

# The Prince George's Post



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**On August 3, 2021 Kaiser Permanente hosted a small ribbon-cutting ceremony, dedicating the new medical facility with a small group of Kaiser Permanente leaders and state and local officials.**

## Kaiser Permanente Launches Next Generation Health Care Facility with New Bowie Fairwood Medical Center

*First of Six New, State-of-the-art Medical Centers Designed to Offer Person-Centered, High-quality, Integrated Care from Industry-leading Permanente Physicians will Utilize Proven Innovations in Medicine and Technology*

By PRESS OFFICER  
Kaiser Permanente

ROCKVILLE, Md. (August 5, 2021)—A new, state-of-the-art health care facility will soon expand access to Kaiser Permanente's nationally-recognized, integrated quality care in Prince George's county. The new Kaiser Permanente Bowie Fairwood Medical Center will open on August 16 offering more access to primary care and subspecialists closer to home. The health system's physicians and care team will bring a coordinated and patient-centered approach to care delivery in the brand-new facility that features the latest technology and innovations in design.

The new Bowie Fairwood Medical Center, with award-winning physicians and care teams, will be the first of six new, next generation medical centers that Kaiser Permanente will open in the region over the next 18 months. Other new locations bringing this same approach to design, medical excellence, and care transformation will include Friendship Heights, Lutherville-Timonium and Hyattsville in Maryland, and Springfield and Caton Hill in Virginia.

"The opening of the Bowie Fairwood Medical Center highlights our unique and integrated approach to providing quality health care and access to specialists. This integrated approach also of-

fers our patients in and around Prince George's County a new facility to not only receive medical care, but to improve their total health," said Ruth Williams-Brinkley, president of Kaiser Permanente of the Mid-Atlantic States. "During the COVID-19 pandemic, we witnessed the importance of access to both physical and mental health services, confirming the importance of our integrated, holistic approach. We are proud to expand our Kaiser Permanente delivery system with the opening of this modern, health care center that brings an array of physical and mental health services closer to our members in Prince Georges County."

The Bowie Fairwood Medical Center, which is located at 5400 Hillmeade Road, will be Kaiser Permanente's fifth medical center in Prince George's County and the health system's 34th medical center in the region. Patients at Bowie Fairwood will have onsite access to the integrated, high-quality care Kaiser Permanente's delivery system is recognized for both in the mid-Atlantic region and nationally. Services provided at Bowie Fairwood by Kaiser Permanente's integrated team will include primary care, behavioral health, obstetrics/gynecology, allergy, pharmacy, laboratory and radiology/imaging services, making access to quality health care and services convenient for members in the area.

"We know when patients get their care from us, they live longer, better lives. We are thrilled to expand our practice in Prince George's County so that those who live or work near Bowie will now have even

See MEDICAL CENTER  
Page A3

## Prince George's County Resinstitutes Indoor Public Mask Mandate Due to Rise in Covid-19 Metrics

By PRESS OFFICER  
Office of the Prince George's County Executive

LARGO, Md. (August 5, 2021)—Prince George's County Executive Angela Alsobrooks announced today that the County will reinstitute an indoor public mask mandate due to a continued rise in COVID-19 metrics. The mandate will go into effect Sunday, August 8, 2021 at 5:00 PM, and applies to vaccinated and unvaccinated individuals.

"After consulting with health officials who are monitoring our COVID-19 metrics daily, we have been advised that we are now at a point where we must reinstitute an indoor public mask mandate to keep Prince Georgians safe," said Alsobrooks. "The spread of the new Delta variant shows that we can only get out of this pandemic by getting more people vaccinated, please do so as soon as possible, not only to protect you and your loved ones, but also to prevent us from sliding back further in our recovery."

Beginning Sunday, August 8, 2021 at 5:00 PM, all residents and visitors over the age of five will be required to wear masks in all indoor public venues and businesses in Prince George's County, even if they are fully vaccinated. This includes, but is not limited to, restaurants, retail stores, entertainment venues, conference centers, and office settings. Similar to previous mask mandates, some exceptions

apply, such as when an individual is actively eating or drinking or individuals who have a bona fide disability that prevents them from wearing a mask.

The new mandate is based on the latest Centers for Disease Control and Prevention (CDC) guidance that individuals in areas with "high" or "substantial" transmission of COVID-19 should wear masks in indoor public settings, even if they are fully vaccinated. According to the CDC, Prince George's County is now in the "substantial" transmission category.

"Every COVID-19 vaccine available in Prince George's County has been proven to be extremely safe and extremely effective at keeping people from getting hospitalized or dying from the virus, including its Delta variant," said Deputy Chief Administrative Officer Dr. George Askew. "The vast majority of people in Prince George's County who have died or been hospitalized over the last few weeks due to COVID were unvaccinated. The science is clear that the vaccines work, and if more people are vaccinated, we can finally end this pandemic."

The County's positivity rate is 4.6% as of August 1, up from 0.9% on July 5. The average daily case rate has increased to 11.0 cases per 100,000 residents as of August 1, the highest rate observed since May 5. Finally, the County's infection rate is 1.33 as of July 28, which places the County in the "high risk" range.

## Back-to-School Prep: Have Your Driving Skills Fallen Behind?

*First Day of In-Person Classes Marks Return of Back-to-Traffic in Metro Area*

By JOHN TOWNSEND  
AAA Mid-Atlantic

WASHINGTON, D.C. (Monday, August 9, 2021)—Just like that, in the blink of an eye, the first day of school has fully arrived for a swath of Pre-K-12 students in some public and private schools in the Greater Washington metro area. It marks the return of back-to-school traffic in the region. AAA School Safety Patrollers are at their duty stations. As students return to in-person classes, and with the "return of athletics and extracurricular activities" for the first time in a year and a half, AAA, school administrators, law enforcement officials, and other traffic safety advocates, are urging drivers to remain alert. Area motorists will be sharing the road with more students, buses, teachers, staffers, and other parents than they have seen in several months.

All drivers across the region, including rookie drivers driving to high school for the first time, should make sure they have mastered the basics of safe driving

and know the fundamentals of safely navigating roads filled with children and back-to-school traffic. To earn high marks, motorists must be vigilant, especially in the hours before and after school. Watch for children at bus stops and for children walking to and from bus stops. Parents must avoid unsafe drop-off or pick-up behavior when driving their children to and from school.

"As schools reopen for the 2021-2022 academic year in various parts of the region, the increase in traffic volume around schools, as well as the increase in school bus traffic and the presence of school-age pedestrians and child cyclists, require patience, defensive driving skills, and mindfulness for all roadway users," said John B. Townsend II, AAA Mid-Atlantic's Manager of Public and Government Affairs. "Although students are returning to the classroom for in-person learning five days a week this academic year, school, as we know,

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## "Hoops 4 Peace" Anti-Violence Youth Summit and 3-on-3 Basketball Tournament Returns this August

*26th Annual Event Offers Education and Outreach Opportunity for the Local Community*

By PRESS OFFICER  
Community Kinship Coalition Inc.

LARGO, Md. (August 3, 2021)—Community Kinship Coalition, Inc. (CKC) announce the 26th Annual "Hoops 4 Peace" (In Our Streets) Anti-Violence Youth Summit and 3-on-3 Basketball Tournament, which will be held on Saturday, August 21, 2021 from 9:00 a.m. to 5:00 p.m. at the Seat Pleasant Activity Center.

The primary objective of this event is to promote public awareness and institute changes in the area of youth violence in the Prince George's County community. This annual event provides education and outreach to low-income, at-risk youth and their families. This year's event will strategically

focus on Community Violence Interventions (CVI) with an expert guest panelist, community leaders, activists, and—most importantly—200-400 youth ages 8-18, as well as their family members.

CKC created the Annual Hoops 4 Peace (In Our Streets) Anti-Violence Youth Summit because it recognized the need for Youth, Parents and Community Leaders to identify and discuss effective alternative solutions to the destruction and devastation in which violence has paralyzed the institution of Family.

We are again, honored to have dynamic motivation speaker, trainer, and career educator Brian Heat with his electrifying words, explosive stage presence and provocative ability to ignite crowds.



Our guest speaker will be Prince George's County State's Attorney, Aisha Braveboy. Other panelists and guest appearances include #5 Ranking WBA Professional Boxing Champion, Gary Antunne Russell; parent advocate, Darlene Rainey; My Brother's Keeper (MBK) Prince George's Network Executive Director, Mr. Robert Johnson; President of Anne Arundel County Scholarship Trust and Speaker, Reginald Broddie; Park Police Assistant Chief-Public Safety, Gregory Ford; along with many other notable dignitaries, professional athletes, college players, and organizations who will address the youth.

You can register for this event in person at Seat Pleasant Activity Center, located at 5720 Addison Road, Seat Pleasant, MD 20743 or by visiting [www.communitykinshipcoalition.org](http://www.communitykinshipcoalition.org) to register online.

IMAGES COURTESY OF COMMUNITY KINSHIP COALITION INC.  
**Hoops 4 Peace returns for its 26th annual event on August 21.**

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# TOWNS *and* NEIGHBORS

## In and Around Morningside-Skyline

by Mary McHale 301-735-3451

### Maryland Lighthouse Featured in New 1st Class Postage Stamp

I look forward eagerly to the Postal Service's Philatelic Catalog, even though I don't use stamps much these days. I love to look at the catalog, and I do buy more stamps than I need.

I just received the new catalog and you'll be glad to know 1st class postage is still 55¢.

Thomas Point Shoal Light, in the Chesapeake Bay in Anne Arundel County, is one of five featured on the new Mid-Atlantic Lighthouses full sheet (other lighthouses pictured are in New York, New Jersey, Pennsylvania and Delaware). Thomas Point Shoal Light dates to 1875 and is the most recognized lighthouse in Maryland.

Other new 2021 1st class stamps are: Raven Story, depicting a figure in tales told by the indigenous people of the northern Northwest Coast; Message Monsters (with cartoony balloons, thought bubbles, hats, hearts and crowns); Ursula K. Le Guin, author of the Earthsea trilogy; Missouri Statehood, commemorating the state's bicentennial; Tap Dance; Emilio Sanchez's architectural artwork; Sun Science, including (if you buy a sheet) a map of the 2017 eclipse's journey across the U.S. mainland; Star Wars Droids; Japanese American Soldiers of World War II; a cheerful new Happy Birthday stamp; and Yogi Berra.

The new Christmas stamps will be issued soon. Hie thee to your post office!

### Town of Morningside: Movie Time!

"Movies Under the Stars" continues Friday, August 13, at dusk (8:30ish). The title is uncertain—though it might have a Christmas theme. Bring your chairs and blankets, and join your neighbors and friends in the field next to the Town Hall for the free movie. Bring your own refreshments or buy there.

The search for a new Morningside Chief of Police continues. Applicants are required to submit a resume, cover letter, and three professional references, to the attention of Mayor Bennard Cann (mayor@morningsidemd.gov). The subject line should read "Town of Morningside Chief." There's more information on requirements at [www.morningsidemd.gov/index.php](http://www.morningsidemd.gov/index.php).

Please, no phone calls.

The monthly work session and the Town Meeting are cancelled for the month of August.

### Neighbors and Other Good People

Tommy Lee Cook Sr., 70, formerly of Morningside, died Aug. 1. His service was at Brinsfield Funeral Home in Charlotte Hall with burial at Trinity Memorial Gardens. I'll write more about him in next week's column.

Condolences to Sue Stine Mason, formerly of Morningside, on the death of her husband Carl Mason, on July 26. Sue met Carl in Virginia and they have been married 36 years. Sue writes, "He was a great husband and step-dad to my daughter." Her nephew Lamont "Monty" Gotshall (who grew up on Allies Road) escorted her to services.

John and Stacie Smith, my next-door neighbors, drove to Assateague Island to see the wild horses. Stacie was delighted to have a ranger show her how to feed and pet one of the horses. She loved it and is ready to go back.

The McHale family has been on the summer move: John and Michelle McHale and their family spent a week at Deep Creek Lake. Sheila and John Mudd, their family and dogs enjoyed a week in the Outer Banks. Grandkids Conor and Heather McHale, Mary and Wesley, flew to Denver to be with my grandson David and his family. They were joined by my son Mike and his wife Sandy who drove up to Denver from El Paso.

Hope you found time to get away to some fun place.

### Community Outreach at Suitland Road Baptist Church

Pastor Kevin McCune extends an invitation to the community to journey with him on Friday mornings, 10:30 to 11:30, through the Book of 2nd Thessalonians. You can dial the Bible class on 617-769-8377.

Pastor McCune hopes to resume in-person services soon at 6412 Suitland Road. For more information, you can call him at 301-219-2296.

### Changing Landscape

A small earthquake shook Howard County early the morning of August 4.

It had a magnitude of 2.1 and was centered in Clarksville.

The Camp Springs Senior Center, 6420 Allentown Road, has reopened and offers an amazing assortment of activities in exercise, Zumba and dance, art, music and theatre. Hours are Mon.-Fri., 9 a.m. to 4:30 p.m.; Sat., 9 a.m. to 1 p.m. For information, call 301-449-0490.

It's county fair time: Prince George's County Fair, Sept. 9-12 at the Show Place Arena in Upper Marlboro. Charles County Fair, Sept. 16-19, La Plata. Calvert County Fair, Sept. 29-Oct. 3, Prince Frederick. St. Mary's County Fair, Sept. 23-26, Leonardtown. Anne Arundel County Fair, Sept. 15-19, Crownsville.

A home at 4312 Frank Street, in Skyline, recently sold for \$387,230.

### Mary's Covid Report

Support is growing for a Memorial to honor the more than 614,000 Americans who have died in the pandemic.

Meanwhile, in Maryland, two more have died of Covid, bringing the Maryland total to 9,842 deaths. And there have been 729 cases (in one day!) in the State bringing the total to 471,334.

Arena Stage, Studio Theatre and the Shakespeare Theatre Company are among the major theaters that will require proof of vaccination along with tickets this fall.

More businesses are requiring vaccination or regular testing, and most schools will require masks. More children—too young for the shots—are coming down with Covid. The deadly delta variant is now responsible for most of the hospitalizations.

"Normal" seems a long way off.

### Gordon Pracht, Loved Rock & Roll Music

Gordon Blaine Pracht, 77, of Forestville, optician and former manager of McGinnis Opticians in Temple Hills, died Aug. 1.

He was born in Washington, son of Alfons R. Pracht and Ellen Garcia.

He was a car enthusiast, an avid train collector and a devotee of rock and roll

See **MORNINGSIDE** Page A7

## Brandywine-Aquasco

by Audrey Johnson 301-922-5384

### LEGACY OF BERNARD (BUD) JOHNSON

Bernard Matthew "Bud" Johnson was born on July 1, 1910 to Robert Johnson and Isabelle Pinkney Johnson Bowie in Brandywine, Maryland. He was second child of nine brothers and sisters, born of this union.

Due to the early and sudden death of his father, Bud evolved as the patriarch of the family as it was necessary to maintain the family farm. Under Bud's leadership and the labor of his brothers, this family was able to survive a war, a depression, and many other obstacles, by the grace of Almighty God.

As other brothers and sisters left the family farm to attain their own personal goals, Bud remained and continued to easily attest to this fact. John and Isabelle Acres Farm exists today through the efforts of Bud who remained and continued to till the soil and grow things until his sudden illness on May 24, 1993.

Bernard married Mable Lancaster, his devoted wife of over 40 years. Many lives were enhanced because of the love, joy, and care of this couple by all whom they embraced.

Bud was an active participant in the Brandywine community. He organized the first 4-H Club for African American children in the Brandywine-Naylor area. This club met in the Brooks Church Hall. He was a mentor for black males before it became the fashionable thing to do to "save our black males" this mentorship and ministry were demonstrated through the organization and coaching of the Tractor Club softball Team. This organization was comparable to our little league teams of today. He was known for his outstanding athletic skills as center fielder for the renowned Brandywine Baseball Team.

Bud was a first-class farmer. He received a Soil Conservation Award for his outstanding techniques in preserving the environment. He was an active participant in the Prince George's County Fair and the Maryland State Fair. He won many prize ribbons for his tobacco. Bud was an ambassador for the American farmer as he hosted farmers from the country of India as they attempted to learn the methods of American farm life. In his early years Bud worked at Fort Meade Military Base building the barracks and housing that exist today.

Regardless of any obstacles he encountered or any joy he received, one would invariably hear or see Bud giving God the praise. Bud "lived the life and walked the walk" through his ministry of songs with the famous Rising Sun Male Chorus of Nottingham, Maryland and his lifelong membership at

Myers United Methodist Men, Trustee Board and Adult Church School Class. He did not leave his religion at the church door but lived it daily as he consistently continued to reach out and make life better for those whom he came in contact. Bud was deeply appreciative of all the good deeds of his church family. The renaming of the church fellowship Hall to the name of Bernard Johnson Covenant Hall was a tribute that brought him much joy. Bud often said, "I love to see things grow." Let us strive to grow and nurture others so they may grow in the love of our Lord, Jesus Christ.

### EMERGENCY CONTACT NUMBERS

If you need to report or request assistance for a Public Health, Public Safety or Medical emergency dial the Public Safety Agency at 911. To request assistance for a Domestic Violence Crisis, call 211 Domestic Violence Hotline Agency. Access to 211 Maryland Agency Health and Human Services information dial 211. Response to natural and man-made disasters call 301-324-440 at Emergency Management Agency. Disaster Relief, Health Safety Services, and Blood Service call American Red Cross in Prince George's County and the National Capital Region Agency at 240-487-2100.

### COMMUNITY WALK MEET & GREET

Council Member Sydney J. Harrison in partnership with 4 Ever Unified, Inc. hosted Community Walk Meet & Greet with Police Chief Malik Aziz joined by Major Cedric Dickerson on Monday, July 19, 2021, at District V Police Station (Clinton), 6707 Groveton Drive, Clinton, Maryland 20735. There were free refreshments and music. Everyone was encouraged to wear blue and gray. Prince George's County Council. Information received from email that was sent to me.

### NEW ROAD IN BRANDYWINE

Residents seeking care services at MedStar Health at Brandywine will benefit from easier access thanks to the new Brandywine Relief Road, an extension of Mattawoman Drive that connects Brandywine Road and Brandywine Crossing. Our president, Christine Wray, attended the ribbon cutting ceremony to celebrate this milestone for our county.

Thank you to all the elected leaders and the community for coming together to make this happen and improve access to services in our area. Information from MedStar Health (Summer 2021).

## Around the County

### Saint Anselm College Releases Dean's List

*Hyattsville Resident Named to Dean's List for Spring 2021 Semester* MANCHESTER, N.H. (August 3, 2021)—Saint Anselm College has released the Dean's List of high academic achievers for the second semester of the 2020-2021 school year. To be eligible for this honor, a student must have achieved a grade point average of 3.4 or better in the semester with at least 12 credits of study which award a letter grade.

Mark W. Cronin, Dean of the College, announced that **Beatriz A. Huerta**, a Marketing major in the class of 2023 from Hyattsville, MD was named to the Dean's List for the spring 2021 semester at Saint Anselm College in Manchester, New Hampshire.

A total of 573 students representing 26 states were named.

*Founded in 1889, Saint Anselm College is a four-year liberal arts college providing a 21st century education in the Catholic, Benedictine tradition. Located in southern New Hampshire near Boston and the seacoast, Saint Anselm is well known for its strong liberal arts curriculum, the New Hampshire Institute of Politics, a highly successful nursing program, a legacy of community service and a commitment to the arts.*

—Paul Pronovost, Saint Anselm College

### Baylor University Scholarship Award Recipients

WACO, Texas (August 3, 2021)—Baylor University has selected nearly 4,000 recent high school graduates and more than 350 transfer students as recipients of academic scholarship awards for the 2021–2022 academic year.

Bowie, MD: **Zacarri Walker**, Westlake High School, Founders' Baylor Scholarship

Baylor awarded students with one of five other academic scholarships based on a complete and holistic review of their high school performance: President's Scholarship, Provost's Scholarship, Deans' Scholarship, Founders' Scholarship, Independence Scholarship.

For more information about Baylor University, visit [www.baylor.edu](http://www.baylor.edu).

—Baylor University Media and Public Relations

### Darius Dale, National Intern Day, Intern Spotlight

GREENBELT, MD (July 29, 2021)—As a child growing up in Berlin, Maryland, **Darius Dale** built imaginative worlds and towering structures with LEGO bricks. Now, he's helping NASA build the space communications networks of tomorrow as a summer 2021 intern. Before beginning his first college semester at the University of Maryland Eastern Shore (UMES) in the fall, Dale is enjoying a summer at NASA as part of the highly competitive Space Communications and Navigation (SCaN) Internship Project (SIP) at NASA's Goddard Space Flight Center in Greenbelt, Maryland. SIP prepares interns like Dale with the skills, experience, and connections they need to thrive in the workplace while supporting projects that further NASA's mission.

Learn more about NASA's programs at <https://www.nasa.gov/>.

—NASA Office of Communications

### Town of Upper Marlboro Awarded Circuit Manager Grant in Conjunction with the Town of Morningside

UPPER MARLBORO, Md. (August 5, 2021)—The Town of Upper Marlboro has been awarded a joint Town Manager Circuit Rider Program grant in conjunction with the Town of Morningside, Upper Marlboro Mayor Linda Pennoyer and Morningside Mayor Bennard J. Cann jointly announced August 5, 2021.

The innovative program, which is administered by the Maryland Department of Housing and Community Development (DHCD), has awarded a total of \$500,000 in grants to towns statewide. Upper Marlboro and the Town of Morningside received a combined \$50,000.

"We are extremely pleased to receive this award together with Mayor Benn Cann from the Town of Morningside," Mayor Pennoyer said. "These funds will enable us to strengthen our management and oversight of the grants we have already received and to be even more proactive in seeking and securing additional grants for the Town."

The circuit manager will be split evenly for 20 hours per week between the towns of Upper Marlboro and Morningside, Pennoyer said. As the lead grant sponsor, Upper Marlboro will have the manager under its payroll and healthcare plan.

Upper Marlboro Town Administrator Kyle Snyder said the circuit manager will support the Town's grant projects and initiatives by managing existing grants and working with town department heads to apply for new grants and handle other special projects as needed. The circuit manager operations will be evaluated by the number of successfully managed grants, as well as the amount of grant funding applied for and awarded to the Town.

With Upper Marlboro as the sponsor, the circuit rider will fall under the Town's payroll and healthcare plan, the cost of which is offset by the DHCD grant.

The Town of Morningside will utilize its share of the \$50,000 grant to fund an executive level position to serve as Chief Administrative Officer.

"This grant is a great opportunity for municipalities to gain the insight of an experienced employee at a shared cost," said Mayor Cann. "The Town of Morningside is excited to work alongside Mayor Pennoyer and the Town of Upper Marlboro on this venture."

DHCD's Maryland Town Manager Circuit Rider Program assists small town and city governments with building their administrative capacity. The funding of this program is extremely competitive and to be eligible towns must be a small municipality with a population of 5,000 or less.

Under this program, municipalities, counties, and regional governmental organizations can join together to sponsor a circuit and hire professional staff who serve two or more towns. Once it is in full effect, the Circuit Rider professionals help small towns in administrative services, like assisting with construction, responding to public inquiries, water maintenance, etc.

"This program is a huge help to smaller towns who want to improve their local communities but who may lack the necessary resources and funding to enable them to reach their goals," according to DHCD.

Maryland's DHCD is charged with implementing housing policy that promotes and preserves homeownership, as well as "creating innovative community development initiatives to meet the challenges of a growing Maryland."

# COMMUNITY

## Calendar Spotlight

### Airmail Anniversary Tour

Date and Time: Thursday, August 12, 2021, 10:30am–11:30am and 2pm–3pm

Description: Come and join us as we celebrate the anniversary of the first scheduled airmail flight, which took place here at the College Park Airport on August 12th, 1918. We will have a tour of our Airmail exhibit and then craft where children can create their own stamp.

Cost: FREE with Museum Admission

Ages: 7-13

Location: College Park Aviation Museum, 1985 Corporal Frank Scott Drive, College Park, MD 20740

Contact: 301-864-6029; TTY 301-699-2544

### Picnic Pod Summer Concert Series:

#### Picnics and Polka with The Polka Terps

Date and Time: Friday, August 13, 2021, 6pm–7pm

Description: Say hello to the weekend, kick off your shoes, and enjoy the sounds of the Riversdale Chamber Music Society as they explore a variety of music on the grounds. The Polka Terps are back to ride again! Bring your dancing shoes and learn to dance the polka while hearing some of the most traditional songs from Oktoberfest. *Registration is no longer required for these outdoor concerts and walk-ups are welcome. Please set up your picnics distanced from other groups.*

Cost: FREE

Ages: All ages welcome

Location: Riversdale House Museum, 4811 Riverdale Road, Riverdale Park, MD 20737

Contact: 301-864-0420; riversdale@pgparks.com

### Office of Emergency Management Webinar Series:

#### Webinar #2: Mitigation

Date and Time: Tuesday, August 17, 2021, 6pm–7pm

Description: The Office of Homeland Security/Office of Emergency Management is pleased to present "Creating Resilient Communities: A Webinar Series!" This webinar series will provide you with information and resources on how best to prepare for, respond to, recover from and mitigate disasters within your home and community. The mitigation webinar will be a life changer! You will learn how you can lessen the damages from a disaster, saving your life and belongings. At the end of this webinar, you will be able to reduce your chances of being greatly affected by a major disaster.

Cost: FREE

Register to Attend:

[https://www.princegeorgescountymd.gov/3991/Creating-Resilient-Communities?utm\\_medium=email&utm\\_source=govdelivery](https://www.princegeorgescountymd.gov/3991/Creating-Resilient-Communities?utm_medium=email&utm_source=govdelivery)

### Fitness Employment Fair

Date and Time: Tuesday, August 17, 2021 AND

Thursday, August 19, 2021, 10am–2pm

Description: Come prepared to meet our facility managers, interview for an immediate job opportunity, and complete Instructor, Trainer demo, and skills assessment! M-NCPPC Fitness opportunities offer: Competitive salaries; Flexible work schedules; Free uniforms; A Fun, team-focused working environment; Year-round and seasonal jobs.

The Maryland-National Capital Park and Planning Commission, Department of Parks and Recreation, Prince George's County has immediate openings for Group Fitness Instructors, Personal Trainers, and Fitness Non-Instructor Support Staff at the following facilities:

- Fairland Sports and Aquatics Complex—Laurel
- Health & Wellness Get Fit Mobile Unit—Various Locations
- Kentland Community Center—Kentland
- Prince George's Sports and Learning Complex—Landover
- Southern Area Aquatic & Recreation Complex—Brandywine

Opportunities available:

- Group Fitness Instructor
- Personal Trainer
- Fitness Non-Instructor

Candidates must be at least 18 years of age and have a valid certification in their discipline. Must also possess a valid CPR/First Aid certification. Most Instructor, trainer, support staff positions require the appropriate training, experience, and/or certification necessary to facilitate the course/fitness specialty. Salary ranges depend upon experience and qualifications.

Complete an online application via the related job posting: <https://www.mncppc.org/calendar.aspx?eid=17428>

Cost: FREE

Ages: 18 and up

Location: Prince George's Sports and Learning Complex—8001 Sheriff Road, Landover, MD 20785

### Virtual Wine & Jazz at Marietta Presentation

Date and Time: Thursday, August 19, 2021, 6:30–8 p.m.

Description: Welcome to Marietta's annual wine and jazz event that will be a virtual encounter featuring the owners of our local Maryland wineries of Romano's Winery and Vineyard, and Thanksgiving Farm Winery. Presentations will include wine selection tips and food pairings with cheese and chocolate! The discussion will include types of wines and why they grow well in our region. A fun list of recipes for food and wine punches will be included. Enjoy music performed by popular jazz musicians AJQ Plus 1 immediately following the Q & A with our wine experts. Please register on Parks Direct using this direct link: <https://tinyurl.com/djcvz4y9>. The presentation will be held virtually on Microsoft Teams. Marietta is located at 5626 Bell Station Road, Glenn Dale, MD 20769 and is a property of the Maryland-National Capital Park and Planning Commission

Cost: \$5/person

Ages: 21 & up

To Register: <https://tinyurl.com/djcvz4y9>

Contact: Stacey.Hawkins@pgparks.com, 301-262-0532

## Good Neighbors Coming Together Again to Steer Youthful Drivers in the Right Direction

Workshop for Young Drivers and Their Parents Announced for August 18

By DWAYNE M. REDD  
State Farm®

LARGO, Md. (August 5, 2021)—Did you know motor vehicle crashes are the No. 1 cause of death among teens in this country? And that inexperience is a leading cause of crashes among teen drivers?

Traditionally, the only way for new drivers to gain experience was to practice in the family car with a parent or to incur the cost of a driver's education instructor. This could often leave new drivers with limited experience and feeling uncertain about their driving skills.

To help with this, local State Farm agent Adrian Wilcox (Largo), in partnership with the Office of Prince George's County Executive Angela Alsobrooks, the Prince George's County Police, and Mothers Against Drunk Driving—Maryland (MADD), are hosting an August 18 workshop for youthful drivers and their parents to help them understand the impact of distracted and impaired driving and why we need them to be responsible drivers.

The workshop will be held August 18 from 6:00 P.M.—8:00 P.M. at the office of State Farm Agent Adrian Wilcox, 9701 Apollo Drive, Largo, Maryland.

"Making sure our families, especially our youth, are safe is extremely important to my office," shares State Farm Agent Adrian Wilcox. "And as your local State Farm agent, this was the perfect way for me to relay this message. So, I am



PHOTO COURTESY STATE FARM  
State Farm agent Adrian Wilcox speaks to parents and young drivers during a workshop session in July, 2021.

honored to partner with Mothers Against Drunk Driving—Maryland, County Executive Angela Alsobrooks, and the Prince George's County Police because our real life stories will help our young drivers be successful once they get behind the wheel of a vehicle."

If anyone is interested in attending or would like more information, please call Adrian's office at 240-487-6552.

*The mission of State Farm® is to help people manage the risks of everyday life, recover from the unexpected, and realize their dreams. State Farm and its affiliates are the largest providers of auto and home insurance in the United States. Its 19,300 agents and nearly 55,000 employees serve approximately 86 million policies and accounts—which includes auto, fire, life, health, commercial policies and financial services accounts. Commercial auto insurance, along with coverage for renters, business owners, boats and motorcycles, is available. State Farm Mutual Automobile Insurance Company is the parent of the State Farm family of companies. State Farm is ranked No. 39 on the 2021 Fortune 500 list of largest companies. For more information, please visit <http://www.statefarm.com>.*

## Governor Hogan Celebrates 40th Anniversary of The National Aquarium in Baltimore

By SHAREESE CHURCHILL  
Office of the Governor

ANNAPOLIS, Md. (August 3, 2021)—Governor Larry Hogan attended the 40th anniversary celebration of the National Aquarium in Baltimore.

"Since 1981, the National Aquarium has been not only an amazing tourist destination and educational resource, but also a major economic anchor for Baltimore City," said Governor Hogan. "Our administration has been proud to strongly support the aquarium's continued success over the years, and I want to congratulate everyone who has played a role in reaching this important milestone."

The National Aquarium generates \$455 million in economic activity each year, supports 4,500 jobs in Maryland—including 350 jobs at the aquarium—and draws more than 1.5 million visitors annually to the Inner Harbor.

Since 2015, the Hogan administration has provided \$14 million to the



PHOTO COURTESY MARYLAND GOVERNOR'S PRESS OFFICE

Governor Larry Hogan speaking at the 40th anniversary celebration of the National Aquarium in Baltimore.

National Aquarium, including recently funding the complete replacement of the glass pyramid above the rainforest exhibit. To help the aquarium weather the challenges of COVID-19, the ad-

ministration also provided \$550,000 in pandemic relief and enabled the development of new virtual education opportunities that reached 24,000 Maryland students.

### Medical Center from A1

easier access to our outstanding Permanente physicians," said Richard McCarthy, MD, executive medical director for Kaiser Permanente. "Whether we're treating cancer, controlling diabetes or managing hypertension, we make sure our patients with these conditions have better survival and lower mortality rates. As the region's largest, coordinated medical group, Permanente physicians work together across specialties and leverage the latest technology to provide the best care in the nation."

The new Bowie Fairwood medical facility will increase access to care for Kaiser Permanente members who live or work in the area. The new facility, along with the additional new medical centers that Kaiser Permanente will open in the region, will offer:

- Virtual or onsite access to more than 1,700 Permanente physicians who are boardcertified across 50 subspecialties including oncology, thoracic surgery, interventional radiology and more
- New technology allowing faster check-in, smoother patient handoffs between care departments and text alerts on wait times
- Exam rooms outfitted with the latest technology, such as chairs that can weigh patients when they sit and then recline into an exam table
- Building design that allows for easy and efficient growth as the needs of patients change and number of patients grow

- Collaboration-focused workspaces allowing the care team to work together more efficiently
- Community-focused space such as walking paths, green space public transportation access and meeting rooms
- A focus on wellness—including two outdoor courtyards to relax, eat lunch or take a walk to the adjacent public park, and the Thrive Staircase, which wraps around the elevators and is designed to promote physical activity by encouraging staff, members and visitors to take the stairs and enjoy the view into the courtyard.

Kaiser Permanente currently has 182,600 members in Prince George's County, an increase of more than 80,000 members since 2008. The new Bowie Fairwood Medical Center is expected to care for 10,000 Kaiser Permanente members.

The care provided at the new Bowie Fairwood Medical Center and Kaiser Permanente's 33 other facilities across the region results in earlier detection and better treatment of diseases such as heart disease, stroke and breast cancer, resulting in lives saved among its members each year. For example, data analysis shows that if everyone in the U.S. screened women for breast cancer using Kaiser Permanente's approach, 9,000 fewer women would die each year. And if everyone managed hypertension as well as Kaiser Permanente, there would be 170,000 fewer heart attacks and strokes in the U.S. every year.

Kaiser Permanente members benefit from high-quality, award-winning care from top Permanente Medicine doctors. For the ninth year in a row, Kaiser Permanente's Mid-Atlantic region received 5 out of 5 stars from the Centers for Medicare & Medicaid Services for its 2021 Medicare health plan and was the only health plan in the nation to receive 5 out of 5 for its private/commercial plan from the National Committee for Quality Assurance.

*Kaiser Permanente is committed to helping shape the future of health care. We are recognized as one of America's leading health care providers and not-for-profit health plans. Founded in 1945, Kaiser Permanente has a mission to provide high-quality, affordable health care services and to improve the health of our members and the communities we serve. We currently serve 12.4 million members in eight states and the District of Columbia. Care for members and patients is focused on their total health and guided by their personal Permanente Medical Group physicians, specialists and team of caregivers. Our expert and caring medical teams are empowered and supported by industry-leading technology advances and tools for health promotion, disease prevention, state-of-the-art care delivery and world-class chronic disease management. Kaiser Permanente is dedicated to care innovations, clinical research, health education and the support of community health. <https://about.kaiserpermanente.org/>*

# COMMENTARY

## Marion Wright Edelman

President Emerita,  
Children's Defense Fund



### ChildWatch:

## Healthy Food for Hungry Families

"I worry in regards to child obesity ... diabetes, cholesterol, and all of those things, but personally I worry more about the children than myself."

"My kids—they're the ones that I worry about eating right or making sure everything is good."

Most parents know the worry of trying to make sure their children are eating well and getting the right balance of the healthy foods they need to grow and thrive. Those universal worries become even harder for families who are already struggling just to put food on the table. The Supplemental Nutrition Assistance Program (SNAP) helps keep children and families fed and is our nation's first line of defense against hunger. In 2018 SNAP helped feed nearly a quarter of all children in America. But a new report just released by the USDA showed nearly nine out of 10 SNAP participants faced barriers to providing their family a healthy diet throughout the month.

The study was conducted in 2018, so it did not capture the enormous new challenges many families have faced during the pandemic. But it did make it clear that even before the pandemic more help was already needed. When researchers asked participants why they needed SNAP benefits, the most common answer was unemployment or underemployment: "My husband had fewer hours and I'm not working." "I wasn't working anymore. I'm working a little bit now but not much and I need food." Other common reasons for needing SNAP included health problems and changes in family circum-

stances, such as the birth of a child or a separation or divorce: "I got disability because of my illnesses, and then, at the same time, got divorced so I was on my own, and I applied for SNAP." "I'm raising my grandson. I've now adopted him. And ever since I've had him again ... it was hard to make ends meet with just my income."

SNAP made it easier for these participants to feed their families, but most said they still found it hard to access and afford healthy meals. For example, participants who did not own cars and instead had to take a bus, subway train, or walk when they needed to buy groceries felt very limited by where they could shop, whether they could shop frequently enough to purchase fresh foods regularly, and how much they could carry home: "[T]o get the really fresh stuff, you have to travel out a little bit, and I don't have a car." "[I]t's cumbersome on the buses to bring back a lot of groceries." Other barriers included not having enough time to prepare meals from scratch, which led to more reliance on prepared and processed foods, and not having storage available for fresh or cooked foods. Not surprisingly, the most common barrier people cited was how hard it can be to afford many healthy choices such as lean meat and fresh fruits and vegetables:

"It's basically how expensive food is and healthy food. I just went to the store. It's way expensive. To get some grapes or some tomatoes or something, it's way more pricey than to get a six pack of ramen noodles."

"Depending on the week of the month, if the food stamps just

came sometimes we may get more leaner meats, like ground beef, than the fattier ones because the fattier ones are cheaper. That's towards the end of the month when it's running out."

"For me healthy means vegetables, fruits and proteins. I really like fish, but sometimes I think about it because salmon is very expensive ... that is something for every 15 days, or once a month."

"Vegetables are really expensive, and fish is really expensive. Everything that's healthy is expensive, that's for the rich...I can't buy the things that are healthy."

No families in the wealthiest nation on Earth should be convinced that healthy food is just for the rich. Identifying the barriers SNAP participants face towards buying healthy foods helps target solutions, and right now the need is acute. The high grocery store prices that accompanied the pandemic are stretching families' food budgets even thinner. Almost half of families who receive SNAP use their monthly benefits within the first few weeks of the month. Nearly half remain food insecure even after receiving benefits, and this report noted that SNAP participants who struggled to afford healthy foods were more than twice as likely to experience food insecurity. With the temporary boost in SNAP benefits passed in response to the COVID-19 crisis set to expire this September, Congress must permanently increase SNAP benefits and eligibility in the upcoming recovery package to ensure no child goes hungry or without the healthy foods they need most.

## Marc Morial

President and CEO, National Urban League



### To Be Equal:

## Documentary Film, The One And Only Dick Gregory, Sets The Record Straight On Activist Comedian's Legacy

"I chose to be an agitator. The next time you put your underwear in the washing machine, take the agitator out, and all you're going to end up with are some dirty, wet drawers."—Dick Gregory

In the four years since we lost comedian and civil rights activist Dick Gregory, his powerful voice has been missed amid the recent broadening and intensifying movement for racial justice and equity.

As the nation marked the 56th anniversary of the Voting Rights Act this week, few remembered Gregory as someone who put not only his career but his very life on the line in support of voting rights. He was among the thousands arrested during the iconic Birmingham Campaign of 1963 that flooded America's newspapers and televisions with violent images of protestors being attacked with firehoses and police dogs. That fall, he spoke for hours in Selma, rallying hundreds of Black residents to line up at the voter registration office on "Freedom Day."

The following summer, when voting activists James Chaney, Andrew Goodman and Mickey Schwerner went missing, a \$25,000 reward for information, raised by Gregory, led to the discovery of their bodies.

A new documentary, *The One and Only Dick Gregory*, sets the record straight on Gregory's legacy. I'm honored to be involved in several events surrounding the film's screening at the Martha's Vineyard African-American Film Festival this week:

On Wednesday, I'll take part in a panel discussion on Critical Race Theory, The Intersection of

Race, Culture & Creativity, along with the Rev. Dante R. Quick, Senior Pastor, First Baptist Church of Lincoln Gardens, and Adrienne C. Smith, Senior Partner and Chief Diversity and Inclusion Officer at FleishmanHillard.

Thursday morning, at 10am Eastern Time, is a special Martha's Vineyard edition of ReMARC's Live, when I'll be joined by the festival's co-founders Stephanie Taveras-Rance and Floyd A.B. Rance III.

Then, following the film's 8pm screening, I'll be leading a conversation with the director, Andre Gaines.

The release of the documentary and the discussions around it are especially meaningful to me. Dick Gregory was both a personal friend and a strong supporter of the Urban League Movement. He was a guest at my wedding, and spent two weeks campaigning for me in New Orleans neighborhoods during my 1994 runoff campaign for Mayor. He was a frequent speaker at Urban League events.

The film recounts how Gregory's stand-up comedy career took off after a bravura performance before an audience of white southerners at the Chicago Playboy Club ... and how he sacrificed it all to dedicate himself to the Civil Rights Movement.

My predecessor at the National Urban League, Whitney M. Young, Jr., felt that Gregory, with his biting satire mocking racism and segregation, could accomplish more for the cause of racial justice onstage than in the streets. Gregory's response: "When America goes to war, she don't send her comedians."

He was arrested dozens of times, often beaten, and shot at least once. His body became an instrument for protest, as he endured hunger strikes over the Vietnam War, the Equal Rights Amendment, police brutality, apartheid, nuclear power, prison reform, drug abuse and Native American rights.

*The One and Only Dick Gregory* comes at a moment when the rights for which Gregory fought and bled face a threat more serious than any in more than half a century. Gregory sacrificed fame, fortune and physical safety to secure these rights. We honor his legacy by defending them.

## Chris Van Hollen

United States Senator for Maryland



## Van Hollen Urges Senate Leadership to Immediately Replenish Funds to Support Maryland Restaurants

WASHINGTON, D.C. (August 6, 2021)—Today, U.S. Senator Chris Van Hollen (D-Md.) sent a letter to Senate leadership, urging action to revitalize the Restaurant Revitalization Fund in order to support local restaurants still struggling due to the COVID-19 Pandemic. The Senator is a cosponsor of Restaurant Revitalization Fund Replenishment Act of 2021, legislation to provide the RRF with an additional \$60 billion in funding to meet the outstanding demand for the program. In his letter, the Senator urges leadership to immediately bring this legislation up for a vote.

The Senator begins the letter, "I write to you regarding the Restaurant Revitalization Fund (RRF), which was established by the American Rescue Plan to provide critical relief to restaurants, bars, and other small businesses in the food and beverage services sector. In light of the extraordinary demand for the program, I urge you to replenish the RRF to meet the current need among eligible applicants."

"Numerous restaurant owners in Maryland have told us that they need federal relief to recover from the past 17 months and navigate the uncertainty that lies ahead. Many of these businesses may close their doors permanently if they don't receive help," he continues.

The Senator goes on to note, "The \$28.6 billion RRF has already started working to keep tens of thousands of these establishments across the nation open, and has provided a lifeline to over 2,000 businesses in Maryland. However, demand has far outstripped the available funding. On July 2, 2021, Small Business Administration (SBA) Administrator Isabel Guzman announced the closure of the RRF program. SBA reported that they had received more than 278,000 eligible applications requesting a total of \$72.2 billion in funding. As of June 30, 2021, approximately 101,000 of those applications had been approved, leaving over 177,000 thousand businesses out in the cold, including over 3,300 businesses from Maryland."

"I urge you to bring up for a vote S. 2091, the Restaurant Revitalization Fund Replenishment Act of 2021, which would provide the RRF with an additional \$60 billion in funding to meet the outstanding demand for the program. Maryland's restaurants play a major role in the state's economy, employing over 259,000 people prior to the pandemic and spurring over \$13 billion in sales in the state. Failing to provide restaurants and bars with the relief they need could bring another

wave of restaurant closures, jeopardize jobs, damage already tenuous supply chains, and harm local communities," the letter concludes. The full text of the letter is available below:

*Dear Majority Leader Schumer and Minority Leader McConnell:*

*I write to you regarding the Restaurant Revitalization Fund (RRF), which was established by the American Rescue Plan to provide critical relief to restaurants, bars, and other small businesses in the food and beverage services sector. In light of the extraordinary demand for the program, I urge you to replenish the RRF to meet the current need among eligible applicants.*

*The food and beverage industries have been among the hardest-hit by the COVID-19 pandemic, with restaurant and food service sales down \$280 billion from expected levels and restaurant jobs down 1.7 million from pre-pandemic levels. Even as restrictions are being lifted and the economy continues to rebound, restaurants are only just beginning to recover from the devastating economic impact of the pandemic. In Maryland and across the country, restaurants continue to experience decreased sales, staffing shortages, and significant debt burdens. With the rise of the Delta variant, reservations nationwide have declined in recent weeks, as customers have exhibited increased hesitancy about dining indoors. Numerous restaurant owners in Maryland have told us that they need federal relief to recover from the past 17 months and navigate the uncertainty that lies ahead. Many of these businesses may close their doors permanently if they don't receive help.*

*The \$28.6 billion RRF has already started working to keep tens of thousands of these establishments across the nation open, and has provided a lifeline to over 2,000 businesses in Maryland. However, demand has far outstripped the available funding. On July 2, 2021, Small Business Administration (SBA) Administrator Isabel Guzman announced the closure of the RRF program. SBA reported that they had received more than 278,000 eligible applications requesting a total of \$72.2 billion in funding. As of June 30, 2021, approximately 101,000 of those applications had been approved, leaving over 177,000 thousand businesses out in the cold, including over 3,300 businesses from Maryland.*

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*Thank you in advance for your attention to this urgent matter.*

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# BUSINESS AND FINANCE

## Social Security Matters

### Ask Rusty:

## I'm Terminal; What Are My Wife's Options as My Survivor?

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

**Dear Rusty:** I'm 60 and my wife is 62. I have terminal Stage IV prostate cancer, but my wife is in pretty good health. If I draw at 62 would that affect my wife's survivor benefits? When should she start to withdraw? Also, when I die what would she get? Would she get her SS and then something of mine? Or must she choose between keeping hers and taking my survivor benefit? Please assist—I don't have much energy anymore. **Signed: Running on Empty**

**Dear Running on Empty:** Sorry to hear of your illness and I commend you for planning ahead for your wife. As your surviving widow, your wife's survivor benefit will be based upon the amount you were receiving at your death, but it will also be affected by her age when she claims it. So, yes, if you claim at age 62 it will mean a smaller widow's benefit than your wife might otherwise get if you waited longer. But there is also a special rule, known as the "widow's limit" which will affect your wife's survivor benefit. The widow's limit stipulates that the minimum benefit your wife will receive as your survivor is 82.5% of the amount you would have been due at your full retirement age (67). So even if you claim at age 62 and take a 30% cut in your own benefit, your wife will still get 82.5% of what you were entitled to at your full retirement age (FRA). However, as I said, your wife's survivor benefit amount will also be based upon her age when she claims it, and she isn't required to claim it immediately upon your death.

Your wife's survivor benefit as your widow will reach maximum when she reaches her own full retirement age, and if she claims it prior to her FRA, it will be reduced 4.75% for each full year earlier than her FRA. But if her benefit as your widow will be more than her own SS retirement benefit, she can take (or continue to receive) her own SS benefit and wait until her survivor benefit reaches maximum at her FRA. Or alternatively, if your wife is not yet collecting her own SS benefit, she could choose to let her own benefit grow and reach maximum at age 70 and take her smaller survivor benefit first. She will get whichever benefit is more—her survivor benefit or her own, and she will have a choice of which one to take and when to choose it.

Finally, depending upon the extent of your disability, you may wish to consider applying for Social Security Disability Insurance (SSDI) benefits earlier than age 62. Advanced prostate cancer is on Social Security's Compassionate Allowance List, and this would expedite processing of your SSDI application, resulting in a decision within a few weeks instead of a few months. Doing so would not affect your wife's claiming options upon your death, and it may make her survivor benefit higher because your SSDI benefit would be based on your FRA benefit entitlement.

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).

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## Franchot Reminds Taxpayers of Shop Maryland Tax-Free Week August 8-14

Maryland Retailers Association Holds Scholarship Contest for Students Promoting Shops; USM, Other Colleges Matching Prizes

By PRESS OFFICER  
Office of the Comptroller

ANNAPOLIS, Md. (August 2, 2021)—Comptroller Peter Franchot reminds taxpayers that Shop Maryland Tax-Free Week returns August 8-14 with significant savings for consumers, scholarship opportunities for college and trade school students, and a much-needed sales boost for retailers.

"Tax-free week is a rite of Maryland's late summer, signaling the approach of a new school year, cooler weather and a change of wardrobe," Comptroller Franchot said. "Maryland's high vaccination rates means life is beginning to return to normal. While I continue to urge caution, Marylanders should take advantage of tax-free week savings and support locally owned businesses that have been hit hard during the pandemic."

During the week, any single qualifying article of clothing or footwear priced \$100 or less—regardless of how many items are purchased in the same transaction—will be exempt from the state's six percent sales tax. The first \$40 of any backpack purchase is also tax free. Although commonly associated with back-to-school shopping, Comptroller Franchot reminds Marylanders that tax-free savings apply to shoppers of all ages.

The Comptroller's Office is partnering with the Maryland Retailers Association (MRA) to again offer scholarships to two students attending a Maryland university, college or trade school, with a \$1,000 award for first place and a \$500 prize for second place. The University System of Maryland has agreed to match the scholarship if either of the winning students attend one of its institutions. Winning students who attend Goucher College, Hood College, Mount St. Mary's University, Stevenson University, Washington Adventist University and the Maryland Institute College of Art (MICA) will also have their scholarships doubled.

To enter, students must email a creative photo or video (less than 60 seconds) promoting tax-free week, showcasing their purchases and their support of Maryland retailers to [SHOP-MDTAXFREE@marylandtaxes.gov](mailto:SHOP-MDTAXFREE@marylandtaxes.gov) no later than August 15, 2021. Entries also should be posted on Facebook, Twitter, Instagram or TikTok using the hashtag #shopmdtaxfree. For best

IMAGE COURTESY OF THE COMPTROLLER'S OFFICE

**Don't wait! Tax Free shopping ends Saturday, August 14.**

consideration, submissions should display and tag the name of the retailer and explain why it's their favorite place to shop tax free.

"Small businesses depend on their community to survive unexpected and long-lasting economic downturns and we are just beginning to come out from under the crushing weight of the pandemic," said Cailey Locklair, president of the Maryland Retailers Association. "Students can win a scholarship simply by using their ingenuity to promote a local business."

Scholarship winners in past years have attended institutions throughout Maryland, including public universities, private schools and community colleges. Last year's recipients were recognized for their contributions to Maryland businesses during the pandemic.

For more information about Shop Maryland Tax-Free Week, visit the Comptroller's website for a list of tax-exempt items, frequently asked questions, and valuable facts for shoppers and merchants.

## Biden Administration Extends Student Loan Pause Until January 31, 2022

WASHINGTON, D.C. (August 6, 2021)—Today, the U.S. Department of Education (Department) announced a final extension of the pause on student loan repayment, interest, and collections until January 31, 2022. The Department believes this additional time and a definitive end date will allow borrowers to plan for the resumption of payments and reduce the risk of delinquency and defaults after restart. The Department will continue its work to transition borrowers smoothly back into repayment, including by improving student loan servicing.

"The payment pause has been a lifeline that allowed millions of Americans to fo-

cus on their families, health, and finances instead of student loans during the national emergency," said U.S. Secretary of Education Miguel Cardona. "As our nation's economy continues to recover from a deep hole, this final extension will give students and borrowers the time they need to plan for restart and ensure a smooth pathway back to repayment. It is the Department's priority to support students and borrowers during this transition and ensure they have the resources they need to access affordable, high quality higher education."

The Department will begin notifying borrowers about this final extension in the coming days, and it will release re-

sources and information about how to plan for payment restart as the end of the pause approaches.

Today's action is one of a series of steps the Department has taken to support students and borrowers, make higher education more affordable, and improve student loan servicing, including:

- Approving \$1.5 billion in borrower defense claims, including extending full relief to approved claims and approving new types of claims.
- Reinstating \$1.3 billion in loan discharges for 41,000 borrowers who received a total and permanent disability discharge and protecting another 190,000 from potential loan reinstatement.

Helping 30,000 small business owners with student loans seeking help from the Paycheck Protection Program.

## Traffic from A1

is still going to look different, due to the pandemic. But one thing hasn't changed. Deaths and injuries in school zones are preventable. Area motorists must do all they can do to ensure students get to and from school safely. Far too many drivers flouted the rules of the road during coronavirus closures."

School Zone Safety 101. Slow down. Speed limits in school zones are reduced for a reason. A pedestrian struck by a car going 25 mph is nearly 2/3 less likely to be killed compared to a pedestrian hit by a car traveling just 10 mph faster, explains the AAA Foundation for Traffic Safety. Here comes the yellow school bus. Tens of thousands of them. School buses are one of the safest forms of transporting children to school. Each school day, about 500,000 school buses ferry more than 25 million students to and from school.

However, each year, nationally, about 19 school aged chil-

dren are killed in school transportation-related traffic crashes. On average, 6 are passengers on the bus and 13 are pedestrians. "Whenever you see yellow flashing lights on a school bus, and the stop arm extended, just assume that bus has your child, grandchild, neighbor aboard, and drive as if though they are, and exercise the same caution," warns AAA.

### Back To School Road Safety Tips for Area Motorists:

- Slow down in school zones, neighborhoods, bus stops and near schoolyards and playgrounds.
- Come to a complete stop. Research shows that more than one-third of drivers roll through stop signs in school zones or neighborhoods. Always come to a complete stop, checking carefully for children on sidewalks and in crosswalks before proceeding.
- Watch for school buses. Yel-

low flashing lights on a school bus mean that a bus is preparing to stop. Do not try to beat the bus! Begin slowing and prepare to stop your vehicle!

- Stop for school bus stop arms. Red flashing lights indicate that a bus has stopped to load or unload children. Be very aware and pay close attention. Stop your car and wait for the lights to stop flashing before you move your vehicle. Passing a loading or unloading school bus is reckless driving!
- Eliminate distractions. Research shows that taking your eyes off the road for just two seconds doubles your chances of crashing. Children can be quick, crossing the road unexpectedly or emerging suddenly between two parked cars. Reduce risk by not using your cell phone.
- Reverse responsibly. Every vehicle has blind spots. Check for children on the sidewalk, in the driveway and around your vehicle before slowly backing up. Teach your chil-

dren to never play in, under or around vehicles.

- Watch for bicycles. Children on bikes are often inexperienced, unsteady and unpredictable. Slow down and allow at least three feet of passing distance between your vehicle and a bicyclist. If your child rides a bicycle to school, require that he or she wear a properly fitted bicycle helmet on every ride.
- Have that long talk with your teen. Car crashes are the leading cause of death for teens in the United States, and more than one-quarter, or nearly one in four, of all fatal crashes involving teen drivers occur during the after-school hours of 3 p.m. to 7 p.m.

As schools open, young students in the AAA School Safety Patrol will be there, taking an active role in helping their peers get to and from school safely, as Patrolers have for over 100 years now.

### Back To School Road Safety Tips for the Student Body:

- Walk on sidewalks whenever possible. If there is no sidewalk, walk facing traffic and as far off the road as possible.
- Be predictable. Follow the rules of the road, and obey signs and signals.
- Always be alert. Don't be distracted by devices or headphones that can take your eyes and ears off the road.
- Whenever possible, cross at crosswalks or intersections, where drivers expect pedestrians.
- Never cross between parked cars, as you will not be in the drivers' view. Look for cars in all directions, including those turning left or right.
- Get to the bus stop at least five minutes before the bus is scheduled to arrive.
- Remain orderly at the bus stop and pay attention to traffic. This is no place to play.
- Obey AAA School Safety Patrols trained to assist in keeping fellow classmates safe to and from school.
- Biking to school? Ride on the right side of the road facing traffic, obey traffic lights &

signs, and wear a helmet.

This academic year, the greater emphasis is on keeping school children safe and sound inside schools with coronavirus protocols, and outside schools with traffic safety measures, advises AAA Mid-Atlantic.

AAA provides automotive, travel, and insurance services to more than 62 million members nationwide and nearly 90,000 members in Washington, D.C. AAA advocates for the safety and mobility of its members and has been committed to outstanding road service for more than 100 years. AAA is a non-stock, membership corporation working on behalf of motorists, who can map a route, access a COVID travel restriction map, find local gas prices and electric vehicle charging stations, discover discounts, book a hotel, and track their roadside assistance service with the AAA Mobile app ([AAA.com/mobile](http://AAA.com/mobile)) for iPhone, iPad and Android. For more information on joining or renewing a Membership, visit [www.AAA.com](http://www.AAA.com).

# BACK to SCHOOL

## How to Navigate Family Feelings About Returning to School

(Family Features)—Whether it's your child's first day of kindergarten or the start of middle school, back-to-school season can bring a range of feelings—from worry to excitement—for the entire family. This year may be more emotional as many families spent the better part of the past two school years at home due to the COVID-19 pandemic.

"It's important to remember that even in the best of times, it's normal for children to express feelings of sadness, isolation or stress," said Tyreca Elliott, from KinderCare Learning Centers' inclusion services team. "Learning how to address those feelings helps us build self-confidence, resilience and independence. What's important is the way adults respond to children's stress. Offering comfort, reassurance and assisting with problem solving will help children learn and

grow from stress in a positive way."

As an added bonus, Elliott said many of the most effective ways to help children learn to navigate their feelings work just as well with adults. Consider these three tips to help your children (and yourself) manage emotions during the transition back to school.

**Plan ahead:** The fear of the unknown can be stressful. Children who aren't able to clearly articulate their feelings likely won't be able to make the connection between new, uncertain situations—like going to school and being around other people—and their feelings. Instead they may become overwhelmed by emotions, which might look like more meltdowns, clinginess or a variety of other behaviors. Talk with your children about how they feel about going back to school ahead of the first day of class. Ask

questions to help them determine why they feel particular feelings when they think about school then work together to solve potential issues. That could mean finding a way to meet your children's teachers ahead of time, whether virtually or in-person, or practicing introducing themselves to classmates.

**Build a consistent routine:** Routines can give children (and adults) a sense of security and structure, which in turn make it easier to cope with big emotions like stress and anxiety. Try to stay consistent, and if you need to make adjustments, talk them through with your children. Be sure to mention key milestones instead of times, particularly if they can't tell time yet. Make sure your children have opportunities to ask questions about any changes to routines. They may need reassurance before they're ready to



PHOTO SOURCE: KINDERCARE

face something new.

**Create special family moments:** As important as routine is, it's just as important to prioritize quality time together. That could mean a vacation or something as simple as Saturday bike rides or Sunday morning pancakes. Plan a family outing or special time

together to celebrate completing the first week of school. Family rituals and celebrations can give children and adults something to look forward to. Quality time together also helps families build resiliency.

For more tips to navigate back-to-school season, visit [kindercare.com](http://kindercare.com).



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## Back-to-School Basics

### Simple Hacks for a Successful Year

(Family Features)—Each new school year brings a chance for fresh beginnings and an opportunity to get the family organized for a smooth transition back to the classroom. Easing back into a more structured schedule after a laid-back summer may be easier than you think.

From devices that make classwork simple to snack and meal ideas for busy school nights, these

tips and products can help the whole family feel ready to jump back into the school year for lots of learning and fun.

Find more tips for a successful school year at [eLivingtoday.com](http://eLivingtoday.com).

#### A Durable Device Designed for Learning

Keep your kids focused on what's important

this school year—learning—with distraction-free devices. Students can explore math and science with the new TI-84 Plus CE Python graphing calculator, now enhanced with the power of Python to introduce them to one of the fastest growing, most popular programming languages in the world. Built to withstand the demands of the classroom and available in bold colors, it can help students grasp important STEM concepts for years to come. To find more information, visit [education.ti.com/84ce](http://education.ti.com/84ce).

#### Make Weeknight Dinners Simple

The start of the school year is often busy, but you can bring relief to dinnertime with simple weeknight meals using an option like The Little Potato Company's Microwave Ready Kits, which include fresh little potatoes and a seasoning package. Available in Savory Herb, Garlic Parsley and Lemon & Garden Herb, they can be paired with protein for easy, kid-approved dinners that are ready in minutes with no recipe required. Visit [littlepotatoes.com](http://littlepotatoes.com) for more weeknight recipe inspiration.

#### An Easy School Day Meal Idea

Make time for things that matter most during back-to-school season with a quick and easy mealtime solution like Minute Ready to Serve microwavable cups. Ready in just 1 minute, they're available in several choices—brown rice, brown and wild rice, brown rice and quinoa, and multi-grain medley—and pair well with a variety of dishes for easy, on-the-go lunches, snacks or dinner sides. Visit [MinuteRice.com](http://MinuteRice.com) for additional meal ideas.

#### A Winning Organization Strategy

One key to back-to-school success: organization. You can choose from the options of Mixed Material Cubes by ClosetMaid, which come in multiple finishes and size formats to match your style and storage needs. The cube organizers can accommodate 13-inch fabric drawers for clutter-free school supply organization, or you can use them to stash a backpack, decorate with plants or display books. The easy-to-assemble organizers are ideal for entryways, living rooms and home offices to help keep your spaces functional and organized. Find more organization solutions at [closetmaid.com](http://closetmaid.com).

#### Start off Right with a Sturdy Backpack

Nothing takes a beating over the course of a school year quite like a backpack, so it's a good idea to start with a quality choice that stands up to some wear and tear. Look for strong seams and sturdy zippers. If your student will be transporting technology, like a tablet or laptop, be sure there's adequate padding to protect the device. Also pay attention to pockets and built-in organization so your student can keep supplies tidy during transport to and from school.

#### Healthy Snacking Made Simple

With at least 7 grams of protein in five varieties that don't sacrifice taste or nutrition, healthy snacking can be easier with Chiquita Bites. These kid-friendly and parent-approved snacks are perfect for lunchboxes or as grab-and-go snacks between after-school activities. Each single-serve tray contains a bite-sized mix of sweet and savory items like fruits, cheese and pretzels. Visit [freshexpress.com](http://freshexpress.com) for more information.

## Lessons from Expert Educators

### Tips from Experienced Teachers for New and Aspiring Educators

(Family Features)—Each school year offers exciting opportunities for little learners to discover and explore new topics, make friends and master new skills. While much of the focus is on families during the back-to-school season, it's also an important time for educators, especially those who are working with young children or are just starting their careers.

These tips from award-winning and long-term educators at KinderCare can help new and aspiring teachers prepare for a successful start to the school year and their careers.

#### Communication is Key

Making time to connect with families gives teachers opportunities to build bonds, which is essential for success. Communicating and understanding their unique needs

shows you have their children's best interests at heart. By regularly sharing stories and observations about each child's progress, teachers can also provide families with a sense of reassurance their children are being recognized and cared for as the unique people they are.

#### Never Give Up on a Child

Each child faces unique hurdles as he or she climbs the educational ladder, with some facing more challenges than others. While at times it can be frustrating to tailor lesson plans to meet each child's individual needs, Joan Coberg, a teacher of 40 years, recommends one important trait: patience.

"The best advice I would give is to never give up on a child," Coberg said. "Have lots of patience. Always lead with love and kindness; be respectful. When I first started my career at KinderCare 40 years ago, I was learning, too. As teachers, we also learn from the children."

#### Set Boundaries for Success

Similar to open lines of communication with families, getting to know your students individually can help build relationships necessary for a successful school year. Jami Vandegrift, a prekindergarten teacher and 2018 KinderCare Teacher of the Year, said this helps build mutual respect between teacher and student.

"As you build relationships, you will start to establish boundaries and routines," Vandegrift said. "Once you feel comfortable with the kids and the room, you can start bringing in the curriculum. Starting as a new teacher, I always thought I had to do it all at once. I've learned over time to start small and build each week on something new."

#### Be Willing to Change

Consistency and structure within the classroom setting are important for establishing routines, but it's also helpful to have an open mind and to stop an activity when children lose interest. Be observant, flexible and willing to rethink schedules, classroom arrangements, transitions and more. Stopping to observe and ensure students are engaged can help promote success as many children learn best when fueled by personal interests.

#### Let Children Choose Their Paths and Recognize Accomplishments

School days often include activity time when students can explore interests like art, music, physical activity and more. When it's time for activities, try letting children choose what they'd like to do first. This can help foster independence while easing transitions, according to Hattie Mae Covington, a toddler teacher of 45 years. It also opens the door for teachers to cheer on their students for succeeding in activities of their choosing.

"Kids, especially young children, love to be recognized and rewarded for doing good work," Covington said. "High fives and smiley face stickers go a long way toward encouraging them and helping them be successful. Celebrating students for their accomplishments can be a meaningful way to create bonds that support their ongoing interest in learning."

Find more experts' advice to set new teachers up for success at [kindercare.com](http://kindercare.com).



PHOTO SOURCE: KINDERCARE

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music. But he was most proud of his life's work as an optician.

His wife of 40 years, Rita M. Pracht, predeceased him. Survivors include his children, Angela Philpott, Carol Carruth and Gordon Pracht; grandchildren, Michelle, Christine, Tabitha, Dante', Shaun, Soraya, Jessica, Alan and Cordero; 13 great-grands; and his brother Kenny Pracht. Mass of Christian Burial was at Mount Calvary Church in Forestville with burial at Resurrection Cemetery.

**Milestones**

Happy birthday to Kathy Beardmore, Aug. 15; Margaret Hunt, Nancy Stacey and Gracie Mothershead, Aug. 16; Hildagard Koenig, Aug. 17; my granddaughter Heather McHale, Le August Brent and Mark Cummings, Jr., Aug. 19; and Melody Barnes, Aug. 20.

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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 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.

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