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Maryland Woman First on the East Coast to be Treated With ZAP-X, a New Non-Surgical Cancer-Fighting Radiation Therapy

MedStar Southern Maryland Hospital Center Becomes Second Site in the United States to Offer New Gyroscopic Radiosurgery for Brain Tumors

By BRENDAN MCNAMARA
MedStar Health

CLINTON, Md. (September 18, 2020)—A Maryland woman has become the first patient on the East Coast of the United States to receive treatment with a new, non-surgical radiation therapy for brain tumors.

Zap-X® Gyroscopic Radiosurgery™ is now available at the MedStar Georgetown Cancer Institute (MGCI) at MedStar Southern Maryland Hospital Center.

"For many primary and metastatic brain tumors, non-invasive stereotactic radiosurgery (SRS) is proven to be as effective as surgery," says Brian Collins, MD, medical director, Radiation Medicine at MedStar Georgetown University Hospital. "ZAP-X is an outpatient procedure with no surgical incision and little to no recovery time for patients."

68-year-old Patricia June of Largo, Md. was diagnosed and treated for breast cancer in 2006. But unfortunately, her cancer recurred in her brain in 2020.

Neurosurgeon Amjad Anaizi, MD at MedStar Georgetown University Hospital removed June's tumor in August. The next step in her treatment plan—kill any cancer cells left behind, using ZAP-X.

The new ZAP-X technology uses gyroscopic motion to direct radiosurgical beams from hundreds of angles to precisely pinpoint radiation to both cancerous tumors and benign conditions in the brain. Using this approach, the radiation spares healthy brain tissue.

"In this patient's case, ZAP-X radiosurgery is a superior choice compared to traditional radiation," says Andrew Satinsky, MD, clinical director of Radiation Oncology at the MedStar Georgetown Cancer Institute at MedStar Southern Maryland. "The ability to offer this technology to the people of southern Maryland, in combination with access to NCI-designated care and cancer clinical trials through our research partners at Georgetown Lombardi Comprehensive Cancer Center, provides access to the latest high-level treatments close to



PHOTO COURTESY MEDSTAR HEALTH

ZAP-X exterior.

home. There's never been anything like this in our region before."

"This world-class therapy is redefining radiosurgery for the brain," says Dr. Collins. "It's increasing the accuracy and the intensity of the radiation we can provide, while making precision radiation treatment more readily available to patients. Our community is fortunate to have access to this next-generation treatment."

Preparations for ZAP-X continued through the COVID-19 pandemic, although its spring opening had to be postponed. But dedicated teams of technologists from ZAP Surgical System who were prevented from flying, rented cars and drove cross country to the D.C. area from San Carlos, California and continued with the machine's installation procedures.

"We are grateful to the teams from ZAP Surgical who helped us get this center open so we could begin to safely treat our patients with this amazing technology," says Dr. Satinsky.

Brighter Bites Begins School Year by Increasing Access to Fresh Produce and Food Literacy in Prince George's County

\$40,000 grant from Amerigroup to support ongoing COVID-19 distributions and Brighter Bites expansion in the fall

By KATHARINE PERROW
Brighter Bites

PRINCE GEORGE'S COUNTY, Md. (September 16, 2020)—Brighter Bites is pleased to begin its general programming in the Washington, D.C. area this month as schools open during the continuing COVID-19 outbreak and food insecurity among families continues.

Food insecurity in Prince George's County was already a massive problem prior to the

COVID-19 outbreak, with an estimated 10.3% of residents identifying as food insecure. Now, more than 30,000 residents in the county have filed for unemployment since March 14 and food access disparities across the county have skyrocketed.

To address these rising levels of food insecurity in the wake of COVID-19, Brighter Bites and Amerigroup have partnered to expand access to fresh produce and nutrition education to residents in Prince George's County, MD. Brighter Bites will use the

\$40,000 grant from Amerigroup to support ongoing emergency community distributions, which are currently serving more than 9,000 families with 20-25 pounds of fresh produce per week, as well as expansion of the organization's school-based programming in the fall.

"The COVID-19 pandemic has cast a glaring light on how those living in economically disadvantaged communities without reliable access to fresh, healthy food are bearing the heaviest burden of COVID-19 infections," said Northeast Regional Director of Brighter Bites Melanie Button. "We are thrilled to join forces with Amerigroup to expand our reach throughout Prince George's County and address food insecurity as a major social determinant of health. Together, we're ensuring that families are not only able to put food on the table, but more importantly consume the right foods to keep them nourished and their immune systems strong."

Brighter Bites is one of dozens of nonprofits in the area that have experienced a surge in demand for services during the pandemic, and the demand will continue as schools begin this week. The organization is currently distributing 9,050 boxes of fresh food per week to more than 20 schools, churches, and community centers but demand has increased more than 500% since the beginning of March. In addition to the fresh produce, Brighter Bites also provides



PHOTO COURTESY OF BRIGHTER BITES

Brighter Bites' Geraldine Menjivar, Venida Fagan and Rajni Sood Laurent kick off Prince George's County programming with a check from Amerigroup.

See FOOD Page A6

Prince George's County Economic Development Corporation Announces Partnership With Lerch, Early & Brewer to Support Small Business Community

By LORI VALENTINE
PGC Economic Development Corporation

LARGO, Md. (September 16, 2020)—Today, the Prince George's County Economic Development Corporation (EDC) is pleased announce its partnership with Lerch, Early & Brewer, a full-service regional law firm that will focus in serving the EDC's Innovation Station Business Incubator (ISBI) members and the greater Prince George's County business community. As part of the year-long agreement, Lerch Early will host a series of four virtual workshops, each focusing on legal topics relevant to emerging and small businesses, with an emphasis on the elements of doing business in Prince George's County and Maryland overall.

"We're thrilled to be partnering with the Prince George's County EDC and Innovation Station, and we're looking forward to sharing our knowledge and experience with Prince George's businesses," said Steve Robins, Managing Partner at Lerch Early. "Lerch Early & Brewer wants to be supportive of business owners and share our expertise on business and tax; labor and employment; company formation, contract law, bankruptcy, commercial lending, and land use among others."

The first virtual workshop, **Guidelines and Tips for Buying or Selling a Business, will take place on Friday, September 25, 2020 at 12 p.m.** Lerch Early corporate attorneys Raymond Sherbill and David Kay will discuss what goes into moving a business, including business valuation, the role of brokers, tax considerations, and structuring the deal.

"The Economic Development Corporation welcomes Lerch Early to Prince George's County and appreciates this opportunity to provide quality legal resources to the County's business community," said David Iannucci, President and CEO, Prince George's County Economic Development Corporation. "By leveraging our Innovation Station Business Incubator, we are working to ensure companies of all sizes and backgrounds gain the knowledge and resources they need to foster business retention, expansion and recruitment opportunities."

As another important aspect of the partnership, Lerch Early will provide one-on-one counseling to ISBI members and COVID-19 Business Recovery Initiative applicants. The second workshop is scheduled for Thursday, October 22nd and will focus on the ABCs of Business Formation., Lerch Early attorneys Paul Alpuche and Emily Hagan will lead this webinar.

You can register for the free webinar here: <https://www.lerchearly.com/events/guidelines-and-tips-for-buying-or-selling-a-business>.

For more information, visit www.pgcedc.com/events-calendar and search Lerch Early.

Highland Park Elementary Named a 2020 "America's Healthiest School"

By OFFICE OF COMMUNICATIONS
Prince George's County Public Schools

UPPER MARLBORO, Md. (September 15, 2020)—Highland Park Elementary is among 517 schools nationwide to earn a spot on the Alliance for a Healthier Generation's (Healthier Generation) 2020 list of America's Healthiest Schools for their commitment to promoting quality nutrition, regular physical activity and strong wellness policies. Highland Park, which serves 258 students, is among seven schools in Maryland to receive the recognition for promoting good health before and during the pandemic through:

- Offering fresh fruit and healthy snacks throughout the day and free breakfast provided for all students.
- Morning Movement announcements and stress reduction exercises
- Art projects focused on unity and inclusivity
- Free wellness classes for staff
- A community health and wellness night
- After school physical engagement programs.

"The teachers, parents, students and staff at Highland Park Elementary recognize the critical role that health plays in learning and are honored to receive this national recognition," said Principal Wanda L. Robinson. "We remain steadfast in our commitment to fostering environments where all members of the school community can succeed."

As members of Healthier Generation's Healthy Schools Program, Highland Park Elementary will work to implement wellness policies and practices that meet federal requirements and support a comprehensive approach to kids' health.

To view the complete list of America's Healthiest Schools, visit HealthiestSchools.org.

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National Black Voter Day is our answer to voter suppression. It's our answer to misinformation campaigns. It's our answer to efforts to stoke racial division and diminish the voices of Black and brown Americans.

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Maryland Department of Health Launches Virtual Live Diabetes Education Series

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September 30 Deadline for Census Response

Respond online: go to my2020Census.gov

Respond by phone in English, Spanish or one of several languages: go to <https://2020census.gov/en/ways-to-respond/responding-by-phone.html>.

Responding by mail: To respond to the census, mail back the paper questionnaire sent to your home.

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Fall is here! Time to make a Contest-worthy Gingerbread House!

Darnall's Chance House Museum has announced that their 21st Annual Gingerbread House Contest is going virtual: "Yes, that's right—nothing can stop Darnall's Chance House from hosting our annual competition!"

There will be a few changes, but for the most part, the show will be organized in the usual way.

- Contestants will still make entries and deliver them to the Museum.
- Judges will award 1st, 2nd and 3rd place in each of the three categories (Adult/ Family/Child) and prize money will be awarded.
- Voting for the Viewer's Choice Awards will be conducted online.
- Entry drop-offs will be scheduled: November 29 & 30 and December 1 & 2.
- Online show dates, December 9–18.

In a few weeks they'll email the 2020 rules and entry form. For questions, call 301-952-8010. Darnall's Chance Museum is at 14800 Governor Oden Bowie Drive, on a hill overlooking Schoolhouse Pond in Upper Marlboro.

The way I figure: some of us are homebound. Kids, too. What better time to start thinking about competing in the contest; create a gingerbread house, store, castle, yacht, whatever. One year my great-grandchildren, Mary and Wesley, participated. Maybe you or your child or grandchild might give it a try.

Neighbors & other good people

Judge Vincent Femia, 83, a retired Prince George's Circuit Court judge who was also a prosecutor in a legal career spanning more than half a century, died June 28 at his home in Accokeek. He continued to hear cases occasionally until 2019.

Seat Pleasant Mayor Eugene Grant has won a fifth term in a town election held Sept. 14, narrowly defeating former city employee Gigi Riley.

Former Morningside Councilwoman Carol (Kline) DeGraba has gone back to work as a school nurse at St. Raphael School, which has resumed in-person

learning. She emailed, "I am there to help the other full time nurse while we are still dealing with Covid. We are praying that all goes well so we can keep the school open. The kids are so happy to be back in person, even if they have to wear masks and social distance." Carol, by the way, is the daughter of one of my favorite people, the late Martha Kline, who lived on Marianne Drive in Morningside and always read my column.

Last week in Milestones, I wished Ken and Janet Kay a happy 66th anniversary. Julie emailed that the Kayes had moved to Virginia. Ken Kaye (with an "e") had been an oceanographer for Navy Oceanographic. He died in 2018.

From the Nextdoor Town of Morningside website

Calvin Savoy: "I've been in the neighborhood for almost nine months now and I couldn't be happier. Quiet, friendly, welcoming neighborhood."

Tracy Press: "I let my turtle out to play in my yard near the corner of Randolph and Suitland Road, and lost sight of him. He is a brownish/greenish reared slider with a yellow under-shell. He camouflages into the grass pretty easily. If you should see him pop up in your yard, please email me at tracylpress@gmail.com."

Election 2020

Kenneth F. Harris II is running for the County Board Of Education from my district. He graduated from Prince George's Schools, has a B.S from UMBC and an M.S. from Johns Hopkins. If he wins, he plans to push for rebuilding Suitland High School and reopening Forestville Military School. I want him to reopen Skyline School.

In District 8, an official Ballot Drop-Off box is located at the Southern Regional Technology & Recreational Complex, 7007 Bock Road, in Fort Washington.

In Prince George's County, each of the 40 or so ballot drop boxes will be monitored by a 24/7 security camera as well as a person from the sheriff's office, police department or Department of Parks and Recreation, says Daneen Banks, deputy administrator of the

Board of Elections.

Changing landscape

The Fish Market in Clinton is open. It shut down because of protests over a racist remark by the owner. His wife apologized and asked forgiveness. She said her husband has mental issues and that his name has been removed from ownership. She hoped customers will return. I noted several cars in the parking lot last weekend.

A new Starbucks is under construction at the corner of Pennsylvania Avenue and Donnell Drive, across from JC Penney and Royal Farms.

An "Advance Auto Parts Coming Soon" sign has gone up on the Allentown Andrews development on Allentown Road at Branch Avenue.

I always check The Washington Post for home sales. The Sept. 17 edition lists four houses sold in Morningside: 4510 Allies Road, 4703 Beauford Road, 4305 Maple Road and 6625 Pine Grove Drive. Prices ranged from \$239,900 to \$325,000.

Lillie Gerald dies at 98½

Lillie Gerald, of Suitland, died Sept. 10. She was preceded in death by her parents, Giles and Olive Shipman, and her ten siblings.

She graduated from Clarkton HS in North Carolina and attended Fayetteville State University in North Carolina and Howard University in Washington. She was a teacher for several years, enjoyed reading, writing poetry and listening to classical music. She was a member of St. Philip's Sodality.

Mass of Christian Burial was celebrated at St. Philip's with burial at Fort Lincoln Cemetery.

Milestones

Happy birthday to Alice Lucke and Judy Hansel Waby, Sept. 27; Marshall Carson and Tim Ward, Sept. 28; my brother Tom Mudd and former Morningside Town Clerk Janice Diggs, Sept. 29; Peggy Nanney and Jessica (Williams) Proctor, Sept. 30; Jasmine Wade, Nola Thomas and my grandson Sam Mudd, Oct. 2.

Happy 57th anniversary to André and Cynthia Jordan on Sept. 28.

by Audrey Johnson 301-922-5384

Brandywine-Aquasco

PRINCE GEORGE'S COUNTY PUBLIC SCHOOLS

Parent Distance Learning Etiquette. The PGCPSS Technology Training Team has compiled best practices to help parents and guardians be good partners in education during distance learning. Be mindful that the online classroom is in fact a classroom and not the appropriate time to engage or add comments during the teachers' instructional time with the class. Remember that school is a safe space for students to demonstrate their understanding, so teachers can identify areas of weakness to differentiate instruction to strengthen student's skill set.

Communication: schedule an appointment to discuss your child's progress with his/her teacher. Do not interrupt, engage, or interact with the teacher during live instruction. Remember, schedule an appointment to talk to the teacher. Recording instructional sessions without permission is prohibited. Assist your child with their work as needed, but do not complete or supply answers. Treat teachers with respect, in email, or any other communication.

When sending an email to teachers and school staff use a descriptive subject line. Be clear about the issue you would like addressed and desired outcome. Include your child's full name and your name and contact information. Kindly allow a 48-hour response time to parent emails. Information from INSIDE PGCPSS.

BOWIE STATE UNIVERSITY UPCOMING VIRTUAL EVENTS

Office of Alumni Engagement "Live at 5" Facebook Chat (WE'RE BACK). Join the virtual conversation every Wednesday at 5 p.m. on the BSU Office of Alumni Engagement Facebook Page. In case you missed Facebook Chat Wednesday September 9, 2020 the first guest in our Fall Edition of Live at 5 was Cindy Jackson BSU Class of 1985. Cindy is the immediate Past President of the Bowie Metropolitan Alumni Chapter (BMAC) and this year's Chairwoman of the BSU Virtual Bike Tour.

U.S. CENSUS 2020

Deadline to Self-Respond is Wednesday, September 30. Census data and funding will be more important than ever to help communities recover from the impacts of COVID-19. Call 1-844-330-2020 or visit My 2020 Census.gov. Must be completed online or by phone by 11:50 p.m. EST or postmarked on or before September 30.

PRINCE GEORGE'S COUNTY MEMORIAL LIBRARY SYSTEM

PGCMLS is honored to support students, families, and ed-

ucators this fall with online learning resources. Visit pgcmls.info/school for access to resources for elementary, middle, and high school students. Visit pgcmls.info/school for access to resources for elementary, middle, and high school students. #VirtualSchool#PGCPSProudPrinceGeorges'sCountyPublicSchools.

SALUTE TO POMONKEY HIGH SCHOOL ALUMNI ASSOCIATION (PHSAA) ALUMNI DAY

Alumni Day was cancelled this year for the first time ever. But we are asking you to join us in celebrating a "Stay at Home" Alumni Day. If you have not paused already to remember Alumni Day, pause for 5 minutes Saturday, September 26 between: 1 p.m. and 5 p.m. Sit in a quiet area, think of what you were doing at last year's Alumni Celebration. Maybe you were spending time talking with classmates, enjoying talking with fellow alumni you hadn't seen for a while, cheering for the "Roll Call" of classes, enjoying a chicken dinner or a sausage sandwich, laughing at the cake auction, part of a line dance, buying your 50/50 raffle ticket, enjoying the entertainment, listening attentively to Philip Thomas, our PHSAA, Inc. President's update on the state of the restoration and organization.

After your five minutes of remembrance, toast to our alma mater and vow to continue our support of the restoration project and plan to attend Alumni Day 2021.

With heartfelt sympathy the Association would like to extend condolences to the families of William "Bud" Thomas (Class of '39), Margie Posey (Class of '53), Everdene Jordan (Class of '55), Deloris Marbray (Class of '57).

Congratulations to 2020 Scholarship recipients Oliva Johnson, granddaughter of Juanita (Roy) Johnson who will be attending University of Chicago, Illinois. Cameron Thompson, great-granddaughter of Paul Thompson who will be attending Stevenson University, Owings Mills, Maryland. Best wishes for a remarkably successful school year. Information from PHSAA Newsletter.

BIRTHDAY CELEBRATIONS

Happy Birthday to Jane Perry, Osayi Omoregbe, Chidinma Mbakwe, Nancy Curtis, Mariama Davies, Ronal Jones, Pam Stahl, Donna Cain, Norman Noel, Alexis Proctor, Elijah P Knight, Kirk Samuel, Beonie Pearson, Idena Thomas, Karen Taylor, Curt Falby, Annie Cokes, James, IV Dorsett, Kizzy Savoy, Umaru Davies, Rebecca Mosley and Paul Jeffrey Kerrick who are Clinton United Methodist Church members celebrating birthdays in September.

Around the County

Voting Information

The Prince George's County Board of Elections encourages everyone to vote by mail in light of the COVID-19 pandemic. **The deadline to request a ballot by mail** is (received by) Tuesday, October 20, 2020. Fill out an application online: elections.mypgc.us or elections.maryland.gov. Text VBM to 77788 to receive the application on your cell phone. See more on page A4.

Virtual Community in the Courthouse: September 29, 2020

Please join Prince George's County State's Attorney Aisha N. Braveboy and #TeamPGSAO for the next Virtual Community in the Courthouse Tuesday, September 29, 2020 at 6 p.m. The theme for this month is "Meet the Agency Heads" in honor of Public Safety Month.

If you would like to attend, please visit Eventbrite for registration and further instructions on how to join this online event.

For more information or to send advance questions, send email tamichaelides@co.pg.md.us.

National Harbor Provides Hands-on Real-Life Learning Opportunities for Children Whether They're Homeschooled or Distance Learning

Bringing math, science and history to life in educational ways to connect virtual learning through in-person experiences

NATIONAL HARBOR, Md. (September 18, 2020)—National Harbor has created a roundup of locations throughout and around the property where parents can take their children to enhance home schooling or distance learning. The various locations and activities provide hands-on learning opportunities in math, science, history and art. Studies have shown the benefits to hands-on learning versus learning in a classroom setting.

"National Harbor has a lot to offer families and we wanted to provide a place where parents can bring their children to enhance their learning," said Deborah Topcik, Director of Marketing, National Harbor. "We know that we have some great spots for exploring, teaching and learning and we want to make sure that parents know they can get out of the house and bring their home schoolers or children here who are distance-learning to places that will bring that learning to life. To see real life examples of what they are reading."

All activities are operated under COVID-19 guidelines and masks are required. Highlights of the real-life learning options include:

- **Elevated Classroom at The Capital Wheel** where children can take a spin in climate-controlled gondolas and learn arithmetic, geometry and physics from 180-feet in the air. Free common core compliant teacher resource guides are available for grades 6-12.
- **A Presidential Experience** includes a trip to National Harbor partner Mount Vernon. Tour the mansion, meet heritage breed farm animals, go undercover as a Revolutionary War spy. For fans of the musical Hamilton, a new tour reveals Washington's role in the Broadway hit.
- **If You Can Reach It, You Can Touch It** provides an interactive outdoor-art experience at National Harbor. The self-guided tour (available free via mobile phone, data rates apply) tells about each piece of art and the history makers. A scavenger hunt makes the history lesson even more fun.
- **Go Back in Time at Piscataway Park** offers an educational tour through the Accokeek Foundation. Students learn the differences between past and present time and how daily decisions impact the environment. The programs help to show the effects of human interaction with the land while encouraging physical activity in an outdoor living classroom. National Colonial Farm, Piscataway Park nature trails and Heritage Livestock barnyard are all part of the visit.
- **Potomac River Explorer** takes place at The Potomac River Heritage Center at Tanger Outlets provides an opportunity to view archeology exhibits and interpretive signage on the rich cultural, historical and natural legacy of Prince Georges County while also telling the story of the plantation on which the outlet mall is located. A memorial garden, interpretive signs and historic wall fragments are all located on the grounds.
- **Classroom on the Water** provides an opportunity to board a two-person catamaran boat and experience nature and history along the Potomac. The knowledgeable guide (in a separate boat) will create a fun and memorable outing.

Learn more about these homeschool field trips and how to book an experience at <https://s3.amazonaws.com/media.nationalharbor.com/wp-content/uploads/2020/09/14135718/Homeschool-Field-Trip-Final.pdf>. For more information on National Harbor, visit www.NationalHarbor.com.

PGCPS Educators Honored for Achievements With Talented And Gifted Students

UPPER MARLBORO, Md. (September 14, 2020)—Marites Melad, Benjamin Tasker Middle School; Debra Perhach, Talented and Gifted (TAG) Coordinator; and Wendy Walton, Capitol Heights Elementary, earned Maryland Educators of Gifted Students 2020 MEGGY Awards for exemplary commitment and contribution to talented and gifted education.

Melad and Walton were recognized in the Outstanding Educator in the Field of Gifted and Talented Education category. Perhach was honored in the Providing Learning Environments that include Opportunities for Students to Demonstrate Academic and/or Creative Talent category. All three educators will be acknowledged for their accomplishments at the annual Maryland State Conference on Gifted and Talented Education next month.

The Maryland Educators of Gifted Students is an affiliate of the National Association for Gifted Children.



IMAGE COURTESY PRINCE GEORGE'S COUNTY PUBLIC SCHOOLS

—Office of Communications, Prince George's County Public Schools

COMMUNITY

Bowie State Student-Athlete Spotlight: Justice Davis

By Bowie State Athletic Media Relations Student Assistant KEVIN PARRISH
Bowie State University

BOWIE, Md. (September 17, 2020)—Every Thursday, Bowie State University Department of Athletics, will spotlight one student athlete in wake of COVID-19 pandemic that forced CIAA to suspend fall competition until the spring of 2021. This week's limelight will feature redshirt senior Justice Davis—a 6-foot-0 lineman on the football team—from Washington D.C.

Davis loves football and for many reasons: The ability to be extremely physical without receiving any retribution. The aspect of winning. And the fun of proving teams—who tend to underestimate their opponents—wrong. Though Bowie State has enjoyed consecutive winning records since 2015 and has captured the CIAA championship the past two seasons (2018 and 2019), Davis still feels the program does not garner enough respect.

"People use to underestimate Bowie State, and they still don't believe we're actually good," Davis said.

As a lineman, Davis models himself after Quenton Nelson, a Pro Bowl offensive guard for the Indianapolis Colts. During their games, Davis pays the most attention to Nelson's footwork and aggressiveness when it comes to protecting the quarterback. Davis says offensive coordinator, Tyrae Reid, highly prioritizes its ability to protect their quarterbacks.

"We definitely try to limit as many sacks as possible. That's something he's really affectionate about," Davis said.

In his downtime away from football, Davis is an active and social being. He likes to do different activities with his friends and hang out with his family. If he's not sleeping, he's likely trading in the Forex Exchange Market, cooking, or playing video games.

He says his friends and teammates would describe him as a hard worker, a go-getter, and a person who respects everybody.

"My friends would tell you guys that I love everybody's parents, everybody's family. Most of the parents love me. You know, everybody knows who I am. I'm just that outgoing, talented, and hard-working guy," Davis said.

During a phone interview with Bowie State Athletic Department, Davis shed light on his physical activity during the quarantine, how the team is handling the ongoing pandemic, and more.

How is the team preparing for the upcoming season that was delayed until spring because of the COVID-19 pandemic?

When it all started, we had to do the zoom meetings, and we just started back up on Monday. The coaches have been telling us to keep working—do the same stuff we would normally do in seasons preparing. There's no room for breaks. There's no room to be relaxed. Since we are one of the most dominating teams in the CIAA. So we have to act like it.

What have you been doing individually?

Individually when the pandemic first started, we always had at-home workouts. But at that time, I was recovering from an injury. Both of my knees had a slightly torn ligament. Since school started and things reopened, I've been working out and working night shifts at UPS.

I work out with my trainer in this athletic training place, with a couple of other Bowie State players. I also talk to high schoolers about not giving up on your dreams.

When did the injury happen?

I would say probably before the season started. It started hurting a little bit more toward the middle of the season. I still played towards the end-of-the-season but not as much. When the season officially ended, I was able to get shots in both my knees. I feel good to go now.

What's the biggest individual goal for you this season?

To make a mark on this terrain, and continue making history. Instead of having a two-peat, we can three-peat—and hopefully make it four times, five times, or even eight times—continuously. I want to leave my mark here as one of the offensive linemen who helped the program reach that point.

How would you feel if the CIAA decides to eventually cancel all sports this year?

If they canceled sports this year and we ended up playing next year, I feel that would give our football team a great opportunity to improve. I think, as though it's always a menace. If something negative happens, it's still going to result in a positive ending. No matter if the pandemic is enough to stop the season now, we can use that time to become better football players in our pursuit of getting a national ring.

What do you plan to do with your Criminal Justice degree, and why did you choose that major?

I want to work in the FBI, CIA, or secret service. Maybe DEA. I chose Criminal Justice because I feel that's another way to help the community—and then—help people in general after the drama. I'm just a helpful person, and that's my personality.

Do you have any aspirations of trying to continue your football career?

Yeah, my biggest thing has always been to make the NFL. I know it can happen. I've played with plenty of players who are now in the league. And even though they come from different schools, it shows it doesn't matter what school you come from.



PHOTO COURTESY BOWIE STATE UNIVERSITY

Bowie State University senior Justice Davis

I feel as though you can still get seen—and I'm working as hard as ever—to make sure I can at least get the opportunity to make a team. If I do make it, I'll make the best out of it. And I'll never give up because I don't believe you should give up on your dreams. Plus, I love football so much, and that's why I want to continue playing.

So football is your plan A and plan B is following the criminal justice path?

Yes

Alright, final question: Based on Bowie's recent football success, where do you see the program five, ten years from now?

That is a good question. I believe with the current coaching staff under Coach Wilson—someone I don't see retiring anytime soon—I think 10 to 15 years from now, Bowie State will be one of the top schools in the country. And maybe even have the opportunity to move to Division I.

The Maryland Center for History and Culture Announces Four-Part Core Conversation Series Launching with Librarian of Congress, Carla Hayden, Ph.D.

By PRESS OFFICER
Maryland Center for History and Culture

BALTIMORE (September 14, 2020)—Beginning September 24, the Maryland Center for History and Culture will launch a Core Conversation Series to explore the institution's four newly identified core values—Discovery, Dialogue, Authenticity, and Community. Librarian of Congress and Baltimorean, Carla Hayden, Ph.D., will join Catherine Mayfield, France-Merrick Director of the H. Furlong Baldwin Library in a conversation about "discovery," exploring how museums and libraries can make their collections useful in today's world from 12-1:30 p.m. EST.

"Our transformation to the Maryland Center for History and Culture has been years in the making," said Mark Letzer, president and CEO of the Maryland Center for History and Culture. "Central to this major shift is our commitment to providing space for the community to hold meaningful conversations and explore the enormous impact Marylanders have had on our nation's history. Since March, we have pivoted and hosted a number of virtual programs, and have had thousands from around Maryland and beyond our state borders, join conversations about our region's history, and in historic moments relevant to today. We hope this series of conversations will hit a similar chord for the public."

Subsequent conversations over the next several months will focus on the three additional values, and each will ask a relevant question, prompting dialogue and conversation that illuminate the Maryland Center for History and Culture's core values, and shed light on its new direction as an institution.

The Maryland Center for History and Culture (MCHC), which reopened to the public on September 12, also revealed its new name and identity at that time—one that reflects the organization's mission to define itself as a space where the community can come to discover and develop a deeper understanding of our nation's history and culture through a Maryland prism. The mission and vision statement has also evolved to one that better represents the institution's role within the community, and reflects its goal to collect, preserve and interpret Maryland history. The four core values will help frame the MCHC's initiatives, including its education programs, exhibitions, special events, research requests, and visitor interactions.

This virtual program is free and open to all audiences, however, registration is required. Those interested in registering can do so through the link https://us02web.zoom.us/join/register/5015979551824/WN_xNRMZ7tDRIKQ5WEK7twauiQ. Once registered for the program, attendees will receive an automated confirmation email with connection instructions.

The Maryland Center for History and Culture's series will continue throughout the fall, with other noted speakers to be announced. Visit www.mdhistory.org/events/ for a full list of fall virtual programming.

The Maryland Center for History and Culture is now open with limited hours and capacity due to COVID-19. As of September 12, museum hours are Wednesday to Saturday, 10 a.m.–3 p.m. These hours will also apply to the library when it reopens on October 7 after building upgrades are complete. Entry will be monitored to ensure proper social distancing. Masks will be required.

The Maryland Center for History and Culture (MCHC) collects, preserves, and interprets the history, art, and culture of Maryland. Originally founded as the Maryland Historical Society in 1844, the MCHC inspires critical thinking, creativity, and community by exploring multiple perspectives and sharing national stories through the lens of Maryland. Your history lives at www.mdhistory.org/.

Chesapeake Life Center Offers Workshops / Grief Support

By ELYZABETH MARCUSSEN
Hospice of the Chesapeake

Chesapeake Life Center offers online workshops for the fall
PASADENA, Md. (September 15, 2020)—Chesapeake Life Center continues to reach out to the community during the COVID-19 pandemic with online grief and loss programs planned through the fall.

The center also has scheduled some workshops that will be held in-person. Per Center for Disease Control guidelines, the number of people who can participate is limited to allow for physical distancing and masks must be worn at all times. Visit hospicechesapeake.org/events for a complete listing of in-person and virtual groups and workshops.

One workshop that will meet both in-person and virtually is the quarterly **Book Group**. People can join in on conversations about where grief meets life in literature and discuss "Anxiety: The Missing Stage of Grief: A Revolutionary Approach to Understanding and Healing the Impact of Loss," by Claire Bidwell Smith, a licensed clinical professional counselor. This event will take place from 10 to 11:30 a.m. Wednesday, Nov. 11, online and, for a limited number of participants, in-person on the John & Cathy Belcher Campus, 90 Ritchie Highway, Pasadena, Maryland. It is free, but participants must obtain their own copy of the book.

The schedule of online only workshops are as follows:

- **Nurturing the Grieving Heart through Yoga: A Six-Week Virtual Workshop**—This series of adult evening yoga classes is facilitated by Cathy Rees, a registered nurse and certified yoga instructor with the Yoga Center of Columbia. This gentle workshop can be done standing or from a chair and is perfect for both griever and caregivers. The class meets online from 6 to 7:15 p.m. Thursdays, Oct. 8 through Nov. 12, and costs \$40 for all six sessions.
- **Virtual Pet Loss Workshop**—This virtual workshop, sponsored by Perfect Pet Resort, includes a time to share individual stories, an introduction to the grief process, an art activity to honor your beloved pet, and suggestions for healthy coping. This free event will be held from 6 to 8 p.m. Thursday, Nov. 5.

• **Prince George's County Family Day**—Grieving families can learn how grief may look a little different to each family member as well as to other families and how the holidays impact grief. Participants will first drive by the Chesapeake Life Center's Prince George's County office to pick up a Grief and Gratitude box to decorate at home as a family and then join counselors and other participants for a virtual family event to share your box and family experience. The pickup will take place from 10 to 11 a.m. Saturday, Nov. 14, in the parking lot at 9500 Medical Center Drive in Largo, Maryland. The online participation is from 6:30 to 8 p.m. Thursday, Nov. 19. This is a free event, suitable for grieving families with children ages 6 to 12.

• **Living with Loss: Through the Holidays**—This virtual workshop will offer grieving adults support while helping them to honor memories and explore coping strategies during the holiday season. It will be held from 6 to 8 p.m. Dec. 3. The cost is \$5 to participate. Registration is required for all events and can be completed by calling 888-501-7077 or emailing griefinfo@chesapeakelife.org. For details on telehealth bereavement services, visit www.hospicechesapeake.org/clc-covid-19.

Chesapeake Life Center announces its virtual grief support schedule
PASADENA, Md. (September 15, 2020)—Chesapeake Life Center will continue many of its grief support programs via a telehealth platform, Zoom for Healthcare, through December. The center has scheduled some of its groups for in-person meetings. Per Center for Disease Control guidelines, these are limited to six people per group to allow for

physical distancing and face masks must be worn at all times. Visit hospicechesapeake.org/events for a complete listing of in-person and virtual groups and workshops.

One group that will be meeting both in-person and virtually is the **Child Loss Support Group**. This group is for parents who have experienced the death of a child of any age or circumstance. The group will meet from 6 to 7:30 p.m. on the first Wednesday of the month, Oct. 7, Nov. 4, and Dec. 2 online and, for a limited number of participants, in-person on the John & Cathy Belcher Campus, 90 Ritchie Highway, Pasadena, Maryland.

The following groups will only be meeting online:

- **Loss of Life Partner/Spouse Monthly Morning Group** is for individuals grieving the death of a spouse or life partner. It will meet from 10:30 a.m. to noon on the third Wednesday of the month, Oct. 21, Nov. 18, and Dec. 16.
- **Parent/Parental-Figure Loss Monthly Support Group** is a monthly drop-in group that is open to adults grieving the death of a parent or parental figure. It will meet from 6 to 7:30 p.m. on Wednesdays, Oct. 28, Nov. 25, and Dec. 23.
- **SoulCollage Grief Support Group** has participants create a series of collages to commemorate lost loved ones and to visually journal the grief process. The group will meet from 5 to 8 p.m. Oct. 5, Nov. 2 and Dec. 7. The cost to participate is \$10. Acknowledging that not everyone has access to this technology or may not be comfortable with it, the center suggests people call or email the office and grief professionals will work with individuals to help them find appropriate resources. Registration is required for all groups and can be completed by calling 888-501-7077 or emailing griefinfo@chesapeakelife.org. For details on telehealth bereavement services, visit www.hospicechesapeake.org/clc-covid-19.

Chesapeake Life Center, a program service of Hospice of the Chesapeake, serves hospice family members and the community with bereavement services and activities aimed at enhancing the quality of life for those grieving the loss of a loved one. Visit www.chesapeakelife.org.

New Live Zoo Webcam

What did the elephant do to unwind after work? He watched...elevision!

Well, these elephants won't be watching, because they will be starring in a new Maryland Zoo webcam feature. Starting September 14, the webcam will be streaming from inside the

Upper Savanna section of the newly renovated African Journey habitat. The elephants move in and out of this area, and you never know if you will see Tuffy, Anna, Felix or Samson. Tune in daily from 10 a.m. until 4 p.m. to see what's happening on the Elephant Cam! marylandzoo.org/elephantcam

COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

National Black Voter Day Is National Urban League's Answer to Voter Suppression, Misinformation, And Division

"Too many people struggled, suffered and died to make it possible for every American to exercise their right to vote. And we have come too far together to ever turn back. So we must not be silent. We must stand up, speak up and speak out. We must march to the polls like never before. We must come together and exercise our sacred right."

—Congressman John Lewis

In April of 2019, the Associated Press released an analysis of census data and exit polling that reached a remarkable conclusion: the Black voter turnout rate in the 2012 presidential election exceeded the white rate for the first time in history. A census report in May confirmed the AP's findings.

Some researchers disputed the findings, contending that the milestone actually had occurred in 2008.

The Supreme Court's 2013 decision in *Shelby v Holder* slammed the brakes on nearly five decades

of progress on narrowing the gap between white and Black voter participation rates. By eliminating a requirement that the federal government approve election law changes in jurisdictions with a history of racial discrimination, Shelby unleashed a deluge of restricting voting laws throughout the United States.

National Black Voter Day is our answer to voter suppression. It's our answer to misinformation campaigns. It's our answer to efforts to stoke racial division and diminish the voices of Black and brown Americans.

The National Urban League, in partnership with BET and other advocacy groups, designated September 18 National Black Voter Day as part of our voter engagement and education campaign, #ReclaimYourVote.

We chose September 18 because it is the first day for early in-person voting in the country. Al-

though "Election Day" is more than six weeks away, voting has already begun. Thousands of North Carolinians have already returned their absentee ballots.

We're asking Black Americans to make a plan. Will you vote in person, or by mail? If your state allows early in-person voting, what day will you vote? Where is your polling place? If you plan to vote by mail, what are the rules in your state? Do you need a witness when you sign your ballot, like the voters in North Carolina, opportunity to get voters registered, demystify the voting process, provide guidance on voting rights restoration for eligible voters, and help voters create their voting plan to plot a clear path to the ballot box.

We've broken the process down into five steps:

• **Step 1: Register to Vote**

By federal law, no state can set its voter registration deadline any earlier than 30 days before Election Day. That means the earliest deadlines this year are October 5—which is right around the corner.

• **Step 2: Check Your Voting Options**

From in-person early voting to no-excuse voting by mail, voters in most states have more options in 2020 than in years past.

• **Step 3: Find Your Polling Location**

The coronavirus pandemic has led many jurisdictions to consolidate polling locations. Voters shouldn't assume they'll be able to vote where they've voted in the past.

• **Step 4: Know The Candidates and Issues**

Our vote is a powerful tool for effecting change, but only if we use it in an informed way.

• **Step 5: VOTE, VOTE, VOTE!**

Between the time of the *Shelby v. Holder* decision and the 2016 presidential election, 9 out of the 15 jurisdictions previously covered by Section 5 of the Voting Rights Act had new restrictions in place. Texas announced within 24 hours of the decision

that it would implement a strict photo ID law, and Mississippi and Alabama, began to enforce photo ID laws that had previously been barred because of federal preclearance.

Black voter turnout fell from more than 67% in 2012—more than 5 points above the white rate—to just over 51% in 2016—almost 4 points below the white rate.

We will not be defeated. The National Urban League continues to advocate for the restoration of the Voting Rights Act, and is committed to safeguarding the right of every American to fully participate in our democracy and civic processes.

Commenting on efforts to suppress the Black vote, the late Congressman John Lewis said, "I've seen this before. I've lived this before." Prior to the Voting Rights Act, he said, "People stood in unmovable lines. They had to pass a so-called literacy test, pay a poll tax. On one occasion, a man was asked to count the number of bubbles in a bar of soap. On another occasion, one was asked to count the jelly beans in a jar—all to keep them from casting their ballots."

"Brothers and sisters, do you want to go back? Or do you want to keep America moving forward?"

Attention Registered Voters in Prince George's County!

All registered voters have the option and are encouraged to vote by mail, including out-of-state students, those overseas or in the military, in the November 3 General Election. The **deadline to register to vote** for the 2020 Presidential General Election is 5 p.m. on Tuesday, October 13, 2020.

Go to www.princegeorgescountymd.gov/965/Mailed-In-Ballots for information on vote-by-mail ballots, Voter Registration, and more.

—Council Connections

Marion Wright Edelman

President Emerita,
Children's Defense Fund



ChildWatch:

Nick Kotz: Great Pulitzer Prize-Winning Journalist With a Passion for Justice and a Much Beloved Friend

I am deeply grateful for the extraordinary life and brilliant reporting of Nick Kotz who died in a tragic accident at the beautiful Virginia farm he and his wonderful wife Mary Lynn and son Jack shared so generously with so many friends. I met Nick in 1967 when he came to Mississippi to cover Senators Joseph Clark, Robert Kennedy, Jacob Javits, and George Murphy's transforming visit to see first-hand the shocking levels of poverty, hunger, and nearly starving Black children and adults in the Mississippi Delta.

I was practicing law in that harsh segregated state where many thousands of adults and children were going hungry and on the edge of starvation while its powerful Jim Crow Senators and Representatives and state officials did nothing. They were eager to have poor Black citizens leave the state. They dragged their feet on getting federal food commodities and other federal programs to help the hungry and other needy poor people, especially Black people. Nick's coverage for the *Des Moines Register* and his 1969 book "Let Them Eat Promises: The Politics

of Hunger" helped put hunger on the national agenda which led to major reforms in federal food programs that benefit many millions of Americans today.

"Let Them Eat Promises", with a preface by Senator George McGovern, followed up Senators Robert Kennedy and Joseph Clark's visits to the shacks of hungry and extremely poor children with bloated stomachs and their despondent parents, and chronicled their struggles to get food to the desperately poor and hungry in that state and across our nation. Nick's book helped spur the federal response not only to the huge problem in poor Mississippi but in rural and urban areas across the country and was a turning point revealing the fundamental inadequacies of federal, state, and local nutrition safety nets for the invisible poor of all races. Advocacy groups and Congressional hearings led to follow up actions by the Nixon administration to strengthen our nation's food safety net and stave off widespread hunger in the richest nation on earth. A network of anti-hunger groups formed in this era which continue today to monitor and protect funding for these programs which benefit millions of people, who all owe Nick Kotz's extraordinary reporting a huge debt of gratitude.

Nick had already earned a national reputation for brilliant investigative reporting through his revelations of horrifying conditions and weak regulations in meat-packing plants which led Congress to pass new legislation to protect consumers and won him a much

deserved Pulitzer Prize in 1968. Throughout his life Nick wrote about dangerous threats to American life, values, and well-being, paying special attention to all those left behind in our nation. He was a conservationist who was passionate about preserving the history and culture of the rural Piedmont communities around his farm, including several historically Black communities, where he and his beautiful and talented Mississippi born wife Mary Lynn and son Jack extended warm hospitality to friends. He also was a leader of the group that helped persuade the Disney Corporation to abandon plans to build a theme park in the region. Nick believed in equal justice under the law and equal rights to pursue happiness for all in our economically rich but still too spiritually and morally anemic nation which continues to tolerate 10.5 million children living in poverty.

My family was blessed to share Nick, Mary Lynn, and Jack's treasured friendship and hospitality for about 50 years. Happily they were members of the nearby Washington Hebrew Congregation and had an apartment in our neighborhood. My prayers and love go out to Mary Lynn, Jack, and their grandson Nathan. How my family and so many friends and others across our nation are blessed to have known this justice warrior, gifted writer and friend. Let's follow his example. Let's honor him by carrying on his passion for justice for those left behind.

Hoyer Floor Remarks in Memory of Daryl Ann Pennington

WASHINGTON (September 15, 2020)—Congressman Steny H. Hoyer (MD-05) spoke on the House Floor this morning in memory of Daryl Ann Pennington, a longtime caseworker in his district office who passed away over the weekend. Below is a transcript of his remarks.

"Madam Speaker, it is with profound sadness that I share the news that a great friend and public servant has passed away. Daryl Ann Pennington was a dear friend, trusted member of my staff, and a tireless advocate for Maryland's Fifth District. For the past twelve years, Daryl served as a caseworker in my office in Greenbelt, Maryland, serving Prince George's, Calvert, and Anne Arundel counties. Earlier, she had worked for former Maryland State Senator Ulysses Currie. She knew the Fifth District and its communities better than almost anyone.

"And she cared deeply about the people who called, emailed, and wrote to us asking for assistance with federal agencies and help accessing government services. In particular, Daryl was a fierce advocate for our district's seniors. But she was also a mentor to countless young people, including interns who came to our district office and learned lessons from Daryl not only about serving our constituents but how to approach life through perseverance, faith, and positivity.

"Daryl drew heavily on her personal faith as a member of the Evangelical Cathedral Church in Upper Marlboro for more than a quarter century and as a partner with Dr. Corinthia Ridgely Boone of the International Christian Host Coalition organizing the National Capital Region's Day Of Prayer for many years. She believed strongly that prayer was a powerful tool—not only to connect with her Creator but to connect

with others here on Earth, to communicate her love for others, and to spread peace and joy to those around her.

"Her sense of humor, her wit, and her warmth will all be sorely missed. I—and all of us who worked so closely with Daryl—will miss her very much. Daryl had so many spiritual daughters in the many young women who looked up to her over the years as a mentor and friend. But her pride and joy were her five children—Laura, Christie, Toi, Peter, and Lenny—as well as her grandchildren, to whom she was devoted.

"A native of Rochester, New York, Daryl made her final journey home in July, when she was diagnosed with multiple myeloma and departed Maryland to seek treatment closer to family at the University Of Rochester Medical Center. We had all hoped to welcome her back soon, but sadly Daryl's condition worsened quickly last week, and she passed away on Saturday morning, with her family by her side.

"Daryl was a true friend and partner in service to the people of Maryland's Fifth District. She will long be remembered by those she helped and by those of us who worked closely with her. Her passing is a great loss to my constituents, to our office, to this House, and to our country.

"I hope my colleagues will join me in offering her family the condolences of the whole house and the thanks of a nation grateful for patriotic Americans like Daryl Ann Pennington who serve their country and communities so dutifully. Now, Daryl rests in peace with God, whom she served so faithfully throughout her life."

Prince George's County Planning Board Schedules Annual Budget Forums

2020 Budget Forums to be Held Virtually

UPPER MARLBORO, Md. (September 21, 2020)—The Prince George's County Planning Board of The Maryland-National Capital Park and Planning Commission (M-NCPPC) announces it will hold its 2020 Budget Forums virtually this fall, to solicit comments on the Commission's budget for planning, parks, and recreation in Prince George's County for the next fiscal year, which begins July 1, 2021.

The virtual public forums will be held from 7-9 p.m. on:

- Tuesday, September 29, 2020
- Tuesday, October 13, 2020

Public participation is encouraged either through a phone bridge or by using GoTo Meeting (online video meeting software). The forums can be viewed live through the Planning Board's streaming service <http://mncppc.igq2.com> and a video recording will be available for review after the hearing. Individuals or representatives of community organizations who wish to speak at this year's Budget Forum must register online, by nNoon, the Monday before the forum. To register, visit www.pgplanningboard.org, select "Testify at a Hearing," select a meeting date, complete the form in its entirety, and submit. Following the registration submission, an email will be sent with the GoTo Meeting information by 3 p.m. the Monday before the forum, including the phone number and a web address to connect to the meeting. To submit documentation as a part of the forum, email information to PublicAffairs@ppd.mncppc.org. Written comments will also be ac-

cepted until close of business, Tuesday, October 27, 2020. Comments may be addressed to Elizabeth M. Hewlett, Chairman, Prince George's County Planning Board, 14741 Governor Oden Bowie Drive, Upper Marlboro, Maryland 20772. Comments may also be faxed to Chairman Hewlett at 301-952-5074 or transmitted via email to PublicAffairs@ppd.mncppc.org.

The Prince George's Post

The Prince George's Post
P.O. Box 1001 15207 Marlboro Pike
Upper Marlboro, MD 20772-3151
Phone: 301-627-0900 • Legal Fax: 301-627-6260
Email: pgpost@gmail.com

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Publisher/Senior Editor Legusta Floyd
Editor Lisa Duan

General Manager/ Legal Advertising Manager Brenda Boice
Administrative Assistant/ Billing -

Legal Advertising Assistant Robin Boerckel
Web Manager Kyler Quisenberry

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BUSINESS AND HEALTH

Social Security Matters

Ask Rusty:

Can I Help My Friend With His Social Security?

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

Dear Rusty: I am trying to help a good friend of mine who lives in Indiana and is 80 years old. I am very concerned as he's not now collecting SS for some reason, and I have no idea why. Is there any reason that you know of that would keep him from getting his benefits? Is there maybe something he might have done to keep him from getting his money? He worked his whole life, is a retired electrician and was a long-time member of the Electricians' Union. I'm not sure if he knows how to apply for his benefits, but he's having a hard time making ends meet and could definitely use the extra money. He told me that an organization has offered to help him, but it will cost \$7,500 and there is no guarantee they can get it for him. He can't afford to pay that kind of money only to be told there is nothing they can do for him. I'm hoping you can give me some insight. **Signed: Faithful Friend**

Dear Faithful Friend: If your friend has, as you say, worked and contributed to Social Security via FICA payroll taxes all his life, then he should be eligible to collect Social Security benefits. It only takes 40 quarters of credit (about 10 years of earnings) to be eligible for SS, so he should certainly be eligible if he paid SS FICA taxes for enough years.

Are there reasons why he might not be collecting? Sure, but they're not common, and here are a few:

- Indiana is one of 26 states where some state employees don't participate in the Federal Social Security program. If your friend was a state employee for his whole life he may not have contributed to SS, so he may not have the requisite 40 credits needed to collect Social Security.
- Social Security benefits are generally exempt from garnishing, except for certain types of situations. Any U.S. government agency (such as the IRS if he owes back taxes) can garnish his SS benefit if he owes them money. His SS can also be garnished for unpaid alimony or child support. But usually such garnishment means only reducing his SS benefit, not completely eliminating it.
- If he were collecting Social Security at one time, but SS later found that he had been overpaid for any reason, they could withhold his benefits until they recovered the overpayment. Sometimes, the actions of someone else (e.g., a former spouse) can cause him to be liable for an overpayment, but SS would have sent him a letter informing him of the overpayment and giving him an opportunity to appeal it. In any case, SS would only withhold benefits until the overpayment was fully recovered.
- Social Security benefits are not automatically awarded. If your friend simply neglected to apply for benefits when he was eligible, SS wouldn't sign him up automatically, regardless of his age. He will simply not get benefits unless he applies for them.

Your friend shouldn't pay anyone to find out if he's eligible for Social Security benefits. The answer is simply a phone call away by contacting the Social Security Administration, either at the national number (1.800.772.1213) or by contacting his local SS office (the local contact information is at www.ssa.gov/locator). Generally, this type of transaction can be accomplished over the phone. He should call Social Security and tell them he wishes to apply for "Social Security Retirement Benefits." Once they have his Social Security Number they can tell immediately if he is eligible for benefits and, if he is, he should ask for 6 months retroactive benefits (SS will pay up to 6 months retroactively).

If your friend cannot, for any reason, contact Social Security himself to discuss his situation, he can appoint someone (such as you) to represent him in these matters. Here is a link to Social Security's rules on having someone represent him: www.ssa.gov/pubs/EN-05-10075.pdf. You are, indeed, a good and faithful friend.

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.

2021 Health Insurance Rates Released

By PRESS OFFICER
Maryland Health Benefit Exchange

BALTIMORE (September 15, 2020)—Statement from Michele Eberle, executive director of the Maryland Health Benefit Exchange, on the new rates approved by the Maryland Insurance Administration for health insurance plans for 2021 on the individual market in Maryland:

"With health care at the forefront of all of our minds, I am so pleased that rates have fallen on Maryland Health Connection for a third year in a row. That is rare around the country and a great benefit to Marylanders who buy their own health insurance, whether on or off the state's health exchange. Thank you to Insurance Commissioner Birrane and her staff. With our partner insurance carriers,

we look forward to a very successful open enrollment in November and December."

Maryland Health Benefit Exchange (MHBE) (www.marylandhbe.com) 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 (www.marylandhealthconnection.gov): 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.

Maryland Department of Health Launches Virtual Live Diabetes Education Series

By PRESS OFFICER
Maryland Department of Health

BALTIMORE (September 16, 2020)—The Maryland Department of Health (MDH) today launched an eight-part diabetes education series for health care providers and residents with diabetes or at risk of diabetes. The webinar series, developed by MDH's Center for Population Health Initiatives, is part of Maryland's Diabetes Action Plan and is another tool aimed at preventing and managing diabetes in Maryland.

Diabetes is the sixth leading cause of death in Maryland and places individuals at higher risk of complications, including death from COVID-19.

"We continue to move forward with our commitment to reducing the prevalence of diabetes in Maryland, using the strategies outlined in the Diabetes Action Plan," said MDH Secretary Robert R. Neall. "This is a priority, which has become even more urgent during the COVID-19 pandemic

due to the impact of the disease on people with diabetes."

The "Diabetes Education for Better Health" series brings to fruition one of the commitments outlined in the Diabetes Action Plan that was released in November 2019 in conjunction with National Diabetes Month. The series, which is free and open to all, is offered in three tracts. The three-part "A Path to Better Health for Individuals" kicks off Sept. 16. The two other tracts are "Solutions for Better Diabetes Outcomes—Community Health Workers" and "Solutions for Better Diabetes Outcomes—Clinicians."

"Our Center for Population Health Initiatives team has created an outstanding educational resource for use during the pandemic," said Dr. Jinlene Chan, Acting Deputy Secretary of MDH's Public Health Administration. "We are working diligently to reach out to populations that are disproportionately impacted by COVID-19 and at greater risk for poor outcomes if infected."

Community Health Workers, one of the groups to which the series is aimed, work directly in the community to help prevent and reduce diabetes through patient support and by referring and connecting patients to Maryland's Diabetes Prevention Program (DDP). The DPP is an evidence-based lifestyle change program designed to help participants avoid developing type 2 diabetes, which is preventable. About 95 percent of those with diabetes in the United States have type 2.

The virtual educational series will be offered live online, covering various aspects of diabetes care, education, prevention, management and related resources. Recordings will be available online for later viewing as well.

To register for one or more of the sessions, visit Diabetes Education for Better Health.

To read MDH's Diabetes Action Plan, go to health.maryland.gov/diabetes-action-plan.

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

Would Your Child's Safety Seat Pass Inspection?

National Child Passenger Safety Week, September 20–26

By PRESS OFFICER
AAA Mid-Atlantic

WASHINGTON (September 17, 2020)—Every day in America, too many children ride in car seats that have been installed incorrectly, or are riding in the wrong car seats for their ages and sizes. Child restraint systems are often used incorrectly, according to the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA). An estimated 46% of car seats and booster seats (59% of car seats and 20% of booster seats) are misused in a way that could reduce their effectiveness. Even worse, some children ride while completely unbuckled.

During National Child Passenger Safety Week, September 20-26, AAA Mid-Atlantic urges parents to review car seat laws, be sure children are in the proper child seat or booster for their age and size, avoid common mistakes, and seek expert assistance with car seat installation.

"Motor vehicle crashes are a leading cause of death for children," said John B. Townsend II, manager of Public and Government Affairs for AAA Mid-Atlantic. "Using car seats that are age- and size-appropriate is the best way to keep your children safe. Car seats, booster seats, and seat belts can make all the difference."

The American Academy of

Pediatrics (AAP) policy statement on "Child Passenger Safety" advises parents to keep their children's car seats in the rear-facing position for as long as possible. Previously, the AAP recommended rear-facing car seats up until the age of two.

Parents and caregivers should know the child passenger laws in the state they live in and, if traveling, any states that they may travel through, explain AAA Mid-Atlantic.

In Washington, D.C., "DC law requires that any child up to 16 years of age must be in a properly installed child safety seat or restrained in a seat belt. Children under 8 years of age must be properly seated in an installed infant, convertible (toddler) or booster child seat," according to the Metropolitan Police Department website. In a first time offense, an offender is given a choice of a \$75 fine or a child restraint safety class (\$25 fee).

Maryland's Child Passenger Safety Law states, "A person transporting a child under the

Child Passenger Safety Statistics

Every 32 seconds in 2018, one child under the age of 13 riding in a passenger vehicle was involved in a crash.

From 2014 to 2018, there were 3,315 children under 13 killed while riding in passenger vehicles.

On average, nearly two children under 13 were killed every day in 2018 while riding in cars, SUVs, pickups, and vans.

In 2018, approximately one-third (33%) of children under 13 killed in passenger vehicles were not restrained in car seats, booster seats, or seat belts.

Source: National Highway Transportation Safety Administration (NHTSA)

age of 8 years in a motor vehicle shall secure the child in a child safety seat in accordance with the child safety seat and vehicle manufacturers' instructions unless the child is 4 feet, 9 inches tall or taller." In addition, "Every child from 8 to 16 years old who is not secured in a child restraint must be secured in the vehicle's seat belt, in every seating position in the vehicle." The fine in Maryland is \$50.

In Virginia, children ages 8 until 18 must be secured in a child restraint, booster seat, or safety belt regardless of seating position. Children under age 8 must be secured in a child restraint or booster seat, as appropriate. As of July 1, 2019, Virginia law requires children to remain rear-facing until "(i) the child reaches two years of age or (ii) the child reaches the min-

imum weight limit for a forward-facing child restraint device as prescribed by the manufacturer of the device." The fine for a first violation in Virginia is \$50.

Seven Common Car Seat Mistakes

Not using a safety seat. Whether an infant, toddler or booster seat-age child, parents should always use the appropriate child restraint system every time their children are in a vehicle.

Not reading safety seat instructions. Three out of four child safety seats are installed incorrectly according to NHTSA. With thousands of combinations of child safety seats and vehicle belt systems, it's important for parents to read both the vehicle owner's manual and the child safety seat instructions before installing a seat.

Using restraints for older children too soon. Parents frequently advance their children into the stage of safety restraints too soon. The American Academy of Pediatrics (AAP) car seat recommendations advises parents to keep their children's car seats in the rear-facing position for as long as possible. Infants should remain rear-facing until they reach the upper weight limit of their rear-facing car seat. All children under age 13 should be placed in the back seat.

Installing safety seats too loosely. When a child safety seat

See SAFETY SEAT Page A6

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1801 McCormick Drive, Suite 350 Largo, MD 20774 301.583.4650 | pgcedc.com



