

The Prince George's Post



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Children's National Hospital Opens New Health Care Center In Prince George's County

New 60,000 square foot facility gives families convenient access to expanded outpatient pediatric services

WASHINGTON (July 21, 2020) PRNewswire—Children's National Hospital today celebrated the opening of its new regional facility—Children's National Prince George's County—located within the Woodmore Towne Center in Lanham, Md. The new comprehensive pediatric outpatient and specialty care center provides families in Prince George's County greater access to a broad range of services including: cardiology, neurology, hematology, allergy, and sports medicine and orthopaedics. Additionally, families will have easier access to care for infusions, transfusions, MRIs and outpatient surgery.

"Children's National has long served the families of Prince George's County. I'm proud that our new site brings many of our specialty services together at one location, making it easier for patients to receive high-quality care," said Kurt Newman, M.D., president and CEO of Children's National Hospital, during a ribbon cutting ceremony held this morning. "Our commitment to providing compassionate care extends to this site where each child will be cared for by a team of pediatric experts, ranked among the very best in the nation."

Children's National Prince George's County, a 60,000 square foot facility, is the latest effort to ensure kids and their families can easily and conveniently access pediatric specialists and primary care providers. Providers [started] seeing patients at the new facility on

Wednesday, July 22. An ambulatory surgery center will open in mid-August, and infusion services will be offered starting in November.

In a show of widespread support for this project, [the July 21 ceremony] ceremony was attended by city and state officials including Prince George's County Executive Angela D. Alsobrooks, Maryland State Senator Douglas J. J. Peters, Maryland State Senator Joanne C. Benson, Maryland State Delegate Andrea Harrison, Prince George's County State's Attorney Aisha Braveboy, Prince George's County Council Member (District 5) Jolene Ivey, Prince George's County Council Member At-Large Calvin Hawkins and Maryland State Delegate Geraldine Valentino-Smith.

"The COVID-19 pandemic has truly shown that access to quality health care is absolutely critical, not just for Prince Georgians, but all Americans," said Alsobrooks. "We are excited to welcome this new regional facility of Children's National Hospital to Prince George's County, which will expand access to high-quality health care for children and families across our county."

Braveboy praised the hospital for achieving this milestone.

"I am so excited this important project that I helped to lead when I was on staff at Children's National is finally opening," said Braveboy. "The regional outpatient center will be an integral part of the health care safety net for children and

families in Prince George's County and beyond."

U.S. Senator Chris Van Hollen, in video remarks, expressed appreciation for the positive impact the new facility will have on patients.

"Children's National is a world renowned health care provider," said Van Hollen. "We are very fortunate that Children's National is opening this center in Prince George's County to provide high-quality services for children in the area without the burden on families to have to travel long distances."

Echoing the importance of having this care close to home was Valentino-Smith.

"When you live in Prince George's County, you either have your own story or a close friend's story as to how Children's National was the place that helped diagnosis, treat, cure or comfort a sick child," said Valentino-Smith. "Children's National has always made sure our kids in Prince George's County have access to world-class treatment and I am thrilled to see the new outpatient center open."

Children's National is ranked among the nation's top ten pediatric hospitals by U.S. News & World Report. It is the only provider of care in Prince George's County and in the Washington, D.C. region that is focused solely on children's health.

Children's National Hospital, based in Washington, D.C., celebrates 150 years of pediatric

care, research and commitment to community. Volunteers opened the hospital in 1870 with 12 beds for children displaced after the Civil War. Today, 150 years stronger, it is among the nation's top 10 children's hospitals. It is ranked No. 1 for newborn care for the fourth straight year and ranked in all specialties evaluated by U.S. News & World Report. Children's National is transforming pediatric medicine for all children. In 2020, construction will be complete on the Children's National Research & Innovation Campus, the first in the nation dedicated to pediatric research. Children's National has been designated twice as a Magnet® hospital, demonstrating the highest standards of nursing and patient care delivery. This pediatric academic health system offers expert care through a convenient, community-based primary care network and specialty outpatient centers in the D.C., metropolitan area, including the Maryland and Northern Virginia suburbs. Children's National is home to the Children's National Research Institute and Sheikh Zayed Institute for Pediatric Surgical Innovation and is the nation's seventh-highest NIH-funded children's hospital. It is recognized for its expertise and innovation in pediatric care and as a strong voice for children through advocacy at the local, regional and national levels. For more information, follow us on Facebook, Instagram and Twitter.

Source: Children's National Hospital

First-of-its-kind Teacher Degree Program in MD to Boost Student Success

Bowie State to Begin Accepting Applications for the Spring 2021 Semester

By DAMITA CHAMBERS
Bowie State University

BOWIE, Md. (July 16, 2020)—Bowie State University's first-of-its-kind teacher leadership degree program in Maryland will begin accepting applications for spring 2021 to prepare newly certified educators to design culturally relevant lessons and find strategies to improve student success.

The 12-month, accelerated Master of Culturally Responsive Teacher Leadership degree program is designed to produce problem-solving teachers who tailor their curriculum to the needs of their students. The program's goal is to increase the number of Maryland educators who are effective in teaching the state's most culturally and linguistically diverse students. A growing body of research shows that culturally responsive educators help to improve student outcomes by incorporating different learning styles.

This innovative degree program will prepare educators to use data to improve student learning and encourage them to become change agents in their schools, advocating for a culturally responsive approach to curriculum design and professional development for all teachers. Successful candidates may be top recent graduates from an accredited bachelor's degree in ed-

ucation program or career changers with real-world experience in their profession.

"With this degree program, we want to help improve student learning by increasing the expertise of teachers and creating the opportunity for them to become teacher leaders," said Dr. Wil Parker, a chief architect of the program and chair of the BSU Department of Educational Leadership. "We want educators to be solution-driven, being able to talk to school leaders and say, 'This is what our students need. This is how we can support them.'"

With this degree program, Bowie State also seeks to recruit diverse new teachers to combat the nation's historic shortages in the teacher workforce. Research suggests that diverse students benefit from having diverse educators, impacting their overall learning outcomes and experience in schools.

Since 1865, Bowie State has a legacy of producing high-quality educators, including several local teachers of the year. For the past two years, U.S. News & World Report ranked Bowie State's graduate education programs among the nation's best.

The Master of Culturally Responsive Teacher Leadership degree program has the potential to create a model curriculum for other colleges and universities to follow.

Prince George's County Leads The State in Special Enrollments For Health Coverage

Residents who have lost health coverage may still be eligible to enroll in health insurance

By PRESS OFFICER
Prince George's County Department of Social Services

LARGO, Md. (July 21, 2020)—Prince George's County Executive Angela Alsobrooks announced today that the County leads the entire State in Maryland Health Connection (MHC) enrollments following two special enrollment periods which ended on Wednesday, July 15. MHC is the State's official health insurance marketplace, and the special enrollment periods began in late February for tax filers and in March for COVID-19. Of the 58,000 Marylanders that enrolled in health coverage during that period, nearly 11,000 came from Prince George's County.

"When this pandemic began, we knew that lack of health insurance could negatively impact the well-being of our residents, so we are proud of our collective efforts to ensure Prince Georgians and Marylanders get covered," said Alsobrooks. "We will continue our work, in partnership with State and federal partners,

to ensure Prince Georgians have the resources they need during this public health emergency."

In February 2020, the Maryland Health Insurance Easy Enrollment program was launched as the first of its kind in the nation. Tax filers were able to indicate if they had health insurance. The information was shared with the Maryland Health Benefit Exchange (MHBE), the parent of MHC, who contacted tax filers to make them aware of the insurance opportunity.

On March 16, the marketplace also opened a special enrollment period in response to the coronavirus pandemic. With support from Governor Larry Hogan and participating insurance providers, Maryland held one of the longest special enrollment periods in the nation.

"Maryland Health Connec-

See ENROLLMENTS Page A3

INSIDE

Hospice of the Chesapeake Announces the Resignation of President and CEO

Council Convenes Virtually for Final Session Prior to Summer Recess

Virtual Events

Community, Page A3

To Be Equal:
In John Lewis' Honor, "Speak Out for the Heritage of Equality and Justice" and Restore the Voting Rights Act
John Lewis paid for the Voting Rights Act with his own blood. The Supreme Court made a mockery of his sacrifice when it gutted the Act, saying the country had changed ...
Commentary, Page A4

The Hotel at the University of Maryland Launches Three Packages for Those Looking For a Safe and Relaxing Getaway
"We want to give our guests an opportunity to get out of their house and travel while knowing that our attention to detail will be their peace of mind," said Linda Westgate, general manager.
Business and Finance, Page A5

RainbowMe Helps Parents Combat Racism
AT&T and Learning Undefeated Debut New STEM Program
Tips to Help Erase Bullying
Weaning Off Single Use Plastics
Education / Environment, Page A6

New Multispecialty Outpatient Clinical Practice at the National Harbor
Registration Now Open! MHA's 2020 Annual Conference
Free Webinar From NAMI Maryland
Health and Wellness, Page A7

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

70 years a Morningsider, Ruth Sanford celebrates 95th birthday

Ruth Sanford is turning 95! And she has lived most of her life in the same house in Morningside.

I checked Morningside Directories: "Ruth Ferguson" was at 503 Allies Road in 1952. "Ruth Sanford" was at that address in 1955. "RM Sanford" was at 4503 Allies in 1993. "Ruth Sanford" was at 4503 Allies in 2011.

Ruth was born in Burke's Garden, Va., daughter of Oscar and Beulah Lambert. When she was four, the family moved to Loudon County where she graduated from Herndon High School.

In 1944 she married James Ferguson; three years later they moved to Allies Road in Morningside. They became parents of four, Richard (decd.), Linda, Margie and Janet. In 1951, James died in a fiery car crash. The tragic accident made page 1 of The Enquirer-Gazette.

Ruth later married Arthur Sanford who brought two children to the marriage, Ray and Judy. Later they had son David (decd.). Arthur died in 1964.

Ruth was a housewife and babysitter for her neighbors until she went to work for Amtrak. She retired in the early '90s. She was an excellent seamstress, enjoyed writing poetry and attending Morningside Senior events. She frequently called me with family news.

She was a loyal member of Morningside Baptist Church (now, Suitland Road Baptist) where she sang in the choir.

Every year, come Morningside elections, she was an Election Judge. They'll miss her service this year.

In May 2017 she moved to an assisted-living home in Boonsboro, Md., in Washington County, at the foot of South Mountain, near Frederick County and Antietam National Battlefield. Population, 3,336.

According to her daughter Linda Sandoval (who provided her mom's story), Ruth is doing remarkably well for 95. And, she still enjoys reading and crocheting.

Happy birthday, Ruth! I miss your phone calls.

of Elections encourages everyone to vote by mail in light of the COVID-19 pandemic.

I'm still mostly homebound. However, grandson Conor picks me up for Sunday Mass at St. Philip's. And I did actually eat inside a restaurant with daughter Elaine and grandson Zak. The eatery was Texas Ribs and, most of the time, we were the only diners.

In Maryland, there have now been 79,545 reported cases, 860 of which are new. Maryland deaths are 3,402, and 20 are new.

Neighbors & other good people

I'm sad to announce that longtime resident Virginia Rosch has died. I hope to have her obit in next week's column.

Archbishop Menghsteb Tesfamariam has been waiting for weeks to return to Eritrea, in eastern Africa, where he is Head of the Eritrean Catholic Church. Flights in or out of Eritrea are currently not allowed. In the meantime, he is staying at the guesthouse of the convent of the Daughters of St. Anne in Skyline.

Jimmie Dean Salvatore, long standing faithful member and handy man at Bells U.M. Church, died July 1 in College Park. He was 66.

Azanaa Hutchison of Camp Springs and Yolande Thompson of District Heights have been named to the Dean's List at Hood College, in Frederick, Md., for the spring 2020 semester.

Email me (muddmm@aol.com) with news about your graduates.

Missing pet ads on "Nextdoor Town of Morningside"

Paula Anderson, of Hillcrest Heights, wrote "My dog Mars has been missing now for 3 months. ... I will always hope that he comes back home where he is really loved." The item includes a photo of Mars.

Paula Anderson, of Silver Hill, responded, "I completely understand. I pray he is returned to you. I too am missing my orange Tabby cat for well over a month. A pet is a part of your family and it hurts when they come up missing."

Changing landscape

Hovermale's, in Fort Washington

since 1954, is now open Tuesday through Sunday. Get your soft vanilla-and-chocolate swirl cone now!

The National Zoo is now open 8 a.m. to 4 p.m. The Panda House is closed, although Tian Tian and Mei Xiang might be visible in their yards. Visitors 6 & up must wear masks. Admission is free. Timed-entry passes required but can be reserved through the Smithsonian's website (si.edu/tickets) up to 30 days in advance. A limited number of walk-up passes may be available after 1 p.m.

Bengies Drive-In Theater is open for business and they show triple features. They are located in Middle River, Md. Go online for COVID-19 rules, movies, and phone number.

Thefts from vehicles, County's #1 preventable crime

Thieves are stealing phones, purses, gym bags, sunglasses, tools and more from your car while you gas up. Prevent theft by locking your car. Take with or hide your stuff. And call 911 if you see something.

Margaret Harden, worked for Census

Margaret Ann Harden, 68, who had a career at the Census Bureau, died June 12. She graduated from St. Patrick's Academy in Washington and worked at the Navy Yard before Census.

She was predeceased by her parents, Joseph W. and Kathleen M. Harden, formerly of Hillcrest Heights. Survivors include siblings Joseph, Patrick, James, and Kathleen Harden and Mary Foster, niece and nephews, aunts Mary Margaret McMahon and Sister Rose Marie Canty, CSC. Services were at Kalas in Oxon Hill.

Milestones

Happy birthday to Carolyn Dade, Aug. 1; Chris Webb, Cornel Gotshall, Samantha Wade, Aug. 3; Victoria Levanduski, Laura Cook and Sallee Bixler, Aug. 4; Miss Bailey Sparks, GeGe Feeney, and my granddaughter Rose Seidman, Aug. 5; Markeyce Herring and Connie Kimbles, Aug. 6; and Mary Dean, Aug. 7.

Happy anniversaries to Denis and Donna Wood on Aug. 7.

Around the County

Vote By Mail

The Prince George's County Board of Elections encourages everyone to vote by mail in light of the COVID-19 pandemic.

Request a Vote by Mail Application for the November 3, 2020 Presidential General Election: <https://voterservices.elections.maryland.gov/OnlineVoterRegistration/InstructionsStep1>. You can also text "VBM" to 77788 to receive the application on your cell phone.

Curbside Bulky Trash Collection Resumes

Curbside bulky trash collection resumes August 3, 2020. Appointments may be scheduled by contacting countyclick.princegeorgescountymd.gov or by contacting 311.

For more information, visit www.princegeorgescountymd.gov/590/Bulky-Trash-Collection and bulkytrash.princegeorgescountymd.gov.
—Prince George's County MD

PGCPS Updates Summer Meals Program Sites

UPPER MARLBORO, Md. (July 20, 2020)—Prince George's County Public Schools (PGCPS) is making changes to Summer Food Service Program sites starting Monday, July 20. Due to low participation, the following sites will no longer be operational:

- Carole Highlands Elementary
- Concord Elementary
- Cooper Lane Elementary
- Doswell E. Brooks Elementary
- Ernest Everett Just Middle School
- Greenbelt Elementary
- Gwynn Park Middle School
- James Harrison Elementary
- Martin Luther King Jr. Middle School
- Melwood Elementary
- Middleton Valley Academy
- Overlook Elementary
- Panorama Elementary
- Patuxent Elementary
- Powder Mill Village Apartments
- Rosaryville Elementary
- Rose Valley Elementary

"Grab and go" breakfast and lunch meals will continue to be available Monday through Thursday from 10 a.m. to noon at 71 school sites and 12 apartment complexes through Thursday, Aug. 13. To view a list of sites, visit www.pgcps.org/food-and-nutrition/cards/Summer-Meals/.

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

—Office of Communications, PGCPS

Prince George's County Green Book Coming Soon

The Office of Central Services is committed to bringing County suppliers the Green Book in August. Included in the Green Book will be planned acquisitions for the first quarter FY21 with updates occurring each quarter. Suppliers will be able to view the area of focus for each participating agency, as well as what types of services and products that agencies have not been able to find supplies for.

The Green Book will be housed on a one-stop shopping portal called The Prince George's County Business Highway, "Driving Small Business Opportunities". It will link suppliers immediately to information related to vendor registration, certification, contract opportunities, and variety of online tools and templates to expand the capacity of suppliers to do business with Prince George's County Government. Learn more through the Office of Central Services' website: https://www.princegeorgescountymd.gov/807/Central-Services?utm_medium=email&utm_source=govdelivery.

—Community Connections Newsletter

Maryland FFA Foundation Awards 101 Gift of Blue Jackets

HAVRE DE GRACE, Md. (July 17, 2020)—Maryland FFA Foundation sponsored its 2020 Gift of Blue Program to 101 Maryland FFA members representing 34 chapters. Funding was provided through individual and organization donors and the Elmer Cooper Endowment. Chapters secured up to 3 FFA jackets at a reduced rate for deserving members.

Region 3: (Montgomery County, Prince George's County, Howard County, Anne Arundel County, St. Mary's County, Calvert County, and Charles County)

Fairmont Heights—Jeffery Hunter-Butler, Idris Adeoye, Ayomide Sunday;

Gwynn Park—Taqara Green, Alejandro Moreira, Diana Silva;
Howard County—Travis Heath, Chanse Mullinix;
Southern—Julie-Ann Lynskey, Megan Arnold, Samantha Lewis.

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

—Amie McDaniels, Maryland Agricultural Education Foundation, Inc. (MAEF)

Even though many restrictions are lifted, please continue to:

- Wear a mask
- Practice physical distancing
- Wash your hands often, for at least 20 seconds
- Drink water! Stay hydrated in the heat

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

IN THE SPOTLIGHT

PGCPS Express: A Newsletter for PGCPS Employees, July 10, 2020 PGCPS Pride: Farewell, Friends: New PGCPS retirees! After long and productive careers, more than 300 employees are leaving behind the daily 9 to 5 grind to start a new journey in retirement. Thank you for your commitment and dedication to the students and families of PGCPS! Here are some retirees you may know:

Earl Hawkins, Coordinating Supervisor of Interscholastic Athletics, has thrown in the towel after a 46-year career in education with 39 years in PGCPS, a Gwynn Park High School graduate. Hawkins has coached volleyball, basketball and taught health and physical education at many schools. He also served as Assistant Principal at Frederick Douglass High School prior to overseeing the athletic program for 16 years.

Bus Driver Anne Cuddy has driven generations of students over her 49-year career. The longest serving driver in PGCPS, Cuddy was based at the Goddard Bus Lot in Greenbelt. She was featured in WUSA9 profile last September.

Glenarden Woods Principal Cecelia Jones Bowlding is retiring after 35 years in PGCPS. This Past year, Glenarden Woods was honored with its second National Blue-Ribbon School award. Under the leadership, the school also achieved the highest rating in the state's accountability system.

Dr. Gwendolyn Mason, Chief of Special Education and Student Services, has served students for 40 years, spending more than half of her career in PGCPS. She has taken on a variety of roles, including teacher, instructional specialist, compliance officer and assistance supervisor for special education.

DID YOU KNOW?

Ultraviolet rays from the sun can harm your skin in just 15 minutes. Foodborne illness increases during summer because bacteria multiply faster when it is warm out. Signs of dehydration in adults include extreme thirst, fatigue, confusion, and dizziness, in infants and children, look for dry or cracked lips, fewer wet diapers and low energy levels. umcharlesregional.org. Summer 2020

CHURCH HISTORY

St. Thomas Church is one of the earliest Episcopal churches in rural Southeastern Maryland. With the adjacent

cemetery, St. Simon's Mission, and St. Simon's Cemetery, the church is the center point of the St. Thomas Episcopal Historic District. The church was completed on December 25, 1745 and was unofficially known as "Page's Chapel." In 1888, the frontal bell tower was erected in memory of Bishop Thomas John Claggett, first Bishop of the Protestant Episcopal Church consecrated in the United States.

When your special day calls for rustic surroundings drenched in history, let your thoughts linger at St. Thomas where boxwoods perfume the air, ancient trees bend ever so slightly in their testament to longevity, and wood thrushes warble songs of love on a gentle breeze. Nestled on a picturesque campus, this historic venue is also a perfect setting for fellowship, retreats, outreach, and more. The church offers a pipe organ, piano, and visible on every side are beautiful handcrafted antique stained-glass windows. The campus provides a beautiful natural backdrop for weddings, baptisms, and funerals. Directly across from the Church sits Showell Hall, a gathering place featuring a light-filled space with hardwood floors on the first floor and a kitchen and additional meeting room in the basement. Together these facilities offer the opportunity to host simple or elegant events. St. Thomas church is located at 14300 St. Thomas Church Road, Upper Marlboro, Maryland 20772. Telephone number is 301-627-8469. Wikipedia, the free encyclopedia.

LIVE VIRTUAL WORSHIP SERVICE

Are you Internet Accessible? Join us every Sunday-Secure your Spiritual Space and watch with your Electronic Device (computer, laptop, tablet, or mobile phone). Visit us on Facebook at <https://www.facebook.com/westphaliaum> Live: 8:00 a.m./Watch Party: 10:30 a.m. Virtual Live: 8:00 a.m. Livestream on Demand <https://westphalia.thechurchonline.com>. Westphalia United Methodist Church. Rev. Timothy West, Senior Pastor. Email: Info@westphaliaum.org/ phone 301-735-9373.

YOU CAN STOP THE VIRUS

When you see MD COVID: 1. Pick up the phone. 2. Follow the instructions. 3. Spread the word. CovidLink. Mel Franklin posted in Advisory Neighborhood Community Initiative By Council Member Mel Franklin.

COMMUNITY

Hospice of the Chesapeake Announces the Resignation of President and CEO Ben Marcantonio

By SANDRA DILLON
Hospice of the Chesapeake

PASADENA, Md. (July 23, 2020)—Hospice of the Chesapeake announced today that President and CEO Ben Marcantonio has submitted his resignation effective September 25. Marcantonio informed the Chairman of the Board of Directors earlier this week that he has accepted a position as the Chief Operating Officer for the National Hospice and Palliative Care Organization. Marcantonio joined Hospice of the Chesapeake as Chief Operating Officer in 2013 and was quickly promoted to President and CEO in 2015.

“Ben has been a guiding force and a strong advocate for Hospice of the Chesapeake. We are grateful for his commitment and dedication to our mission since joining our team in 2013 and his focus on the expansion of care provided by the organization,” said Brian Gibbons, Chairman of the Hospice of the Chesapeake Board of Directors. “Ben has worked tirelessly during his tenure as CEO and the organization has reach many milestones including caring for more than 550 hospice patients per day in mid-2020, the construction and opening of the Rebecca Fortney Inpatient Care Center in 2015 and the Hussman Outpatient Supportive Care Center in 2018.”

The Board of Directors also announced they have appointed Michael Brady to serve as the Interim President and CEO effective upon Marcantonio's departure. Brady currently serves as Chief Financial Officer and joined Hospice of the Chesapeake in 2017. Prior to joining Hospice of the Chesapeake, Brady served as CFO with the National Lutheran Communities and Services in Rockville, which

is the parent organization of three non-profit faith-based senior care communities and two home health/home care entities. Brady is currently the Chairman of the Leading Age Maryland Board of Directors and a 2020 Leadership Anne Arundel graduate.

“I am very confident that Mike will provide strong leadership and bring valuable insight in this interim role.” Said Brian



PHOTO COURTESY HOSPICE OF THE CHESAPEAKE
Michael Brady, newly appointed Interim CEO for Hospice of the Chesapeake.

Gibbons, Chairman of the Hospice of the Chesapeake Board of Directors. The Board of Directors will begin a search for a permanent successor in Fall 2020. For more information, please contact Sandra Dillon, Director of Communications at 443-837-1554 or sdillon@hospicechesapeake.org.

Caring for life throughout the journey with illness and loss is the mission of Hospice of the Chesapeake. For more information, please visit www.hospicechesapeake.org. Hospice of the Chesapeake has an office in Prince George's County at 9500 Medical Center Drive #250, Largo, MD 20774

Council Convenes Virtually for Final Session Prior to Summer Recess; Holds Public Hearings; Adopts Several Measures; Places Bond Bills on November Ballot; Addresses Homestead Property Tax Credit Cap Legislation

By ANGELA ROUSON
Prince George's County Council Media

UPPER MARLBORO, Md. (July 21, 2020)—The Prince George's County Council convened virtually on Tuesday, July 21, in its final regular session before the August recess. During Tuesday's session, the Council considered and adopted over 25 legislative measures; held 18 public hearings; and addressed proposed correspondence.

Council Chair Todd M. Turner noted the outstanding work of his Council colleagues, as well as staff, to address important issues given our virtual operations.

The Council adopted the following measures:

- CB-042-2020, legislation proposed by the County Executive realigning \$20 million from the Police Department Capital Budget earmarked for a public safety training facility, to build a clinical health facility addressing mental health and addiction.
- CR-066-2020, legislation asserting that racism is a crisis of public health, public safety and economic welfare because of its effect on the entire Prince George's County community.

- CR-062-2020, the Council established the Prince George's County Food Insecurity Task Force to address issues related to the supply and demand of healthy food, and areas with limited access to healthy food, food-health connections, school meals, and food security.
- CB-043-2020, CB-044-2020, CB-045-2020, CB-046-2020 and CB-047-2020 - 5 (five) bond bills will be placed before voters during the November General Election for approval to fund County capital projects for public works, community college, libraries, public safety and county buildings.

- The Council voted to extend the appointment of Prince George's County Acting Police Chief Hector Valez for four months pursuant to the County Charter.
- Approved the Prince George's County Public School system's budget reconciliation request for the \$2.3 billion for the Fiscal Year 2021 school year
- The Council also approved several measures addressing the Salary Plans for the County's frontline workers, including provisions for COVID-19 Hazard Pay for first responders.

- In other matters, following public testimony from over 25 residents on CB-

048-2020, proposed legislation concerning a Charter Amendment to amend the Homestead Property Tax Credit Cap in Prince George's County, District 6 Council Member Derrick Leon Davis, moved to table the bill, an action unanimously supported by the Council, and no further vote was taken. The matter will not be placed on the November ballot in the General Election for voters to decide. “The Council has heard from our residents on this matter and believes today's action indicates the will of the people we were elected to represent, and a recognition of our current times,” said Council Chair Turner.

The Council also recognized Department of Corrections Director, Mary Lou McDonough, as she prepares to retire from Prince George's County Government following over 40 years of service.

The County Council [was] scheduled to meet as the District Council on Monday July 27, 2020. The Council will convene in September, unless an emergency meeting is needed during recess.

To view Council Bills and Resolutions, please visit https://princegeorgescountymd.legistar.com/Default.aspx?utm_medium=email&utm_source=gov_delivery

Enrollments from A1

tion was able to respond quickly to this global crisis and help our Maryland families get the health coverage they need,” says Michele Eberle, Executive Director of the MHBE.

Health insurance in Prince George's County is provided through Prince George's County Health Connect (PGC Health Connect), a program of Prince George's County Department of Social Services (PGCDSS). PGC Health Connect is one of eight Connector Entities in Maryland. The program's Navigators, many of whom are bilingual, provide guidance to applicants and are able to enroll residents into health insurance by telephone.

Prince George's County residents who have lost health coverage due to job loss or have experienced other major life changes may still be eligible to enroll in health insurance within 60 days of the loss of coverage. Medicaid enrollment is ongoing throughout the year.

To explore health insurance options to “Get Covered,” call PGC Health Connect, Monday through Friday, from 9 a.m. to 4

p.m. at 301-927-4500, 240-719-2167, or the health hotline at We Are CASA at 301-270-8432 or 240-270-1318. Bilingual navigators are available to assist consumers directly over the telephone.

To enroll online, visit MarylandHealthConnection.gov or call 855-642-8572 from 8 a.m. to 6 p.m. on weekdays. The free “Enroll MHC” mobile app is also available for downloading.

Maryland Health Benefit Exchange (MHBE) is a public corporation and independent unit of the state government. It was established in 2011 in accordance with the Patient Protection and Affordable Care Act of 2010 (ACA) and is responsible for the administration of Maryland Health Connection.

Maryland Health Connection: One of every six Marylanders receive their health coverage through Maryland Health Connection (MHC), the state-based health insurance marketplace. Residents can compare and enroll in health insurance as well as determine eligibility for Medicaid or financial help with private plans.

VIRTUAL EVENTS

PRINCE GEORGE'S COUNTY MEMORIAL LIBRARY SYSTEM Watch Ibram X. Kendi on “How to Be an Antiracist” On Demand

The archival video of Dr. Kendi's interview with Dr. Charlene M. Dukes is available for on demand viewing at pgcmls.info/anti-racism until August 20, 2020.

Authors for Truth: Dr. Joan Marie Johnson on Women's Suffrage

Thursday, August 6 at 7 p.m.

Register: <https://pgcmls.info/virtual-events>

The Authors for Truth series provides Prince George's County residents with opportunities to meet and hear from national authors whose works address social justice issues and promote equality. Joan Marie Johnson is a historian and author of numerous books and articles on American's women history, race, social reform, education, and philanthropy.

PRINCE GEORGE'S AFRICAN AMERICAN MUSEUM AND CULTURAL CENTER Virtual Pride of Place Parlour

<https://youtu.be/zXOA2LMOzms>

Join The Prince George's African American Museum and Cultural Center in their virtual Pride of Place Parlour as they interview City of Bowie Councilwoman Roxy Ndebumadu who made history by being the youngest woman elected to serve on Bowie City Council. She is also the first African American woman to represent District 4 within the State of Maryland.

MARYLAND HISTORICAL SOCIETY Historic Amusement Parks in Maryland: Separate But Not Equal

Wednesday, August 12, 12–1 p.m.

Register: www.mdhs.org/events

For many people, theme parks reconnect us to childhood memories of thrilling rides, tasty food, and live entertainment. This shared nostalgia is easily attributed to the nearly three dozen amusement parks scattered across Maryland's landscape over the past 144 years.

These sentimental recollections, however, aren't held by all Marylanders. From their inception, amusement parks were racially segregated, with most operating under a whites-only admissions policy. Major civil rights campaigns targeted amusement park segregation and in the summer of 1963, after many demonstrations and public protests, Baltimore County's Gwynn Oak Park became the first Maryland amusement park to desegregate, opening to all for the first time on August 28, 1963.

This virtual program, hosted by the Maryland Historical Society, will recall many of Maryland's historic amusement parks, with special consideration to Gwynn Oak Park. Jason Rhodes, author of *Images of America: Maryland's Amusement Parks*, joins Sharon Langley and Amy Nathan, co-authors of the recently published children's book about Gwynn Oak, *A Ride to Remember: A Civil Rights Story*, whose story is told in more detail in Nathan's earlier book for teens and adults: *Round and Round Together*. These three authors will discuss amusement parks of a bygone era and how segregated recreation played an important role in the civil rights movement.

ACCOCKEEK FOUNDATION Save or Squish? Citizen Science Presentation!

Saturday, August 15, 2020 • 10–11 a.m.

Register: <https://34488.blackbaudhosting.com/34488/tickets?tab=2&txobjid=c1a61559-b723-4a7c-990e-cd0e9ddee63c>

1 person, 5 insects, a whole web of connections. Join Regenerative Agriculture Coordinator KC Carr and embark on a scavenger hunt in your garden to find insects that you see everyday and question their purpose in that space. Are they helpful or hurtful, good or dangerous? What role do they play in the larger ecosystem of your garden? Squish or save? KC will discuss all of this as she hunts for 5 different garden insects that live in the Kitchen Garden on the National Colonial Farm. Together we can help our ecosystems, both at home and in our community, be healthier and happier by becoming more knowledgeable about the creatures living in them.

Great American Outdoors Act Passes House of Representatives

Landmark Conservation Legislation Headed to President's Desk

By PRESS OFFICER
National Park Foundation

WASHINGTON (July 22, 2020)—Will Shafroth, President and CEO of the National Park Foundation, the official nonprofit partner to the National Park Service, made the following statement regarding passage of the Great American Outdoors Act in the House of Representatives:

“After years of bipartisan collaboration and debate, today we reached a once-in-a-generation achievement in the conservation community—passage of the Great American Outdoors Act.

As a leading proponent for tackling national park deferred maintenance, the National Park Foundation is thrilled that the House of Representatives voted 310–107 to pass the Great American Outdoors Act. On the heels of last month's resounding bipartisan vote in the United States Senate, we look forward to the President signing into law this incredible win for America's national parks and public lands.

The Great American Outdoors Act affirms our shared commitment to caring for America's special places by providing significant resources to address national park deferred maintenance. Tackling our parks' long overdue maintenance needs will ensure these places are safe and accessible for all, continue fueling local economies, and offer education and inspiration for generations to come.

By directing much-needed funding to repair and improve national park facilities, roads, water systems, trails, and other vital assets, this soon-to-be law will allow the National Park Service and its partners to preserve America's special places while offering a world class visitor experience.

The Great American Outdoors Act's substantial investments in our iconic landscapes, hallowed battlefields, and important historical and cultural sites will enhance the Foundation's work to enrich national parks with philanthropic support. With meaningful federal resources devoted to long overdue park maintenance needs, philanthropic partners can focus on funding innovative projects that enhance the visitor experience and ensure our parks reach their highest potential.

In addition to addressing national park infrastructure, the Great American Outdoors Act enshrines our nation's conservation legacy through permanent, mandatory funding for the Land and Water Conservation Fund. This landmark program will conserve precious lands in national parks as well as boost access to close-to-home recreation opportunities in communities throughout the United States.

The Foundation commends Speaker Nancy Pelosi (D-CA-12), Democratic Leader Steny Hoyer (D-MD-5), and Republican Leader Kevin McCarthy (R-CA-23) for their shared commitment to moving this significant legisla-

tion forward.

The Foundation applauds the dozen bipartisan lawmakers who introduced the Great American Outdoors Act in the House: Rep. Joe Cunningham (D-SC-1), Rep. Brian Fitzpatrick (R-PA-1), Rep. Mike Simpson (R-ID-2), Rep. Mikie Sherrill (D-NJ-11), Rep. John Katko (R-NY-24), Rep. T.J. Cox (D-CA-21), Rep. Lee Zeldin (R-NY-1), Rep. Xochitl Torres Small (D-NM-2), Rep. Kendra Horn (D-OK-5), Rep. Steve Stivers (R-OH-15), Rep. Jared Golden (D-ME-2), and Rep. Jeff Fortenberry (R-NE-1). We are grateful for the more than 200 members who supported the Great American Outdoors Act as cosponsors.

Passage of the Great American Outdoors Act is a historic triumph for our national parks and all who cherish them. The National Park Foundation looks forward to working with Congress and the Administration on implementing this landmark conservation victory.”

The National Park Foundation is the official charity of America's national parks and nonprofit partner to the National Park Service. Chartered by Congress in 1967, the National Park Foundation raises private funds to help protect more than 84 million acres of national parks through critical conservation and preservation efforts and connect all Americans with their incomparable natural landscapes, vibrant culture, and rich history. Visit www.nationalparks.org.

COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

In John Lewis' Honor, "Speak Out for the Heritage of Equality and Justice" and Restore the Voting Rights Act

"Although the court did not deny that voter discrimination still exists, it gutted the most powerful tool this nation has ever had to stop discriminatory voting practices from becoming law. Those justices were never beaten or jailed for trying to register to vote. They have no friends who gave their lives for the right to vote. I want to say to them, Come and walk in my shoes."

—Congressman John Lewis, reacting to the U.S. Supreme Court's *Shelby v. Holder* decision in 2013

For those of us whose work is focused on racial justice and voting rights, the Supreme Court's 2013 decision in *Shelby v. Holder*, which gutted the Voting Rights Act felt like a punch to the gut.

For John Lewis, it can only have felt like a knife to the heart.

When Lewis died last week at the age of 80,

every tribute mentioned that his skull was fractured by an Alabama state trooper on March 7, 1965, as he led 600 peaceful marchers out of Selma, Alabama, on the way to the state capitol in Montgomery.

By then, the Student Nonviolent Coordinating Committee, the organization Lewis led, had been working to register Black voters in the south for three years. He called the Selma Campaign "the single event that gave birth to the Voting Rights Act"—landmark legislation that was seven decades in the making.

The Supreme Court's decision in *Plessy v. Ferguson* in 1896 enshrined the doctrine of "separate but equal" and unleashed the Jim Crow era of legal segregation across the south. But these laws could not survive unless Black people were prohibited from voting and electing anti-segregation lawmakers. It was the decision *Williams v. Mississippi* in 1898 that allowed the disenfranchisement of Black citizens

through poll taxes, literacy tests, and grandfather clauses that exempted white voters from these restrictions.

Even if they could navigate the nearly impossible restrictions, Black people could be fired from their jobs, evicted from their homes, boycotted and denied loans for registering to vote.

The rise of "Citizenship Schools" that helped Black registrants study for the literacy test prompted Alabama officials to Alabama changed the test 4 times in less than two years. In her memoir, *Witness to Change*, my mother, Sybil Haydel Morial, described the humiliation of Clara, a woman she had tutored: "That mean man was so ugly to me. He told me I wasn't smart enough to vote. I know I had the right identification, I read the Preamble [to the Constitution] without any mistakes and I passed that citizenship test. My age in years, months and days was right, because you helped me figure it out. Mrs. Morial, will I ever be able to vote?"

But far more than these onerous literacy tests, it was the threat of violence that kept Black people from voting. "If economic pressure proved insufficient, the Ku Klux Klan was ready with violence and mayhem. Cross-burnings. Night riders. Beatings. Rapes. Church bombings. Arson of businesses and homes. Murder and mob lynchings, drive-by shootings and sniper assassinations," according to the Civil Rights Movement Archive.

John Lewis knew he was taking his life in his hands, not just that day on the Edmund Pettis Bridge, but every day he spent working to register Black voters. But, he told an interviewer in 2015, "We didn't have a choice. I think we had been tracked down by what I call the spirit of history, and we couldn't—we couldn't turn back. We had to go for-

ward. We became like trees planted by the rivers of water. We were anchored. And I thought we would die. I first thought we would be arrested and go to jail, but I thought it was a real possibility that some of us would die on that bridge."

John Lewis paid for the Voting Rights Act with his own blood. The Supreme Court made a mockery of his sacrifice when it gutted the Act, saying the country had changed and states no longer needed federal oversight to protect Black voters from discrimination. States across the nation wasted no time in showing the Court how wrong it was, enacting a torrent of racially-motivated voter suppression laws. *Shelby v. Holder*, a blatant violation of the Fourteenth Amendment, will live in infamy among the Court's most grievous mistakes, along with *Plessy v. Ferguson*, *Williams v. Mississippi* and *Dred Scott v. Sandford*.

In December, Lewis presided over the House of Representatives as it passed the Voting Rights Advancement Act, to repair the damage of *Shelby*. The Senate's continued refusal to pass the bill would be an insult to Lewis' memory.

In his words, "We must confront the fact that there are forces in our society that want to reverse that democratic legacy. They do not want to be subject to the will of the people, but prefer a society where the wealthy have a greater say in the future of America than their numbers would dictate. They want to eliminate checks and balances and pave a route to a freewheeling environment for corporations to make money, even at the expense of the least and most vulnerable among us. All we have to do is say no to this tyranny and begin to stand up and speak out for the heritage of equality and justice most Americans believe in."

Marion Wright Edelman

President Emerita, Children's Defense Fund



ChildWatch:

Lessons from Geese: Standing By Each Other in Difficult Times

Wouldn't it be wonderful if we human beings had as much sense of community as geese? During an Outward Bound experience in Maine, participants read these lessons we humans can learn from geese that bear repeating, considering and sharing in these trying times.

Lessons from Geese

Fact 1:

As each goose flaps its wings it creates an "uplift" for the birds that follow. By flying in a "V" formation, the whole flock adds 71 percent greater flying range than if each bird flew alone.

Lesson:

People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the thrust of one another.

Fact 2:

When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It

quickly moves back into formation to take advantage of the lifting power of the bird immediately in front of it.

Lesson:

If we have as much sense as a goose we stay in formation with those headed where we want to go. We are willing to accept their help and give our help to others.

Fact 3:

When the lead goose tires, it rotates back into the formation and another goose flies to the point position.

Lesson:

It pays to take turns doing the hard tasks and sharing leadership. As with geese, people are interdependent on each other's skills, capabilities and unique arrangements of gifts, talents or resources.

Fact 4:

The geese flying in formation honk to encourage those up front to keep up their speed.

Lesson:

We need to make sure our

honking is encouraging. In groups where there is encouragement, the production is much greater. The power of encouragement (to stand by one's heart or core values and encourage the heart and core of others) is the quality of honking we seek.

Fact 5:

When a goose gets sick, wounded or shot down, two geese drop out of formation and follow it down to help and protect it. They stay with it until it dies or is able to fly again. Then, they launch out with another formation or catch up with the flock.

Lesson:

If we have as much sense as geese, we will stand by each other in difficult times as well as when we are strong.

Lessons from Geese was transcribed from a speech by Angeles Arrien at the 1991 Organizational Development Network. It was based on the work of Milton Olson and shared with Outward Bound alumni.

The Greatest Apology to Black Men Is Changed Behavior

By DIRK A. BUTLER
Vice President, Community Impact and Engagement, United Way of the National Capital Area, resident of Bowie, MD

To process what's been going on in the country and experiences that have happened in my own life, I've been having conversations with my brothers at work, friends, family, and people with whom I grew up. Collectively, we've come to identify that people don't love Black men. They don't care for us, don't cheer for us, and don't love us; therefore, it's easy for them to extinguish our lives.

While it hurts to know that you're not loved, what's even more damaging is knowing that you can't express that hurt. You can't take a moment to be vulnerable. You're trapped in an incessant cycle of pain that we've learned to ignore. The result of that pain is self-destruction, and that's what systemic oppression wants. And when you see that pain in the Black men murdered, the sense of powerlessness and fear, that realization of not being loved turns from theoretical to a hard fact.

The debilitating paradox of wanting to be soft and vulnerable but toughening our callous

is what Black men face. Some of us are just now waking up to our truths and our fears: we're afraid of being shot, sent to prison or killed for something we didn't do. We want a system that uplifts us from being miseducated, living beneath our potential, and curtailing our chances at success.

There's never been a sanctioned place for Black men to process those fears and emotions. As we march, protest and try to lift liberation and justice, know that the solution is much deeper than systemic and policy change. Black men need catharsis—an opportunity to feel, to soften, and to heal. To hear that society and the country as a whole have failed them and the many generations prior at every turn—educationally, academically, economically, mortally. The hurt and trauma we've experienced is not a perceived conspiracy but historically documented. We need a space of public discourse to work through the traumas that America has enacted on us. Then, we can begin to heal.

As humans, each of us knows



the first step to recovery starts with an apology. As small children, as soon as we can speak the words, we are asked to apologize for our faults. It's uncomfortable and we fumble,

but the lesson learned is accountability for our actions, words, or wrongdoing. The greatest apology my brothers and sisters can receive at this point is changed behavior. A change in behavior of how you view and work with Black men and women. Help us finally and rightfully see ourselves differently—having equal power, worth and value. Let this changed behavior be the beacon after the spotlight of our work for change begins to wane. Let your actions show us that you are here to persevere and stay steadfast. Continue to show us that you are on the right side of history, the right side of the work fighting for equity and the right side of humanity.

This piece is part of a collection of stories told by African American male colleagues at United Way NCA. To hear more, please visit: <https://unitedwaynca.org/podcast>

Van Hollen, Cardin Introduce John Lewis Voting Rights Advancement Act

WASHINGTON (July 23, 2020)—U.S. Senators Chris Van Hollen and Ben Cardin (both D-Md.) have joined Senator Patrick Leahy (D-Vt.) in introducing the John Lewis Voting Rights Advancement Act, a bipartisan bill to restore the landmark Voting Rights Act, end the scourge of minority voter suppression, and help preserve the legacy of John Lewis—one of America's greatest civil rights heroes.

In 2013, the Supreme Court's *Shelby County v. Holder* decision gutted critical voter protections within the Voting Rights Act, crippling the federal government's ability to prevent discriminatory changes to state voting laws and procedures. In the wake of *Shelby County*, states across the country unleashed a torrent of voter suppression

schemes that have systematically disenfranchised minority voters. These patently discriminatory efforts to restrict access to the ballot box undermine the progress and equality that John Lewis fought hard over the decades to achieve, from his time as a civil rights movement leader to his tenure in Congress. The John Lewis Voting Rights Advancement Act would restore and modernize the Voting Rights Act, as well as provide the federal government with other critical tools to combat what has become a full-fledged assault on Americans' right to vote.

"John Lewis fought his whole life for every single American's right to participate in our democracy. While Majority Leader McConnell praised Lewis's work after his death, he has still refused

to allow a vote on the bill Lewis championed to restore the Voting Rights Act and knock down barriers to voting that disproportionately disenfranchise people of color," said Senator Van Hollen. "The House version of this bill has been on McConnell's desk for almost eight months—to truly honor Lewis's legacy and life's work, the Senate must act."

"In order to fully honor John Lewis' life and legacy and the historic struggle to guarantee voting rights for all Americans, we must restore the monumental bill he and so many others risked their lives to secure," said Senator Cardin. "The John Lewis Voting Rights Advancement Act, is a chance for us to make clear yet again that we cannot stand by as voter suppression and the disenfranchisement of communities of

color infringes upon the rights of citizens and our democratic values. Actions speak louder than words; the Senate must pass this bill to continue our late colleagues' life's work and hold our nation true to its most fundamental promise."

Calling on Senate Majority Leader Mitch McConnell (R-Ky.) to allow a vote on this vital bipartisan legislation, Senator Leahy said: "John called voting 'the most powerful nonviolent tool we have to create a more perfect union.' He was right. And that's why we cannot stand idly by while states engage in flagrant suppression schemes to take this tool away from marginalized communities. The House already passed the companion to the John Lewis Voting Rights Advancement Act in December. Now we must do our part. We cannot claim to honor the life of John Lewis if we refuse to carry on his life's work."

The Prince George's Post

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P.O. Box 1001 15207 Marlboro Pike
Upper Marlboro, MD 20772-3151
Phone: 301-627-0900 • Legal Fax: 301-627-6260
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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

About Working While Collecting Social Security

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

Dear Rusty: In 2019 I was out of work for an extended period. I was eligible to begin receiving retirement benefits (at age 63) and started to do so in August. My part time job was limited so it did not conflict with my Social Security amount, but in October through the end of 2019 I went back to my old industry at four times the pay rate. My understanding is that I will need to pay Social Security back about \$1.40 for every benefit dollar they have paid me while I worked at the higher wage. When and how is that paid? **Signed: Part Time Again**

Dear Part Time Again: If you started your Social Security benefits in August of last year at age 63, for the remainder of 2019 you were subject to the "first year rule" which means you had a monthly earnings limit of \$1,470 after your benefit started. If you exceeded that monthly limit starting in October of 2019 and for the rest of the year, you won't be entitled to benefits for the months of October, November and December. Social Security will consider that an overpayment, and they will want you to repay all those benefits to them. However, if it would be to your advantage to do so, you can request that Social Security use the annual earnings limit for 2019, instead of the monthly limit. For example, if using the 2019 annual earnings limit (\$17,640) would result in a smaller impact to your benefits, Social Security may accommodate your request to use the annual limit. Depending upon your total earnings in 2019, you may want to consider asking that the annual earnings limit be used, instead of the monthly limit, when determining your 2019 impact for exceeding the earnings limit.

Starting in 2020 you'll be subject to an annual limit of \$18,240 (limit changes yearly). If you exceed the annual limit, SS will take back benefits equal to \$1 for every \$2 you are over the limit. If you've again stopped working at the higher amount, and now only working part-time and won't earn more than \$18,240 for this year, you'll not be subject to the annual limit. But exceeding the 2019 monthly limit last year will still affect you.

You will receive a form from Social Security asking you to specify your 2019 income month by month for the months you were receiving benefits. Since you exceeded the monthly limit from October through December, they'll be asking you to repay all of the benefits you received for those months. They will give you the option of either repaying them in full in a lump sum, or they will recover what you owe by withholding your monthly benefits until the overpayment is satisfied. That will mean you'll go some months without benefits, the number of months dependent upon your monthly benefit amount and how much you owe them. Remember, you have the option to request the annual limit if it will benefit you.

Though you'll lose benefits for some number of months now, when you reach your full retirement age (66 years and 4 months) they will automatically give you time credit for the number of months they withheld benefits and move your SS claim date forward. That will increase your monthly benefit amount slightly, and you'll get that slightly higher benefit for the rest of your life.

One final point: In the year you reach your full retirement age the annual earnings limit will go up by about 2.5 times and the penalty for exceeding it will be less (\$1 for every \$3 over the limit). And when you reach your full retirement age the earnings limit goes away entirely.

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.

The Hotel at the University of Maryland Launches Three Packages for Those Looking For a Safe and Relaxing Getaway

Packages designed to help guests relax, recharge and continue to stay safe

By PRESS OFFICER

The Hotel at the University of Maryland

COLLEGE PARK, Md. (July 22, 2020)—Don't cancel all of your 2020 plans just yet! The Hotel at the University of Maryland, a luxury hotel and conference center adjacent to the University of Maryland, College Park (UMD), has reopened with a comprehensive cleaning and sanitization program known as Ever Strong and is offering special packages so guests can relax and recharge while staying safe.

"We want to give our guests an opportunity to get out of their house and travel while knowing that our attention to detail will be their peace of mind," said Linda Westgate, general manager of The Hotel at the University of Maryland.

Guests can choose from the following three packages, each with unique benefits.

The "Monumental DC" package

With plenty of open-air monuments and memorials, Washington, D.C. provides the perfect opportunity to take in some fresh

air and tour some of the nation's most historic sites. In addition to providing guests with luxury accommodations in close proximity to D.C., this package includes:

- Complimentary room upgrade
- \$25 voucher to Bagels N' Grinds
- Two \$8 Smart Trip metro cards
- Complimentary parking for one vehicle

The "Get Away from Home" package

Whether guests need a change of scenery, want to explore some of the best trails that Maryland has to offer, or are looking for a quiet place to work or binge watch your favorite shows, The Hotel is offering guests the opportunity for a brief escape. With lenient check-in and check-out times, guests can step away from their everyday routine with comfort and peace of mind. This package includes:

- 15 percent off best available rate
- Early check-in & late check-out times
- Free parking

The "First Responders Recharge" package

To show gratitude for those working on the frontlines of the pandemic, The Hotel is offering the "First Responders Recharge" package, which gives first responders the opportunity to relax and recharge after putting in long hours and immense dedication to helping the community during the pandemic. This package includes:

- A special rate 20 percent off best available rate
- Complimentary parking
- \$15 coupon for breakfast at Bagels N' Grinds

Interested guests will need proof of first responder status to qualify.

To book any of these packages, call 301-277-7777 or visit <https://www.thehotelumd.com/special-offers/>.

With the comprehensive cleaning and sanitization program Ever Strong, The Hotel at the University of Maryland is taking care of all the details so that you don't have to. For more information about hotel services and health and safety protocols, please visit <https://www.thehotelumd.com/nowopen/>.

Geralyn R. Lawrence Has Been Nominated and Accepted as 2020 Best of the Best Top 10 in Maryland for Family Law Attorney

By PRESS OFFICER

Best of the Best Attorney

The Best of the Best Attorneys has acknowledged the outstanding performance of Maryland's Family Law Attorney Geralyn R. Lawrence as 2020 Best of the Best Top 10 Family Law Attorney which practiced law at a higher standard.

The Best of the Best Attorneys is a third-party attorney rating organization that publishes listings of the Top 10 Family Law attorneys in each state every year. Attorneys who are chosen to the "Top 10" list must approve by Best of the Best

Attorneys careful selection process and independent evaluation. Selections are also based on either nominated by peers, clients, and/or our research team. Best of the Best Attorneys are passionate about the law and matching the absolute best attorneys with new clients. Our organization provides the very best and up to date Best of the Best Attorney legal database to be used as a resource for clients hiring decisions.

Top 10 Best of the Best Attorney Award is reserved for those lawyers who exhibit excellence in their practice and with exceptional relationship to his or her

clients. Best of the Best Attorneys listed those eligible selected attorneys who show dedication, hard work, and excellence in the field of Family Law that provide a high standard of service and support to their clients. Lawyers who display the best law practice and services which exceed the client's expectation will receive this distinction award.

We congratulate Geralyn R. Lawrence on this achievement and we are honored to have her as 2020 Best of the Best Attorneys Member.

You can contact Geralyn R. Lawrence at www.dcmdlawyer.com.

Howard University Takes Top-Ranked MBA Program Online

By MISHA CORNELIUS

Howard University School of Business

WASHINGTON (July 22, 2020)—The Howard University School of Business is now accepting applications for its Online MBA program that boasts the quality of its globally recognized full-time program at a pace that suits the dynamic lifestyle of today's working professional. Making the choice to earn a business degree from Howard University gives students access to a top-ranked business education featuring award-winning staff, diverse classrooms and immersive experiences. Graduates of the Howard University School of Business have gone on to become successful business leaders, founders, C-suite executives and non-profit leaders who bring with them a commitment to diversity, innovation and corporate responsibility.

"We are very proud to be able to offer our flagship MBA Program online for the professional working adult," said Verna Supel, director of MBA Graduate Programs. "What sets us apart is our commitment to ensure that our graduates are prepared to be global business leaders and social servants locally and worldwide. Through the dedication of our faculty, staff, corporate partners and esteemed alumni, we are confident that our commitment to academic excellence and professional development will successfully transition to the Online MBA program offerings."

Howard's School of Business is AACSB accredited and has consistently been ranked among the best business schools. Considered one of the top 50 business schools in America because of its MBA offerings, the School of Business ushered in its first cohort of online MBA students in the summer of 2020. The part-time program takes just three years to complete, with an option to finish sooner by taking classes at an accelerated pace. The Online MBA at Howard is geared toward the early career professional, which makes it ideal for students seeking to pair the flex-

ibility of online courses with the reputation of Howard's business programs.

"What we have found is that today's students want to get a graduate education, but they don't want to disrupt their lifestyle or family situation," said Associate Provost of Academic Innovation Barron H. Harvey, Ph.D. "This is the program for that student. As times have certainly changed in the past several months, this program is helpful for students who may have a variety of challenges and simply can't come to Washington."

Students pursuing an Online MBA at Howard have the ease of access that distance learning would suggest with a program that doesn't cut corners in terms of content and learning outcomes. The Online MBA is taught by Howard's esteemed School of Business faculty who are accomplished business professionals, scholars and academicians. Howard School of Business faculty understand the unique challenges people of color face when pursuing careers in business and they don't shy away from having the conversations necessary to ensure students of color are prepared to succeed.

"At Howard, what we constantly exhibit is that we truly appreciate what is needed to succeed in life as a person of color. We are mindful of what it takes to support students of color while they are in the MBA program and in their careers after the MBA," said Russell Price, Ph.D., associate professor of finance and international business. "We offer that gentle, and sometimes not so gentle, nudge to make sure our students can do the best they can and that's really what sets us apart."

With the help of Noodle Partners who teamed up with the School of Business to launch the Online MBA and revamp the school's online Executive MBA program, School of Business faculty have transformed the curriculum they teach in the classroom into virtual learning modules that include a variety of pre-recorded videos, storyboards, and case studies, as

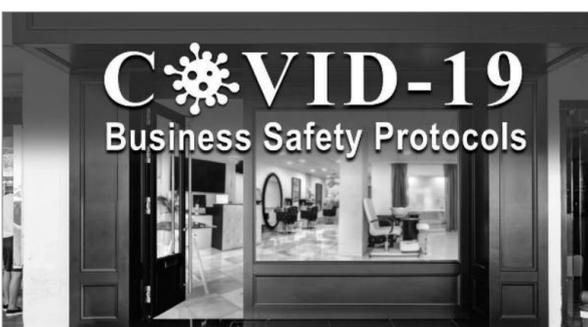
well as weekly live classrooms.

"The material offered in the online program mirrors what we provide MBA students who are on campus," said Price. "Working with the learning designers from Noodle Partners helps us make the content engaging, but also creates a level of consistency across all of the courses, which is a significant benefit. This means that when people look at a course site, it will have a similar look in each class, even though content will be a little different."

Making the MBA program accessible online is only the beginning of a larger undertaking by Howard to expand accessibility of its programs with virtual offerings. According to Harvey, the Online MBA is one of the first programs to be offered online, consistent with the goal of Howard Forward, the University's five-year strategic plan.

"This program really embraces the Howard Forward mantra of expanding reach for education while addressing what students are demanding today," said Harvey. "The online MBA and our online Executive MBA program are our inaugural programs, but ultimately, we are working to offer programs to a more expanded community of students and professionals who can experience a Howard University education without having to come to campus."

Currently celebrating its 50th anniversary, the Howard University School of Business has been offering management and business education since 1870. Coveted accreditation by The Association to Advance Collegiate Schools of Business (AACSB) International has been consistently awarded to the Howard School of Business. In fact, it became the first in Washington, D.C. to achieve that world-recognized distinction. While today's students benefit from the tradition of excellence that has long set Howard University apart, they also profit from the school's continuous efforts to update its programs to prepare students to meet the complex challenges of the global marketplace.



COVID-19

Business Safety Protocols

Wear a Face Covering.
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See a COVID-19 safety protocol violation?



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EDUCATION / ENVIRONMENT

RainbowMe Helps Parents Combat Racism With Multicultural Books and Podcasts

RainbowMe Kids provides exposure to folklore in underrepresented cultures from around the world with educational literature and technology for kids

By PRESS OFFICER
RainbowMe, Inc.

GREENSBORO, NC (July 22, 2020)—RainbowMe's Founder and CEO, Kya Johnson, has crafted a kid-friendly multicultural series for kids ages 2–12 comprised of the book "O" is for Oshun and the Folk Fairytale podcasts. As a black-owned business, RainbowMe's mission is to actively promote fellow minority-owned businesses, expose children to a plethora of cultures, and most importantly, show children cultural representation matters.

The absence of an introduction to diversity in the home plays a major role in how we see ourselves and how we see others. The Black Lives Matter Movement and recent events have led millions of parents to ask the same question "How do we combat racism at an early age?" and "How do I expose my child to different cultures?"

"O is for Oshun" is an augmented reality (AR) book in which the nurturing female warrior Goddess of West Africa (embodied by Beyoncé Knowles-Carter during the 2017 Grammy Awards) comes to life with a hover of a smartphone.

Debuting number one on Amazon.com, Oshun, and the other lively characters in the

book share their exciting adventures through colorful illustrations. In addition to Oshun of West Africa, characters from Japan, Iraq, Mexico, Brazil, and more pop off the pages of the book educating children on their folk story and cultural relevance. All characters introduce their stories in English using their respective dialects. Additionally, the augmented reality feature serves as a fantastic introduction to early STEAM education pairing reading fundamentals with the use of technology.

Johnson also recently released the first season of "RainbowMe Kids Presents: Folk Fairytales" a podcast series that introduces children to the characters' complete folklore tales in an audio format, perfect for stori-time or bedtime. The Folk Fairytales not only tell tales of Zhy Yingtai of China and Guimara the Brazilian Giant, but it also incorporates historical events and conditions that will prepare children academically.

"Our goal at RainbowMe Kids is to always be the brand that comes to mind when you think of positive entertainment for kids featuring main characters of color," says RainbowMe Kids founder and CEO, Kya Johnson, Esq. "O is for Oshun" is an extension of this goal. We are so ex-

cited to introduce these folklore and fairytale characters in a way they have not been seen before. We know kids (and adults) will enjoy the book and the magic of Augmented Reality enabling each character to come to life."

This is sure to be a parent's must-have book and podcast of the year. "O" is for Oshun retails for \$24 on www.rainbowmekids.com. Podcast RainbowMe Kids Presents: Folk Fairytales can also be found on www.rainbowme.com, Apple Podcasts, Google Podcasts, and Spotify.

RainbowMe is an entertainment platform for kids ages 2–12 with cartoons, video, and more featuring main characters to whom all children can relate. The company produces original programming, books, and podcasts. The original programming introduces animated, live-action, reality, and situation comedies featuring characters in a positive, fun, and entertaining manner designed to enhance the educational and social development of children while striving to feature content that depicts positive images of children of color. The mission of RainbowMe is to engage, inform, and inspire kids ages 2–12, with entertaining content, while increasing understanding of social, economic, cultural, and ethnic nuances.

AT&T and Learning Undefeated Debut New STEM Distance Learning Program for Teachers & Students Learning Online This School Year

New "Anywhere Labs" Funded as Part of AT&T's \$10 Million Distance Learning and Family Connections Fund

By KAREN TWOMEY
AT&T

GAITHERSBURG, Md. (July 20, 2020)—Learning Undefeated, a non-profit organization committed to bringing STEM education opportunities to underserved communities, is releasing brand new distance learning units with the help of AT&T. Called "Anywhere Labs," the standards-aligned units include laboratory explorations and brand new activities specifically created for digital classrooms.

Anywhere Labs are made possible by support from AT&T's Distance Learning and Family Connections Fund. This fund was developed to give parents, students and teachers tools they need for students to succeed in a digital learning space. The fund also provides resources to maintain meaningful connections and bonding opportunities for those physically isolated from family and friends.

As a part of this fund, AT&T is contributing \$250,000 to Learning Undefeated, a trusted resource for teachers for nearly 20 years, to convert the organization's rigorous laboratory curriculum to authentic STEM distance learning resources. With this donation, the organization will serve millions of grade 6-12 students learning from home or in a hybrid classroom arrangement this school year. It will also help to equip state and local school systems to meet STEM education requirements in a modified learning environment.

"Our communities and schools are grappling with an unprecedented challenge," said Denis Dunn, President - AT&T Maryland, DC & Delaware. "Connecting people with the resources they need to maintain a sense of normalcy is paramount. For students and teachers, that means creating a digital learning environment that keeps them engaged with STEM activities, even as they are learning from home. We've worked with the team at Learning Undefeated for many years and know they'll do great things for students and educators they serve."

The COVID-19 pandemic has caused a major shift in education, requiring teachers and students to quickly implement and adapt to a new way of learning. As one of the few organizations specializing in rapid deployment of STEM education resources following a crisis, Learning Undefeated

has previously deployed STEM education laboratories, curriculum, and educators to areas affected by 2017's Hurricane Harvey and the 2020 Puerto Rico earthquakes.

"We know firsthand how important it is to get students back to learning following a crisis," said Brian Gaines, CEO of Learning Undefeated. "We run the risk of students losing interest in STEM, which impacts the future of innovation in our country. We need to be forward thinking and work together to keep the STEM leaders of the future engaged."

Program components include real-time, mobile-friendly access to standards-aligned laboratory investigations for middle and high school, multimedia STEM resources, collaborative assignment tools, and interactive assessments. Content areas include biology, chemistry, physics, engineering, and environmental science. Lessons are aligned with the Next Generation Science Standards (NGSS), currently in use in 22 states, and the Texas Essential Knowledge and Skills (TEKS).

All content is available online for free to teachers, parents, and caregivers in any US state or territory. The distance learning resources can be accessed and downloaded at <http://anywherelabs.org>.

As circumstances surrounding COVID-19 change daily, so too does the impact on our communities. To best allocate resources from the Distance Learning and Family Connections Fund, AT&T is working alongside families, educators and community leaders to understand the challenges they will face in the days and weeks to come. To learn about additional tools and resources available nationwide through the Fund, visit AT&T's site.

For parents and caregivers, we know this time has brought a multitude of new and unexpected challenges. And we also know the need for broadband connectivity has never been greater. For that reason, AT&T is committed to making home internet affordable with our Access from AT&T Program. This program provides home internet access at \$10 a month for limited income households. We've also increased eligibility to households participating in the National School Lunch Program and Head Start. (This service is only available in AT&T's wireline states.)

Earth TALK™ Weaning Off Single Use Plastics

Dear EarthTalk:

Any tips for reducing the amount of disposable plastic I use for food storage?

—J. Spencer,
Gaithersburg, MD

Analysts estimate that of the over six billion tons of plastic produced worldwide since the 1950s, we have recycled only nine percent of it and incinerated another 12 percent. The remaining, some 4.8 billion tons of plastic is either still in use, filling up landfills, or littered into streets, streams and eventually the ocean.

About a third of the plastic produced worldwide is for single-use applications (bottles, bags, utensils, food storage, etc.)—and it is these items that most commonly end up on the side of the road. Researchers discussed in a 2019 paper in *Nature* that if we do nothing to step up flagging efforts to reduce, reuse and recycle plastics, we could have three times as much of it littered into the global environment by 2060.

So, what's an environmentally conscious consumer to do? For starters, avoid getting plastic bags at the store. Either bring your own reusable one or if you need to go disposable, at least opt for paper that can be recycled or composted. And if you are food shopping, gravitate toward the bulk items aisle where you can buy just the right amount without unnecessary extra packaging.

Another way to cut down on single use plastic is ditching plastic straws. Americans go through about 500 million plastic straws daily. Opting for reusable straws (metal, silicone, bamboo or glass, anyone?)—or no straw at all—is one of the simplest ways to cut down on disposable plastic.

According to the non-profit Center for EcoTechnology (CET), the kitchen is one place where you can definitely make some easy adjustments to save plastic. For starters, ditch the plastic wrap; it's difficult to recycle and can clog recycling processing machines. One great alternative is beeswax paper, which is reusable, washable and compostable. (Make sure to wash it with cold water only so the wax doesn't melt.)

"Another alternative to plastic wrap is storing your food in glass storage containers or glass jars," adds CET. "Glass is 100% recyclable and can be recycled endlessly without loss in quality or purity."

Putting dish cloths to use is another way to eschew plastic wrap for keeping produce fresh. Simply wrap up those fruits or veggies in a cloth instead of plastic—or put them in a bowl and cover with a dish cloth and rubber band for a tight seal—and put 'em in the fridge.

One often overlooked environmental downside of the coronavirus situation is that restaurants throw in so much

disposable plasticware for to-go and delivery orders—whether customers need it or not. That's why a coalition of 120 environmental groups recently teamed up to send letters to seven national food delivery companies asking they change their default ordering process to one that does not automatically include utensils, napkins, condiments and straws in order to reduce the tsunami of single-use plastic pollution entering our oceans, landfills and incinerators.

CONTACTS: Future scenarios of global plastic waste generation and disposal. <https://www.nature.com/articles/s41599-018-0212-7>; "Zero Waste Substitutes to Eliminate Single Use Plastic in Your Kitchen," <https://www.centerforecotology.org/zero-waste-substitutes-to-eliminate-single-use-plastic-in-your-kitchen/>; UberEats, GrubHub, Delivery.com, Doordash, Seamless, PostMates & Caviar Asked to "Hold The Single-Use Plastics, Please," <https://seaturtles.org/ubereats-grubhub-delivery-com-doordash-seamless-postmates-caviar-asked-to-hold-the-single-use-plastics-please/>.

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Tips to Help Erase Bullying This Back-to-School Season

(StatePoint) This back-to-school season may look a little different, but no matter what learning environment kids find themselves in this fall, bullying is a real cause for concern.

One in five kids aged 12 to 18 has encountered bullying, according to StopBullying.gov. It can happen in person, online or even by text. In an effort to combat the problem, Pilot Pen launched the Erase Bullying for Good campaign in 2015 to help support bullying prevention programs in schools nationwide. For a smooth start to the school year, they are offering parents these back-to-school tips for facing the issue:

- Sometimes kids hesitate to share negative situations they're encountering. That doesn't mean they aren't showing signs that something is wrong. Pay attention to sudden changes in mood, sleep patterns, study habits or other signs of stress. Let kids know that if they're bullied or witness bullying, it's okay to come to you or another trusted adult, like a teacher, counselor or coach. A strong trust network helps kids feel safe and empowered.
- If your child is being bullied, reassure them that they're not alone and have done nothing wrong. Let them know you'll work through this together. Follow up with school officials to ensure the negative behavior is being addressed, especially if your child is being physically bullied or feels like they're in danger.
- The presence of digital devices and broad reach of social media means more avenues for bullies to reach their targets. Maintain an open dialogue with your child regarding online activity, and don't be shy about keeping an eye on profiles and posts.
- Being the target of bullying can feel isolating and overwhelming. If your child witnesses bullying, encourage them to be an "upstander," not just a bystander. This involves being an ally who stands up to bullies, and it can be as simple as seeking help from an adult, or as ambitious as starting an anti-bullying program at school.



PHOTO COURTESY STATEPOINT

- It can be disheartening to learn that your own child has engaged in bullying. Remember, bullying is a behavior, and behaviors can be changed. Help your child identify underlying feelings that may be causing them to act out in this way and encourage them to find positive outlets such as sports, art or journaling.
- It's important for kids to understand that the goal of bullying is to make the victim feel scared or powerless. Parents can equip children with the knowledge, resources and confidence they need to feel empowered in the face of bullying, as well as with tools that align with this cause. By the end of 2020, the Erase Bullying for Good campaign, through purchases of Pilot's FriXion Erasable pens, will have contributed more than \$450,000 to organizations committed to bringing bullying prevention and education programs to US schools. FriXion's unique, thermo-sensitive erasable ink writes smoothly and erases cleanly, so students, teachers and parents can write, create and express themselves fearlessly without the stress of written mistakes, empowering them to be upstanders through the written word. To learn more, visit HelpEraseBullying.com.

Bullying is all too common. However, parents can play an active role in helping put a stop to it this back-to-school season and beyond.



CREDIT: LEYLA.A, FLICKRCC

Green-minded grocery shoppers spend more time in the bulk aisle than your average consumer given their preference for avoiding disposable packaging on single-use food items and products.

HEALTH AND WELLNESS



**COVID-19, MENTAL HEALTH,
AND THE NEED FOR EQUITY**
SEPTEMBER 3-4, 2020

Registration Now Open!

MHA's 2020 Annual Conference: COVID-19, Mental Health, and the Need for Equity will be held September 3-4 from 10 a.m.-5 p.m. ET online.

Over the last few months, the world was thrown into a global pandemic. As the number of cases of COVID-19 increased, so did the associated experiences of anxiety, depression, and suicidal ideation. COVID-19 also brought to light what many in the health care and social justice communities already knew—that Black, Indigenous, People of Color (BIPOC) are disproportionately negatively impacted and are dying at much higher rates. Adding to that the systemic racism that so many people of color bear every day, the trauma and mental health implications are significant.

The last few months have changed everything—and the world is looking at “a new normal.” Our 2020 Annual Conference—now virtual—will discuss it all. From increases in depression and anxiety rates, to adjusting workplaces and employee mental health, to addressing disproportionate inequities due to systemic barriers and historical adversity—MHA is talking about it. Join us.

This event is free to the public and all are encouraged to register!

Register here: <https://www.eventbrite.com/e/mhas-annual-conference-covid-19-mental-health-and-the-need-for-equity-tickets-114326483590>

Speaker Announcements

Take a look at a few of our speakers we have planned for our virtual event.

Bakari Sellers is a CNN correspondent and lawyer.

Kenneth Cole is an American designer, social activist, and visionary who believes business and philanthropy are interdependent.

Michelle Williams is a Grammy Award-winning, singer/songwriter, actress, entrepreneur, designer, television host and member of one of the most successful recording groups of all time, Destiny's Child.

Learn more about MHA's 2020 Annual Conference and additional speakers here:

<https://mhanational.org/2020/annual-conference/speakers>



PHOTO CREDIT KYLEJONES_MORGUEFILE.JPG

8 Tips to Make Farmers Markets Successful

By Erin Schoenberg, project associate, Center for Rural Affairs

Are you a part of your local farmers market, as a customer, vendor, manager, cheerleader, or funder? Markets carry great tradition, and whatever your current or future role is, here are some tips and experiences from managers and staff, for **National Farmers Market Week, Aug. 2 to 8.**

1. Markets need to be dependable and well-advertised—day of week, time of market, and location should be established, well-known, and consistent.

2. A core group of vendors is important; customers want to know what to expect, and vendors see more consistent sales if they stick to a steady schedule.

3. There's such a thing as too much product duplication—unique and value-added products are important for customer interest and demand, and for vendor revenue.

4. Markets are often more successful when there are reasonable rules in place and enforced. Vendors and customers know what to expect, and any potential conflicts can be handled with respectful communication.

5. Everyone should feel welcome at the market. Take steps to ensure race, religion, age, and income level don't discourage anyone from participating.

6. Programs such as Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps), Women, Infants, and Children (WIC), and the Seniors' Farmer Market Nutrition Program (SFMNP) can play a crucial role in access to healthy local food, and can be taken advantage of at farmers markets.

7. A great opportunity exists when small towns are in close vicinity to one another. Market managers can collaborate (not compete) for the greater good. Think about forming a coalition made up of multiple small town markets; schedule market times so they don't overlap; hire one marketing coordinator for multiple markets to standardize messaging.

8. Likewise, consider innovative partnerships that could help distribute the workload and make markets successful. We've seen markets partner with hospitals to provide nutrition information and demonstrations, and other markets invite the public library and local nonprofits to occupy a booth once a season.

Established in 1973, the Center for Rural Affairs is a private, non-profit organization working to strengthen small businesses, family farms and ranches, and rural communities through action oriented programs addressing social, economic, and environmental issues.

University of Maryland Capital Region Health Medical Group Opens New Multispecialty Outpatient Clinical Practice at the National Harbor

By JANIA MATTHEWS
University of Maryland Capital Region Health

CHEVERLY, Md. (July 23, 2020)—University of Maryland Capital Region Health Medical Group has opened a new outpatient practice at the National Harbor in Oxon Hill, Maryland. The multispecialty practice occupies 19,000 square feet of leased space at the Medical Pavilion at National Harbor.

This clinical practice, located at 251 National Harbor Blvd. Suite 500, includes 6 procedure rooms and 25 exam rooms.

The practice offers multiple specialties, including Family Medicine, Women's Services including Uro-gynecology, Bariatric Surgery, General Surgery, Cardiology, Neurology, Otolaryngology, Plastic and Reconstructive Surgery and Pulmonology. Patients will benefit from an array of services including headache management, pulmonary function testing, cardiac stress testing and non-surgical facial enhancement procedures such as microdermabrasion, Botox® injections and dermal fillers.

In response to the COVID-19 pandemic, the clinical practice design incorporates enhanced safety features and an open space concept to support physical distancing. In addition, telemedicine options are available for patients to have virtual appointments with their medical providers.

“Expanding the services we offer the community in an outpatient setting is a key priority for UM Capital Region Health,” says Nathaniel Richardson, Jr., President and Chief Executive Officer at UM Capital Region Health. “As much as we are focused on providing high-quality compassionate care in the hospital setting, we are equally committed to providing options with the same level of care in the outpatient setting.”

The new practice opens in advance of opening a new hospital, the University of Maryland Capital Region Medical Center, in Largo, MD. The new hospital represents a \$543 million investment by Prince George's County, the State of Maryland and UMMS. The 600,000 square foot flagship facility will include 205 private inpatient rooms and eight operating rooms. The outpatient practice that

currently sees patients at its Cheverly location will relocate to the Largo campus.

“Opening this new practice is a critical milestone for the Medical Group and allows us to provide convenient service to residents in southern Prince George's County and the surrounding area,” says Tiffany Sullivan, Senior Vice President of Clinical Integration and Ambulatory Services at UM Capital Region Health. “We know that providing the community with additional options for women's health services and physicians who have proven track records in their areas of specialty is an important need to meet. We are committed to meeting those needs now and in the future.”

The Medical Group also has outpatient practices in Cheverly, Suitland, Bowie and Laurel.

To make an appointment at the National Harbor practice or at one of the other locations, please call 301-618-CARE (2273). For more information about the practice and specialties, visit <https://www.umms.org/capital/locations/um-capital-region-health-medical-group-at-national-harbor>.

FREE WEBINAR FROM NAMI MARYLAND

Processing Pain While Fighting for Change: Strategies for Black Mental Wellness

Wednesday, August 12, 2020 • 12–12:45 p.m.
Register: <https://bit.ly/39mkPyY>

The COVID-19 pandemic has disproportionately impacted the black community. Compounded with a nationwide struggle for equality and the loss of two prominent civil rights leaders, 2020 has been a stressful and painful year. Processing all of these challenges at once can have a profound impact on one's mental health. In this webinar, we'll explore ways that Black Americans can protect their mental health during this time and how their friends and allies can provide support.

This webinar will be delivered by Brandon Johnson, M.H.S. Brandon is a tireless advo-

cate for positive mental health and suicide prevention services for youth and adults across the country. Currently, he serves as a Public Health Advisor at the Substance Abuse Mental Health Services Administration (SAMHSA) in the Suicide Prevention Branch at the U.S. Dept. of Health and Human Services (HHS). In this role, Brandon serves as a Government Project Officer (GPO) for various suicide prevention grant programs that respectively target youth, adults, and health care systems. Brandon is also the GPO for the Suicide Prevention Resource Center (SPRC) which provides suicide-specific materials, webinars, and training to organizations and communities all over the

country working to prevent suicides. Another highlight of Brandon's career is his current role as the Co-Lead of the National Action Alliance for Suicide Prevention's Faith Communities Task Force. The group works with faith communities all over the nation to equip them with tools and resources to combat the often stigmatized issue of suicide. Brandon serves as the subject matter expert in suicide among Black people and has lead numerous projects to develop resources and materials to specifically prevent suicide among African-American youth.

—National Alliance On Mental Illness

Staying Healthy in Stressful Times

(NAPSI)—You may be feeling stressed during these challenging times, but stress can affect your physical and emotional health. Learn how to manage your stress so that you can stay healthy and cope with life's challenges.

What is stress?

Stress is how your brain and body respond to a challenge. Any type of challenge—such as performance at work or school, a significant life change, or a traumatic event—can be stressful.

Your body reacts to stress by releasing hormones. These hormones make your brain more alert, cause your muscles to tense, and increase your pulse. In the short term, these reactions are good because they can help you

handle the situation causing stress. This is your body's way of protecting itself. However, too much stress all at once or over time (chronic stress) can threaten your health.

Everyone experiences stress from time to time, but your response to stress may be different. Some people may experience headaches or an upset stomach. Others may get muscle aches or chest pain. Stress can also disturb your sleep, reducing your energy and making it tough to keep active when awake. In addition, stress can lead to weight loss or weight gain. Over time, stress can contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, including mental disorders such as depression or anxiety.

Managing stress through fitness, healthy eating, and relaxing activities

Regular physical activity, healthy food and beverages, and other positive activities may help you relieve stress and stay on track with improving your health.

Physical activity may help you start feeling better right away. It can help boost your mood and improve your sleep. In addition, physical activity adds to strength and stamina, which can help you manage stressful situations.

Physical activity doesn't have to mean long workouts. Short workouts, such as a set of sit-ups or stretches, can help relieve stress. Try adding a new activity to your daily routine, such as walking around the

block or up and down stairs a few times. Partner with a friend or neighbor to help you stay on track.

Consuming healthy meals, beverages, and snacks in moderation can be another way to protect yourself against stress. Preparing or purchasing foods such as whole grains, fruits and vegetables, low-fat proteins, and foods without added sugars or fats can give you energy and keep you feeling good.

Learn to recognize what triggers your stress response and identify ways to help you manage it. Other ways to help you manage stress may be to meditate, engage in your favorite hobby, limit your time on social media, volunteer, or connect with people who can provide emotional support.

Visit the National Institute of Diabetes and Digestive and Kidney Diseases website to learn more about physical activity, healthy eating, adequate sleep, and other behaviors to help you manage your stress. Visit the National Institute of Mental Health website to learn more about stress.

TUESDAY TIP

GLOVES & MASKS BELONG IN THE TRASH

Don't throw used gloves, masks and other protective equipment in the street. They can litter our streams and rivers and eventually, the Chesapeake Bay.

- Used gloves and masks in the streets can be carried by the rain to our local streams.
- Littered protective equipment pose a threat to local wildlife.
- No plastic glove is eco-friendly.
- Wear reusable masks to reduce waste and clean after every trip outside the house.

Prince Georges Proud

