

The Prince George's Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY SINCE 1932

Vol. 88, No. 49 December 3 — December 9, 2020 Prince George's County, Maryland Newspaper of Record Phone: 301-627-0900 25 cents



PHOTOGRAPH COURTESY HALMAR INTERNATIONAL

Prince George's County—Halmar raced to stop hunger food donation and distribution on November 20, 2020.

Halmar Raced to Prince George's and Montgomery Counties to Deliver a Ton of Holiday Meals for Families in Need

Food Delivered By Company's Nascar Team

By PRESS OFFICER
Halmar International

LARGO, Md. (November 23, 2020)—Halmar Friesen Nascar Racing Team raced to Prince George's County and Montgomery County on Friday [November 20] to deliver a ton (2000 pounds) of holiday meals to needy families on behalf of Halmar International. Halmar partnered with Nourish Now, a food bank located in Rockville as well as with Prince George's County.

"Partnerships with local non-profits like Nourish Now and local governments such as Prince George's County are a part of who we are," stated Chris Larsen, CEO of Halmar International. "We take great pride in being a part of the community fabric where we work and what better time to demonstrate that than Thanksgiving."

Halmar International recently announced it will be moving its mid-Atlantic regional office to Maryland. Halmar is a leading highway and bridge contractor with an

earned reputation for delivering some of the most complex projects in the Northeast.

"We appreciate the generous donation by Halmar," stated Sonja Wilborne-Rice, Director of Stakeholder Engagement, Office of the County Executive, Prince George's County. "To see the faces of the Veterans and disabled members of our community who benefited from their donation is very rewarding. We look forward to continuing a long partnership with Halmar."

As a part of the distribution by

Prince George's County and Nourish Now, the donated food will provide a holiday meal to several hundred families. This is part of Halmar's ongoing effort to combat hunger. Earlier this year, Halmar provided a truck load of food to the Manna Food Bank as a part of its Race Against Hunger Campaign and more than \$70,000 donated to local non-profits to support at-risk families.

"Nourish Now is grateful to Halmar for including us in their charitable giving program," stated Brett Meyers, Founder and Executive Director of Nourish Now. "Their generous donation of Thanksgiving meals provides our organization with the opportunity to feed additional families struggling with food insecurity."

Halmar has won many coveted industry awards, including Top Contractor, Pride in Transportation Construction, and New York Construction's Top Project. National transportation agencies recognize Halmar's impressive legacy of successful projects whose cumulative miles would cover more than half the nation. Halmar is fully integrated with Itinera Infrastructure & Concessions (as both are a part of the ASTM Group—a global P3 developer of transportation infrastructure), which provides all aspects of design, construction, finance, operation and maintenance, and technological innovation for transportation P3 projects across North America. Globally, ASTM is currently the second largest tolling concessionaires by road miles, with over 100 years of related experience, and \$20 billion in assets under management. Halmar is positioning for the Maryland Capital Beltway P3 Program and a number of transportation mega projects in the region. www.halmarinternational.com.

State's Attorney Releases November Update on Operation Safe Release

Report Shows 97 Percent of Detainees Held on Violent Offenses

By DENISE SMITH
Office of the State's Attorney

UPPER MARLBORO, Md. (November 25, 2020)—Prince George's County State's Attorney Aisha Braveboy announced today that as a result of Operation Safe Release, 97 percent of inmates at the county's detention center are currently held on violent or dangerous offenses. The remaining three percent consist of individuals held on detainers, fugitive warrants or who are awaiting disposition in mental health court.

"My Office initiated Operation Safe Release on March 1, 2020 to responsibly reduce the jail population during the pandemic. Through our release efforts and collaboration with the courts and Office of the Public Defender, we were able to significantly lower the number of pretrial detainees held," said Braveboy. "Unfortunately, because crimes of a violent nature have continued even during the COVID-19 pandemic, the population at the detention center has increased from the 40 percent reduction experienced during the early summer."

As of November 13, 2020, there were 745 in-

mates who remain in custody at the detention center, where the vast majority are charged with violent crimes, including over 200 charged with murder. Ongoing crime coupled with trial delays since the beginning of the pandemic has attributed to the rise in the number of inmates at the jail.

"We also continue to monitor the conditions of the jail. In September, there was a mass testing at the facility in which we have been advised by the Department of Corrections (DOC) that there were no individuals who tested positive for COVID-19. According to DOC as of today, there are no inmates housed at the jail confirmed positive for COVID-19," Braveboy said.

Under Operation Safe Release, each case is reviewed to determine the appropriate recommendation for release. The State's Attorney's Office will not recommend the release of defendants who pose a danger to any victims and/or the community at large. The goal is to ensure that we are protecting the residents of Prince George's County while advocating for the health and safety of detainees in a fair and just manner.

COVID App May Help Contact-Tracing Challenges This Holiday

By PHILIP VAN SLOOTEN
Capital News Service

ANNAPOLIS, Md. (November 24, 2020)—"Answer the call" and download the COVID Alert app have joined the growing list of pandemic precautions, such as wearing a mask and social distancing, as the Maryland Health Department battles a pandemic surge during this holiday season.

"Of course everyone wants to be with family and loved ones, but we are in the midst of a pandemic and cases are skyrocketing," Dr. Katherine Feldman, director of the Maryland Department of Health's contact tracing unit, told Capital News Service on Thursday.

The health department on Tuesday reported over 1,600 more confirmed cases and 32 deaths added to state totals in the past 24 hours. The counties with the highest number of cases continue to be Prince George's, Montgomery and Baltimore while the spike in Allegany challenges hospital capacity.

Feldman said it was important for Marylanders to enable the MD COVID Alert exposure notification app, answer a contact tracers' call, wear a mask, socially distance and continue to take other pandemic protective measures to "reduce transmission and have all of us stay safe and healthy."

MD COVID Alert is a passive system that users enable on their iPhone or download to their Android phone in order to receive notifications when they have come in close proximity to another user who may have tested positive for the virus.

Feldman describes "close proximity" as within the 6-foot social distance threshold for at least

one minute of exposure to a potentially infected person.

The app then makes the user "aware they were exposed, so they can take preventative action," which includes getting tested and self-quarantining to stop the spread of the disease, Feldman said.

The Maryland Department of Health launched the system Nov. 10 and reported over one million Marylanders, around 17% of the state's population, downloaded the exposure notification app within the first week.

Research results released in September of Washington state's exposure notification system found COVID-19 infection rates could be reduced by 8% and deaths by 6% when at least 15% of the population enables the app and the system is complemented by traditional contact tracing methods.

Traditional contact tracing involves an investigation process where health department officials question individuals infected during a disease outbreak in order to find out whom they may have come in contact with and "break the chain" of infection, according to the Centers for Disease Control and Prevention.

This process is also used during outbreaks of food-borne illnesses in order to locate the source.

Gov. Larry Hogan, R, stated in a Nov. 17 press conference that while the number of state contact tracers have been "ramped up" to around 1,400 in order to reach as many people as possible who may have been exposed to the disease, there are other challenges to address.

"Our problem is that so many people refuse to give the information. A little more than half, if we

contact them, don't want to participate," he said. "We have to get the word out for people to participate."

Hogan said the state was administering around 30,000 tests a day, and many people had downloaded the alert app, but it was still important for infected Marylanders to answer tracers' calls.

This is for tracers to determine who else may be infected, so they can be notified and encouraged to get tested and to quarantine as well.

"Contact tracing is critical for local public health officials to be able to understand how an epidemic is moving through a community," said Dr. Wilbur Chen, an infectious disease specialist with the Center for Vaccine Development and Global Health in the University of Maryland's School of Medicine and an adviser to Hogan's COVID-19 task force. "We have to have the same approach for finding out who has symptoms and who has been in contact with them, in order to determine the source."

According to Feldman, local health departments began investigating the first COVID cases in March and April but were quickly overwhelmed. A statewide effort began in June.



PHILIP VAN SLOOTEN / CAPITAL NEWS SERVICE

Maryland businesses prepare for the holiday season in the midst of a pandemic surge in November 2020.

Chen explained one of the first hurdles the state program had to overcome in the early days of the pandemic was to hire more tracers, because of how easily COVID-19 can spread through a community.

"COVID is a fast-moving target," Chen said. "But we need to get those who are infected or exposed quarantined in case they are not symptomatic. All of this has to be done as quickly as possible."

But an ongoing concern is for Marylanders to answer the phone when called.

"In order for us to stem the spread of the disease,

See COVID APP Page A3

INSIDE

- Wealth Building Webinar, December 5
- The Prince George's County Commission on Fathers, Men & Boys Urges all Men to Take Control of their Health and to Get Regular Prostate Examinations
- M-NCPPC, Department of Parks and Recreation, Prince George's County Releases Winter Guide

Around the County, Page A2

Free Online Workshop Seeks to Help Caregivers Navigate the Holiday Season

Washington Nationals Open Team Store at National Harbor

First Lady Yumi Hogan Receives Order of Civil Merit of the Republic of Korea

Community, Page A3

ChildWatch: A Litany of Thanksgiving

As this prayer reminds us, it can still be a time to be thankful for all that has sustained us in the past and brought us this far and for the hope and promise of tomorrow.

Commentary, Page A4

Maryland Oversight Committee on the Quality of Care in Nursing Homes and Assisted Living Facilities Makes Covid-19 Recommendations to State Leaders

Black Women's Health Imperative ANNOUNCES The Rare Disease Diversity Coalition's "RISE for RARE" Campaign

Health and Wellness, Page A5

TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale will return next week.

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

OFFICE OF ALUMNI ENGAGEMENT

November 18, 2020 Bowie State University Office of Alumni Engagement “Live at 5” Facebook Chat was with Dr. Vernon J. Hurte (*01) Vice President of Student Affairs Towson University. One of BSU’s shining senior leadership higher education professionals.

During American Education Week we were talking with our own BSU alum about how he is leading the student affairs team at TSU during COVID, his trajectory to higher education and of course his BSU experiences. Email received from adv.events@bowiestate.edu.

BOWIE STATE UNIVERSITY

A message from the President Dr. Aminta H. Breaux, President Bowie State University. I am pleased to announce that Maurice A. Tyler has accepted the appointment as the next vice president for information technology to help guide Bowie State University toward new technological innovation and solutions for our rapidly changing higher education environment. He starts his position on January 4, 2021.

Mr. Tyler brings more than 20 years of experience in managing large-scale data centers and diverse groups of IT specialists, with a major focus on higher education. A career IT professional, he specializes in devising technological solutions focused on customer service, efficiency, cost-effectiveness, continuity of operations, process automation and systems integration.

“I am excited to join the Bowie State University family as we race to excellence. I am looking forward to facilitating that journey by leading the charge toward digital transformation and finding new and creative ways to ensure student success, while increasing operational effectiveness and efficiency using technology,” he said. My objective is to provide students with opportunities to grow and learn in a dynamic educational environment that equips them with all of the tools that they need to advance toward completion and prepare to enter a competitive marketplace.

Mr. Tyler comes to Bowie State, after serving as chief information officer at Cecil College since 2018, where he acted as a change agent by digitally transforming organizations. His strategic objective was to provide pervasive, seamless, and intuitive access to technology to promote productivity among faculty, staff, and students, while providing access to the information and resources required for success. He successfully navigated numerous upgrades and migrations of enterprise resource planning and learning management systems, as well as achieved hundreds of thousands of dollars in cost savings.

After obtaining professional experience with Fortune 500 companies including Nortel Networks and Martin Marietta, Mr. Tyler found his true calling in an academic setting. While serving as an information technology director at both the University of North Carolina at Greensboro and North Carolina A&T State University, he managed the institutions’ IT infrastructure and acquired hands-on experience spanning every major aspect of IT.

Mr. Tyler holds master’s and bachelor’s degrees in computer science from North Carolina A&T State University. He is pursuing a Ph.D. in IT management from Indiana State University. Media Contact: Damita Chambers, dchambers@bowiestate.edu.

A COMMUNITY CONVERSATION

Let us talk about health: A Community Conversation. Tune in for a lunch webinar series on a different topic the third Wednesday of each month at 12 p.m. Topics include: Accessing Care, Children’s Health & Safety, Men’s Health, Women’s Health, Diabetes, Pulmonary Health, Pharmacy/Medication, Cardiovascular Health, Advanced Directives, Asthma, Stroke, and more. Learn more and register for the webinar at umms.org/letstalk. Information from University of Maryland Capital Region Health.

BOLD SOUNDS

Isaiah Lemons, whose hometown is Laurel, Maryland, and who is a Senior majoring in Music Technology, talks about his life at Bowie State University. What are some bold moves you have made on Campus? “I have established myself with the professors. I make sure they know what I do and who I am: a musician, a producer, a creative, an engineer”. What are you passionate about? “I am passionate about creating and writing music because it is another way to express how I feel. I am not a person of too many words. I prefer music.” What do you look forward to doing after you graduate? “I want to open my own home studio and go into music production, recording, engineering and composition, things like that”. What makes Bowie State special to you? “It is a home away from home. It is a whole community of people who look like me and it has shown me where I fit academically, creatively, socially”. What makes you Bold? “What makes me bold is who I represent. I am a Christ follower, and I am allowed to be bold with the confidence that gives me”. Media Contact: Damita Chambers, dchambers@bowiestate.edu.

Bowie State Student-Athlete Spotlight— Tamia Byrom

Written by Athletic Media Relations Student Assistant Kevin Parrish

BOWIE, Md. (November 25, 2020)—Each week during the Fall 2020 semester, Bowie State University Department of Athletics will spotlight one student-athlete or administrator in wake of COVID-19 pandemic that forced CIAA to suspend fall competition until the spring of 2021. This week’s spotlight will feature Tamia Byrom—a standout tennis player—from Upper Marlboro, Maryland.

After graduating from CMIT Academy in West Laurel, Maryland, in 2019, Byrom had her heart set on attending Clark Atlanta University in Atlanta, Georgia, because she wanted to experience being away from home. She also had family down there and liked the environment in Atlanta. However, she ultimately decided to attend Bowie State University in Bowie, Maryland, because of the cheaper in-state tuition that would save her money.

Two years into her college career; it’s a decision she is quite proud of.

“I actually don’t mind being close to home now,” Byrom said. “And like I said, it definitely saved me a lot of money, so it was a good thing—because I didn’t want to be in too much debt when I graduate. And I enjoy the school, too. It’s pretty fun and a good environment to be in.”

At first, Byrom planned to attend Bowie State as a regular-student and at least tryout for the Tennis team, a sport she’s played since she was 11-years-old, but those plans changed the summer before her freshman year began.

“I was playing at two different tennis facilities—one in College Park and one at Watkins Park in Kettering, Maryland,” Byrom said. “The coach from Bowie State was there, saw me play, and decided to offer me a scholarship.”

In a phone interview, Byrom talked about tennis, her future aspirations, and more.

What do you love about Tennis?

It’s fun to play for one and being on a tennis team helps with team bonding and working together—and I enjoy that. I also like the traveling part of it: playing at other schools and being in different environments.

What’s challenging about the sport?

For me, it’s learning the other person’s strengths and weaknesses because everyone has something that you can target. For me, I feel like my backhand is the weaker stroke to hit. So, for my opponent to see that, they’re going to, of course, hit more to my backhand. But when you’re trying to pay attention to their weakness, it gets a little tricky. But, other than that, as long as you have your form and all that, then you’re good to go.



PHOTOGRAPH COURTESY BOWIE STATE UNIVERSITY DEPARTMENT OF ATHLETICS

Bowie State tennis player Tamia Byrom of Upper Marlboro

How is your relationship with your coach and teammates?

I like both. My coach is pretty cool, and everybody on the team is very friendly and we have a good bond. We all help each other with what we need to work on, and there’s no disrespect or anything. We’re just a good, strong team.

Do you have any family members that play tennis or are you the only one?

My dad. That’s his favorite sport. So, he was the one who influenced it.

Does he help you with your game?

Yep. He was my coach for a while, but I have worked with other coaches, too.

Is he your favorite coach to work with?

I would say one of them, yes, because he makes it fun. He’s not one of those strict types of coaches. While you’re learning, you’re just playing little mini games and stuff. So, it’s fun.

Who is your favorite tennis player?

Coco Gauff since she’s closer to [my] age and because she’s easier to follow than someone as big as Serena Williams.

Around the County

Wealth Building Webinar

The Psi Epsilon Omega Chapter of Alpha Kappa Alpha Sorority, Inc.® presents a virtual financial education and planning webinar for the community. Accredited financial counselor, Jeanna Pryor, will be advising on strategies to build wealth.

The ‘How to Build Wealth While Working’ virtual webinar will take place on December 5, 2020 from 9:30 a.m. to 11 a.m. via Zoom. Those interested can register at <https://tinyurl.com/PEObuildwealth> by December 4, 2020 to receive the Zoom link.

—*Racine Tucker-Hamilton, Psi Epsilon Omega Chapter Alpha Kappa Alpha Sorority, Inc.*

The Prince George’s County Commission on Fathers, Men & Boys Urges all Men to Take Control of their Health and to Get Regular Prostate Examinations

CAMP SPRINGS, Md. (November 25, 2020)—As the world goes through the coronavirus pandemic, recent studies have shown that people are avoiding going to their doctors for fear of becoming infected by COVID-19. While that anxiety is certainly understandable, the Prince George’s County Commission on Fathers, Men & Boys is encouraging all men to continue to get your regular health check-ups, particularly for prostate cancer which has a profound effect on men, especially African-American men in Prince George’s County.

According to the Centers for Disease Control and Prevention, all men are at risk for prostate cancer. Out of every 100 American men, about 13 will get prostate cancer during their lifetime, and about 2 to 3 men will die from prostate cancer. The most common risk factor is age. The older a man is, the greater the chance of getting prostate cancer, and African-American men are more likely to get prostate cancer than other men. Prostate cancer is a treatable form of cancer, particularly when found early. Therefore, it is encouraged for men, starting at age 40, to see a health professional about early detection to allow for more treatment and prevention options.

“There is a stigma among men, particularly in the African-American community, around getting a prostate examination,” stated Joseph Jones, Chairman of the Prince George’s County Commission on Fathers, Men & Boys. “I would rather be uncomfortable being examined by the doctor to save my life, than viewed by my friends and family because I lost my life. Simply put, getting an annual prostate examination can save your life.”

For more information on prostate cancer, visit www.cdc.gov/cancer/prostate.

—*Jermoni Dowd, Prince George’s County Department of Family Services*

M-NCPPC, Department of Parks and Recreation, Prince George’s County Releases Winter Guide

Continues to Offer Virtual Programming During COVID-19 Pandemic

RIVERDALE, Md. (November 24, 2020)—M-NCPPC, Department of Parks and Recreation, Prince George’s County announces the release of its Winter Guide, which features a variety of virtual programming that residents can enjoy at home.

“While the course of COVID-19 remains unclear, we will continue to provide virtual programs to the community at pgparks.com,” says Bill Tyler, Director of The Maryland National Capital Park and Planning Commission, Department of Parks and Recreation. “We look forward to the day when a full array of in-person programs can be offered again safely, without limitations. Until then, we will offer the Online Resource Center as a way of meeting socially distant programming needs,” concludes Tyler.

The Department continues to offer several free virtual activities for residents to live more, play more indoors:

- Technique Tuesdays—Watch and learn as athletic instructors show you how to refine your skills in sports like volleyball, futsal and boxing.
- Wellness Wednesdays—Follow along as fitness instructors lead classes in areas like yoga, stretching and core control.
- Music Theory and Vocal Technique—Refresh your memory of music 101 while sharpening those vocal cords.
- Introduction to Improvisational Theatre—Grab a teammate and take a virtual trip to Broadway with this basic acting skills course.
- Dance & Choreography—If you want to burn calories but hate the gym, this is the series for you. Warm up, learn a complete dance routine, then cool down with this 7-day lesson.

Learn more about these and many other Department of Parks and Recreation at-home offerings at our Online Resource Center. Register for classes and events at pgparksdirect.com.

—*Angel Waldron, Prince George’s County Department of Parks and Recreation*

WSSC Water: Relax and Enjoy the Great Outdoors

Maryland’s largest water utility keeps watershed recreation areas open in winter months to help alleviate stress caused by COVID-19. No permit required but visitors must follow state and local social gathering guidelines

LAUREL, Md. (November 25, 2020)—Providing families with outdoor recreation options to help alleviate stress caused by COVID-19, and foster improved physical and mental health, WSSC Water today announced it will keep all watershed recreation areas open for the winter season. Typically, the watershed recreation areas close on December 1 and reopen on March 15. All eight recreational areas will remain open throughout the winter, weather permitting.

WSSC Water strongly encourages all visitors to follow CDC guidelines. Since the recreation areas span several Maryland counties, visitors must adhere to all state and local social gathering guidelines.

Residents will not need to purchase a permit to enjoy the following outdoor activities in designated areas: Birdwatching, Shoreline fishing, Hiking, Horseback riding, Organized athletic activities, Picnicking.

This extension does not include boating. The watershed boating season end[ed] as scheduled on December 1 and will resume in mid-March 2021.

Watershed users are encouraged to call 301-206-4FUN (4386) for daily updates or weather-related issues. To learn more about WSSC Water and watershed recreation area regulations, please visit wsscwater.com/watershed.

—*Luis Maya, WSSC Water*

COMMUNITY

Free Online Workshop Seeks to Help Caregivers Navigate the Holiday Season

By ELYZABETH MARCUSSEN
Hospice of the Chesapeake

PASADENA, Md. (November 23, 2020)—The holiday season can stir up a variety of mixed emotions for many people. This year, with restrictions on gathering with friends and family due to the pandemic, navigating this time of year is even more complicated, especially for those who are caring for someone who is experiencing a chronic illness or disability.

Chesapeake Life Center understands and wants to help. This team of expert counselors will host “Caregiving through the Holidays,” a free virtual workshop to offer caregivers support, foster connections with other caregivers, and explore coping strategies to use through the holiday season. It will take place via Zoom for Healthcare from 6 to 8 p.m. Thursday, Dec. 10.

To register, call 888-501-7077 or email griefinfo@chesapeake-lifecenter.org. This workshop is one of many the center has offered as a service to those in the community who are struggling with the impact of the COVID-19 crisis. For a complete listing of offerings, visit the Hospice of the Chesapeake website at <https://www.hospicechesapeake.org/events>.

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. For details, visit www.chesapeakelifecenter.org.

Dr. Porchia Moore and Nina Simon Headline Conversation About Museums' Roles in Community and Today's World on December 10

Hosted by the Maryland Center for History and Culture, this conversation is the final in a series celebrating the museum and library's reopening and rebranding

By PRESS OFFICER
The Maryland Center for History and Culture

BALTIMORE (November 19, 2020)—The Maryland Center for History and Culture will host the fourth session in its Core Conversations Series on Thursday, December 10, 2020 from 12–1:30 p.m. With a focus on Community, this event will feature Dr. Porchia Moore, museum critical race theorist, and Nina Simon, designer, instigator and advocate for community-driven institutions, as they join Katie Caljean, MCHC's Vice President of Education & Strategic Engagement in a discussion about how history museums can be relevant, responsive and useful in today's world.

“Community and what it means to this institution is something we discuss here at the Maryland Center for History and Culture repeatedly,” said Mark Letzer, president and CEO, the Maryland Center for History and Culture. “Dr. Porchia Moore and Nina Simon have unparalleled experiences in the museum fields and engaging with the communities where museums ‘live.’ This conversation allows us to bring in the experts and invite our community to join us.”

The Department Head and Assistant Professor of Museum Studies at the University of Florida's School of Art + Art History, Dr. Porchia Moore is a Critical Race Scholar, interrogating the role and function of race in museums and cultural institutions. She is a Critical Race Futurist for The Inclusion, a Project Advisor for MASS Action (Museums as Site for Social Action) and the co-creator of The Visitors of Color project. Dr. Moore has partnered with museums nationally and internationally on education, training, and workshops on race and anti-racism in museums. Her most recent publication includes chapters in Editor Richard Sandell's Museum Activism.

Nina Simon is the founder of “OF/BY/FOR ALL”, a nonprofit that works to make civic and cultural organizations of, by and for everyone. The author of best-selling books *The Participatory Museum* and *The Art of Relevance*, Simon has given TEDx talks, and was previously Executive Director of the Santa Cruz Museum of Art & History.

The Maryland Center for History and Culture reopened in September with a new brand identity. The Core Conversations Series was created to explore the institution's core values—Community, Authenticity, Dialogue and Discovery. Previous programs have featured Librarian of Congress, Carla Hayden discussing *Discovery*, and Baltimore-based journalist, author and television producer, David Simon exploring *Dialogue*, and WYPR's “Out of the Blocks” creators Aaron Henkin and Wendel Patrick.

This virtual program is free and open to all audiences, however, registration is required: www.mdhistory.org/calendar/community-with-porchia-moore-phd-and-nina-simon/. Once registered for the program, attendees will receive an automated confirmation email with connection instructions. Visit mdhistory.org for a full list of virtual programming.

The Maryland Center for History and Culture's museum is now open with limited hours and capacity due to COVID-19. The library is currently closed for in-person research appointments, but the library staff is accessible by email at specialcollections@mdhistory.org, or by phone at 410-685-3750, ext. 359, Monday through Saturday, 10 a.m. to 3 p.m.

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.

Washington Nationals Open Team Store at National Harbor

Just in time for holiday shopping and within close proximity of the 56-foot tree

By PRESS OFFICER
National Harbor

NATIONAL HARBOR, Md. (November 24, 2020)—National Harbor welcomed a new tenant this past week, just in time for the holidays. The Washington Nationals have opened a Team Store (150 National Plaza) in the Waterfront District at National Harbor. The store sits just below National Harbor's holiday tree. It is the only Nats Team Store outside of National's Park.

“For many Washington Nationals' fans, we can say that we've put a store full of Nationals holiday gifts under our National Har-

bor tree,” explained Jackie Saunders, AVP of marketing at National Harbor. “This store is the perfect complement to our existing lineup of retail and restaurants and is a great addition for our residents and for visitors from around the region looking for Nat's gear and some holiday fun.” Locals and guests to National Harbor may also enjoy Nat's features playing on the National Harbor jumbo screen, bullpen cart demos, and possibly a visit from the mascot or racing President's through the season.

The store offers a wide array of merchandise and “curly W” gifts as well as 2019 World Series Champions t-shirts, hoodies

and novelty items; Gold Collection of jerseys, caps and more; exclusive holiday items including ornaments, mugs and pajama gift sets.

“During the holiday season, convenience is key,” said Washington Nationals Vice President of Experience & Hospitality Jonathan Stahl. “Having a Nationals Team Store at National Harbor makes it even easier to find the perfect gifts for Nats fans of all ages.”

The Team Store is open Wednesday through Saturday from 11 a.m. to 8 p.m. and 11 a.m. to 6 p.m. on Sunday. Curbside pickup is available. Customers spending \$150 or more will receive a free Nationals holiday ornament, while supplies last. For more information on the store, visit www.Nationals.com/teamstore.

For more information about celebrating the holidays at National Harbor, visit www.NationalHarbor.com.

First Lady Yumi Hogan Receives Order of Civil Merit of the Republic of Korea

At Embassy Ceremony, First Lady Is Honored for Strengthening U.S.-Korea Relations, Advocacy for Korean-Americans, Pivotal Role in Operation Enduring Friendship

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, Md. (November 24, 2020)—During a ceremony today at the Embassy of the Republic of Korea in Washington, D.C., First Lady Yumi Hogan was awarded the Order of Civil Merit of the Republic of Korea—the nation's highest and most prestigious civilian honor. The Camellia (Dongbaek) Medal was awarded in recognition of the First Lady's commitment to serving the Korean American community and strengthening ties between the United States and the Republic of Korea.

“I have made it my mission to bring different generations of Korean Americans together, to connect Korea and Maryland, and to promote the value and beauty of Korean culture and heritage,” said the First Lady. “However, the award I receive today honors the success of our community, not mine. Our success is thanks to the many Korean Americans in Maryland who have kept our community's legacy alive, and our partners in Korea who share special friendships with our state.”

The First Lady was joined at today's ceremony by Governor Larry Hogan. Other dignitaries included the Ambassador of the Republic of Korea, Lee Soo-hyuck, and General Consul Sei-joong Kwon.

“First Lady Yumi Hogan of Maryland has served a pivotal role in introducing Korean culture in Maryland,” Ambassador Lee said. “She played an instrumental role in successfully importing test kits from South Korea while the coronavirus situation was getting worse in the United States, reaffirming the enduring relationship between our two countries as the code name of this operation ‘Operation Enduring Friendship’ sums up well. Thank you, Governor Larry Hogan, for joining us today and promoting the Korea-Maryland relationship.”

Earlier this year, the First Lady received international recognition for her efforts to help secure Korean COVID-19 tests in coordination with the South Korean government and Korean Embassy in Washington, D.C. During the pandemic, Maryland has used nearly 400,000 LabGenomics tests.

“I am so proud and thankful for the First Lady's efforts on behalf of the people of our state, particularly this year, in working with our Korean partners to secure the life-saving test kits that are the cornerstone



PHOTOGRAPH COURTESY MARYLAND GOVERNOR'S PRESS OFFICE

First Lady Yumi Hogan was awarded the Order of Civil Merit of the Republic of Korea—the nation's highest and most prestigious civilian honor.

of our long-term testing strategy,” said Governor Hogan. “This is one of our greatest success stories of the pandemic, and it is due in no small part to the selfless actions of the First Lady.”

In Maryland, the First Lady is a passionate advocate for Korean adoptees and Korean War veterans, and has helped increase the visibility of Korean culture in our state by championing Taekwondo Day celebrations, the dedication of Korean Way in Howard County, and the creation of a Korean natural dye farming program in Baltimore City. The First Lady has led two trade missions to Korea, and played a pivotal role in the creation of a sister-state relationship between the State of Maryland and her home province of Jeollanam-do. In February, she helped coordinate a reception at the Korean Ambassador's Residence in Washington, D.C., for the National Governors Association, which brought together governors from across America with Korean diplomats and business leaders.

COVID App from AI

we need to talk to the cases and talk to the contacts (they may have had) and give them guidance,” Feldman said. “So, it is important for them to answer the call.”

But the guidance to get tested and self-quarantine is information Chen said some Marylanders don't want to hear.

“Some people don't want to get into trouble,” he said. “So, they may fudge their answers... to avoid going into quarantine.”

Chen said workers may want to avoid trouble with employers, students may not want to be isolated, or others may not feel comfortable talking to someone of a different culture or background.

All of these factors, as well as not having pandemic information effectively translated into other languages, may increase distrust and hinder contact tracing efforts.

Delegate Joseline A. Pena-Melnyk, D-Anne Arundel and Prince George's, told Capital News Service on Friday that providing accurate translations for potentially life-saving information is critical in the midst of a surge.

“I went to the (MD COVID Alert app) website,” Pena-Melnyk said. “And it's not easily accessible in Spanish. That's a concern.”

Currently, there is a “Translate” link at the top of the Maryland Health Department's MD COVID Alert page, which contains information about the app as well as what steps to take if alerted you've been exposed to someone infected.

When clicked, it pulls up a list of many languages to translate the page into, but leading the list is a disclaimer stating the site uses Google Translate, and the provider “does not guarantee and does not accept responsibility for the accuracy” of the service, including any inability to translate associated PDFs or graphics.

“Immigrant communities are hit hard by COVID-19,” Pena-Melnyk said. “COVID has shown health disparities in communities of color not just in our access to health care but in the lack of translated materials. So, if you have an app like this, that is supposed to notify people of who is positive, it is imperative to make it friendly and welcoming to use.”

However, Chen pointed out people who are uncomfortable taking a tracer's call might respond more urgently to an alert notifying them of what next steps to take if potentially exposed to the virus than to a phone call.

Still, Sen. Clarence K. Lam, D-Howard and Baltimore counties, emphasized a lack of public trust during a pandemic is a serious problem that public officials should do more to address.

“Overcoming public distrust is a huge piece of this,” he said. “When it comes to sustaining public health, we all have our part to do to maintain that. It is up to public officials to reduce mistrust and fear in participating in these really important public health programs.”

Lam said he felt there was a high level of trust at the state and local levels, but representatives must be responsible and model appropriate behaviors such as

social distancing and mask use and not hold large public gatherings.

“If their elected officials are not out there setting a good example and modeling appropriate behavior,” Lam said. “If they're going to events where no one is masked and no one is doing their part, that is going to come back and haunt their community.”

Lam emphasized that everyone has a part to play in stopping the spread of the disease, and downloading the app is an important step but not the only one, especially as the holidays approach.

“Some may believe just because I downloaded the app, I can go to Thanksgiving dinner now, and that's not the case,” Lam said. “Because the app is only going to alert you when the harm is already done.



PHILIP VAN SLOOTEN / CAPITAL NEWS SERVICE

Maryland businesses prepare for the holiday season in the midst of a pandemic surge in November 2020.

COMMENTARY

Marion Wright Edelman

President Emerita,
Children's Defense Fund



ChildWatch:

A Litany of Thanksgiving

On this Thanksgiving I share again as I have over the years this beautiful prayer of our great Black theologian Dr. Howard Thurman A Litany of Thanksgiving, which my family reads together each year. This year will be different. For many Americans this is not a season to gather together and celebrate. But as this prayer reminds us, it can still be a time to be thankful for all that has sustained us in the past and brought us this far and for the hope and promise of tomorrow.

Today, I make my Sacrament of Thanksgiving. I begin with the simple things of my days:
Fresh air to breathe,
Cool water to drink,

The taste of food,
The protection of houses and clothes,
The comforts of home.
For all these I make an act of Thanksgiving this day!
I bring to mind all the warmth of humankind that I have known:
My mother's arms,
The strength of my father,
The playmates of my childhood,
The wonderful stories brought to me from the lives of many who talked of days gone by when fairies and giants and all kinds of magic held sway; The tears I have shed, the tears I have seen;

The excitement of laughter and the twinkle in the eye with its reminder that life is good.

For all these I make an act of Thanksgiving this day.

I finger one by one the messages of hope that awaited me at the crossroads:

The smile of approval from those who held in their hands the reins of my security;

The tightening of the grip in a single handshake when I feared the step before me in the darkness;

The whisper in my heart when the temptation was fiercest and the claims of appetite were not to be denied;

The crucial word said, the simple sentence from an open page when my decision hung in the balance.

For all these I make an act of Thanksgiving this day.

I pass before me the mainsprings of my heritage: The fruits of the labors of countless generations who lived before me, without whom my own life would have no meaning;

The seers who saw visions and dreamed dreams; The prophets who sensed a truth greater than the mind could grasp and whose words could only find fulfillment in the years which they would never see;

The workers whose sweat has watered the trees, the leaves of which are for the healing of the nations;

The pilgrims who set their sails for lands beyond all horizons, whose courage made paths into new worlds and far-off places;

The saviors whose blood was shed with a recklessness that only a dream could inspire and God could command.

For all this I make an act of Thanksgiving this day.

I linger over the meaning of my own life and the commitment to which I give the loyalty of my heart and mind:

The little purposes in which I have shared with my loves, my desires, my gifts;

The restlessness which bottoms all I do with its stark insistence that I have never done my best, I have never reached for the highest;

The big hope that never quite deserts me, that I and my kind will study war no more, that love and tenderness and all the inner graces of Almighty affection will cover the life of the children of God as the waters cover the sea.

All these and more than mind can think and heart can feel,

I make as my sacrament of Thanksgiving to Thee,

Our Father, in humbleness of mind and simplicity of heart.

—November 25, 2020

Marc Morial

President and CEO, National Urban League



To Be Equal:

New York City's First Black Mayor David Dinkins Inspires a Generation of Black Leaders

"Ours will be a civic forum, an open democracy that hears diverse views and voices before it decides, a democracy that holds out hope for the hopeless and assuages the fears of the fearful, a democracy that appeals to what is best in us and strives to bring us together."

—Former New York Mayor David N. Dinkins

A trailblazing Black elected official with a dignified, "no drama" demeanor, whose successor's rise was fueled by racial resentment and baseless allegations of wrongdoing: No, not Barack Obama. David N. Dinkins.

New York City's first and only Black mayor, who died on Monday [November 23] at the age of 93, was the target of vicious, racially-motivated abuse and harassment throughout his four-year term. He met it with such grace and quiet dignity that former aide Patrick Gaspard, Open Society Foundations President and former Ambassador to South Africa, referred to him as "political Jackie Robinson."

Like President Obama, his election represented a hope of racial reconciliation that was followed by a backlash, and he was often criticized for not confronting issues of race more stridently. He was elected in the wake of the notorious Central Park

jogger case, and the murder of Yusef Hawkins, a Black 16-year-old, by a mob of white youths.

Ultimately, "The expectation that one person could resolve all of that was unrealistic," said current mayoral aide Stacy Lynch, the daughter of Mayor Dinkins's chief political strategist, Bill Lynch.

Along with my own father, Ernest "Dutch" Morial, the first Black mayor of New Orleans, Mayor Dinkins was an inspiration to the generation of Black activists and politicians—I know, because I was one of them.

His vision of New York as "gorgeous mosaic of race and religious faith, of national origin and sexual orientation," struck a chord with me as I was beginning my own political career. Years later I would christen my diverse group of supporters and colleagues "the Gumbo Coalition."

He was a pioneer of community policing, sketching the beginnings of a blueprint on which I was able to base my successful overhaul of the New Orleans Police Department. As he said, "If police officers are out of their cars, in the street, they will get to know the community and the community will know them." He fought for the funding to keep schools open into the evening, an award-winning initiative that kept tens of thousands of teenagers off the street. After-school programs, focused on sports and the arts, were a major component of my own anti-crime initiatives.

A dramatic drop in crime, often credited to his successor, began during Mayor Dinkins' tenure. As

he told the New York Times years later, "Crime went down more quickly in our administration than it ever has."

The revitalization of Times Square—also credited to his successor—also began during the Dinkins era. On the last day of his administration, the city signed an agreement with Disney to rebuild the New Amsterdam Theater on 42nd Street.

In the midst of a recession, Dinkins initiated one of the most ambitious programs of housing rehabilitation in the city's history, spending billions of dollars rebuilding vacant city-owned housing. He set aside apartments for homeless families and worked with Gov. Mario Cuomo to fund assisted housing for the mentally ill, bringing the homeless shelter population to its lowest point in the last 30 years.

He expressed regret that his term had occurred during such a tumultuous time, likening it to a hurricane. He told then-City Hall reporter Michael Powell, "I'd really like to be here when the roof is rebuilt. There's so much we could do."

But his tenure was cut short by a close loss to Rudy Giuliani. And despite credible allegations of voter intimidation, he chose not to contest the election.

"Some in my groups wanted me to demand a recount and this that and the other," he said. "And wiser heads among us, we said no, in this country we don't have coups and revolutions. We have elections."

CASA Commends Nomination of Alejandro Mayorkas as Secretary of U.S. Department of Homeland Security

Mayorkas experience key in restoring DACA and expanding TPS

By PRESS OFFICER
CASA

WASHINGTON (November 23, 2020)—Today, CASA commended the President-elect Joe Biden's selection of Alejandro Mayorkas as Secretary of the U.S. Department of Homeland Security (DHS). If confirmed, Mayorkas would represent the first Latino Secretary and would bring with him a wealth of immigration experience, including tenure as the previous U.S. Citizenship and Immigration Services (USCIS) director and Deputy Secretary of DHS.

In these roles, Mayorkas was

instrumental in standing up and implementing the wildly successful Deferred Action for Childhood Arrivals (DACA), expanding work permits for H-1B spouses, growing Optional Practical Training for international students and businesses, and strengthening visas for survivors of crime and trafficking. Most recently in his role at WilmerHale, Mayorkas' firm provided pro-bono legal assistance to local jurisdictions in Maryland to defend pro-immigrant policies.

Gustavo Torres, Executive Director of CASA, stated: "The nomination of Mayorkas represents a bold and inspired pick on

behalf of the incoming administration. President-elect Joe Biden will need a qualified competent Secretary to undo a bevy of anti-immigrant and xenophobic immigration regulations, guidance, and policies. We call on Mayorkas to exercise immediate leadership on the restoration of DACA and the aggressive use of Temporary Protected Status to protect a combined 3.2 million undocumented immigrants with long-term ties. CASA emphatically supports this nomination and we urge the Senate to swiftly schedule a vote and confirm Mayorkas at the beginning of the next Congress."

Cardin Statement on Biden-Harris Foreign Policy and National Security Team

WASHINGTON (November 23, 2020)—U.S. Senator Ben Cardin (D-MD), a senior member of the Senate Foreign Relations Committee, as well as Ranking Senate Member of the U.S. Helsinki Commission, issued the following statement today in response to President-elect Joe Biden's announcement of key members of his national security and foreign policy team.

"I am delighted by the President-elect Biden's decision to nominate an experienced, qualified, time-tested, and diverse group to lead his national security efforts. With this team, the Biden Administration will be able to repair the damage done by the Trump White House here at home and abroad, and will restore U.S. leadership on the international stage by leading, not retreating, especially on issues related to democracy, human rights, and good governance. For four long years, my colleagues and I have watched as the Trump Administration has shunned our allies and dismantled our leading national security and foreign policy agencies and departments. With this group of public servants at the helm, I am

confident we will signal that America is back and wants to rebuild our relationships with our closest friends.

"As a member of the Senate Foreign Relations Committee, I look forward to the confirmation hearings of my good friend, Anthony Blinken, to be the Secretary of State, and of Linda Thomas-Greenfield, to be the U.S. Ambassador to the United Nations. I also look forward to hearing from Jake Sullivan in his role as National Security Advisor and former Secretary of State John Kerry as the first Presidential Envoy for Climate. I will carefully track the nominations of Alejandro Mayorkas to be Secretary of the Department of Homeland Security and Avril Haines as Director of National Intelligence. As the author of the National Security Diversity and Inclusion Workforce Act (S.497), I know that a diverse workforce is a strategic asset and enhances our nation's capabilities and global leadership. This diverse, professional team will bring fresh ideas to the table and best prepare our country to tackle the biggest challenges here and around the world."

Baltimore Delegation Announces More Than \$650,000 For Johns Hopkins University Research on COVID-19 Racial and Ethnic Disparities in Maryland

WASHINGTON (November 24, 2020)—U.S. Senators Ben Cardin and Chris Van Hollen and Congressmen Dutch Ruppersberger, John Sarbanes and Kweisi Mfume (all D-Md.) today announced \$654,592 in federal funding for Johns Hopkins University (JHU) to research COVID-19 testing and health disparities among women suffering from substance use disorders.

"The COVID-19 pandemic has shone a harsh light on the racial and ethnic disparities that plague our communities and institutions. These disparities are especially pervasive in our health care system, and impact everything from COVID-19 testing to access to treatments," the lawmakers said. "This new federal funding, secured by our delegation, will help Johns Hopkins University explore and

break down these social barriers, stigmas, and other obstacles to treatment that impact those suffering from substance use disorders. As we continue to fight COVID-19, we remain committed to helping our state deliver equitable and affordable health care to every Marylander."

This award comes from the National Institutes of Health (NIH) RADx Underserved Populations initiative, which examines COVID-19 disparities in communities across the country.

In October, the lawmakers announced more than \$8.3 million in federal funding for the RADx program. NIH has awarded more than \$283 million through this program to improve COVID-19 testing for underserved and vulnerable populations nationwide.

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Phone: 301-627-0900 • Legal Fax: 301-627-6260
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Contents © 2020, The Prince George's Post

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Prince George's County, Md. Member National Newspaper Publishers Association, and the Maryland, Delaware, District of Columbia Press Association. The Prince George's Post (ISSN 10532226) is published every Thursday by the New Prince George's Post Inc., 15207 Marlboro Pike, Upper Marlboro, Md. 20772-3151. Subscription rate: 25 cents per single copy; \$15 per year; \$7.50 senior citizens and students; out of county add \$1; out of state add \$2. Periodical postage paid at Southern Md. 20790. Postmaster, send address changes to Prince George's Post, P.O. Box 1001, Upper Marlboro, Md. 20772-3151.

HEALTH AND WELLNESS

Social Security Matters

Ask Rusty:

No Simple Answer to Question On When to Claim Benefits

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

Dear Rusty: I'm almost 59 and hope to retire from working soon. Should I take Social Security as soon as possible, or wait for the maximum amount? **Signed: Planning Ahead**

Dear Planning Ahead: I'm afraid there's no simple answer to your question, except "it depends." It depends on your health; it depends on your need for the money when you retire; and it depends on your life expectancy. Plus, your marital status may also influence your decision on when to claim.

First of all, you cannot claim your Social Security retirement benefit until you are at least 62 years old. But if you claim at 62 your benefit will be cut by 30% from what it would be if you waited until your full retirement age (67). You actually have an 8-year window starting at age 62 and lasting until age 70 to claim your Social Security benefit. The earlier in that window you claim, the smaller your benefit will be. And the longer you wait to claim (up to age 70), the higher your benefit will be.

At age 70, your benefit will reach maximum at 24% more than it would be at age 67, and 76% more than it will be at age 62. Essentially, if you are in good health, don't urgently need the money earlier, and expect to enjoy at least "average" longevity (about 85 for a man your age today), you will not only get a much higher monthly benefit, but also collect much more in cumulative lifetime benefits by waiting until age 70 (or as long as you can) to claim. Of course, no one knows how long they will live, but there are online tools which can assist you with estimating your life expectancy. One relatively simple and user friendly tool is available from Social Security at this link: <https://www.ssa.gov/oact/population/longevity.html>.

Conversely, if you are not in good health and don't expect at least average longevity, or if you urgently need the money when you retire from working, claiming earlier may also be a prudent choice. If you are married and you predecease your wife, her survivor benefit will be based upon the benefit amount you are actually receiving, so by waiting to get a higher benefit for yourself you are also enhancing your wife's eventual benefit as your widow, should you pass before her.

Be aware too that, should you decide to go back to work, until you reach age 67 you'll be subject to Social Security's "earnings test" which limits how much you can earn before Social Security takes back some of your benefits (the 2021 limit is \$18,960 and if that were exceeded, they'd take back benefits equal to half of the amount it was exceeded by). The earnings limit changes annually but goes away at your full retirement age.

So, these are the things you should consider in deciding when in that 8-year window to claim your benefits. I cannot directly answer your question for you, but I hope the above gives you what's needed to make an informed decision on when to claim your Social Security benefits.

The 2.3 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.

Maryland Oversight Committee on the Quality of Care In Nursing Homes and Assisted Living Facilities Makes COVID-19 Recommendations to State Leaders

Governor Hogan, Senate President Ferguson and House Speaker Jones among recipients of annual report

By CINDY SCHELHORN
Alzheimer's Association

MCLEAN, Va. (November 23, 2020)—Assisted living facilities and nursing homes are on the frontlines of the COVID-19 crisis. With almost half of residents living with Alzheimer's disease or another dementia, these communal settings with an elderly demographic susceptible to underlying chronic conditions make this population exponentially vulnerable to the virus.

On Nov. 12, the Maryland State Oversight Committee on the Quality of Care in Nursing Homes and Assisted Living Facilities, chaired by Maryland State Secretary of Aging Rona Kramer, published its annual report assessing the quality of care in nursing homes and assisted living facilities in Maryland.

"This report reflects a multi-stakeholder consensus about the quality of care in nursing homes and assisted living facilities," said Eric Colchamiro, Maryland Director of Government Affairs with the Alzheimer's Association. "We must all do better to invest in consistent rapid testing, and the support for staff and residents to prevent the spread of COVID-19."

The committee identified three core areas of concern, with findings in each area:

- **Long-Term Care Workforce—recruitment, retention, and development:** Encourage staff development through initiatives such as use of voluntary CNA/GNA

training programs offered at local community colleges, and the use of the personal information forms about residents, which can ease transitions between care settings and enable more person-centered care.

- **COVID-19: Testing and Personal Protective Equipment:** The State of Maryland can further subsidize testing and personal protective equipment (PPE) for nursing homes and assisted living facilities including increasing access to and training for rapid, point of care testing, along with existing mandated polymerase chain reaction (PCR) testing.

- **Industry Stabilization: Consistent Guidelines, Prioritization of Funding:** Industry operations have been taxed by frequently shifting guidelines during the pandemic, which require significant ongoing resources and staff education. As clinical guidance and best practices continue to evolve, continued support is needed to navigate changes and implement policies that protect residents, patients, staff, and visitors.

The Oversight Committee is a multi-stakeholder group composed of aging and long-term care facilities professionals, associated non-profit organizations, Maryland state government agencies and loved ones of those living in such facilities.

"AARP Maryland, a member of the Oversight Committee, applauds the significant measures highlighted in this report to

improve quality in the long-term care industry with state oversight and support," said Tammy Bresnahan, AARP Maryland's Associate Director for State Affairs. "There is much to be done to protect our most vulnerable, especially in Long Term Care, and during the COVID-19 pandemic; this report and its recommendations are a good first step."

"These recommendations reflect significant discussions among many who are concerned about the needs of Marylanders who reside in long term care facilities," said Virginia Crespo, who represents United Seniors of Maryland on the committee. "The current pandemic has revealed how much is necessary to protect our vulnerable citizens. This report provides a solid path for the Governor and the General Assembly to follow."

A list of all committee members is available on the Committee's website.

For tips on caring for a loved one with dementia during COVID-19, visit alz.org/covid19 or call the Alzheimer's Association free 24/7 Helpline at 800.272.3900.

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®. Visit alz.org or call the 24/7 Helpline at 800.272.3900.

Black Women's Health Imperative ANNOUNCES The Rare Disease Diversity Coalition's "RISE for RARE" Campaign

The RISE for Rare Multi-Channel Campaign Will Build Awareness Around Rare Disease and Its Impact on Communities of Color

By PRESS OFFICER

Black Women's Health Imperative

WASHINGTON (November 18, 2020)—Today, the Black Women's Health Imperative (BWHI) announced the launch of a comprehensive multi-channel campaign entitled RISE for Rare. This campaign is the first large scale activation of BWHI's Rare Disease Diversity Coalition that was formed in May 2020. The purpose of the RISE for Rare campaign is to build awareness around the health disparities, specifically with respect to rare disease, that many communities of color face. BWHI, through RISE for Rare, aims to ultimately reduce the time from symptoms to diagnosis, enhance the quality of care and improve health outcomes for patients of color.

The Rare Disease Diversity Coalition is led by BWHI and a steering committee, comprised of industry, advocacy and community leaders with the support of the founding sponsor Trave Therapeutics, Inc., a biopharmaceutical company dedicated to identifying, developing, and delivering life-changing therapies to people living with rare disease. The Coalition was established at a pivotal time, as the country continues to grapple with the impact of the ongoing COVID-19 pandemic and the painfully evident disparities that exist among communities of color regarding infection rates, treatment and access to care.

"This campaign and the work of the Coalition is critical in order to raise awareness around the health disparities communities of color face with respect to rare disease and bring attention to the misunderstood symptoms that often delay diagnosis," said Dr. Garfield Clunie, National Medical Association (NMA) National Treasurer and Board Member. "In order to address these inequities, we must fully understand the impact on diverse populations by committing more support, funding and resources to research while we simultaneously strive to dismantle other systemic structures that support inequity and injustice," said Dr. Elena Rios, President & CEO of the National Hispanic Medical Association.

"There are significant barriers to the development of effective therapeutics for patients of color. Lack of researchers of color and lack of participants of color in clinical trials mean evidence-based medicine is applied to people who had nothing to do with the creation of the evidence. However, the number one reason patients of color are not included in clinical trials is because they are not asked by their physicians. RISE for Rare is a powerful first step to ensuring patients of color are included in research and that physicians and researchers understand the importance of that inclusion," said Linda Goler Blount, BWHI President and CEO.

The RISE for Rare campaign will utilize an interactive program to focus on raising awareness on health inequalities in communities of color, reducing racial disparities and advocating for evidence-based solutions, with the goal of eradicating systemic inequities.

The Black Women's Health Imperative (BWHI) is a national non-profit organization dedicated to advancing health equity and social justice for Black women, across the lifespan, through policy, advocacy, education, research, and leadership development. The organization identifies the most pressing health issues that affect the nation's 22 million Black women and girls and invests in the best of the best strategies and organizations that accomplish its goals. Visit www.bwhi.org

Maryland Small Business Development Center Upcoming Events

Holiday eCommerce for Small Retailers: From Brick and Mortar to Click and Mortar
December 9, 2020 • Register: <https://mdsbdc.eccenterdirect.com/events/16407>

How can small retailers transform their brick and mortar holiday customer experience into an equally compelling and seamless online experience for individuals who may not be comfortable enough to shop in public? Join retail expert Marc Willson as he introduces "next level" eCommerce strategies for creating a robust digital shopping experience that works!

Holiday eCommerce for Small Retailers: Fulfillment
December 16, 2020 • Register: <https://mdsbdc.eccenterdirect.com/events/16409>

On top of being busy in store, small retailers have become fulfillment centers for rapidly increasing online sales that are anticipated to grow exponentially during the holidays. Retail expert Marc Willson will provide practical tips on setting up or expanding your store's packing and shipping capabilities—from pricing, to packing, to getting items out the door—and even marketing your brand as you ship to attract customers even as the holiday season ends.

Love – Grow – And Sustain Your Business
February 11, 2021 • Register: <https://mdsbdc.eccenterdirect.com/events/16392>

This is a bilingual event

The coronavirus pandemic has placed tremendous stress on the American economy. More than 55 million Americans are unemployed, as the Maryland SBDC tirelessly assist Maryland Businesses to remain sustainable. This FREE workshop is in English and Spanish for those who are interested in starting a business as well as those who have established businesses. Many constituents are using this time to start a business they have thought of for years, now laid off looking for new opportunities they now have the time to figure out how to make this happen. In this course we will cover:

How to Start a Business in Maryland Lab time offered to assist participants in registering their business online Marketing Your Business Access to Capital Participants will receive a "Congratulation for Starting your Business" certificate via email upon SBA guidelines.

COVID-19
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Worship Service - 11:00 A.M.
Wed. Prayer Service & Bible
Study - 7:00 P.M.
Office (301) 839-1166
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E-mail: FHBC@verizon.net
Pastor: Rev. Waymond B. Duke

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Student-Athlete from A2

Have you played other sports other than tennis?

Yes, I ran track a little bit in elementary and middle school and I tried playing soccer one year, but I didn't enjoy soccer that much.

What are you looking to do after college?

I want to be a child counselor, so I can help children at a young age before their problems arise and cause more problems when they get older. When I was younger, I used to want to be a veterinarian, but then once I took a psychology class in tenth grade and looked at my mom's work while she was getting her doctorate, it just made me want to be a psychologist.

What made you want to be a veterinarian?

When I was younger, I used to like animals, and the zoo was my favorite place to go. So, I just thought that that would be the job for me.

Do you have a favorite animal?

Yes. My favorite animal is a tiger.

What do you like about tigers?

They're just so pretty. I just like the way that their fur is and how they look.

What do you like about psychology?

It's just interesting to learn how the human mind works.

How big is mental health to you then?

Mental health is very important. It's important to try to be healthy mentally. I feel like that is one main reason why a lot of chaotic things happen because people aren't mentally stable. I want to be one of those people who help them get back to a normal state.

Why do you think a lot of children have issues mentally?

The environment they grew up in, bullying that happened in school, family trauma, or things they saw/experienced when they were younger that impacts them in the long run.

What would you say is the most difficult thing about your major?

I would say the terms because it's many different words and phrases that mean a lot of different things; like everything is broken down until it can't be anymore. But other than that, I think it's fairly easy.

How has this global pandemic been affecting you?

At first, it wasn't fun. It was something I had to get used to because the tennis season had just started and we had our first couple of matches. Then COVID came and stopped everything. So it's like my life was put on pause, but at the same time, it worked out because I was still able to work out and do homework and stuff.

How has the transition to online instruction been for you?

It's been pretty good. I'm a commuter, so that saved me a lot of energy going to-and-from school.

Do you prefer online over in-class instruction?

No, because sometimes we have group assignments, and it's hard to figure out when everyone is free. And, if we had those same assignments in class, we can just work on it together before class, during the class or after class—because everyone is right there.

What do you like about Bowie the most?

I like how it feels like a big family. Everybody talks to everyone. Everyone's friendly. It's not really too cliquish. A lot of people don't stay to themselves. It's just a welcoming environment.

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