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PHOTO COURTESY WASHINGTON COLLEGE

Washington College graduate Liane Beckley

## Upper Marlboro Resident Liane Beckley Lands Summer Internship With the National Endowment for the Humanities

By AMBER MCGINNIS  
Washington College

Upper Marlboro resident Liane Beckley earned a competitive summer internship with National Endowment for the Humanities (NEH) in Washington, D.C. As an intern in the Office of Federal/State Partnership, she is responsible for researching current public humanities topics, writing for their website, social media and e-newsletter, managing digital records, and data analysis. NEH's Office of Federal/State Partnership brings humanities education, lifelong learning, and public humanities programming to communities across the country by providing general operating support grants to more than 50 state and territorial humanities councils.

Beckley is a 2021 graduate of Washington College in Chestertown, Maryland who earned her degree in art/art history. She obtained her internship through the Starr Center at Washington College's Explore America Summer Internship program, which placed 27 students with prestigious cultural centers across America this year.

"My internship at NEH has already taught me so much about the wide range of programs and special events that take place at the state and jurisdictional humanities councils. It's been wonderful to see virtual and in-person humanities events thriving! I am thrilled to be a part of the Office of Fed/State Partnership at NEH, because I get to see the hard work that goes into providing grant information and distributing funds to the state and jurisdictional councils."

The Starr Center at Washington College coordinates the Explore America Summer Internship program, which annually places more than two dozen students in full-time, paid positions at nationally prominent cultural institutions, including four different Smithsonian museums, the National Archives, the Library of Congress, and the National Park Service. Working with the internship hosts, the Starr Center arranges for spots to be held for Washington College students, who in turn are carefully selected through a competitive process that matches their interests and skills with special opportunities.

Students help research and plan major exhibitions, curate artifacts, develop educational programs, lead tours, and produce multimedia content. The program has a track record of converting internships into careers: many recipients have been hired by their internship supervisors, parlayed their experiences into jobs at similar institutions, or gone on to graduate study at leading universities in their chosen fields.

*Founded in 1782, Washington College is the tenth oldest college in the nation and the first chartered under the new Republic. It enrolls approximately 1,250 undergraduates from more than 35 states and a dozen nations. With an emphasis on hands-on, experiential learning in the arts and sciences, and more than 40 multidisciplinary areas of study, the College is home to nationally recognized academic centers in the environment, history, and writing. Learn more at washcoll.edu.*

## WETATi Announces 2021 Entrepreneurship Convention, iDEA Pitch Competition, and Awards Gala



PHOTOS COURTESY WETATI

College Park Academy 2019 WETATi iDEA Pitch Competitors deliver their business pitch.

By VIVIAN EBISIKE  
WETATi

PRINCE GEORGE'S COUNTY, Md. (July 16, 2021)—We're Empowered To Achieve The Impossible (WETATi) will host the 2021 virtual youth Entrepreneurship Convention and Business iDEA Pitch Competition on July 27 from 1 to 5 pm, and the awards gala to announce the winners on August 28. The Honorary Chair and keynote speaker will be Mayor Tim Adams, President and CEO of SA-Tech, Inc.

(WETATi) is proud to announce and bring its annual En-

trepreneurship Convention, business Expo., and iDEA Pitch Competition to students across the United States, on July 27, 2021. "I owe it to WETATi for making me come out of my comfort zone and think about what I can truly accomplish," and "It is because of WETATi that I started thinking about how I can change my world and what I can do to make a difference," said Favour Okhuevbic, 3rd place, 2020 iDEA Pitch competition winner and a current Howard university Law student.

The Entrepreneurship Convention and Idea Pitch Competition gives the next generation of

aspiring young entrepreneurs and inventors the opportunity to pitch their business ideas before potential business investors, their peers, the public, their parents, and the public. The convention exposes students to successful business owners who can teach them how to succeed in the entrepreneurship industry. The goal is to teach students early about the power of entrepreneurship and to put them on a path toward economic and creative freedom.

"Ever since the competition, it definitely opened up my eyes to the possibility that whatever you create can be put to fruition," said Malcolm Woodbury, Uni-

versity of Maryland College Park student and WETATi 2020 iDEA Pitch competition 1st place winner.

Students who participate in the competition will have an opportunity to:

- Receive coaching from WETATi business strategists and strategic business partners about their business idea and pitch.
- Participate in training to gain insight on how to package and pitch their ideas.
- Present their business idea in front of business professionals.
- Receive live feedback on their business ideas from judges.
- Compete for the opportunity to win seed funds for their businesses.

"The WETATi Idea Pitch Competition exemplifies WETATi's work to help the youth see how they can change the world," said Tim Adams, President/CEO of SA-Tech and Chair of the 2021 Entrepreneurship Convention and Awards Gala. "Whether students are participating in the competition or watching their peers compete, they leave feeling that they have the power to achieve the impossible."

Participants at the Entrepreneurship Convention will have opportunities to network with successful business professionals, elected officials, young entrepreneurs, and others in the WETATi network. These con-



Student competitor, Shane Perry, delivers his business pitch at the 2019 WETATi Entrepreneurship Convention and iDEA Pitch Competition.

See AWARDS Page A7

## To Celebrate National Parks and Recreation Month, M-NCPPC, Department of Parks and Recreation, Prince George's County Announces New ParkFinder Tool

By ANGEL WALDRON  
Prince George's County  
Department of Parks and  
Recreation

RIVERDALE, Md. (July 19, 2021)—For thirty-six years, Americans have celebrated National Park and Recreation Month in July. Throughout the

month, promotion of the benefits of local parks and recreation programming and centers in the community are encouraged. Residents can get outside, explore parks, and enjoy recreational activities. In that spirit, The Maryland-National Capital Park and Planning Commission, Department of Parks and Recreation in

Prince George's County is happy to offer a new resource tool to assist in locating those amenities: ParkFinder.

ParkFinder is an interactive map tool developed to help users find local parks, community centers, museums, art centers, pools, and more. The community can search facilities based on name,

amenity types, and ADA-compliant features. This tool will be continuously evaluated and enhanced with new search features. User feedback is welcome at pgwebmaster@pgparks.com.

"Local parks are essential for thriving communities. Many found a new appreciation for these vital spaces during the

COVID pandemic," says Bill Tyler, Director of the M-NCPPC, Department of Parks and Recreation. "We hope the community uses this free tool to find ways to live more and play more," concluded Tyler.

The new ParkFinder resource is available at [www.pgparks.com/parkfinder](http://www.pgparks.com/parkfinder).

The M-NCPPC, Department of Parks and Recreation delivers an award-winning park system through progressive, innovative leadership and a commitment to

the community and the environment in Prince George's County. For more on the Department of Parks and Recreation, visit [www.pgparks.com](http://www.pgparks.com) and stay connected on Facebook, Twitter, PhotoShelter, and Instagram. The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities in all programs and services. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.

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"Retail activity at National Harbor has been robust over the past year," said Kimli Cross, vice president of leasing at National Harbor for Peterson Companies.

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# TOWNS *and* NEIGHBORS

## In and Around Morningside-Skyline

by Mary McHale 301-735-3451

### Jim Behr, FBI Ident retiree, Barnaby Manor Citizens' President, dies at 90

James "Jim" Behr, 90, a resident of Oxon Hill for 61 years, died June 25, with his daughter Pamela at his side, at Southern Maryland Hospital.

He grew up in Davenport, Iowa, and enjoyed fishing along the banks of the Mississippi near his home or the Behr family camp in Iowa. He graduated from Davenport High, and worked at Schlegel Rexall Drug Store until the FBI hired him for the Identification Division where he became a supervisor. He retired with 43 years' service.

He met his bride Shirley at Arthur Murray Dance Studio. They married in 1952 and moved, first to a small apartment in SE Washington, then to North Forestville where Jim purchased a small Laundromat (which still stands). He got into real estate, and custom home building throughout Oxon Hill and Fort Washington.

He was involved with the Oxon Hill Police Coffee Club, Camp Springs Senior Center, and was a charter member of the Barnaby Manor Citizens where he served as President and later Treasurer until his death. He enjoyed gardening and family history. He attended Oxon Hill Lutheran Church and Messiah Lutheran in Alexandria.

Jim's wife of 57 years, Shirley, died in 2010. He's survived by his daughter and son-in-law Pamela and Donald Smart. Services were at Kalas, with burial at Resurrection.

I always looked for Jim at the Morningside Parade. I was sad that he was not there this year.

### Town of Morningside: search for new Chief of Police

Morningside Chief of Police Amos Damron retired June 30, and the Town now seeks a new Chief.

The help-wanted notice includes, "Employee must have demonstrated knowledge, skill, and abilities of police methods, practices, and procedures, U.S. and Maryland Constitutions, crime deterrent and prevention procedures.

Bilingual skills a plus (both verbal and written). Candidate will be subject to in-depth background check to include polygraph testing. Preferred candidate will live in Prince George's County... " There's a lot more information at the website: [www.morningsidemd.gov/index.php](http://www.morningsidemd.gov/index.php).

Applicants are required to submit a resume, cover letter, and three professional references to the attention of Mayor Bennard Cann at [mayor@morningsidemd.gov](mailto:mayor@morningsidemd.gov). The subject line should read "Town of Morningside Chief." Please, no phone calls.

### Coming Up

Next year is the 75th anniversary of the Air Force. Which may be the reason the Andrews Air Show will be back on Sept. 20, 2022.

St. Philip's Angel Tree is seeking crocheters or knitters who could provide items this year. Also, people who could make scarves, hats and mittens. These items will go to people in need. For more information contact Suzy Giroux at [suzygiroux@verizon.net](mailto:suzygiroux@verizon.net) or Alma Walton at [the5waltons@aol.com](mailto:the5waltons@aol.com).

### Neighbors & other good people

I was there under the big tree at Suitland Road Baptist for the 4th of July Parade which drew a big crowd this year. However, the Parade was much too short and it disappointed Angela who was there from Suitland. She thought the Parade was going to go around the block and come back down Suitland Road.

I talked with Vicki and Sakura and the Coleman family, all from Clayton Lane, and Wayne Gordon from District Heights. My great-grandkids, Mary and Wesley kept running into the street, collecting candy and gum. The Upper Marlboro fire engine rolled past, as did Morningside's #27 engines, the County Sheriff and Morningside's Town officers. The three on horseback were a surprise. But it was all over too soon. Where were the VFW officers, the Boy Scouts, the school band, the Majorettes, and the politicians? Maybe next year.

From Nextdoor Morningside website: "Saturday night in the Safeway parking lot, a man had a passenger in his car who had a medical emergency (person was not breathing). A passerby stepped in and started administering CPR until the ambulance arrived. Other Men also stepped in to give moral support. It was a scary situation, but I thank God..." The sender was someone from Belmont Crest, a new community near Melwood.

### Mary's Covid report

Maryland had 55 new cases of Covid, as of 5 p.m. July 7, and one more Marylander died.

Gov. Larry Hogan announced that Maryland teens who get vaccinated will be eligible to receive a full ride to an in-state public university. The \$50,000 scholarships will cover full tuition and fees and will be given to twenty 12-17-year-olds. Two winners will be randomly selected weekly over the next eight weeks. Four students will be selected on Labor Day.

Tina, of Hair Force, cut my hair this week. She wore her mask; I didn't wear mine. Things are changing, little by little. (Hair Force, in case you don't know, has been operating for more than 35 years, just across the street from the Virginia Avenue Gate at Andrews.)

### Milestones

Happy birthday to my granddaughter Claire Mudd, Michael Busky, Mike Fowler Jr., and former Morningside Police Chief Stephen Armhold, July 17; Allyssa Frederick and Former Morningside Councilman Russell Butler, July 18; Mike Fowler Sr. and Eddie Hall, July 19; Donna Buchin, Dorothy Gessner and Tina Nichols, July 20; Mary Hay, Jeff Frederick, Ryan Simms and David Cook, July 22; Virginia Price, July 23; and Angela Surratt, July 24.

Happy anniversary to my daughter Sheila and John Mudd, their 31st on July 20; Percy and Barbara Crawford, their 49th on July 22; and Steve and Tessie Johnson, their 21st on July 22.



PHOTO COURTESY YMCA OF METROPOLITAN WASHINGTON

YMCA Pickleball Clinic

## YMCA of Metropolitan Washington Provides Ten Reasons to Take Up Pickleball

*Thousands throughout the DMV are taking up the nation's fastest growing sport*

By LINDA BLAKE

YMCA of Metropolitan Washington

WASHINGTON (July 14, 2021)—Pickleball is the fastest growing sport in the United States and combines many elements of tennis, badminton and ping-pong. To serve members of all ages in this easy-to-learn sport that brings all people together, the YMCA of Metropolitan Washington has set-up pickleball courts at YMCA's across the DMV. In case you've missed this growing craze, there is still time to jump in. If you've never tried this fun, exhilarating sport, here are ten reasons to play pickleball from the Y:

**Pickleball is fun!** You can play with friends or in a competitive setting. Good players know the subtleties of putting spin on the ball and facilitating a good rally. You can play individually or as doubles.

**Pickleball is a great sport for all ages, whether you want an alternative to tennis or just to learn a new sport.** This is a sport that can be whatever you make it—a fast rally for those who are very athletic to an easy lobby back-and-forth. Because the court is shorter than tennis, those lacking the energy required in tennis, should try pickleball.

**Pickleball is great exercise.** Since you do have to move to hit the ball, pickleball provides exercise while also improving hand and eye coordination skills. Players just need to find other players with like-minded interest in the sport. Pickleball allows players to make the sport whatever they want—extremely active or more sedentary.

**Pickleball allows you to meet new people.** As the fastest growing sport in the U.S. and now that the YMCA has courts throughout the DMV, you won't have to go far to find players, doubles partners and leagues.

**Pickleball is affordable.** All you will need to purchase is a paddle and balls. NO special shoes, gloves or other equipment.

**Pickleball is easier on those with health conditions or injuries.** Because it can require less movement than tennis, pickleball is easier for those with conditions that don't allow the excessive movement required by tennis. Players with health conditions or restrictions will need to find other players with similar restrictions. And pickleball itself causes fewer injuries than tennis.

**Pickleball is competitive.** The flexibility of the sport allows players of all energy and skill levels to participate from casual to very intense and competitive. The more you play, the more you can increase your skill level and learn how to add spin and strategies to keep your opponent off guard.

**Pickleball is growing.** As the fastest growing sport in the U.S., pickleball has grown exponentially over the past five years and has been taken up by young and old alike. During 2020 alone, the sport grew 21.3 percent.

**Pickleball is easy to learn.** With minimal rules that are easy to learn, it's an easy sport to pick up. Pickleball combines some of the best qualities of tennis, ping pong and badminton and it's a great family sport.

**Pickleball is accessible.** It's easy to turn any tennis court into a pickleball court with a little tape. Most pickleball courts are just easily converted tennis courts that can return to tennis use by just removing the tape. This transformation has allowed public and private tennis courts everywhere to implement the sport—including the YMCA of Metropolitan Washington!

"The response to pickleball has been overwhelming by our members. Pickleball is an inclusive and social sport where you do not need to be athletic but it still challenges you physically. There are less injuries for adults, and it improves hand-eye coordination for children. We are proud that the Y has added this sport and dedicated space that allows for individuals to meet other people and families to connect more. Pickleball is the perfect exercise indoors and outdoors at an extremely affordable price" said Pamela Curran, executive vice president and COO for the YMCA of Metropolitan Washington.

For more information on pickleball at the YMCA of Metropolitan Washington and to find pickleball locations, visit [www.ymcadc.org/pickleball](http://www.ymcadc.org/pickleball).

*The YMCA of Metropolitan Washington is a not for profit 501(c)3 charity organization that has been serving the communities and families of Washington, D.C., Maryland and Virginia in the areas of youth development, healthy living and social responsibility for nearly 168 years. Through opportunities in wellness, aquatics, youth sports, summer camps, childcare and more, the Y engages more than 250,000 individuals and families. Visit [www.ymcadc.org](http://www.ymcadc.org) for more information.*

## Brandywine-Aquasco

by Audrey Johnson 301-922-5384

### RUTH HARPER A CENTENARIAN

Ruth Harper (fondly known as "Grandma Harper"), was born October 5, 1901, in Nottingham, Maryland and resided there with her parents, Richard and Joanna Brown. She was married to Albert Harper, and they raised two daughters Ruth and Berline.

She received her training and spiritual nurturing at the Brooks Methodist Church, which is currently Nottingham Myers Church in Upper Marlboro, Maryland. At Nottingham Myers she was referred to as Miss Ruth, Mrs. Harper, and Grandma Harper. She was well loved and respected everyone. A Nottingham Myers United Methodist Church certificate was presented to Ruth Harper in appreciation for her years of Knowledge, Wisdom, and Integrity on November 13, 2005. Until her death on Sunday, February 25, 2007, she loved to pass on her pearls of wisdom. She served God for four generations. After her husband died in 1971, Ruth stepped out on faith and a year later received her driver's license at the age of seventy and drove until she was 96 years old.

A proclamation was presented to Ruth Harper at the Prince George's County Administration Office on Tuesday, November 13, 2001, in the Counsel Hearing room in Upper Marlboro, Maryland. The Maryland State Flag was flown over the State House in Annapolis, Maryland in honor of Ruth Harper on her 100th birthday at the request of delegate James E. Proctor, Jr. & Joseph Vallario, Jr. The Senate of Maryland Resolution Certificate signed by President of the Senate, Thomas Mike Miller was presented to her on September 30, 2001, Maryland House of Delegates, House Resolution Certificate was presented September 30, 2001, Governor of the state of Maryland conferred upon Ruth Harper, the Governor's Citation September 30, 2001. The State of Maryland Governor's Citation was presented to her on Friday, May 17, 2002. Prince George's County Council Certificate of Recognition was received on May 21, 2004.

State of Maryland Governor's Citation was presented to her on May 11, 2006, at the 14th Annual Maryland Centenarians Recognition Luncheon (A Celebration of Life hon-

oring Maryland Citizens 100 years of age and older) at Martin's West, 6821 Dogwood Road, Baltimore, Md. During the past five years she never missed attending the Annual Centenarian Celebrations, honoring Prince George's County's 100+ Year Old Citizens at Newton White Mansion in Mitchellville, Maryland. Friday May 12, 2006, the Maryland Department of Aging Salute Excellence Award Certificate was awarded to her in commemoration of her lifetime achievements and recognized for surpassing the landmark age of 100 years, and at the age of 105, Prince George's County's 2ND OLDEST CITIZEN.

Ruth Harper was honored many more times because she was a Centenarian, an eyewitness to the history of the last century. She saw our country move from the age of horses to one of cars, planes, and space travel. She saw the miracles of science and medicine and how these advances improved our lives.

Ruth attributed to her Longevity, a loving family, and the Lord's help, faith in the Lord, keeping busy, good health, eating right, absolutely no smoking or drinking, doing good for God, good genes, a positive attitude, drinking plenty of water, and only a little bit of sugar and grease.

When my Grandmother Ruth Harper died, we lost the matriarch of our family. By example she taught us many things. Submitted by Audrey Johnson (Granddaughter).

### CASINO ACTION

It is Casino Time Again with St. Philip's Church. So come join us on our trip to Delaware Park Raceway & Casino, Wilmington, Delaware Sunday, August 15, 2021. Bus will leave St. Philip's Church at 11 a.m., and Clinton Park-N-Ride at 11:30 a.m., and returns at approximately 9 p.m.

Fun package includes a \$30.00 slot play rebate plus Ole School Music, 50/50, and Cake Sales. MASKS ARE REQUIRED AT ALL TIMES. Tickets must be purchased by July 30, 2021. Donation is \$50.00. Absolutely no refunds. You are welcome to bring your own spirits. Benefit: St. Philip's Church-Baden Parish, Brandywine, Maryland. For tickets contact Doretha Savoy 301-233-3136, Vivian Rich 804-301-9530, Shirley Cleaves 302-690-4260.

**The Prince George's Post**  
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# COMMUNITY

## Prince George's Students to Showcase Their Oratory Skills in Honor of President Obama's 60th Birthday

### Virtual Oratorical Contest Highlights Student Presentations of Past Obama Speeches

WHAT: The Charter Committee to Celebrate President Barack Obama has organized a virtual program on August 4, 2021 to showcase Prince George's County middle-school students competing in this year's President Barack Obama Legacy Speeches Oratorical Contest. Students will deliver abbreviated excerpts of past Obama speeches—from pre-presidential oratory to his farewell address. Grand Prize Winners will be announced in both the individual speech and ensemble speech categories. Books will be donated to participating school libraries.

WHEN: **August 4, 2021**, 6 p.m. EDT  
 ACCESS:  
<https://us02web.zoom.us/j/83421262735?pwd=TVQ2NldvWHBHQ1IzNWRxNkNNUFhadz09>  
 Meeting ID: 834 2126 2735  
 Passcode: 015885

### "Shoe Box Gift" Donation Drive

Thank you community members! Since 2018, the Charter Committee to Celebrate President Barack Obama has delivered nearly 400 "shoe box gifts" to charities in Prince George's County and Washington D.C., serving men, women, and children in need.

WHEN: **August 7, 2021**, 11 a.m. to 2:00 p.m.  
 WHERE: Bowie Senior Center, 14900 Health Center Dr., Bowie, MD 20716

WHAT: Bring a shoe box decorated in birthday wrap (box and lid wrapped separately) or a gallon storage bag, filled with the recommended items listed below:

- 1 pair of socks
- 1 bottle of body wash
- 1 small lotion
- 1 stick of deodorant
- 1 tooth brush
- 1 tube of tooth paste

See **PRESIDENT OBAMA** Page A7

## Prince George's Community College Names Tyson Beale New Vice President for Student Affairs

By COURTNEY DAVIS  
 Prince George's Community College

LARGO, Md. (July 13, 2021)—Prince George's Community College (PGCC) announced today the appointment of Dr. Tyson J. Beale as its new Vice President for Student Affairs. Dr. Beale brings nearly 20 years of higher education leadership experience to the role and a proven ability to facilitate remarkable outcomes for students, including individuals from historically underrepresented groups. Dr. Beale assumes his role on August 16.

As Vice President for Student Affairs at Prince George's Community College, Dr. Beale will report to the president and serve as a key member of the senior team, leading strategies that support and enhance the overall student experience. He will manage the Student Services area, which includes athletics, college life, enrollment, and student development.

"We are thrilled to welcome Dr. Beale into our community as Vice President for Student Affairs," said Dr. Falecia Williams, Prince George's Community College president. "These are equally challenging and exciting times in higher education. Dr. Beale is an innovator who knows first-hand what our students are facing as they work to improve their outcomes and contribute to society in meaningful ways. His depth of knowledge and commitment to fostering a culture

of care for both students and employees align directly with the College's strategic vision, and we are excited to see the growth that will no doubt result from his leadership."

Dr. Beale has served in a wide capacity of leadership roles, most recently as vice president for student services at Coker University in Hartsville, South Carolina. His proven leadership in strategic direction and continuous assessment yielded improved technology integrations, restructured admissions and enrollment processes, and established operational workflows to maximize desired retention and completion goals for diverse student groups.

Prior to his role at Coker University, Dr. Beale served as dean of students at Northern Virginia Community College (NOVA) in Alexandria, Virginia. There, he guided successful Pathway integrations, navigated advising technologies, and modeled Achieving the Dream principles to address systemic inequities.

"I am thrilled to join PGCC to build upon the great work expressed by students, faculty, and staff," said Dr. Beale. "I look forward to advancing the notable traditions that make PGCC paramount to the local community and actualize results to strengthen our position in Prince George's County and beyond. With enthusiasm, I'm honored to join a dedicated team of learners and scholars in the spirit of holistic student supports."

A proud first-generation college student, Dr. Beale has also held positions at Fayetteville State University (FSU), Morgan State University (MSU), and Baltimore City Schools. While with FSU, he co-wrote a \$1.6 million Career Pathways Initiative grant and realigned divisional assessment instruments. His combined roles contribute to him maintaining a familiarity with Prince George's County and the surrounding region.

Dr. Beale brings ongoing partnership opportunities and recognition from national organizations in the academy, including the Association for Student Conduct Administration (ASCA), National Association for Student Affairs Administrators in Higher Education (NASPA), NASPA Community College Institute (NASPACCI), Southern Association for College Student Affairs (SACSA), and National Student Affairs Professionals (NASAP).

He holds Title IX and mediation certifications through the Association for Title IX Administrators (ATIXA) and Institutional Compliance Solutions (ICS). Dr. Beale's recent awards and honors include: TRIO Student Support Services Speaker Series (2021), NOVA Outstanding Service Award (2020), and NASAP's Sadie M. Yancey Professional Service Award (2017).

Dr. Beale holds a Doctor of Philosophy in higher education administration from Morgan State University in Baltimore, Maryland, where he completed a phenomeno-



PHOTO COURTESY PRINCE GEORGE'S COMMUNITY COLLEGE

**Dr. Tyson J. Beale, Prince George's Community College's new Vice President for Student Affairs**

logical study on the "Persistence of African American College Men"; Master of Business Administration from Radford University in Radford, Virginia; and Bachelor of Science in social science with a psychology minor from Radford University.

Fall 2021 classes at Prince George's Community College begin August 23, with flexible learning options that allow students to pursue a degree or credentials on their terms. Scholarship opportunities are available for first-time and returning students. To learn more or to register, contact [enrollmentservices@pgcc.edu](mailto:enrollmentservices@pgcc.edu).



## Our new hospital is about to **changeUP** everything.

Amazing health care can do so much more than help you feel better. It can lift up an entire community. Our new, state-of-the-art hospital in Largo is now open - which means this entire community is about to rise. Here, you'll have access to more top specialists, a comprehensive Heart & Vascular Institute, a beautiful new maternity center with the latest advances for moms and babies, and so much more. As part of University of Maryland Medical System, we're stepping up the strength of all that we offer ... because when we stand strong, so do you.

See how we are changing up health care for you at [UMcapitalregion.org/changeUP](http://UMcapitalregion.org/changeUP).



# COMMENTARY

## Marc Morial

President and CEO, National Urban League



### To Be Equal:

## In White House Meeting Co-Organized By National Urban League, Civil Rights Leaders Ask Biden and Harris to Put the “Full Moral Prestige and Power of the Presidency” Behind Voting Rights

*“The 21st century Jim Crow assault is real. It’s unrelenting, and we’re going to challenge it vigorously. While this broad assault against voting rights is not unprecedented, it’s taking on a new and, literally, pernicious forms. It’s no longer just about who gets to vote or making it easier for eligible voters to vote. It’s about who gets to count the vote—who gets to count whether or not your vote counted at all. It’s about moving from independent election administrators who work for the people to polarized state legislatures and partisan actors*

*who work for political parties. To me, this is simple: This is election subversion. It’s the most dangerous threat to voting and the integrity of free and fair elections in our history.”*

—President Joe Biden

Last week, I had the opportunity to meet with President Biden and Vice President Harris to discuss the appalling attack on democracy that is ongoing in state legislatures across the country, as well as other issues of racial justice.

A few days later, President Biden delivered one of the most impassioned speeches of his presidency, echoing many of the themes we discussed in our meeting. He alluded to our meeting, reminding Americans of our commitment to “stay vigilant and challenge these odious laws in the courts.” I was proud that we pushed the President to address the issue, and we intend to continue pushing.

The National Urban League helped lead the meeting between the White House and a group of leaders from eight legacy Black civil rights organizations. Joining me were Melanie Campbell, President and CEO of the National Coalition on Black Civic Participation; Dr. Johnnetta Cole, National Chair and President of the National Council of Negro Women; Wade Henderson, Interim President of the Leadership Conference on Civil and Human Rights; Damon Hewitt, President and Executive Director of the Lawyers’ Committee for Civil Rights Under Law; Sherrilyn Ifill, President and Director-Counsel of the NAACP Legal Defense Fund; Derrick Johnson, President and CEO of the NAACP; and Reverend Al Sharpton, President of the National Action Network.

I was grateful for the opportunity to impress upon the President and Vice President the urgency of confronting the wave of anti-voter legislation that is surging through state legislatures. When we look at what is happening in this nation, we see an

effort to impose a system of American apartheid on our grand and glorious multicultural nation. State laws are used to suppress the vote, the filibuster process is used to obstruct Congressional oversight, the courts are used to undercut the Voting Rights Act, all to subvert the democratic process and overturn the will of the people.

We urged President Biden to put the full moral prestige and the power of the presidency behind voting rights, to help frame the debate for the American people. As a candidate, he talked about the soul of the nation. No issue cuts to the soul of the nation more than voting rights.

I was glad to hear President Biden and Vice President Harris reconfirm their determination to push for passage of the For the People Act and the John Lewis Voting Rights Advancement Act—two vital bills that would protect voting rights and the integrity of the elections process.

We also discussed the frustrating delay in securing passage of the George Floyd Justice in Policing Act, which is currently being negotiated in the Senate. Days after the meeting, Sen. Tim Scott of South Carolina, who is leading the negotiations for Senate Republicans, said he hopes a police reform package is approved by the end of this month.

We look forward to continuing the discussion and holding the President and Vice President to their commitments.

## Marion Wright Edelman

President Emerita,  
Children’s Defense Fund



### ChildWatch:

## Show Up

You may be hurting or afraid. Show up.  
We’ll gather healing on the way. Show up.  
We will be strong, we will be brave. Show up.  
Dream of the world we will create. Show up.  
—Joe Davis

Joe Davis is an artist, educator, and speaker “committed to activism and compelled to create work that celebrates social transformation, healing, and liberation,” and he is presenting his poem “Show Up” during the Children’s Defense Fund (CDF)’s annual Proctor Institute for Child Advocacy Ministry being held virtually from July 20–22. All are welcome and attendance is free of charge! The Proctor Institute gathers clergy, seminarians, Chris-

tian educators, young adult leaders, community organizers, and other faith-based advocates for spiritual renewal, networking, movement-building, and theological reflection about the urgent needs of children at the intersection of race and poverty. This year’s theme is “Listening to the Children: A Radical Revolution of Values.” Joe Davis is a former participant in the Proctor Institute’s Dale P. Andrews Freedom Seminary, an immersion experience for seminary students who also wish to “show up” and work with communities fighting systemic injustices that impact children and youths.

The Proctor Institute was created in 1995 by CDF’s then Religious Affairs Director Shannon Daley-Harris in response to a gap in preparation

for ministry. Most seminaries provided classes in theology, preaching, Christian education, and youth ministry, but few were providing both the content and frame of justice and child advocacy to prepare clergy and others for ministry in and with a world of systemic inequities. Proctor allows students to join in and build on CDF’s decades of work to improve children’s lives. The Freedom Seminary course led by Dr. Janet Wolf and a consortium of faculty is now offered for credit by more than 20 institutions. It is rooted in the Black prophetic church and freedom movement traditions, and it is an opportunity to redefine religious leadership through the lens of the sacredness of every child. The course explores questions like these: “What theologies perpetuate poverty, mass incarceration, white supremacy, and oppression? How can we move faith communities from charity to justice? How can we develop strong and effective interfaith partnerships to seek justice for all of our children?”

Children need adults in every faith community who are asking these kinds of questions. I hope you and the members of your congregation will join us next week for the Proctor Institute as we consider the many ways and reasons to show up for children. As Joe Davis writes:

“I show up because I know I am worthy of abun-

dant joy, profound peace, and luxurious love in this lifetime.

I show up because the pulsating rhythm of my ancestors’ songs sing in my soul, moving my body to dance wild and free—without apology or resistance, but with exuberance and ease.

I show up because the Spirit of the Most High breathes heaven through my being with a subversive sovereignty, rising and rooted in a wellspring of life and power.

I show up because my family shows me what it looks like to carry faith and integrity through the waves of trial and tribulation, to stand as a testament of vulnerability and strength.

I show up because I know all humans cause harm to other humans—myself included. I’m committed to practicing healing justice and freedom work to reduce the harm and create more space for reparative action and communal flourishing.

I show up because I want to remind others the world we long for is not only possible but irresistible, growing bigger each moment we choose intentionality and purpose over unconsciousness and carelessness. The future we dream of is ushered through us, through our presence.

Why do you show up?”

—July 16, 2021

## Leading Causes of Death and Greater COVID-19 Impact on Black Men in the U.S.

By: Judy Seals-Togbo, MPH, Program Director  
Amber Schaffer, Research Associate at Men’s Health Network  
Melissa Barlow, Public Policy Associate at Men’s Health Network

As life starts to return to a “new” normal from the COVID-19 pandemic, we are slowly coming to a point where the number of COVID-19 cases are decreasing. More and more individuals are able to receive the COVID-19 vaccine in the U.S.

Over the course of the pandemic, we have seen COVID-19 take the lives of family members, friends, colleagues, and loved ones. According to the Centers for Disease Control and Prevention (CDC), as of July 9, 2021, a total of 2,297,764 people have been hospitalized in the U.S. due to COVID-19 and 33,604,986 people have reported having COVID-19. Not only has the pandemic changed our lives on a personal, social, and emotional level, but it has also affected the death rates in the U.S. Over the past 18 months, we have witnessed the leading causes of death shift throughout the U.S.

Health System Tracker points out that as of January of this year, COVID-19 had surpassed both heart disease and cancer to become the leading cause of death. The article explains that COVID-19 has since dropped to seventh place in the top ten leading causes of death (June 2021). The top three leading causes of death for men in the U.S. are now heart disease, cancer, and unintentional injury.

Although COVID has taken the lives of many, as of June 2020, 57% of COVID-19 deaths have been men according to the CDC. Records also show 34% of COVID-19 deaths were non-Hispanic Black people. So why has COVID-19 had a greater impact on men and on African American men?

Experts have theorized that the reason more men have died due to COVID-19 is because of men’s approach to their personal health. Most men are not as proactive about their health as women. Compared to women, men are less likely to schedule annual visits with a primary healthcare

provider. Furthermore, men prioritize their health less than women do. Men are more likely to have weaker adaptive immune systems and preexisting health conditions, such as obesity and diabetes, which are likely to increase chances of dying from COVID-19, according to the CDC.

Pre-existing conditions and other factors come from certain health behaviors that are prominently linked to men and Black men. According to the CDC, men have higher rates of tobacco and alcohol use than women. Additionally, women are more likely than men to practice good COVID-19 health behaviors such as hand-washing, wearing a mask, and social distancing. Each of these factors have played a role in the increased death rate of men due to the COVID-19 pandemic in the U.S.

Black men and Black Americans are more susceptible to COVID-19 because they likely to have existing chronic conditions such as, diabetes, heart disease, and lung disease, according to CNN. Many Black Americans have less access to healthcare and have lower insurance coverage than most, making it difficult to receive proper COVID-19 treatments or testing. Due to COVID-19, the Black population has also suffered greatly from job loss. Lastly, CNN reports that many members of the Black community are more likely to live in higher density areas, which can cause COVID-19 to spread more quickly. Each of these situations had increased the COVID-19 death rate among Black men and Black Americans.

While vaccines are now available, COVID-19 vaccination rates in men lag slightly behind that for women. And, the Kaiser Family Foundation reports that the highest vaccination rates are among Asians (62%), with whites (47%), Hispanics (39%) and blacks (34%) following in that order.

Women are more likely to be vaccinated than men, and early on in the national vaccination campaign the gap between men and women was substantial, but now the gap has dwindled with women receiving about 53.5% of vaccines. The fact that women continue to trend in vaccine acceptance is not surprising as national data shows that women tend to get vaccinations, particularly for seasonal flu, at much higher rates than men.

The reasons men continue to be reluctant to be vaccinated against a virus that causes significantly more severe illness and death in men is complex, multifaceted and still poorly understood. However, most health experts believe that part of the reason men, particularly younger men, do not get vaccinated is because of the overall lower levels of health service use by men than women. Part of the reason is also in the stigma men often wrongfully associate with seeking healthcare, that using health services somehow takes away from their sense of self-reliance, ability to “fight it” and invincibility.

We know that men have been greatly impacted by the pandemic, both emotionally and physically. Men’s Health Network (MHN) celebrated Men’s Health Month this June to encourage men to improve their health, especially when it comes to COVID-19.

MHN promoted men’s health through three twitter chats, one of which was focused on vaccine hesitancy among men. MHN also hosted a webinar with the Department of Health and Human Services on Men’s Health, Gender Equity, and the COVID-19 Pandemic and a Congressional Briefing on Men’s Mental Health and COVID-19. Both of which can be viewed on YouTube at <https://www.youtube.com/watch?v=pzBSQp6xBhE> and at <https://www.youtube.com/watch?v=ORHx2L-8lhk>.

MHN has also partnered with Patience Centered Outcomes Research Institute (PCORI) on three evidence-based research papers that explore the connection between the COVID-19 pandemic and men. Links to these research papers can be found at the bottom of this article, or just search PCORI at [www.MensHealthLibrary.com](http://www.MensHealthLibrary.com)

Men’s Health Network invites you to continue raising awareness about Men’s Health

and the COVID-19 pandemic. We hope that together we can work to improve the well-being of all men, boys, and their families.

### COVID-19 and Minority Men

<https://www.menshealthnetwork.org/library/behavioral-health-boys-men-covid-19-minorities-summary.pdf>

### COVID-19 and Men, Behavioral Health, Clinical Considerations

<https://www.menshealthnetwork.org/library/behavioral-health-boys-men-covid-19-clinical-summary.pdf>

### COVID-19 and Men, Behavioral Health, Economic Effects

<https://www.menshealthnetwork.org/library/behavioral-health-boys-men-covid-19-economic-summary.pdf>

## The Prince George’s Post

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# BUSINESS AND FINANCE

## Social Security Matters

Ask Rusty:

### Should I Claim Social Security at 62, or Wait Longer?

By RUSSELL GLOOR,  
National Social Security Advisor at the AMAC Foundation, the Non-Profit Arm of the Association of Mature American Citizens

**Dear Rusty:** I turn 62 next year, and I am getting different answers to my questions so I hope you can help me. The amount I would collect is different at 67 and 72. If I start to collect Social Security at 62, when I turn 67 will it go up to that amount? And go up again when I turn 72? One person I spoke to said yes it does. The next person I spoke to said no—you get the amount for the age that you start to collect and that's all you get for the rest of your life. Please help me to understand if I should start to collect at 62 or should I wait? **Signed: Confused About When to Claim**

**Dear Confused:** First of all, your Social Security benefit stops growing when you turn 70, so waiting beyond that to claim will only cause you to lose benefits you are entitled to. Essentially you have an 8 year window to claim your Social Security benefits, and the amount you get will be based on the age you claim, relative to your full retirement age (FRA). Your personal FRA is 67, and if you claim at age 62, you'll get 70% of what you would get at your FRA. That reduction is permanent except for Cost of Living Adjustments (COLA) which may occur annually. Whenever you claim, that is the amount you'll get for the rest of your life—it doesn't go up at age 67, or any other later age. But the question of whether you should claim at age 62 or wait longer is more complicated.

If you are still working, you should be aware that claiming at any time before age 67 will mean Social Security's "earning test" will apply. The earnings test sets a limit for how much you can earn from working before SS takes away some of your benefits. For 2021, the earnings limit is \$18,960 (it changes annually) and if that is exceeded SS will take away benefits equal to \$1 for every \$2 you are over the limit (we don't yet know what the 2022 limit will be, but it will be slightly more than the 2021 limit). The earnings limit applies until you reach your full retirement age, after which there is no longer a limit to how much you can earn. If you exceed the earnings limit by a substantial amount, you could even be disqualified from receiving any benefits.

Other factors to consider when deciding when to claim are your health and your life expectancy, the urgency of your need for the money, and your marital status. The longer you wait to claim, up to age 70, the more your benefit will be. In fact, if you wait until age 70 to claim, your benefit will be 24% more than it would be at your FRA. But whether to wait beyond your FRA to claim should consider your life expectancy. If, for example, you wait until age 70 to maximize your benefit, you will need to live until at least 83 to break even (average longevity for someone your current age is about 84).

If you are married and have higher lifetime earnings than your spouse, you should be aware that your spouse's benefit as your survivor, should you die first, will be affected by your age when you claim. If you wait and claim at a later age, your spouse's survivor benefit will be more (assuming your spouse's own benefit is smaller). If you claim at an earlier age, your spouse's survivor benefit will be less.

So, as you can see, there's no one simple answer for when you should claim your Social Security benefits. Everyone's personal circumstances are different and deciding when to claim benefits should consider your entire situation, as described above.

The 2.3 million member Association of Mature American Citizens [AMAC] [www.amac.us](http://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](http://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](http://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](http://amacfoundation.org/programs/social-security-advisory)) or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org).

## National Harbor Welcomes Seven New Retail Tenants Including Mahogany Books

By PRESS OFFICER  
Bendure Communications

NATIONAL HARBOR, Md. (July 14, 2021)—National Harbor welcomes seven new retail tenants in the last three months. Roll by Goodyear (128 Waterfront St.) has opened one of its new customer-centric tire locations in a 1,616 square foot space; Girkin Lashes (181 American Way) opened its luxurious lash and brow salon in a 1,311 square foot space; nationally known MahoganyBooks (121 American Way) has opened its first street-level bookstore and its second location in a 1,408 square foot space with its books for, by or about the African diaspora. Black Hair Experience (151 St. George Blvd.,) opened last month and features 22,629 square feet of a unique concept with Instagramable spaces that connect visitors to moments from their childhood and to history.

Additional new tenants include Community Love (169 American Way), a 2,873 square foot creative retail clothing brand based on key community principles. Prince George's Arts & Humanities Council (162 Waterfront St.) has a 6,175 square foot space where local artists sell their wares, workshop classes, and live music on the weekends. Locally known artist Josue Martinez opened his second Corinto Gallery in a 1,118 square foot space store at National Harbor. Martinez is best known for Gangster George and his National Cherry Blossom Festival's Art in Bloom chair. His original Corinto Gallery is in Washington, D.C.

"Retail activity at National Harbor has been robust over the past year," said Kimli Cross, vice president of leasing at National Harbor for Peterson Companies (owners and managers of the property.) "Our port-

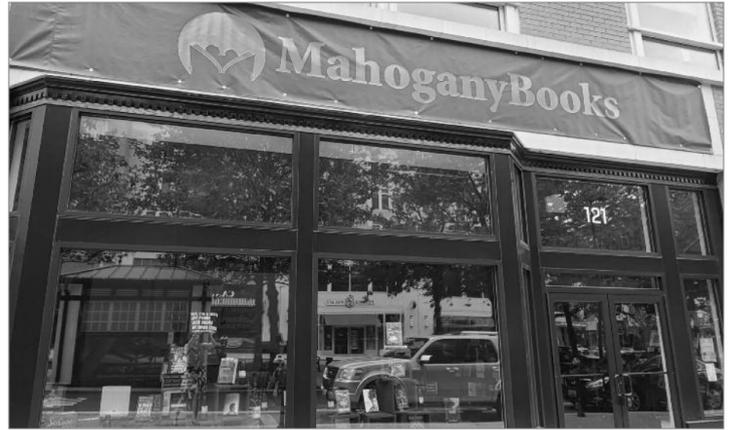


PHOTO COURTESY BENDURE COMMUNICATIONS

**Nationally known MahoganyBooks (121 American Way) has opened its first street-level bookstore and its second location in a 1,408 square foot space with its books for, by or about the African diaspora.**

folio of retail and restaurants has continued to increase and the mix will further enrich the customer experience for our residents and visitors."

With more than 2,500 residents, 28 million visitors annually, and 280,700+ square feet of flexible retail, it's no surprise that National Harbor is a popular location for restaurants and retailers. The Waterfront District at National Harbor provides easy access and parking. Its wide promenades are lined with restaurants and retailers including national brands—Carhartt, Alex and Ani, Build-A-Bear Workshop and others. It has also become a location for unique and successful retail entrepreneurs including ZAAF, Brackish Waters, BrookieGirl, Messy Treatz and The Furlough Cheesecake.

With its prime riverfront location and easy access to Washington, D.C.; Alexandria; Arlington and Baltimore, National Harbor's location is unparalleled. The Waterfront District at National Harbor offers a unique experience for dining, shopping, entertainment, special events and water activities.

"We know that National Harbor is a special place," Cross added. "There is nothing like it in the country—proximity to the nation's capital as well as notable easy interstate access; mix of retail, prime residential and Class-A office space—all part of a community that has been master-planned by one developer so that it's architecturally cohesive and well thought through."

For more information on National Harbor, visit [www.NationalHarbor.com](http://www.NationalHarbor.com).

## Earth TALK™ Blimp Comeback: Are Eco-Friendly, Electric-Powered HAVs Here to Stay?

Dear EarthTalk:

Is blimp travel really making a comeback? Is it eco-friendly?

—J. Roe, Islip, NY

The blimp, forever besmirched due to the Hindenburg explosion in 1937—when one of the first commercial blimps caught on fire—never really fulfilled its potential as a commuting vehicle.

Fast forward to the 21st century, and companies like Hybrid Air Vehicles (HAV) are taking steps to reintroduce airships safely. HAV's Airlander 10, for example, uses inert helium for buoyancy instead of flammable hydrogen (which the industry began doing right after the Hindenburg disaster), thus eliminating the threat of disasters like the Hindenburg. Today's blimp can be an efficient cargo carrier, and can also seat 100 passengers and travel 200-300 miles quickly on hybrid (diesel/electric) power—making blimp travel one of the greenest ways to travel medium-length distances.

Traditional commercial jets are not only much more costly to make but also accelerate global warming and impact local air quality. Commercial aircrafts use large amounts of fossil fuels and emit harmful greenhouse gasses like carbon dioxide, carbon monoxide, nitrogen oxides and sulfate or soot particulates.

As a hybrid vehicle with a helium-filled balloon for buoyancy—the Airlander 10 drastically reduces the amount of fuel necessary to keep it airborne. HAV reports that the Airlander will emit 90 percent less carbon dioxide per passenger than a commercial jet. However, the company plans to replace all hybrid versions with 500 kW

electric motors—two forward motors by 2025 and two rear motors by 2030—to make the aircraft fully electric and producing zero emissions.

HAV adds that while blimps created in the past could not withstand rough weather conditions, the Airlander "will be able to withstand lightning and icing and operate in most weathers." With the ability to cover 4,000 miles, reach the altitude of 20,000 feet, and travel approximately 80 miles per hour, the Airlander maximizes energy efficiency and is designed to remain airborne for up to five days at a stretch.

"This isn't a luxury product, it's a practical solution to challenges posed by the climate crisis," HAV Chief Executive Tom Grundy tells The Guardian.

In addition to commercial passenger and cargo transportation, the Airlander may just be the newest eco-tourism vehicle. With large windows that provide a clear view of the landscapes below and little predicted turbulence due to reduced engine usage, the Airlander is perfect for luxury eco-travel. In fact, Swedish travel firm OceanSky has already purchased an Airlander that will include a customized luxury cabin, where passengers can enjoy stunning, unparalleled views while flying over places like the North Pole.

Although an Airlander prototype crashed during a 2019 test flight, another test flight performed in 2021 proved successful. As with all commercial aircraft, the Airlander



IMAGE COURTESY EARTHTALK

**Are electric-powered, energy-efficient blimps making a comeback as a short hop and regional commuter travel option?**

requires certification from regulators before operation. Though the Airlander does not yet have approval, HAV looks forward to building 12 Airlanders yearly with hopes of producing upwards of 250 over the next few decades.

**CONTACTS:** "How airships could return to our crowded skies," <https://www.bbc.com/future/article/20191107-how-airships-could-return-to-our-crowded-skies>; "The Age of the Airship May Be Dawning Again," [foreignpolicy.com/2020/02/29/blimps-hindenburg-flying-whales-airships/](https://foreignpolicy.com/2020/02/29/blimps-hindenburg-flying-whales-airships/); "Return of the Airship," [airspacemag.com/airspacemag/return-airship-180960184/](https://airspacemag.com/airspacemag/return-airship-180960184/).

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. See more at <https://emagazine.com>. To donate, visit <https://earthtalk.org>. Send questions to: [question@earthtalk.org](mailto:question@earthtalk.org).

### Host an Exchange Student Today!

(for 3, 5 or 10 months)

Victoria from Australia, 17 yrs. Enjoys spending time with her family and younger siblings. Victoria plays volleyball and is excited to learn new sports while in America.

Giorgio from Italy, 16 yrs. Loves to play baseball and spend time with his dogs. Giorgio also plays the guitar, and his dream is to join a drama club at his American high school.

**Make a lifelong friend from abroad.**  
Enrich your family with another culture. Now you can host a high school exchange student (girl or boy) from France, Germany, Scandinavia, Spain, Australia, Japan, Brazil, Italy or other countries. Single parents, as well as couples with or without children, may host. Contact us ASAP for more information or to select your student.

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Founded in 1976  
ASSE International Student Exchange Program is a Public Benefit, Non-Profit Organization.  
For privacy reasons, photos above are not photos of actual students.

## Free Entrepreneur Training for Veterans

Is Entrepreneurship the right choice for you?

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

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

Want to know more, register for the Project Opportunity Prince George's Fall 2021 Orientation Session which will be held on Thursday, August 26, 2021 from 6:30-8:30 p.m. at The American Job Center National Harbor, 6800 Oxon Hill Road, Suite 208, National Harbor Maryland 20745 [www.project-opportunity.com/class/registration](http://www.project-opportunity.com/class/registration)

Attendance at the Orientation Session is a vital step in our application process. If you are interested in this class but unable

to attend you must contact Program Director Joe Giordano, [joe.giordano@project-opportunity.com](mailto:joe.giordano@project-opportunity.com)

Classes Begins Thursday, September 16, 2021. Project Opportunity is an intensive curriculum based 10-week cohort program. The Fall 2021 program will meet every Thursday, September 16-November 11, 2021 from 6:30-9:30 p.m. at The American Job Center 6800 Oxon Hill Road in National Harbor Through grants and community business support this program is

## PROJECT OPPORTUNITY

free to all veterans. The curriculum and material are facilitated by small business professionals and subject matter experts. The program concludes with a formal business pitch and Graduation Ceremony on Wednesday November 17, 2021.

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

# SENIOR FOCUS

## It's Time to Rethink Heart Health

(Family Features) On average, someone in the United States dies from cardiovascular disease (CVD) every 36 seconds, approximately 2,380 deaths each day, according to the American Heart Association. Each day, 405 deaths occur in the U.S. as the result of strokes, an average of one death every 3:33. More people die annually from CVD than from any other cause including cancer, COPD, diabetes, lung infections and the flu, according to the American Heart Association (AHA) 2021 Heart Disease and Stroke Statistics.

Consider these steps to #RethinkCVRisk to change the course of the disease and your life.

### Understand Your Risk

COVID-19 has shown that those with underlying CVD face an especially high risk of serious COVID-19-related illness or even death, according to the Centers for Disease Control and Prevention (CDC). Regardless of whether you've received your COVID-19 vaccination, now is a good time to discuss your risk for heart disease with your doctor.

### How Cardiovascular Disease Develops

Risk factors for CVD include high cholesterol, high triglycerides, diabetes and high blood pressure. Other factors that contribute to risk are family history, prior cardiovascular (CV) events, smoking, being overweight or obese and unhealthy diet and exercise habits. Over time, these risk factors can lead to injury of the blood vessel lining, causing in-

flammation, which can then trigger plaque growth. Plaque grows at different rates and in different arteries in the body for everyone and is often a slow, gradual process without symptoms.

As plaque buildup continues, the risk of suffering a CV event—such as heart attack or stroke—increases. If plaque ruptures, the body will try to repair the injury, potentially causing a blockage to form, and when an artery becomes fully blocked, blood flow is restricted. Blocked blood flow to the heart causes a heart attack while blocked blood flow to the brain causes a stroke.

### Managing Risk Factors

The most effective way to prevent CVD is to understand and address risk factors. Triglycerides play an important role in heart health. Triglycerides store unused calories to give your body energy and are the most common type of fat in the body. They come from foods you eat such as butter, oils and other fats, as well as carbohydrates, sugars and alcohol. Your diet, lack of exercise, medical conditions, certain drugs and genetics can all cause high triglycerides.

In the past, medicines used to lower triglycerides, like fenofibrates and niacin, were commonly prescribed to help manage CV risk along with statins. However, clinical studies failed to show benefits and both the U.S. Food and Drug Administration (FDA) and American Diabetes Association discourage combining niacin and fenofibrates with statins.

Some turn to dietary supplement fish

oil to help manage CV risk. However, supplements contain only 30% of the omega-3 fatty acids EPA and DHA (docosahexaenoic acid) with the majority of the product consisting of non-omega-3 ingredients, including saturated fats. Some data suggests certain ingredients in dietary supplement fish oils, such as DHA and saturated fats, may raise bad cholesterol.

While high triglycerides are an indicator of CV risk, lowering them won't necessarily reduce your risk. However, addressing the underlying causes of high triglycerides can help, according to the AHA.

### Treatment Options

With ongoing research, new standards-of-care are emerging. High cholesterol is a key CV risk factor with statins currently the first-line therapy for lowering cholesterol. Statins, diet and exercise can lower your CV risk by about 25-35%, but, for many people, controlled cholesterol doesn't eliminate CV risk. This residual risk, or "persistent CV risk," puts millions of patients at risk and has been the focus of therapeutic development for many years.

Talk with your doctor about FDA-approved options that can help further reduce your heart risk if you already take statins.

For more information about CVD and what you can do, look for #RethinkCVRisk on social media or visit [truetogetherheart.com](https://www.truetogetherheart.com).



PHOTO COURTESY OF GETTY IMAGES

### Truths and Falsehoods About Heart Disease Risk

#### 1. Statins reduce your chance of experiencing a CV event by up to 90%.

**False.** Statins, diet and exercise can lower your risk by about 25-35%, but for many patients, controlled cholesterol doesn't eliminate CV risk. This residual risk, or "persistent CV risk," puts millions of patients at risk and has been the focus of therapeutic development for many years.

#### 2. Managing high triglycerides along with taking statins is enough to reduce your risk.

**False.** High triglycerides are a CV risk factor but lowering them won't necessarily reduce your risk. For example, earlier generation medicines prescribed to lower triglycerides, like fenofibrates and niacin, failed to show clinical benefit when used with statins to reduce CV risk. In fact, the FDA withdrew approval for fenofi-

brates and niacin in combination with statins because they add potential risk with no proven benefit to heart health.

#### 3. Fish oil supplements are a proven way to get protection from a CV event.

**False.** Fish oil supplements are not FDA-approved medicines intended to treat or prevent a medical condition. Despite multiple clinical studies, these products have not been proven, to reduce CV risk on top of current medical therapies including statins.

#### 4. Having a first CV event, such as a heart attack or stroke, puts you at greater risk to suffer another.

**True.** Having a CV event makes you more likely to suffer another. That's why it's important to protect against a first CV event or future events. To closely monitor your heart health, stay in close contact with your doctor and reduce your risk by keeping up with your medications, exercising and sticking to a healthy diet.

## Making Alzheimer's Just a Memory

An in-depth look at Alzheimer's and work to find a cure

(Family Features) Although the COVID-19 pandemic turned the world upside down, the rapid development of multiple vaccines has spurred hope that treatments—or even potential cures—may be found for other devastating conditions. One such candidate is Alzheimer's Disease.

### Understanding Alzheimer's

The Alzheimer's Association defines the disease as a type of dementia that affects memory, thinking and behavior. While some degree of memory loss is common with age, Alzheimer's symptoms are significant enough to affect a person's daily life and typically only grow worse over time.

Early signs of Alzheimer's include trouble remembering new information, solving problems or completing familiar tasks. As the disease progresses, disorientation, confusion, significant memory loss and changes in mood or behavior may become apparent. Physical symptoms may include difficulty speaking, swallowing or walking.

### Impact of Alzheimer's

Among people aged 65 and older, 1 in 9 (11.3%) has been diagnosed with Alzheimer's Disease, meaning more than 6 million Americans live with it. Worldwide, the World Health Organization estimates there are nearly 50 million people living with dementia, and Alzheimer's likely accounts for 60-70% of those. By 2050, this number could rise as high as 13 million.



PHOTO COURTESY FAMILY FEATURES  
**Milton "Todd" Ault III, founder of Alzamend Neuro**

Less commonly noted are the numbers of early-onset (under 65 years old) Alzheimer's patients within those figures. Up to 9% of global Alzheimer's cases are believed to be early onset, according to the World Health Organization.

According to a Harvard School of Public Health survey, Alzheimer's is second only to cancer among America's most feared diseases. However, data from the Alzheimer's Association shows Alzheimer's is the sixth-leading cause of death in the United States, a rate higher than breast cancer and prostate cancer combined.

Beyond the personal impact for those battling the disease and their loved ones, Alzheimer's Disease also takes a significant economic toll. The Alzheimer's Association predicts that in 2021, Alzheimer's and other dementias will cost the nation \$355 billion. By 2050, these costs could exceed \$1 trillion if no permanent treatment or cure for Alzheimer's is found. At the same time, more than 11 million Americans provide unpaid care for people with Alzheimer's and other dementias, an estimated 15.3 billion hours of care, valued at nearly \$257 billion.

### Treatment Options

While there hasn't been enough significant progress in discovering a treatment or cure in the more than 100 years since Alzheimer's was first identified in 1906, early diagnosis and treatment may improve the quality of life for patients. The disease affects each patient differently, so therapies vary widely depending on how far it has progressed and which symptoms are most prevalent. Some therapeutic approaches can address symptoms like sleep disruption and behavior while medication may be beneficial for treating other symptoms.

Founded in 2016 by Milton "Todd" Ault III, Alzamend Neuro, a preclinical-stage biopharmaceutical company, has been actively seeking a cure for Alzheimer's and concentrates on



PHOTO COURTESY OF GETTY IMAGES

researching and funding novel products for the treatment of neurodegenerative diseases and psychiatric disorders. With two products currently in development, the company aims to bring these potential therapies to market at a reasonable cost as quickly as possible.

Ault's stepfather is currently battling Alzheimer's, his mother-in-law died from the disease and he has three other family members suffering through it.

"Even though work has been done to find a cure for Alzheimer's, to me it hasn't been a full-court press," said Ault, whose many personal encounters with Alzheimer's have further fueled his passion to find a cure. "While there are no profound treatments today for Alzheimer's disease, we believe we can change that."

To learn more about treatments and therapies in development visit [alzamend.com](https://www.alzamend.com).

### Practical Ways to Fast-Track a Cure

Some basic changes in the approach to disease research could accelerate progress for diseases like Alzheimer's, said Milton "Todd" Ault III, founder of Alzamend Neuro.

Ault believes recent advancements in vaccines and medical technology, combined with these five approaches, can help advance the search for a cure for Alzheimer's disease and other dementias.

### Encourage public-private partnerships

The collaboration of government agencies and private industries was integral to the COVID-19 vaccine development. The

cross-industry partnerships enabled a vaccine to get to market in less than one year despite detractors. Ault believes this model can be replicated for other diseases and conditions.

### Diversify the search

Because of its complexity, a cure for Alzheimer's will require expertise from a broad range of organizations including health and defense, biopharmaceutical firms, academic experts and those involved in Operation Warp Speed, the federal effort that supported multiple COVID-19 vaccine candidates simultaneously to expedite development.

### Share standards and data

Focusing on a shared goal is vital to succeeding. This means looking for ways to share standards and collaborate with colleagues and competitors regardless of proprietary data, patents and other limitations.

### Become the catalyst for a cure

When political will and government funding are insufficient or unable to drive change, the private sector can inspire action.

"The progress we are making is a result of the private investment dollars we secured and the way we have applied strategy and tenacity that comes from a successful business record," Ault said.

### Learning from past successes

Aside from the result, there is a great deal to learn from the successful development of past drugs and vaccines. Social awareness and cultural demand are potential ways to stimulate faster production and approvals between public and private entities.

## 8 Ways to Reach a Healthy Blood Pressure

(Family Features) To take care of your heart, it's important to know and track your blood pressure. Millions of Americans have high blood pressure, also called hypertension, but many don't realize it or aren't keeping it at a healthy level.

For most adults, healthy blood pressure is 120/80 millimeters of mercury or less. Blood pressure consistently above 130/80 millimeters of mercury increases your risk for heart disease, kidney disease, eye damage, dementia and stroke. Your doctor might recommend lowering your blood pressure if it's between 120/80 and 130/80 and you have other risk factors for heart or blood vessel disease.

High blood pressure is often "silent," meaning it doesn't usually cause symptoms but can damage your body, especially your heart over time. Having poor heart health also increases the risk of severe illness from COVID-19. While you can't control everything that increases your risk for high blood pressure—it runs in families, often increases with age and varies by race and ethnicity—there are things you can do. Consider these tips from experts with the National Heart, Lung, and Blood Institute's (NHLBI) The Heart Truth program:

### Know Your Numbers.

Everyone ages 3 and older should get their blood pressure checked by a health care provider at least once a year. Expert advice: 30 minutes before your test, don't exercise, drink caffeine or smoke cigarettes. Right before, go to the bathroom. During the test, rest your arm on a table at the level of your heart and put your feet flat on the floor. Relax and don't talk.

**Eat Healthy.** Follow a heart-healthy eating plan, such as NHLBI's Dietary Approaches to Stop Hypertension (DASH). For example, use herbs for flavor instead of salt and add one fruit or vegetable to every meal.

**Move More.** Get at least 2 1/2 hours of physical activity each week to help lower and control blood pressure. To ensure you're reducing your sitting

throughout the day and getting active, try breaking your activity up. Do 10 minutes of exercise, three times a day or one 30-minute session on five separate days each week. Any amount of physical activity is better than none and all activity counts.

**Aim for a Healthy Weight.** If you're overweight, losing just 3-5% of your weight can improve blood pressure. If you weigh 200 pounds, that's a loss of 6-10 pounds. To lose weight, ask a friend or family member for help or to join a weight loss program with you. Social support can help keep you motivated.

**Manage Stress.** Stress can increase your blood pressure and make your body store more fat. Reduce stress with meditation, relaxing activities or support from a counselor or online group.

**Have a Healthy Pregnancy.** High blood pressure during pregnancy can harm the mother and baby. It also increases a woman's risk of having high blood pressure later in life. Talk to your health care provider about high blood pressure. Ask if your blood pressure is normal and track it during and after pregnancy. If you're planning to become pregnant, start monitoring it now.

**Stop Smoking.** The chemicals in tobacco smoke can harm your heart and blood vessels. Seek out resources, such as smoke free hotlines and text message programs, that offer free support and information.

**Work with Your Doctor.** Get help setting your target blood pressure. Write down your numbers every time you get your blood pressure checked. Ask if you should monitor your blood pressure from home. Take all prescribed medications as directed and keep up your healthy lifestyle. If seeing a doctor worries you, ask to have your blood pressure taken more than once during a visit to get an accurate reading.

To find more information about high blood pressure as well as resources for tracking your numbers, visit [nhlbi.nih.gov/hypertension](https://www.nhlbi.nih.gov/hypertension).

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**Awards from A1**

nections can lead to employment or internship opportunities.

This year, we have ten talented and amazing finalists; Middle, High school, and Collegiate students with incredible business IDEAS, (ranging from typical business ideas to STEM IDEAS), that will be competing. The winners will be announced during WETATi's Annual Scholarship and Awards gala on August 28, 2021 from 6 to 8 pm, which will also be held virtually this year. At the virtual awards' gala, both the WETATi Next Generation (middle and high schoolers) and WETATi Collegiate (college and university students) winners will be announced and awarded, alongside other awards.

We are also incredibly happy and proud to report that this year, WETATi-Anne Reese Scholarship funds, will be giving scholarships to nine (9) deserving college students.

WETATi educates low-to-moderate-income students from middle school to college through practical and experiential activities that prepare students for the 21st century workforce for employment, entrepreneurship, and future economic opportunities. "Our vision is economic empowerment through equitable access to employment and job creation. Our programs are the vehicles that we use to teach students about the power to change one's mindset from job seeking to creating mentality," said Ambassador Dr. Margaret Dureke, Founder, President & CEO of WETATi.

For more information about the convention, visit <https://wetati.com/convention/>

**President Obama from A3**

(Individual items are also welcomed)

For questions about the "Shoe Box Gift" Donation Drive, contact Bill Ayers at: [Billayers25@gmail.com](mailto:Billayers25@gmail.com)

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The Charter Committee to Celebrate President Barack Obama (*Charter Committee*) is a coalition of community-based organizations and activists, focused on empowering our citizenry through education, awareness and advocacy. Founded in 2017, one of the goals of the Charter Committee is to "teach our youth about the life and legacy of President Obama, 44th President of the United States." By promoting programs, such as the annual oratorical contest, students learn more about President Obama, his signature policies, as well as master critical oratory skills. Today's Prince George's County middle school students were infants during the 2008 presidential campaign and historic election of Barack Obama, the first U.S. President of African American heritage. Current students may not have read much about his life, or have an in-depth understanding of the events that occurred during his tenure as President. As memories fade and history chisels away at the awesomeness of the Obama Election victory, the Charter Committee will preserve President Obama's legacy

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