Placement; Lynne Thomas, North Harford, Agricultural Science Research; and Austin Welty, Ligonore, Agricultural Sales Placement. Silver Award: Helen Leadingham, Boonsboro, Diversified Livestock Production. Bronze Awards: Mackenzie Groves, Frederick, Equine Science, Emma Rush, Oakland, Beef Production and Trenton Tasker, Oakland, Swine Production.

The State Agriscience Fair Award: Kacie Pulsy and Leslie Ennis from the Parkside FFA Chapter.

The State Talent performances: Madison Miller, Howard County FFA; Shea Cencula, Ligonore FFA Chapter.

Wiley G & Carrie A. Griffith Scholarships: \$1,000 awarded each to Mackenzie Heret, Howard County FFA; Kelly Spicer, Howard County FFA; and Samantha Wilt, North Garrett FFA Chapter.

MD FFA Foundation & University of Maryland College Park, College of Agriculture State Officer Scholarship: \$2,000 awarded to each of the 2019-2020 State officers to continue their education at the University of Maryland, College Park for their outstanding leadership to the Maryland FFA Association.

National Chapter Awards: Gold Level to Boonsboro FFA, North Garrett FFA and the Parkside FFA Chapter.

The Maryland Agricultural Education Foundation is a 501c3 non-governmental nonprofit established in 1989. Through the Maryland FFA, teacher workshops, scholarships, grants, Mobile Labs and Showcases, and revenues from the Ag Tag license plate sales, the Foundation pursues its mission to promote the understanding and appreciation of the importance of agriculture in everyone's lives. The Maryland FFA Association's staff team is partially funded through a \$40,000 federal Perkins grant facilitated by the Maryland State Department of Education. The Maryland FFA Association has 2,500 student members in 54 local chapters throughout the state. For more information, visit www.mdffa.org or contact Naomi Knight at nknight@maefonline.com

Even though many restrictions are lifted, please continue to:

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

COMMUNITY

Council Approves Joint Letter to Governor Hogan Addressing 2020 General Election Voting

Council Urges Governor to Continue Support for Vote by Mail and Increased In-Person Voting for General Election

By ANGELA ROUSON
Prince George's County
Council Media

UPPER MARLBORO, Md. (July 7, 2020)—The Prince George's County Council, during a virtual session on Tuesday, July 7, 2020, voted to authorize Council Chair Todd M. Turner's signature on a Joint Letter with County Executive Angela Also-Brooks, to Maryland Governor Larry Hogan. The correspondence expresses concern about the possibility of conducting solely an in-person 2020 Presidential General Election on November 3, 2020. The correspondence urges Governor Hogan to continue support for a "hybrid" approach utilizing Vote-by-Mail election with increased in-person voting.

The Joint Letter, which references "untenable challenges" the Prince George's County Board of Elections would face as a result of an in-person election, states in part, "One concern would be securing polling places to conduct the in-person election. Many owners of the private facilities that have historically served as polling places have withdrawn from participating in the upcoming election because they are not prepared to host an election during the COVID-19 pandemic." The letter continues, "Another significant issue is recruiting and training viable Election Judges that are willing to manage the enormous task of working during a pandemic with a lack of resources

and personnel." Council Chair Turner (D—District 4), says now is the time to address any challenges presented by voting by mail in the Primary Election, so the State is fully prepared to offer options whereby every eligible voter is able to exercise their rights without incident.

"COVID-19 has caused a number of unforeseen challenges for our communities, including safe and easily accessible voting options for this year's election; however, the Council is committed to working with State officials and residents to remedy the situation in preparation for record numbers on November 3rd. The 2020 General Election comes at a pivotal time in our nation's history, and it is imperative that every resident has an opportunity to exercise their right to vote, unencumbered."

The Joint Letter suggests a Vote-by-Mail election, similar to the Primary Election, requiring every registered voter to be mailed a ballot to the address listed in the voter registration database. Additionally, the letter proposes more in-person vote centers, additional drop boxes and early voting options. The letter also suggests that vote centers would open from Thursday, October 29, 2020, through Election Day, November 3, 2020, for early voting, to accommodate voters who may not receive a mailed ballot and individuals with disabilities who would prefer to vote independently.

Safeway and Safeway Foundation Award \$570,500 in the Second Round of COVID-19 Grants to Fight Hunger

Funds donated to 54 Washington-Baltimore region nonprofits who will provide meals to school children, seniors, and others financially impacted or isolated due to the pandemic

By PRESS OFFICER
Safeway

LANHAM, Md. (July 6, 2020)—Safeway Foundation in Safeway's Eastern Division has awarded \$570,500 in the second round of grants from the HELP FEED FAMILIES DURING THE CRISIS fundraiser. 54 non-profit organizations in Virginia, Maryland, Washington, D.C., and Delaware received funds to help fight hunger in the midst of the ongoing COVID-19 crisis.

The HELP FEED FAMILIES DURING THE CRISIS fundraiser, part of the Safeway Foundations' Nourishing Neighbors initiative, was established to help local families impacted by the coronavirus pandemic. Funds raised during the month of May outpaced funds raised during April and are being used to support local organizations providing meals to school children, seniors, and others in need of assistance. Programs eligible for funding can include (but are not limited to) support for:

- emergency meal distribution programs for students
- families in need through gift cards or food distribution
- providing meals and food to seniors
- helping families access federal food programs like WIC and SNAP

Hunger relief programs are stretched beyond capacity due to the necessary measures that schools, businesses and governments have taken to curb the spread of COVID-19. Grant recipients

have seen a massive increase in the need for their services.

Below are some examples of the organizations and initiatives that the donations will support:

Capital Area Food Bank (CAFB) and **Maryland Food Bank (MFB)** are the region's food assistance hubs and each organization is working with hundreds of local partners whose needs have multiplied astronomically.

In addition to keeping essential food pantry services operational, **Adventist in Maryland** has added distribution locations for weekend food packages and will use their Safeway Foundation support for a pop-up distribution site at Galway Elementary School where they will serve families of children who take part in their free annual summer camp.

Blessings in a Backpack volunteers are distributing bags of nutritious, non-perishable food each week to children without access to consistent nutrition throughout the COVID-19 school closures and beyond, in some Virginia and Maryland locales.

Catholic Charities USA will use their grant to provide food and basic supplies via their network of food pantries in D.C., Delaware, Maryland, and Virginia, for those most severely impacted by COVID-19. The number of people seeking their food assistance has increased by more than 60%.

National Housing Trust Communities (NHT), a national non-profit that owns and operates 12 affordable to low-

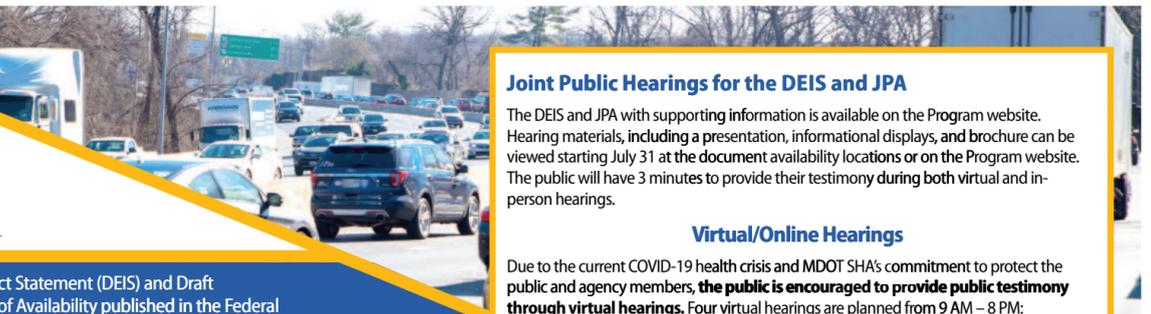
income D.C. apartment communities. Many of their residents now lack access to regular and nutritious food. Safeway Foundation's grant will help NHT work towards providing at least one healthy and appetizing no-cost meal a day to 80–120 children in two D.C. apartment communities.

And as many families have lost income and access to childcare, grant **Martha's Table's** emergency food distribution efforts are ensuring that neighbors in need can obtain no-cost nutritious groceries, including fresh produce, in a dignified manner at more than 20 sites in the District each week.

Donations to the fundraiser, which continues July 1–31, are being collected at Safeway store check stands, and also online at www.safewayfoundation.org

List of organizations receiving second-round grants include:
Bowie State University Foundation
Doctors Hospital
Hearts of Empowerment

Safeway Foundation, part of *Albertsons Companies Foundation (NYSE: ACI)*, supports causes that impact Safeway customers' lives. Our stores provide the opportunity to mobilize funding and create awareness in our neighborhoods through generous contributions by our customers, our employees' passion, and partnerships with our vendors. We focus on giving locally in the areas of hunger relief, cancer research and treatment, education, veterans, and helping people with disabilities. www.safewayfoundation.org.



FHWA and MDOT SHA have completed the Draft Environmental Impact Statement (DEIS) and Draft Section 4(f) Evaluation for the Managed Lanes Study, with the Notice of Availability published in the Federal Register on July 10, 2020. The DEIS includes traffic, environmental, engineering, and financial analyses of the Build Alternatives and the No Build Alternative. This DEIS provides an opportunity for the public, interest groups and other agencies to review and provide comment on the proposed federal action and the adverse and beneficial environmental impacts and proposed mitigation for unavoidable impacts.

FHWA, MDOT SHA, and the Maryland Department of the Environment (MDE) will conduct six Joint Public Hearings. The U.S. Army Corps of Engineers (USACE) will participate in one hearing on August 25 to meet the Department of the Army requirements. Comments will also be accepted on the Joint Federal/State Application (JPA) for the Alteration of Any Floodplain, Waterway, Tidal or Nontidal Wetland in Maryland. USACE is responsible for reviewing the JPA per the Clean Water Act, Section 404(b)(1) and MDE is responsible for reviewing the Application per Environment Article 55-503 and 55-906, Annotated Code of Maryland.

Public and agency comments on the DEIS and JPA will be accepted between July 10 through 11:59 PM on October 8, 2020.

Ways to Comment on the DEIS and JPA

- Oral testimony to panelists at in-person or virtual hearing
- Oral testimony to court reporter at in-person
- Oral testimony via voicemail (855-432-1483) during in-person or virtual hearing times
- Written comments in comment box at in-person hearing

Other Ways to Comment on the DEIS

- Comment Form on 495-270-P3.com/DEIS/
- Email at MLS-NEPA-P3@mdot.maryland.gov
- Send a written letter about DEIS:
Lisa B. Choplin, DBIA
Director, I-495 & I-270 P3 Office
Maryland Department of Transportation
State Highway Administration
707 North Calvert Street
Mail Stop P-601, Baltimore, MD 21202

Other Ways to Comment on the JPA

- Email at:
john.j.dinne@usace.army.mil (USACE)
MDE.SHAprojects@maryland.gov (MDE)
- Send a written letter about JPA:
USACE MDE
Baltimore District Wetlands and Waterways Program
Attn: Mr. Jack Dinne Attn: Mr. Steve Hurt
2 Hopkins Plaza 1800 Washington Blvd., Suite 4300
Baltimore, MD 21201-2930 Baltimore, MD 21230

ALL COMMENTS received, whether at the hearing through oral testimony OR through other methods (comment form, email, and letter), will be given EQUAL CONSIDERATION.

DEIS and JPA Document Availability

The DEIS and JPA with supporting information are available online at 495-270-P3.com/DEIS. Hard copies are available for review starting July 10, as follows:

MARYLAND STATE OFFICES: Viewing hours include Monday to Friday 11 AM to 7 PM, Saturday and Sunday 12 to 5 PM

Montgomery County: MDOT SHA Gaithersburg Shop, 502 Quince Orchard Road, Gaithersburg, MD 20878 | MDTA MD 200 West Operations, 16902 Crabbs Branch Way, Rockville, MD 20855 | MDOT SHA Fairland Shop, 12020 Plum Orchard Road, Silver Spring, MD 20904 | MDOT SHA Silver Spring Study Office, 8537 Georgia Avenue, Silver Spring, MD 20910

Prince George's County: MDOT SHA District 3 Office, 9300 Kenilworth Avenue, Greenbelt, MD 20770

VIRGINIA STATE OFFICE: Viewing hours include Monday to Friday 9 AM to 4 PM
Fairfax County: VDOT Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030

MARYLAND LIBRARIES: Hard copies will be available in trailers in the library parking lots. Viewing hours include Tuesday and Thursday 11 AM to 7 PM, and Sunday 12 to 5 PM. Once libraries are open to the public, the hard copies will be available for review in the libraries during normal branch hours.

Montgomery County: Chevy Chase Library | Davis (North Bethesda) Library | Kensington Park Library | Potomac Library

Prince George's County: Glenarden Branch Library | Largo-Kettering Branch Library | New Carrollton Branch Library | Spauldings Branch Library

WASHINGTON, DC LIBRARY: Viewing hours include Monday through Friday from 11 AM to 2 PM and 3 to 7 PM. Should library hours change, the document will be available during normal branch hours.

Washington, DC: Shepherd Park Neighborhood Library

US POST OFFICES: Viewing hours include Monday to Friday 9 AM to 5 PM, Saturday 9 AM to 12 PM (see below)

Montgomery County: West Lake PO (Saturday closes at 1 PM), 10421 Motor City Drive, Bethesda, MD 20817 | Rockville PO (Saturday closes at 4 PM), 500 N Washington Street, Rockville, MD 20850

Prince George's County: Kenilworth PO (Saturday closes at 12 PM), 6270 Kenilworth Ave, Riverdale, MD 20737 | Hampton Park PO (Saturday closes at 4 PM), 9201 Edgeworth Drive, Capitol Heights, MD 20790 | Largo PO (Saturday closes at 3 PM), 9801 Apollo Drive, Upper Marlboro, MD 20774 | Temple Hills PO, 4806 Saint Barnabas Rd, Temple Hills, MD 20748

Joint Public Hearings for the DEIS and JPA

The DEIS and JPA with supporting information is available on the Program website. Hearing materials, including a presentation, informational displays, and brochure can be viewed starting July 31 at the document availability locations or on the Program website. The public will have 3 minutes to provide their testimony during both virtual and in-person hearings.

Virtual/Online Hearings

Due to the current COVID-19 health crisis and MDOT SHA's commitment to protect the public and agency members, **the public is encouraged to provide public testimony through virtual hearings.** Four virtual hearings are planned from 9 AM – 8 PM:

- **TUESDAY, AUGUST 18, 2020** • **TUESDAY, AUGUST 25, 2020 (Official USACE Hearing)**
- **THURSDAY, AUGUST 20, 2020** • **THURSDAY, SEPTEMBER 3, 2020**

PROVIDE PUBLIC TESTIMONY:

- Register at 495-270-p3.com/DEIS
- Three sessions available for each hearing:
 - Morning (9 AM – 12 PM)
 - Afternoon (1 – 4 PM)
 - Evening (5 – 8 PM)
- Email instructions will be sent for approved session time

WATCH THE VIRTUAL HEARING ONLINE:

- Go to 495-270-p3.com/DEIS
- Closed captioning available

IF YOU DO NOT HAVE INTERNET ACCESS:

- Call 855-432-1483, press * to hear options
- Listen to the virtual hearing live
- Leave your testimony by voicemail on hearing dates from 9 AM - 8 PM

In-Person Hearings

Two in-person hearings are planned from 12 – 9 PM:

- **TUESDAY, SEPTEMBER 1, 2020** – Prince George's County – **Homewood Suites** by Hilton, 9103 Basil Court, Largo, MD 20774
- **THURSDAY, SEPTEMBER 10, 2020** – Montgomery County – Hilton Executive Meeting Center, 1750 Rockville Pike, Rockville, MD 20852

PROVIDE PUBLIC OR ONE-ON-ONE TESTIMONY BY APPOINTMENT ONLY:

- Register by calling 833-858-5960
- Choose public testimony to panelists or one-on-one testimony to court reporter
- Registered participants will be placed in time slots and may listen to public testimony and limited staff will be available to answer questions
- Registered participants will receive the same brochure that is on the Program website
- Social distancing protocols will be strictly enforced, including required face coverings, hand sanitizing stations, and limited capacity in hearing room
- Call 855-432-1483 to listen live and/or leave your testimony by voicemail on hearing dates from 12-9 PM

Note: MDOT SHA will make the hearing transcript available on the Program website at a later date after the hearings have been concluded; hearings could be postponed if COVID-19 conditions change.

495-270-P3.COM/DEIS

REQUEST FOR ASSISTANCE:

The Maryland Relay Service can assist teletype users at 7-1-1. Persons requiring assistance to participate, such as an interpreter for hearing/speech difficulties or assistance with the English language, should contact the Program toll-free number at 833-858-5960 by August 3, 2020.



COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

Sports Have the Potential to Help Unite Us; Racial Slurs That Divide Us Must Go

"Racism runs rampant in towns and cities neighboring large Indigenous populations. I've been told to 'go back to the reservation' and asked by white people to search for their stolen items on the reservation. The drunk Indian trope permeates majority-white towns and cities where Natives live in poverty. Plains Indians have also faced slurs such as 'prairie n-words' and our women referred to using the derogatory term 'squaw.' Resistance literally runs through our veins. Our schools feature mascots such as Braves, Warriors, and Indians. Absent are the

caricatures of mainstream Washington Redskin fandom. We don't partake in the 'tomahawk chop' or reduce heritage to stereotypical chants. Our events usually involve our cultural singing and traditions. We don't act a fool in headdresses—those are sacred symbols with meaning.

—Northern Cheyenne writer Angelina Newsom

As the United States undertakes the most significant reckoning of racism in a generation, symbols of white supremacy still loom large. From

Confederate monuments to harmful stereotypes in advertising to the names of professional sports teams, American culture is steeped in it.

Eliminating these symbols won't eradicate racism. But we can't eradicate racism unless we eliminate them. The Washington, D.C. NFL team is a prime example.

The United States government has authorized 1,500 wars, attacks and raids on the indigenous people of the land it occupies. An estimated five million to 15 million indigenous people lived in North America in the 15th century. By the late 19th century, fewer than a quarter-million remained.

The motive behind the systematic slaughter and removal of Native Americans was land. Europeans who were barred from owning land in their homeland flocked to the New World to claim their homesteads. To justify the violence, Native Americans were portrayed as savages, less human than their "civilized" European counterparts. Their customs, their language and the color of their skin set them apart, and referring to them with a slur based on skin color served to reinforce the stereotype.

Slurs based on skin color and other physical differences are intended to debase and divide. And right now, more than ever, we need the power of sports to unite us.

Athletes have played a unique role in the nation's rocky and uneven effort to overcome white supremacy. The activism displayed by Colin Kaepernick and Eric Reid, Anquan Bolden and Malcom Jenkins and their Players Coalition, is part of a long legacy that includes Althea Gibson, Muhammad Ali, Tommie Smith and John Carlos.

The NFL has made strides in recent years, establishing a Social Justice Initiative to work with the Players Coalition, and—just last month—changing its stance on player protests like Kaepernick's. Insisting upon a name change for the Washington team is the logical next step in the League's journey.

Dan Snyder, the team's owner, announced last week that the organization is conducting a "thorough review" of the name. The time for review is over. Native American individuals and organizations have objected to the name from the beginning. Organized efforts to change the name have been going on for more than 50 years. As National Congress of American Indians president Fawn Sharp said, "This moment has been 87 years in the making, and we have reached this moment thanks to decades of tireless efforts by tribal leaders, advocates, citizens, and partners to educate America about the origins and meaning of the R-word."

Marion Wright Edelman

President Emerita, Children's Defense Fund



ChildWatch:

Voting for Our Future

Earlier this month the Supreme Court struck yet another blow to voting rights when it blocked an order that would have made it easier for Alabama citizens to vote safely in the middle of the pandemic by easing some restrictions before the state's July 14th primary run-off election. Alabama's current restrictions for absentee voting require voters to submit a copy of photo identification and obtain the signatures of two adult witnesses or a notary public before returning their ballot. In June, a U.S. district court

judge in Birmingham ruled that voters in some counties with medical conditions putting them at risk of COVID-19, including people who are 65 or older or have a disability, could be allowed to vote absentee without those restrictions. The judge's ruling also lifted Alabama's statewide prohibition on curbside voting and instead allowed local officials to choose to provide absentee ballot drop-off boxes. But the state of Alabama fought for a stay to keep the voting restrictions in place, and in a 5-4 split decision the

Supreme Court granted it.

The Supreme Court issued a similar 5-4 decision in April overturning a lower court's decision to allow a six day extension for absentee ballots in Wisconsin. These rulings are two of the many warning signs in the escalating fight to protect the right to vote and make it easier for all eligible voters to participate, especially in the middle of the COVID-19 crisis. President Trump has already made clear he believes Republicans should oppose efforts like mail-in voting, despite using that option himself, because that "doesn't work out well for Republicans." But beyond the fact that studies have shown that claim is unfounded, protecting the right to vote and making sure every one of us has the ability to vote safely should be a shared value and priority for all Americans.

Every summer students enrolled in the Children's Defense Fund (CDF) Freedom Schools® program participate in a National Day of Social Action, lifting up a concern they are passionate about and helping them learn they are never too young to speak out and make a difference. This year's CDF Freedom Schools scholars are focused on voting and the theme #Vote-

Because. They are too young to vote themselves, but they want to make sure adults know what issues they care about so that when adults cast their ballots this fall children's needs will be front and center.

The CDF Freedom Schools National Day of Social Action is partnering with When We All Vote, a non-profit, nonpartisan organization launched in 2018 by co-chairs Michelle Obama, Tom Hanks, Lin-Manuel Miranda, Janelle Monae, Chris Paul, Faith Hill, and Tim McGraw with a mission to increase participation in every election. When We All Vote's simple belief is that when we all vote, we all do better. That's absolutely true for children's needs. Even before the pandemic more than 11.9 million children—disproportionately children of color—were poor, more than 12.5 million children were living in food-insecure households, and an estimated 4.3 million children were uninsured. Now that the pandemic has exacerbated every preexisting condition and made an already dangerous reality worse, children desperately need adults to do better. A groundswell of adults focused on the future children deserve can transform our nation for all children.

Hoyer, Van Hollen, Cardin, Brown Secure Provision For Family of Slain ROTC Graduate Lt. Richard Collins in House and Senate NDAA

WASHINGTON (July 8, 2020)—Congressman Steny Hoyer (MD-05), Senators Chris Van Hollen and Ben Cardin (both D-MD), and Congressman Anthony G. Brown (MD-04) announced that they have secured provisions within the Senate and House Fiscal Year 2021 National Defense Authorization Act (NDAA) to provide the family of slain ROTC Graduate Richard W. Collins III with the benefits they're owed following his death. The amendments were introduced by Senator Van Hollen and Congressman Brown and cosponsored by Senator Cardin and Congressman Hoyer and are expected to pass

alongside the full NDAA when the Senate and House come back into session later this month.

On May 20, 2017, Richard W. Collins III, a Reserve Officer Training Corps (ROTC) graduate of Bowie State University who had been commissioned into the U.S. Army, was murdered just days before he was scheduled to go on active duty. Following Lt. Collins' tragic death, the Collins family has faced difficulty in receiving the recognition and benefits Lt. Collins and his family would have received had he been on active duty.

Last year, both the House and Senate passed leg-

islation introduced by the Members to ensure that an ROTC graduate who dies between commissioning and their first assignment is treated as having served in the military for the purpose of death benefits. Unfortunately, the bill as-adopted applied only to future cases. The amendments secured by the Members in this year's NDAA will ensure that the Collins family receives the benefits of this legislation.

"Nothing can bring back Lt. Richard Collins or make sense of his horrific murder, but I hope this small action will bring some relief to the Collins family," said Congressman Hoyer. "I appreciate the hard work of my colleagues to secure the benefits due to the Collins family."

"Lt. Richard Collins' tragic death was made even more painful for his family through the challenges they faced in receiving the proper benefits and recog-

ognition for Lt. Collins," said Senator Van Hollen. "Nothing will ever fill the void of their loss, but I'm hopeful this provision brings the Collins family some peace of mind."

"Lt. Richard Collins' family will finally receive the much-deserved recognition of their son's commitment and dedication to the Army and serving our nation," said Senator Cardin. "While we pray no family has to endure the loss experienced by the Collins family, we hope this will set a precedent for the future."

"We must ensure that what happened to Lt. Collins's family does not occur again to another servicemember's loved ones," said Congressman Brown. "Let us not take for granted the preparation, training, commitment, and service that ROTC graduates pledged to the American people but honor their memory and support their loved ones."

Maryland, Virginia Senators Urge Administration To Halt Haphazard Plans to Bring Thousands of Federal Employees Into Offices as Nationwide COVID-19 Cases Spike

Current Guidance Brings Federal Workers Back Into the Office Prematurely, Negates Maximum Telework Policies

WASHINGTON (July 9, 2020)—Today, U.S. Senators Chris Van Hollen (D-Md.), Ben Cardin (D-Md.), Mark Warner (D-Va.), and Tim Kaine (D-Va.) sent a letter to Office of Management and Budget (OMB) Acting Director Russell T. Vought and Office of Personnel Management (OPM) Acting Director Michael J. Rigas, urging them to reverse course on plans by several agencies to bring federal employees back to their worksites prematurely, by issuing clear guidance to extend maximum telework throughout the ongoing COVID-19 crisis.

The Senators begin, "We write to express our opposition to plans to require many federal employees in the National Capital Region to return to their worksites. The current guidance from the Office of Management and Budget (OMB) and the Office of Personnel Management (OPM) is encouraging these unsafe actions, and we urge you

to issue new guidance to better protect the federal workforce and surrounding communities from the increasing spread of COVID-19."

They continue, "As we are seeing around the nation, premature reopenings are leading to new waves of COVID-19 cases. It is especially important for federal agencies to have clear guidance that sets a positive example. As of July 8, more than 3,000,000 Americans have been infected with the coronavirus and at least 131,700 Americans have died."

The Senators note that current OPM/OMB guidance conflicts with direction from other members of the Administration, the Centers for Disease Control and Prevention, and that of state and local governments. For example, "In the National Capital Region, many federal agencies are bringing employees back to the office instead of teleworking, even though the reopening guidelines for

Maryland, Virginia, and the District of Columbia all urge employers to continue telework as much as possible. Unlike these federal agencies, governments in Maryland, Virginia, and the District continue to utilize liberal telework policies and limited office capacity for public sector workers."

They go on to underscore that prior to the pandemic, 40% of rush hour Metro commuters were federal workers, so dismantling maximum telework could endanger the health and safety of the entire region.

"And since 85 percent of federal employees work outside of our region, it endangers the entire country. We urge you to issue clearer guidance directing agencies to continue maximizing telework throughout the COVID-19 pandemic," the Senators conclude.

The Senators have urged maximum telework and protections for federal employees and contractors throughout the pandemic. In April, they joined a letter to OPM and OMB seeking answers on inconsistent and confusing guidance, and raising concerns about ending maximum

telework prematurely. In March, Van Hollen led a letter with the other National Capital Region Senators to President Trump, pressing him to sign an executive order maximizing telework for federal workers. Additionally in March, the Senators signed a letter to OPM urging that federal employees who follow recommended public health guidance to limit the spread of the coronavirus not be penalized.

The Prince George's Post

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The Prince George's Post

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Should My Wife Claim at 62? Will She Get Widow Benefit?

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

Dear Rusty: I am almost 64 and still working, and I plan to work until about 66 or 67. My wife is 62. Should she go ahead and file for her Social Security? Is it true that she can draw on my SS after I pass away? **Signed: Inquiring Husband**

Dear Inquiring Husband: The answer to your first question (should your wife claim at 62) isn't simple, because it depends upon a number of things.

Is your wife working? If so, and she claims before her full retirement age, she'll be subject to Social Security's earnings test, which limits how much she can earn before they take back some of her benefits. If your wife starts collecting at age 62 and exceeds the annual earnings limit (\$18,240 for 2020) SS will take back benefits equal to half of what she exceeded the limit by. This is true until she reaches her full retirement age (66 ½ if she was born in 1957), although the earnings limit goes up by about 2.5 times and the penalty is less in the year she reaches her full retirement age (FRA).

Will your wife be eligible for a spousal benefit from you when you start collecting? If so, and she claims at age 62, her eventual spousal benefit from you will be less than 50% of your full retirement age (FRA) benefit because she took her own benefit early. Whether your wife is eligible for a spousal benefit depends upon whether her own benefit (from her own work record) at her FRA (regardless of when she claims) is smaller than half of your benefit at your FRA (regardless of when you claim). If it's not, she won't get a spousal benefit. If it is, she'll get a spousal boost on top of her own benefit but claiming at age 62 will mean a smaller spousal benefit.

Your wife's age 62 benefit amount will be 27.5% less than her benefit would be at her full retirement age, and that reduction is permanent. And Social Security benefits are taxable if your combined income (married, filing jointly) is more than \$32,000. If your combined income is between \$32,000 and \$44,000 then 50% of your wife's SS benefits will become part of your taxable income, and if more than \$44,000 then up to 85% of your wife's SS benefits will become part of your taxable income. My point is, with you still working, your wife's SS benefits will almost certainly add to your income tax obligation.

I'm not trying to dissuade your wife from applying; rather only making you aware of the potential consequences of her claiming at age 62, or at any time prior to her full retirement age. If she needs the money now and the above points are not a concern, then applying at 62 could be the prudent choice. But you and your wife should consider the above before deciding if she should claim at age 62.

Regarding your second question, if you should predecease your wife, and if the benefit you are receiving at your death is more than your wife is already receiving (or is entitled to receive) on her own, then she will get a survivor benefit from you. If she has already reached her full retirement age when that happens, she'll get 100% of the benefit you were getting. If she hasn't yet reached her FRA, she can still claim the survivor benefit, but it will be permanently reduced by a fraction of a percent for each month earlier than her FRA. However, if she hasn't yet reached her FRA, she can also delay taking her survivor benefit until she reaches FRA to get 100% of your benefit (instead of her own). Remember, she gets her survivor benefit, or her own benefit, whichever is higher (she doesn't get both).

The 2.1 million member Association of Mature American Citizens [AMAC] www.amac.us is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country. And the AMAC Foundation (www.AmacFoundation.org) is the Association's non-profit organization, dedicated to supporting and educating America's Seniors. Together, we act and speak on the Association members' behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at www.amac.us/join-amac.

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

Webinar: Navigating the Maze of Accommodations for Small Business Owners in a COVID-19 World

July 23, 2020 • 10–11:30 a.m.

County/Sponsor: Maryland SBDC

Cost: Free of Charge—Registration Required:

<https://mdsbdc.eccenterdirect.com/events/16267>

Registration Deadline: 7/22/20 4 p.m.

Contact Information: Diane McFarland, dilmcfarland@frostburg.edu
Training Topics: COVID-19 General Support, Legal Issues

As Maryland has fully entered Phase 2 of the Governor's Road to Recovery, employers, particularly small businesses, are faced with the need to comply with a confusing array of necessary accommodations for employers and customers. An accommodation has a specific legal definition that means bending over backward for every demand made by an employee or a customer. This session will break down the rules for accommodations for employees and for customers with some common sense, practical advice that you can implement immediately.

Presenter, Matt Johnston, Esquire

Free Entrepreneur Training for Veterans

Is Entrepreneurship the right choice for you?

Do you have a business idea but not sure where to start?

Do you have a business and want to take it to the next level?

Are you a Veteran small business owner looking to recover from COVID?

Want to know more, register for the Project Opportunity Prince George's County Fall 2020 Orientation Session at www.project-opportunity.com/registration/. The orientation will be held on Tuesday, August 25, 2020 from 6:30–8:30 p.m. at Employ Prince George's, Inc., 1801 McCormick Drive, Suite 400, Largo, Maryland 20774.

Cormick Drive, Suite 400, Largo, Maryland 20774.

Classes Begins Tuesday September 8, 2020

Project Opportunity is an intensive curriculum based 10-week cohort program. The Fall 2020 program will meet every Tuesday from 6:30–9:30 p.m. September 8–November 10, 2020 at Employ Prince George's Inc., 1801 McCormick Drive, Suite 140, Largo, Maryland 20774. Through funding provided by Employ Prince George's, Inc. this program is FREE to all veterans, active duty, and reserve personnel. The curriculum and material

are facilitated by their business professionals and subject matter experts. The program concludes with a formal business pitch on Tuesday November 17, 2020

Training Includes:

- Assessing Your Business Idea
- Marketing Analysis
- Financing and Financial Management
- Business Structure and Taxes
- Development of a Business Plan

Prince George's County Fall 2020 Class
Sponsored by: Employ Prince George's Inc.

—Joe Giordano
Founder, Project Opportunity

Miles & Stockbridge Launches Initiative to Support Black Entrepreneurs and Businesses

By AMY GAAG
Miles & Stockbridge

BALTIMORE (July 8, 2020)—Miles & Stockbridge, a leading business law firm with more than 220 lawyers in the mid-Atlantic region, announced today the launch of an initiative to support Black businesses by providing introductory legal counsel at no cost or a reduced cost.

The Miles & Stockbridge Black Business & Start-Up Initiative will focus on helping to eliminate or temper some of the barriers uniquely experienced by Black entrepreneurs and businesses, such as a lack of funding (particularly as it relates to legal expenses) and a lack of access to a network experienced in the challenges confronting all businesses.

"Our Board of Directors met in mid-June to discuss and share what specific steps we, as a law firm, could take inside and outside to address social injustice," said Nancy Greene, chairman of Miles & Stockbridge. "Using our legal experience and talents to help Black entrepreneurs is a concrete way we as lawyers can be of real help—in our lane—to support the cause of greater economic opportunities and justice for the Black community."

As a starting point, Miles & Stockbridge will work with emerging or start-up companies, owned at least 50 percent by Black owners, meeting one of the following criteria:

- Less than five years of operating history,
- Less than \$500,000 of annual revenues (as verified by tax filings), or
- Fewer than 10 employees

Inclusion in the initiative will be determined on a case-by-case basis, and subject to other parameters determined by the firm.

The Miles & Stockbridge team will meet with qualifying applicants by phone to assess their needs and determine next steps. Miles & Stockbridge is prepared to provide legal counsel to Black businesses accepted into the initiative to help develop and grow their businesses—from general corporate and business legal services necessary to keep operations running smoothly to more complex tax, acquisition, employment, general commercial contracting, intellectual property and immigration advice and insight. The firm will also counsel clients interested in attracting growth capital or angel funding and securing funding for ongoing operations.

In support of this initiative, the firm will count 50 non-billable hours spent on

providing legal advice to Black entrepreneurs and businesses toward a lawyer's annual hours. These hours are in addition to the 50 non-billable hours that the firm's lawyers can receive credit for performing traditional pro bono services.

"We do not expect this initiative to be a panacea in any way," added Greene. "It is a step we can take right now as a firm and as individual lawyers to help Black businesses launch or grow."

Owners who feel their emerging businesses may be a good fit for this program should contact MilesBBI@mslaw.com.

Miles & Stockbridge's *Emerging Business practice focuses on the unique needs of entrepreneurial and privately held companies and the equity partners who invest in them. The firm's lawyers bring an understanding of business issues to their role as legal counsel, and they offer the resources of a full-service business law firm. They have practical experience throughout the business life cycle, because their lawyers have served as both outside and inside general counsel with start-up, early and growth stage companies, as well as family-owned and mid-market businesses. Follow Miles & Stockbridge on Facebook, LinkedIn and Twitter.*

Market Your Business for Long-Term Success

(Family Features) Rapid growth and long-term success are the dreams virtually every entrepreneur pursues. The fire pushes you to ascend to the mountaintop quickly and stay there as long as possible.

Adopting some clever marketing strategies can bring those dreams within reach, especially if you're willing to take some notes from experts who have successfully navigated the path. For example, entrepreneur Russell Brunson started his first online company while he was in college.

Today, he is the co-founder of Click-Funnels, a successful software company that helps entrepreneurs get their message out to the marketplace quickly and efficiently. Brunson is also the author of a series of books, including "Traffic Secrets," which is filled with tips for using classic and foundational direct marketing techniques to help future customers discover an entrepreneur's product or service and drive demand.

Learn the art of successful business marketing with Brunson's advice, adapted from "Traffic Secrets," the third installment in his bestselling trilogy.

Work behind the scenes to connect with your target audience. With a little research, you can identify the places your target customers tend to congregate. Places like Facebook groups, YouTube channels, podcasts, blogs and other platforms serve as trusted sources of information, and these are the places where they're more apt to listen to what you have to say. Make a list of 100 of these hangouts and reach out to the people behind the scenes. Listen, learn, pitch collaborative opportunities and pay for ads if that's what it takes to get in front of your audience.

Don't just post on social media; understand it. Social media is a powerful tool for marketers and entrepreneurs. Depending on your business, you may be able to leverage both your personal profile and a business account to connect with your audience. Another key is customizing your strategy for each platform. Know which channels your target audience members use and focus your energy there. Understand the platform's algo-



PHOTO COURTESY OF GETTY IMAGES

rithm and post content it wants to share with its users.

Pay for email ads. A wide variety of online news sites, newsletters, online communities and influencers have large email lists. Approach those with audiences that would be interested in your product or service and request an email endorsement. Having third-party endorsers announce your offer to their email lists lets you go around the competition to talk directly to your target audience.

"If you are selling anything online, or trying to generate leads online, no matter what industry you're in, these 20 traffic secrets can help attract more eyeballs," Brunson said. "I'd like to help you fill your website and funnels with your dream customers, so I'm going to give you my new book for free. Just visit grabtrafficsecrets.com."

5 Ways to Drive Traffic on Social Media

These strategies from "Traffic Secrets" can help drive traffic using these major platforms:

Google: Search the keyword you'd like to rank for. Scan results, looking for sites that have ads, banners, affiliate links to products or subscription boxes. Contact the owners of those pages and ask

about advertising options to buy your way in and build your list.

YouTube: Create a 15-second intro with a catchy hook followed by a short 4-second branded message then tell your viewer why he or she should listen. Create a connection with personal commentary and share valuable content for the next 7-12 minutes. Close with a call to action.

Facebook: Think of your cover photo as your billboard and the intro section as your business card where you can place links to funnels. When posting, share stories that can open conversations, and remember to engage readers in the comments.

Instagram: Decide whether you want to inspire, educate or entertain then create a caption. Three effective options: tell a story, ask a question or make a list.

Podcasting: In addition to working the podcast circuit and delivering a call to action at the end of each show, you can leverage influencers in other ways. Buy ads on their podcasts and arrange guest appearances that let you ask their listeners to check out your own podcast.

SUMMER

Feeling the Heat: AAA Reminds Drivers Of Heat-Related Dangers

Seven children under the age of 5 have perished in hot cars so far this year in USA

By PRESS OFFICER
AAA Mid-Atlantic

WASHINGTON (July 7, 2020)—It is a heat wave. Temperatures topping 90 degrees are predicted through the end of the week across the Washington metro area, and if you think it's hot outside, it's even hotter in your car. Every nine days, across the United States, a child dies while unattended in a hot car. It only takes a few minutes for a car to heat up and become deadly to a child or pet inside. As summer temperatures rise, more kids are at risk—seven children in the U.S. under the age of five have died in hot cars since the beginning of the year.

Today, Tuesday, July 7, is the 12th day of 90-degree heat in the Washington Metro area. Heat stroke is the leading cause of non-crash, vehicle related deaths for children under the age of 14, with an average of 39 fatalities per year. AAA has joined with the National Highway Traffic Safety Administration (NHTSA) to remind parents and caregivers about the deadly consequences of leaving children in hot cars and to urge them to “look before you lock.” Heatstroke can cause death or permanent disability if emergency treatment is not provided.

“In the summer heat a vehicle's interior can reach lethal temperatures very quickly, essentially creating an oven, causing a child's internal organs to shut down if left unattended inside,” said John B. Townsend II, manager of Public and Government Affairs for AAA Mid-Atlantic. “Young children should never be left alone in a vehicle under any circumstances. The same is true for pets. Make it a routine to look twice and check the back seat for children before you leave and lock the car. If you have to put a reminder post-it note on your dashboard, an alarm on your phone or a stuffed animal in the front seat to remember to take a child out of the car, do it.”

In the past three decades, 949 children left in vehicles have died of heatstroke, hyperthermia, or other complications. Locally, three of those deaths occurred in Washington, D.C., 14 in Maryland, and 32 in Virginia. Studies have shown about 56% of

child hot car deaths in vehicles were caused by adults forgetting the children, and 26% of victims were playing in an unattended vehicle.

Some scary statistics:

- Vehicle heatstroke claimed the lives of 53 children in 2019.
- To date, seven have died from vehicular heatstroke in 2020.
- A child's body heats up three to five times faster than an adult's body.
- A child can die of heat stroke on a 72-degree day.
- On a 95-degree day a car can heat up to over 180-degrees.
- The steering wheel can reach 159 degrees (temperature for cooking medium rare meat).
- The seats can reach 162 degrees (temperature for cooking ground beef).
- The dash can reach 181 degrees (temperature for cooking poultry).
- At 104-degrees internal organs start to shut down.

The heat wave is slated to continue through mid-week and beyond across the Washington metro area. By definition, a heat wave is “a period of unusually hot weather that typically lasts two or more days,” explains the National Oceanic and Atmospheric Administration (NOAA). Heat waves kill more people in the United States than all other weather-related disasters combined, NOAA warns. Be very careful in cars.

AAA Mid-Atlantic Urges Motorists To ACT:

- A—Avoid heatstroke by never leaving a child in the car alone, not even for a minute.
 - C—Create electronic reminders or put something in the backseat you need when exiting the car - for example, a cell phone, purse, wallet, briefcase or shoes. Always lock your car and never leave car keys or car remote where children can get to them.
 - T—Take action and immediately call 9-1-1 if you notice a child unattended in a car.
- “Ooh, heat wave.” Residents of the Washington metro area have coped with 17

90-degree days so far. When it comes to heatstroke, your animals are also at risk. Leaving them in a vehicle while you run into a store, take a break at a rest stop during a family road trip or for any other reason, can have deadly consequences.

Make no mistake—just because your pet can't tell you they are in distress, doesn't mean they aren't. Animals left in hot cars can face irreversible organ damage, heat stroke, brain damage and, in extreme cases, death.

Signs of heatstroke in dogs and cats can include:

- Panting
- Excessive drooling
- Vomiting
- Reddened gums and tongue
- Rapid heart rate
- Wobbly, uncoordinated movement

Animals are also at a more severe rate of risk when they have factors like age (very young, very old), obesity, poor heart/lung conditioning, are a short-nosed, flat-faced breed, or have a thick hair coat.

AAA Mid-Atlantic's efforts to make all drivers aware of this issue includes a video showing just how hot the inside of a vehicle can become.

It is getting hot in here. Look up in the sky. It is dust from the Sahara Desert. “Since June 25, the Saharan Air Layer—a mass of very dry, dusty air that forms over the Sahara Desert and travels across the tropical Atlantic Ocean—has been detected in the skies across the Southeast, Midwest and Mid-Atlantic,” explains NOAA.

AAA provides automotive, travel, and insurance services to 60 million members nationwide and nearly 84,000 members in the District of Columbia. AAA advocates for the safety and mobility of its members and has been committed to outstanding road service for more than 100 years. AAA is a non-stock, non-profit corporation working on behalf of motorists, who can now map a route, find local gas prices, discover discounts, book a hotel, and track their roadside assistance service with the AAA Mobile app (AAA.com/mobile) for iPhone, iPad and Android. For more information, visit www.AAA.com.

many reams of printer paper these days bear one or another FSC seal, but whether you choose “FSC 100%,” “FSC Recycled” or “FSC Mix” has a huge bearing on how green the choice is. (“FSC Mix” products likely contain wood products that are not from FSC-certified forests.)

Another issue is FSC's decision to continue logging in Australia last year following widespread wildfires there that wiped out 18 million acres of forest. FSC ignored pleas to halt logging until ecosystems there could recalculate; critics claim that decision shows FSC is more about making money for logging operations than it is about saving the world's forests.

Regardless, bolstering FSC—and holding its feet to the fire—is the best path forward for those concerned about unsustainable logging and the decimation of the world's forests. While the group has no doubt had its problems keeping up with the popularity of its certification system, it is still working hard to achieve its overall goal of meeting our current needs for forest products without compromising the health of the world's forests for future generations. Given national governments' lack of willingness or enforcement power to police timber extraction within their own borders, it's up to FSC—and consumers dependent on their “FSC Seal of Approval”—to fight unsustainable logging practices.

CONTACTS: FSC, fsc.org; FSC-Watch, fsc-watch.com; “Is FSC certification worth the paper it's printed on?” ethicalcorp.com/fsc-certification-worth-paper-its-printed; “Greenwashed Timber: How Sustainable Forest Certification Has Failed,” <https://e360.yale.edu/features/greenwashed-timber-how-sustainable-forest-certification-has-failed>.

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Maryland State Police, Vehicle Theft Prevention Council Offer Tips to Avoid Having Your Vehicle Stolen

By OFFICE OF MEDIA COMMUNICATION
Maryland State Police

PIKESVILLE, Md. (July 7, 2020)—The Maryland State Police, along with the Maryland Vehicle Theft Prevention Council, are reminding motorists to take simple steps to prevent having their vehicle stolen.

The warnings come as July is National Vehicle Theft Prevention Month. In Maryland, a car is stolen every 40 minutes, while one is stolen every 45 seconds in the United States.

Overall, 50 percent of the vehicles stolen had the keys/key fobs left inside the vehicle while 60 percent of the vehicles stolen were left unlocked. In addition, more than 66 percent of vehicle thefts occur at night and 95 percent of the vehicles stolen had no anti-theft devices.

National surveys reveal that 33 percent of drivers left their vehicle while it was running and driver error is to blame for up to 50 percent of vehicle thefts (keys in ignition, key fobs left in vehicle, windows left down, unlocked doors, etc...)

According to the Vehicle Theft Prevention Council, 95 percent of stolen vehicles had no apparent anti-theft device and 22 percent of vehicles are never recovered. In 2018, there were 12,146 vehicles stolen in Maryland and 751,771 vehicles stolen in the United States overall.

Simply taking a few steps greatly reduce the chances of a motorist having their vehicle stolen. These steps include:

- Close and lock all windows and doors when you park.
- Park in well-lit areas.
- Do not leave the area while your vehicle is running.
- Do not leave your keys/key fobs in your vehicle.
- Always stow away your valuables.

The Maryland General Assembly created the Vehicle Theft Prevention Council in 1994 as a statewide planning and dedicated funding resource. The Council embraces a statewide strategy directed at public awareness, vehicle theft by juveniles, law enforcement and prosecution through a grant award process. Efforts by the Vehicle Theft Prevention Council have led to a more than 60 percent reduction of vehicle thefts in Maryland over the past 26 years.

For more information, see the Annual Report: <https://mdsp.maryland.gov/Document%20Downloads/2019%20VTPC%20Annual%20Report.pdf> and visit <https://mdsp.maryland.gov/Organization/Pages/OfficeoftheSuperintendent/VehicleTheftPreventionCouncil.aspx>.

Five Simple Steps for Removing a Tick From Your Skin

By ANGELA PATTERSON, Chief Nurse Practitioner Officer
MinuteClinic at CVS

If you're spending time outdoors as a way to get some fresh air while physical distancing, or if you have a pet who needs to go outside, it is important to know that ticks are most active in the summer months. While there are actions you can take to prevent ticks, such as avoiding grassy and wooded areas, using insect repellents, and treating your clothing with products containing permethrin, you should always do a body scan and check for ticks after spending time outdoors.

- Grab a pair of fine-tipped sterilized tweezers.
- Using the tweezers, grab and pinch the tick's head vs its swollen abdomen (do not grab at swollen abdomen of tick).
- Pull straight out; do not twist. Nail polish, petroleum jelly or heat will not help you remove the tick. If the tick breaks in half, remove the mouth-parts with clean tweezers. If you are unable to remove the mouth-parts easily, leave them alone and the skin will heal.
- Wash the site where the tick

was on your skin with rubbing alcohol or soap and water.

- Never crush a tick. To dispose, put the tick in alcohol or in a sealed bag or container. You may want to save the tick for further reference, if needed.

After removal, keep an eye on the bite region over the next month, and watch out for the following potential symptoms of tick-borne diseases:

Symptoms of Lyme Disease

- An expanding bullseye ring developing where the tick was removed
- Fever
- Chills
- Headache
- Excessive fatigue
- Muscle and joint aches
- Swollen lymph nodes

Symptoms of Rocky Mountain Spotted Fever

- Fever
- Nausea or vomiting
- Stomach or muscle pain
- Loss of appetite
- Headache

Hints For Homeowners

Be Cool and Save Money

(NAPSI)—Many Americans may be surprised to learn that almost half their utility bill goes toward heating and cooling their home. Fortunately, the U.S. EPA's ENERGY STAR Program offers resources to help you beat the heat—all while saving a, saving money and protecting the climate. Here's how:

Maintain or Upgrade Your HVAC System

Check your system's air filters. A dirty air filter will make the system work harder to keep you cool, wasting energy. Filters should be inspected once a month during heavy use.

If your heating and cooling equipment is more than 10 years old or it needs frequent repairs, it may be time to consider a replacement. The ENERGY STAR Heating and Cooling Guide helps you navigate an HVAC equipment upgrade that will keep you comfortable and help you save money, year round. Visit www.energystar.gov/HVACguide.

Get a Smart Thermostat

A WiFi-enabled smart thermostat automatically adjusts your home's temperature settings for optimal performance. ENERGY STAR certified smart thermostats are independently certified, based on actual field data, to deliver energy savings.

Need a New Room AC?

On average, ENERGY STAR certified room air conditioners use 10 percent less energy and cost less than \$70 per year to run.

Learn More

You can find other savings tips at www.energystar.gov/cooling.

Earth TALK™ Is FSC Trustworthy?

Dear EarthTalk:

Why are environmental advocates down on the Forest Stewardship Council, given its mission to eliminate unsustainable forestry?

—M.P., Raleigh, NC

Environmentalists, indigenous people and others exploited by logging in developing countries rejoiced at the launch of the Forest Stewardship Council (FSC) in 1993. Formed to “promote environmentally sound, socially beneficial and economically prosperous management of the world's forests,” FSC has definitely done a lot of good in the intervening three decades. Some 500 million acres of working forests around the world have become FSC-certified, and millions of consumers can sleep better at night knowing that their new decking, siding or framing comes from sustainably harvested wood.

But in recent years, critics say FSC has valued loggers' profits over forest conservation. The disconnect, they say, stems from

FSC's claims that its auditors inspect every single log/tree entering its “certified sustainable” supply chain to ensure it has been sustainably grown and harvested. But given the volume of logging and the structure of global timber markets, there is no way FSC auditors can physically inspect each log. An auditor for millions of board feet of tropical rainforest timber might be doing his job 5,000 miles away from a skyscraper in London.

FSC maintains that its producers sign on in good faith, and that any wood entering its certification system, whether audited or not, shouldn't be “illegally harvested, harvested in violation of traditional or civil rights, or harvested in forests where high conservation values are threatened.” But can we trust FSC's monitoring claims and the origins of lumber when auditors aren't physically in place?

Another criticism of FSC is that its “Seal of Approval” labeling system is confusing and may lead some consumers to a false sense of “doing the right thing.” To wit,



IMAGE CREDIT: ANGELA SEVIN, FLICKRCC

These logs are culled from an FSC-certified forestry operation in Sandakan on the northeast coast of Malaysia.

HEALTH AND WELLNESS

How Dental Offices Are Protecting Patients and Staff During the Pandemic

It's not exactly business as usual for the dental industry—as offices reopen for routine care amid the COVID-19 pandemic.

The outbreak of the virus has brought several changes, some of which may be permanent, in how dental offices protect their employees and patients.

“Dentists have always prioritized safety, but now we’ve significantly ramped up our precautions and standard practices because we want both patients and workers to feel comfortable during a time of great uncertainty,” says Dr. Kyle Bogan (www.drkylebogan.com), a general dentist and speaker on workplace culture.

“After three months of being able to handle only emergency cases because of the pandemic, we understand the challenges as we reopen for elective and preventative care. The experience, knowledge and concern for patients that oral care workers bring to their positions is especially important at this time.”

Dr. Bogan points out some concerns of patients and dental staffs and new protocols being implemented as offices reopen:

- **Pre-screening patients.** The asymptomatic carrier of COVID-19 limits the effectiveness of pre-screening patients for the virus, but patients should be asked a range of relevant pre-visit questions on the phone. “It forces dental staff to treat every patient as if they have the virus,” Dr. Bogan says. “Before patients come in, they need to be asked if they’ve had COVID-19 symptoms and, if so, if they’ve been tested.”
- **Upon arrival, a new look.** Dr. Bogan says that staff can allay patients’ fears by informing them of all the new safety procedures their office is taking. The visit will look and feel much different from the moment they arrive. “Patients can expect to wait outside upon arriving for their appointment until summoned by the staff,” he says. “This will greatly reduce the number of people in the waiting room and the time you’re close to other people. And patients should have their temperature taken upon arrival. The office should be devoid of the usual magazines and toys, and hand sanitizer should be available.”
- **Helping fearful employees.** It’s understandable if oral care workers are hesitant to return, and Dr. Bogan says it’s important to engage them in dialogue about their concerns. “The person may be worried about contracting the virus from a patient or co-worker,” he says. “They may be high-risk or have someone at home who is. Ask them what you could do to alleviate concerns, and make sure your office is following the CDC and ADA recommendations and requirements.”
- **Aerosols and protection.** Most dental procedures create aerosols—sprays of saliva or blood from a patient’s mouth splashing into the air. Given the possibility of the virus being included in those particles, the attending staff around the patient should wear more personal protective equipment, and environmental upgrades also are advisable. “The ADA recommends face shields, N95 and KN95 masks, goggles and disposable gowns,” Dr. Bogan says. “Some practices are installing plexiglass in the front office area, air-purification systems and ultraviolet lights to reduce exposure to aerosols.”
- **Diligent hygiene and cleaning.** “Dentists and hygienists should adhere strictly to hand hygiene measures,” Dr. Bogan says, “including before and after contact with patients, after contact with contaminated surfaces or equipment, and after removing PPE. Disposable gowns should be discarded in a dedicated waste container after use. Cloth isolation gowns should be laundered after each use. The staff will thoroughly clean patient treatment areas between appointments with disinfectants.”

“It’s important for people to get back to the dentist for routine treatment,” Dr. Bogan says. “The virus can give some people a reason to stay away, so it’s critical for dental practices to do all the right things to mitigate risk.”

Dr. Kyle Bogan (www.drkylebogan.com) is a general dentist and a speaker/consultant on workplace culture. He is the owner of North Orange Family Dentistry. Bogan earned a Fellowship in the Academy of General Dentistry and a Fellowship in the International College of Dentists. He is a member of the American Dental Association, the Ohio Dental Association, the International Dental Implant Association and the American Academy of General Dentistry. Bogan earned his Doctor of Dental Surgery degree from The Ohio State University, graduating Magna Cum Laude, and played sousaphone in the marching band.

Let’s Get Rolling!

Outreach campaign supports new and potential bikers

By PRESS OFFICER
Washington Area Bicyclist Association

WASHINGTON (July 6, 2020)—In July, The Washington Area Bicyclist Association (WABA) launches Let’s Get Rolling!, an outreach campaign that supports new and potential bikers through a library of articles, weekly open Q&A sessions, and community events.

More people have taken to bicycling since the COVID-19 pandemic began, to get outside for mental and physical health,

to get to work without using public transportation, and beyond. Let’s Get Rolling! seeks to demystify riding, buying and maintaining a bike.

“Questions Encouraged” is a twice weekly Q&A session. Tuesday sessions run from 7 p.m. to 8 p.m. and are dedicated to those who identify as women, trans, or femme, while Wednesday sessions go from 12 p.m. to 1 p.m. and are open to all. Friday mornings at 8 a.m. WABA hosts a virtual coffee hour for anyone to come chat over a mug of their favorite drink. These live

events, hosted by staff, are supplemented by a library of articles available at waba.org/tips.

“We’re here to support folks and want them to know that no question is too small or common,” says Jonathan Kincaid, WABA’s Communications Coordinator.

The mission of the Washington Area Bicyclist Association is to create a healthy, more livable region by promoting bicycling for fun, fitness, and affordable transportation; advocating for better bicycling conditions and transportation choices for a healthier environment; and educating children, adults, and motorists about safe bicycling. WABA seeks to achieve this through advocacy, outreach, and education initiatives.

How to Make a Positive Impact in Your Community by Donating Plasma

(StatePoint) Plasma donations are essential. Used to produce life-saving medicines that treat rare and serious diseases, your plasma donation can help save lives. Experts say that during the COVID-19 pandemic, it’s not only safe to donate plasma, but that doing so is vital. By donating plasma today, you can help make a difference not only for patients that need plasma therapies, but to your local community.

Here are a few of the most common questions and answers about plasma donation:

Why is plasma donation so important? Patients worldwide use plasma-derived therapies to replace missing or deficient proteins that enable them to lead healthy, productive lives. Many of these patients require regular infusions or injections throughout their lives.

Is donating safe? Plasma donation is performed using a decades old process called plasmapheresis that separates the plasma from the blood, collects it in a bottle, and then returns the other parts of the blood back to the donor.

Plasma donation centers are considered essential businesses, which is why they’re open and operating during the COVID-19 pandemic. To ensure high health and safety standards, consider visiting a CSL Plasma location. Their safety precautions include mandatory temperature checks, enhanced disinfecting protocols, use of Personal Protective Equipment and social distancing.

Am I eligible? While these days, donations from those who’ve recovered from COVID-19 are important, providing antibodies that may help treat COVID-19 patients, it remains vital for healthy individ-

uals who have not contracted the coronavirus or COVID-19 to donate their plasma to help save and improve the lives of people suffering from rare and serious diseases such as primary immune deficiencies, hereditary angioedema, inherited respiratory disease, hemophilia and other bleeding and neurological disorders.

Anyone in good health, between the ages of 18–65, who weighs at least 110 pounds, has no tattoos or piercings within the last four months, has a valid identification and a permanent address, and otherwise meets eligibility requirements, can donate plasma at a CSL Plasma Center.

What if I’ve had COVID-19? If your doctor has confirmed that you’ve fully recovered from COVID-19 and you are no

longer contagious, consider donating plasma at a CSL Plasma collection center to directly benefit the CoVig-19 Plasma Alliance in its efforts to help develop a treatment.

When is the best time to go? No appointment is necessary, so consider going as soon as possible. Qualified CSL Plasma Center donors can receive up to \$400 each month. To learn more and find a CSL Plasma collection center, visit csplasma.com.

“During the COVID-19 pandemic, it’s vital that people continue to donate plasma,” says Scott Newkirk, divisional director, Plasma Operations at CSL Plasma. “Our team is taking numerous precautions to keep donors safe.”



PHOTO CREDIT STATEPOINT

Maryland Department of Health Launches ‘MD Mind Health’

Texting initiative aims to reach young people, rural communities and general public

By PRESS OFFICER
Maryland Department of Health

BALTIMORE (July 8, 2020)—The Maryland Department of Health (MDH) today announced the launch of MD Mind Health, a new text-based mental health initiative to fight isolation and encourage mental wellness. The new program was developed by the MDH Behavioral Health Administration (BHA) in partnership with Maryland 211, the state’s crisis hotline.

“Staying connected with family, friends and other support systems is more challenging, and more important than ever,” said MDH Secretary Robert R. Neall. “In difficult times, it can make a difference to know you’re not alone.”

Maryland’s crisis hotline saw a significant increase in volume in recent months, especially in text messages. From March 2019 to March 2020, text messages increased by 842 percent; “chats” increased almost 84 percent; and calls increased almost 25 percent. Between February 2020 (1,619 calls) and March 2020 (2,345 calls), calls to Maryland 211 increased by 45 percent.

The MD Mind Health program is an extension of mental outreach provided by BHA during the pandemic. Texts sent through the program will not only provide supportive mental health messages, but also will remind recipients that immediate access to mental health services is available. If in distress, individuals can call 211, chat through the 211 website, or text 898-211. All actions will link the individual to a call specialist available 24/7.

More than half of Americans—56 percent—surveyed by the Kaiser Family Foundation in late April, reported that the coronavirus outbreak has caused them to experience at least one negative effect on their mental health, such as problems with sleeping or eating, increased alcohol use, or worsening chronic conditions. Even before COVID-19, anxiety ranked as one of the most common mental health disorders globally.

Text 898-211 to sign up for MD Mind Health to receive encouragement, reminders and resources for staying connected. Messages include tips about self-compassion and self-care, concrete suggested actions, recommended podcasts and apps, inspirational quotes and information on how to find community resources and get help if needed.

“Physical distancing has left many feeling more alone and isolated, and these feelings can fuel sadness, depression, cravings for substances and relapse, negative coping skills, thoughts of suicide and other mental health problems,” said Dr. Aliya Jones, Deputy Secretary for BHA. “We must find healthy ways to respond. Even though we may not be seeing as much of each other, we don’t have to feel alone. This texting initiative is another way to combat that.”

Text messaging is a low-cost intervention that can reach individuals across the state, especially in rural areas with limited access to some services. Texting may be the best way to connect with teens and young adults, as surveys have indicated it is a preferred way to communicate.

MD Mind Health uses the Prevention

Pays Platform which is based on Caring Contacts, an evidenced-based suicide prevention program. Caring Contacts supplements standard care by promoting human connectedness through caring messages.

MD Mind Health is the latest in a growing list of new and established resources BHA is providing and promoting to support behavioral health in the time of COVID-19. Resources developed for the public also include: a Recovery and Wellness Resource guide, a Deaf and Hard of Hearing Communication guide, PSAs on anxiety and depression, and an extensive list of webinars, support groups, and info guides for clinicians and the general public.

People in crisis can get immediate help by calling Maryland’s crisis hotline (211, press 1), the National Suicide Prevention Lifeline (1-800-273-TALK), or SAMHSA’s national emergency number (1-800-273-8255). Maryland veterans can also enroll in Operation Roll Call (1-877-770-4801)—a program that offers regular check-in calls and a chance to talk to someone who can offer support.

Information and resources regarding COVID-19 are available at coronavirus.maryland.gov.

The Maryland Department of Health is dedicated to protecting and improving the health and safety of all Marylanders through disease prevention, access to care, quality management and community engagement. Follow us at www.twitter.com/MDHealthDept and www.facebook.com/MDHealthDept.

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Have a Safe Weekend

CIAA Suspends NCAA Competition For Fall 2020

By GREGORY C. GOINGS
Bowie State Sports Information

CHARLOTTE, N.C. (July 9, 2020)—After thorough analysis the Board of Directors for the Central Intercollegiate Athletic Association (CIAA), in conjunction with its Athletic Directors Association (ADA), has voted that NCAA sport competition sponsored by the conference will not occur during the fall of 2020 due to ongoing safety concerns associated with COVID-19.

The decision is informed by the reality that several CIAA member schools are located in states experiencing dramatic increases in new COVID-19 cases. This recent rise in cases has led to a pause in phased reopening plans in many of these states, resulting in uncertainty as to whether students will return to campus this fall at several CIAA member institutions.

"This was a difficult decision but remains consistent with our long-standing priority of always acting in the best interest of our student-athletes, coaches, and support staff," said CIAA Commissioner Jacqie McWilliams. "While there will be no athletic competition in the fall, we will continue to support opportunities that enhance the experiences of our student-athletes, member institutions, and partners."

At the recommendation of the CIAA ADA, with approval from the Board of Directors, the conference will explore the possibility of a modified schedule of competition for football and volleyball as well as men's and women's cross country during the spring of 2021.

Additionally, CIAA membership has unanimously agreed to honor athletic scholarships for their fall sports student-athletes.

"The main priority of the Board and conference is the safety and well-being of our students and staff," states Virginia State University President & CIAA Board Chair Makola Abdullah. "Although this decision is not ideal, it does afford all of us an opportunity to continue working through best practices to ensure our communities as a whole are in the best possible position moving forward."

If a move to the spring is adopted, revised game and practice schedules will be established along with the process of determining conference champions for these respective sports. A time frame on this decision has yet to be determined.

"The safety, health, and well-being of our student-athletes, coaches and staff are non-negotiable. Decisions of this magnitude are made with those factors as number one priority while looking to address current issues that have an adverse impact on all of us," said Clyde Doughty, Bowie State VP of Intercollegiate Athletics & Recreation and President of CIAA Athletic Directors Association. "These are unprecedented times and our conference continues to work together to identify the best solutions that address the concerns impacting our ability to participate and exist."

Decisions concerning winter and spring sports will be discussed as efforts to flatten the curve of new COVID-19 cases progress.

Lastly, the CIAA and the Southern Intercollegiate Athletic Conference (SIAC) have prepared a joint statement regarding this matter.

"The CIAA and SIAC both appreciate and understands the significant impact that today's announcements with regard to the status of 2020 Fall sports. Both the CIAA and SIAC enjoy athletic related events, traditions, and rivalries that date back over one-hundred years. However, in light of the increased health and safety risks confronting much of the country, today the CIAA and SIAC affirm that the welfare of our student-athletes is sacrosanct and must preempt all other considerations when evaluating any return to competition efforts."

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