

The Prince George's Post



A COMMUNITY NEWSPAPER FOR PRINCE GEORGE'S COUNTY SINCE 1932

Vol. 89, No. 36 September 9 — September 15, 2021 Prince George's County, Maryland Newspaper of Record Phone: 301-627-0900 25 cents

M-NCPPC, Department of Parks and Recreation, Prince George's County Announces Reopening of Tucker Road Ice Rink

By ANGEL WALDRON

Prince George's County Department of Parks and Recreation

RIVERDALE, Md. (August 30, 2021)—The Department of Parks and Recreation in Prince George's County, part of The Maryland-National Capital Park and Planning Commission (M-NCPPC), is proud to reopen its Tucker Road Ice Rink in Fort Washington, MD, after a 2017 closing due to a two-alarm fire.

"The Commission was thrilled to collaborate with the community, elected officials, and many stakeholders to design and build a facility that offers the best programs and services for all users," said Elizabeth M. Hewlett, Chairman of The Maryland-National Capital Park and Planning Commission and the Prince George's County Planning Board. "The NEW Tucker Road Ice Rink is another jewel for Prince George's County and is an excellent example of community input at work, providing space for experienced and novice users to recreate and create more memories for years to come."

The new Tucker Road Ice Rink consists of 48,860 square feet primarily intended for general indoor community programs, ice-skating recreation, figure skating, and ice hockey. The facility has a National Hockey League-sized ice rink with seating bleachers for up to 350 spectators. The building includes a variety of other amenities such as a flexible classroom/party room, a vending café snack bar, a dance studio, a skate rental space, six locker rooms, two officials' changing rooms, and a family restroom/changing area. The new rink also includes a ceiling-mounted "dual-rotation training skate jump harness" for figure skating jump practice on the ice rink.

Further, the new replacement rink has been designed with ex-



PHOTO COURTESY M-NCPPC

pansion capability for an approximately 31,110 gross square foot addition in the future that can include a second 26,220 net square feet sheet of ice, four locker rooms, a fitness room, and support spaces as desired should expansion occur.

"We are thrilled to reopen the new and improved Tucker Road ice Rink to our residents, following 2017's unfortunate fire," said Director Bill Tyler. "We look forward to welcoming patrons back to this state-of-the-art facility that will provide fun, safe activities for the Fort Washington community and beyond."

A Grand Opening event at the ice rink took place on Saturday, August 28. Facility tours were given, followed by on-ice demonstrations.

For directions, hours, and reservations, visit <https://www.mncppc.org/4587/Tucker-Road-Ice-Rink>.

Governor Hogan Announces Judicial Appointment

Fills Vacancy in Prince George's County Circuit Court

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, Md. (September 1, 2021)—Governor Larry Hogan today announced the judicial appointment of Carol Ann Coderre to serve on the Prince George's County Circuit Court.

"The appointment of qualified individuals to serve across our state's justice system is paramount to upholding our responsibilities to the people of Maryland and the rule of law," said Governor Hogan. "I have confidence that Carol Ann Coderre will continue to be a strong advocate for the law and will serve the citizens of Prince George's County admirably."

Carol A. Coderre has worked in the Prince George's County Of-

fice of Law since December 2018, where she is a Senior Associate County Attorney in the Litigation Unit representing Prince George's County and its employees in a variety of civil matters. Coderre previously worked in the Office of the State's Attorney for Prince George's County for 20 years and served as a Deputy State's Attorney from 2015 until her departure in December 2018. Her public service legal career started at the House of Ruth in 1997, where she navigated domestic violence victims through the justice system and assisted with domestic violence prosecution.

She received her B.A. from Goucher College and her J.D. from Boston University School of Law.

Prince George's County Educators' Association Announces New President Ahead of 2021-22 School Year

Dr. Donna Christy has more than 20 years of experience working in schools and on education policy

By JOSH HARRIS
PGCEA

FORESTVILLE, Md. (August 31, 2021)—The Prince George's County Educators' Association (PGCEA) welcomes the new school year with Dr. Donna Christy taking the reins as the new union president. Dr. Christy, formerly the union's treasurer, has more than twenty years of experience as a school psychologist as well as an extensive background in education policy and labor organizing.

Dr. Christy has worked in several Prince George's County schools, including William Paca Elementary, Charles H. Flowers High School and CMIT North Middle School & High School.

"I believe in the collective strength of Prince George's County educators, parents, and community members," said Dr. Christy. "Working together, we can create a supportive, positive school environment where educators have the tools they need to

help children thrive. We will together strengthen and build coalition partnerships that foster racial and social justice, secure more resources to help students succeed, and ensure our schools are healthy, safe, and stimulating places to learn."

As Prince George's County begins the school year, President Christy and other PGCEA officials look forward to hearing from county educators, parents and community members to advance the fight for equity in Prince George's County schools and in our communities.

Prince George's County Educators' Association (PGCEA) is an advocacy organization that actively represents classroom educators and other instructional personnel to negotiate over wages, terms and conditions of employment. PGCEA supports quality schools through its bargaining efforts to retain and attract teachers of excellence and promote opportunities for ALL students to learn.



MedStar Southern Maryland Hospital Center Earns 2021 Environmental Excellence Award

Hospital recognized for ongoing commitment to improving its environmental efforts, building sustainability into its operations

By CHERYL RICHARDSON
MedStar Health

CLINTON, Md. (September 2, 2021)—Practice Greenhealth, a leading membership and networking organization for sustainable health care, has selected MedStar Southern Maryland Hospital Center as a 2021 Environmental Excellence Award recipient in recognition of MedStar Southern Maryland's continued commitment to improve and expand upon programs to eliminate mercury, reduce and recycle waste, source products sustainably and more.

This is the fifth consecutive year that MedStar Southern Maryland has been recognized

by Practice Greenhealth for utilizing innovative ways to make progress on reducing its environmental impact, while facing unique challenges in the past year. Winning healthcare facilities must demonstrate that they have increasingly made formal commitments to address climate change by not only engaging staff in supporting sustainability programs, but also by working to avoid chemicals of concerns in purchasing and continuing to invest in energy-smart solutions.

MedStar Southern Maryland is grateful for the leadership, ingenuity and hard work of facilities director Paul Robinson, MRED, whose ongoing efforts helped the hospital earn another award this

year. "MedStar Southern Maryland is once again very grateful to have been named a recipient of this award," Robinson said. "We will continue to actively deliver sustainable healthcare to our community here in southern Maryland. Providing environmental solutions to the healthcare industry remains one of our top priorities. We look forward to being honored again next year."

Healthcare facilities that were selected by Practice Greenhealth reported achievement across 11 different areas of sustainability through the annual Environmental Excellence Awards program—highlighting their collaborations with the community, their investments in resilience

and their resolve to address issues of racial equity and health disparities.

For more information, visit <https://practicegreenhealth.org/>.

MedStar Southern Maryland Hospital Center, located in Clinton, Maryland, is a 182-bed acute care hospital serving the Washington, D.C., metro and Southern Maryland area. The hospital is focused on caring for patients and their loved ones utilizing advanced technology under the guidance of expert clinicians. Quality, Safety, Wellness, and Patient Satisfaction are achieved through a spirit of patient centered services that connect us to the community we serve. MedStarSouthernMaryland.org.

Prince George's Community College Forgives \$2.87 Million in Debt For Students Enrolled During COVID-19 Pandemic

Higher Education Emergency Relief Fund to support 3,893 credit and continuing education students

By COURTNEY DAVIS
PGCC

LARGO, Md. (September 3, 2021)—Prince George's Community College (PGCC) announced today that it will forgive more than \$2.87 million in outstanding account eligible balances from the 2020-2021 academic year for students enrolled during the COVID-19 pandemic impact period. Debt relief from the CARES Act Higher Education Emergency Relief Fund will assist approximately 3,893 credit and continuing education students at the College.

Affected credit and continuing education students who were enrolled at Prince George's Community College between March 13, 2020, and August 20, 2021, owe an average of \$777 and \$429, respectively. Funding provided by the grant supports non-degree, non-credit, undergraduate, continuing education, undocumented, and international students. The College will clear the remaining balances for eligible students after all federal, state, and private awards have been applied.

"Funding provided by the CARES Act makes it possible for

thousands of our students, who otherwise may not have been able, to pursue their education in the midst of the ongoing pandemic, which will have economic ramifications for years to come," said Dr. Falecia Williams, Prince George's Community College president.

"This emergency funding is welcome good news for our students and community. It allows us to begin the semester with a fresh start and aligns with our institutional commitment to equity and access. The impact extends far beyond the dollars," she added.

Prince George's Community College is a minority-serving institution that enrolls a significant percentage of residents from the county and region. Approximately 75% of students at the College identify as Black or Hispanic, and more than 57% of students qualified for the Pell Grant.

The Higher Education Emergency Relief Fund provides resources for the College to remove barriers in order to enhance and expand its efforts to address need-based aid for students, pro-

See FORGIVES Page A7

EVENT RESCHEDULED

Prince George's County State's Attorney's Office Let's Get Back To Basics

Please join Prince George's County State's Attorney Aisha N. Braveboy as we get "Back to Basics" on Tuesday, September 28 at 5:30 p.m. This free Back to School event will provide students ages 12-19 with crime prevention tips and tools, resources and information for a successful school year.

If you would like to attend, please register via Eventbrite. WHEN: Tuesday, September 28, 2021, 5:30 p.m.-7:30 p.m.

LOCATION: Suitland Community Center, 5600 Regency Lane, Forestville, MD 20747

INSIDE

- The Ivy Vine Groundbreaking
- New Exhibitions at Montpelier Arts Center
- Virtual Green Summit Announced for October 4-8, 2021
- Local Student Graduates from Bemidji State University

Around the County, Page A2

New Book Launch Extends Career Advice for Prospective Students, Educators, and Administrators in the Field of Special Education

Community, Page A3

To Be Equal: National Urban League's Heartland Tour Led By Its Equitable Justice & Strategic Initiatives Division Will Highlight Solutions to Police Violence and Misconduct in the Midwest

Commentary, Page A4

Ledo Pizza Named Official Pizza of the Maryland Terrapins

200,000 Marylanders Gained Health Coverage Through the Coronavirus Special Enrollment

Business and Finance, Page A5

National Harbor Celebrates Weekend Festivals in September

CultureFest DMV is on **Saturday, September 11** and the National Wine & Food Festival takes place on **Saturday, September 25**.

Out on the Town, Page A6

TOWNS *and* NEIGHBORS

In & Around Morningside-Skyline by Mary McHale 301-735-3451

Clinton Hardware celebrates “Extravaganza” 75th Anniversary

Clinton Hardware in Clinton is part of the Do It Best network. But it hasn’t lost the charm that’s made it successful since 1946. Now they’re getting ready to celebrate 75 years.

It all began back in the 1946 when a guy named Lyde, a hardware salesman for Fries Beall & Sharp Inc., called on Ellsworth Ripple. The two became friends and partners and their business became Ripple Hardware & Supply Co., Inc.

When Ellsworth was ready to retire, Clyde Billman purchased the business. Sometime during the 1970s, Clyde’s oldest son Dennis joined him in what had then become “the family business.”

Business was so good that Clyde purchased property on Woodyard and moved to the current location, 9005 Woodyard Road. He named it Clinton Hardware. In the early 1980s Clyde’s youngest son David joined the business and later their sister Donna came on board. It really was a family business!

Clyde Billman died in 2014. Time has passed, but David Billman is still there. He owns and runs Clinton Hardware with the same attention to customer satisfaction that has always been their core value.

It’s not only a hardware store. Services include window glass and acrylic repair, window and door screen repairs, key duplication, lock re-keying, lamp repair, chainsaw and knife sharpening. And a big one for me—there’s always someone available to help you.

I chatted with owner David Billman last week. He reminded me about their 75th Anniversary Extravaganza with a week of raffles and a Grand Prize Drawing on Sept. 18.

Buy a chance!

Drop by Clinton Hardware and buy a 75th Anniversary ticket to perhaps win a Milwaukee Drill Kit, Rejuvenate Cleaning Set, Black & Decker Gift Pack, Bird Seed Prize Pack, Sawsall Kit or a Weber Charcoal Grill & Accessories. Tickets are \$1 (6 for \$5).

All proceeds go to local charities. Store hours are: 8–6 Mon.–Fri.; 8–5 Sat.; closed Sunday.

Loufiks take the trip of a lifetime

Dennis Loufik, of Skyline, emailed about the amazing trip his wife Sharon and their kids, Emily, Joshua and Micah, made this summer when they traveled to Kenya and

Tanzania. “They first went on safaris in the Masai Mara, Kenya and in the Serengeti in Tanzania. Then they split up. Sharon and Emily went on to Zanzibar, one of the Spice Islands off the coast of Tanzania in the Indian Ocean, to relax.

“Meanwhile, Joshua and Micah climbed the Lemosho Route to the top of Mount Kilimanjaro. It was very difficult climbing at such a high altitude, but they survived by pushing themselves to their limits.

“Everyone made it home safely, praise the Lord!”

Neighbors & other good people

My District 8 County Council Member Monique Anderson-Walker has been recognized as a “Powerful Woman Leader” by the Prince George’s Changemaker’s Coalition.

Jessie Alexander, of Old Alexandria Ferry Rd., wrote on Nextdoor Morningside about the flock of wild turkeys in her neighborhood. She’s lived there 20 years and had never seen such before.

Suitland High’s Class of 1965 is planning a multi-year reunion for November 6 in Annapolis. You can find everything you need to know by going to: shs.myevent.com. I’m mentioning this again because back in 1965 the teens in the Morningside and Skyline community attended Suitland High. Spread the word.

Beltway Sniper revisited

All who lived here back in 2002 remember painfully the snipers who were randomly shooting and killing young and old, Black and White, in Maryland, Virginia and D.C. John Allen Muhammad and his 17-year-old accomplice Lee Boyd Malvo killed ten and wounded three before being captured at a rest stop in northern Maryland. Muhammad was sentenced to death in Virginia and executed in 2009.

Now the Maryland Court of Appeals has agreed to take up the case of Malvo because the U.S. Supreme Court has ruled mandatory life-without-parole sentences are unconstitutional for juveniles.

Fresh produce

For the fourth year, the Farmer’s Market at Creative Suitland is open Sundays until Oct. 31 from noon to 4 p.m. at 4719 Silver Hill Road. They also have a Market at Mary & Main, Capitol Heights Drive, noon to 4 p.m.

Prince George’s County Fair cancelled!

The Fair was due to open Sept. 8. Instead it has been announced that, “After careful consideration with our members and the Health Department, we are sad to say that Prince George’s County Fair will not take place this year. The safety of our community will always come first. We look forward to using this time to start planning for 2022.”

Mary’s Covid report: 16 more Marylanders die

I want to congratulate Prince Georgians on their masked faces—in church, in Safeway, in Popeyes, at the bank, everywhere I wander people are masked.

But the State of Maryland had 1,272 new cases in just one day last Thursday. Bringing the total to 499,648 getting closer and closer to half-a-million.

There were 16 deaths in just one day last Thursday. The total now: 10,040 Maryland deaths.

Remembering 9/11

Next week I’ll write about what is was like in the Morningside area on September 11, 2001.

Here is a list of the 14 South County residents who died when American Airline Flight 77 crashed into the Pentagon’s west wing: Camp Springs: Ada Davis. Capital Heights: Brenda Kegler and Edna Stephens. Clinton: Sandra Foster and Antoinette Sherman. Forest Heights: Antoinette Sherman. Forestville: Samantha Lightbourn-Allen, Angelene Carter and Hilda Taylor. Fort Washington: Cecilia Richard. Oxon Hill: Robert Russell. Temple Hills: Carrie Blagburn. Upper Marlboro: James Debeuneure, Odessa Morris and Gerard Moran. They’ll always be missed.

Milestones

Happy birthday to Carol (Glaubitz) Lee, Sept. 11; Anthony Thomas and Hank Busky, Sept. 12; Patricia Epperly, Sept. 13; Kenny Clark, Sept. 14; Elнора McCall, Sept. 15; Dolores McDonald, Steven Warren and Yolanda Dooley, Sept. 16; Kimberly Brewer, Everett Mason, Jr. and Joan Stakem, Sept. 17.

Former Morningside Fire Chief Les and Kathy Hedrick on their 52nd anniversary, Sept. 13; and Sal and Kathy (Blankenship) Biberaj on their 18th anniversary, Sept. 14.

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

BSU ASSISTANT ATHLETIC DIRECTOR

Jolisa Williams joins Bowie State University as Assistant Athletic Director for Media Relations. Williams spent six years at Shaw University and led the departments streaming platform also known as “The Shaw Bears Sports Network” in which the department streamed football, men’s and women’s basketball, women’s volleyball, men’s and women’s soccer and softball all in one season for the first time ever in the department’s history.

Over the years, Williams has had a great deal of experience covering championship caliber programs at Shaw. Williams handled the publicity for the 2016 women’s volleyball team, which captured their first CCAA championship in 21 years and advanced to the NCAA tournament for the first time in school history. Additionally, she managed the 2018 CCAA championship run for the Lady Bears women’s volleyball team and second appearance in the NCAA tournament. As for the women’s tennis team, Williams also had the pleasure of covering the Lady Bears three-peat (2017, 2018, 2019) CCAA Championship success and several NCAA tournament appearances.

Williams was named the CCAA John Holley Sports Information Director of the Year in 2018-2019 and again following the 2016-17 year, which at that time was just her second year at Shaw. Since 2017, Williams serves as a member of the CCAA Management Council. She was appointed to her management council seat after being elected president of the CCAA Sports Information Directors Association (CCAA-SIDA).

Previously, Williams spent time as the Director of Sports Information & Marketing at Richard Bland College in 2014. During her time there, she was the main contact for all nine-sport teams including the men’s basketball program that captured the 2015 Region 10 Conference title and NJCAA National Championship for DII basketball. She was responsible for the 2015 Region 10 regular-season champion softball team and five track and field national qualifiers.

A 2012 Magna Cum Laude graduate of St. Augustine’s University, Williams earned her Bachelor of Science in Sport Management. As a four-year Letter winner for the Lady Falcons women’s basketball team, Williams served as the starting point guard and contributed to the CCAA Western Division title in 2009–2010 as well as three CCAA Team Highest GPA Awards for women’s basketball during her tenure. From Bowie State University press release.

MATRICULATION CONVOCATION

Join us September 15, 2021, as we welcome and celebrate the class of 2025 during BSU’s Fall 2021 Freshman Matriculation Convocation ceremony to kick off the 2021–22 academic year. Visit our webpage for additional information and updates. Location is

Bowie State University 14000 Jericho Park Road Bowie, Maryland 20715. Categories are academics, Featured.

PRINCE GEORGE’S COUNTY PUBLIC SCHOOLS

The public school system of Maryland is under the general guidance and direction of the State Board of Education, the State Superintendent of Schools, and the State Department of Education. The educational program at the County level is the responsibility of the local Board of Education working with the County Superintendent and his staff. The school program is administered at the local level within the framework of the general policies and procedures established by the State Board of Education.

IMPLEMENTATION OF THE PROGRAM

The public-school law provides for the appointment of seven members to the Board of Education of Prince George’s County by the Governor of Maryland for a term of six years. Regular meetings of the Board are held on the average of about twice each month, with the annual organizational meeting held in May. The meetings of the Board of Education are open to the public.

The implementation of the instructional program of the public schools of Prince George’s County is the responsibility of the Superintendent and his staff. The Superintendent, elected by the members of the Board of Education for a term of four years, serves as the Secretary-Treasurer of the Board and its executive officer. Information received from Public Schools of Prince George’s County 1950–1980 (Prince George’s County Retired Teachers Association Booklet).

NEWLY CROWNED MRS. INTERNATIONAL

Newly crowned Mrs. International 2021 Yolanda Stennett was welcomed to MGM National Harbor and Prince George’s County with Councilman Mel Franklin and Delegate Darryl Barnes and reception hosting Vennard Wright and Mrs. Janelle Massie-Wright.

Mrs. Stennett is the first black Mrs. International in over 20 years and was very receptive to their message of including black economics empowerment and wealth creation in her agenda during her reign.

BOWIE STATE UNIVERSITY

Please join us as we celebrate the next generation of Army Leaders for an Army ROTC Commissioning Ceremony in September. This ceremony marks the culmination point of a cadet’s journey through ROTC and the start of their career as a Commissioned Officer in the United States Army.

Location is Bowie State University Fine & Performing Arts Center Recital Hall, 14000 Jericho Park Road, Bowie, Maryland 20715. Contact: LTC Kareem Fernandez, Email: Kfernandez@bowiestate.edu. Categories: Commencement.

Around the County

The Ivy Vine Groundbreaking

Join The Ivy Community Charities of Prince George’s County Inc. as they celebrate the start of construction on the Ivy VINE (Village Incubator for Nonprofit Excellence). The Ivy VINE groundbreaking is scheduled for Sunday, September 26, 2021, 2–4 p.m. at 6112 Walton Avenue, Suitland, MD 20746. RSVP by September 10, 2021 to rsvp@iccp.org.

—<https://www.iccp.org/events>

M-NCPPC, Department of Parks and Recreation, Prince George’s County Announces New Exhibitions at Montpelier Arts Center

RIVERDALE, Md. (September 3, 2021)—The Department of Parks and Recreation in Prince George’s County, part of the Maryland National Capital Park and Planning Commission (M-NCPPC), is proud to announce its new exhibitions opening Labor Day weekend at Montpelier Arts Center in Laurel, MD. Available for public viewing throughout September, the exhibits include:

September 4–October 31, 2021, in Main Gallery

Public Reception and Artist Talk: **Saturday, September 11, 1 p.m.**

MICA Cohort Graduate Exhibition: Transformation—The 2021 MFA in Studio Art cohort at the Maryland Institute College of Art experienced their own transformation while preparing their thesis work. Ten artists, after two summers of working closely together, spent their third summer together in isolation, separated by time and distance. Throughout a year defined by unrest and change, this group adapted their individual practices to develop work and further their ideas. Together, the work featured in this exhibit reflects the unique and collective experiences born from transformation.

September 4–October 31, 2021, in Library Gallery

Public Reception and Artist Talk: **Saturday, September 18, 2 p.m.**

Caroline MacKinnon: Celestial Bodies—In Celestial Bodies, Caroline MacKinnon’s vibrant gouache (opaque watercolor) dreamscapes reflect on our uneasy relationship with nature, celebrating its beauty in fitful visions. Sunlike orbs hang amid gaseous clouds that cast raindrops over the land.

Fifteen gouache paintings depict dreamy landscapes and zoom in on imagined creatures that are both familiar and alien. In these realms we can conceive of nature as something pure that nourishes and comforts, but also as something far more formidable and menacing than we perhaps give credit. The exhibition addresses our relationship with the natural world. Gallery visitors might wonder: Is it coral or one of our own organs? Is it a seed pod or a cell dividing? Are they clouds or cells? How much do we have in common with the flora and fauna of our ailing planet?

Starting September 7, Montpelier Arts Center will be open Monday-Saturday, 10 a.m.–5 p.m. for gallery tours. No appointment necessary. For more information, visit <https://www.pgparcs.com/2143/Montpelier-Arts-Center>.

Montpelier Arts Center is a facility of The Maryland-National Capital Park and Planning Commission, Department of Parks & Recreation, Prince George’s County, Arts & Cultural Heritage Division. The Maryland-National Capital Park and Planning Commission is supported by a grant from the Maryland State Arts Council, an agency dedicated to cultivating a vibrant cultural community where the arts thrive. The Department of Parks & Recreation encourages and supports the participation of individuals with disabilities. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.

—Prince George’s County Department of Parks and Recreation

Virtual Green Summit Announced for October 4–8, 2021

DoE is happy to announce that the 7th annual Green Summit will be held virtually, October 4 through October 8! The Summit will host virtual workshops, presentations, videos, and at-home activities for you and your family to learn more about being environmentally friendly. Sign up for email alerts or stay tuned for updates by visiting environment.mypgc.us.

—The DoE Sprout, Sept. 2

Local Student Graduates from Bemidji State University

BEMIDJI, Minn. (September 3, 2021)—Tobiloba Aiyedun from Upper Marlboro graduated with a master of science in biology from Bemidji State University in Bemidji, Minn., during the 2020–2021 school year.

Bemidji State University, located amid the lakes and forests of northern Minnesota, occupies a wooded campus along the shore of Lake Bemidji. Enrolling around 5,000 students, Bemidji State offers 70 undergraduate areas of study and eight graduate degrees encompassing arts, sciences and select pre-professional programs. At Bemidji State University, we educate people to lead inspired lives. BSU’s Shared Fundamental Values include civic engagement and leadership, international and multicultural understanding, belief in the power of liberal arts, and environmental stewardship. BSU is a Minnesota State university. For more, visit bemidjistate.edu or find us at BemidjiState on your favorite social media networks.

—Rachel Munson, Bemidji State University

COMMUNITY

Earth TALK™ Greening Up Your Laundry Routine

Dear EarthTalk:

I've heard that Americans waste a huge amount of water and energy getting their clothes clean and dry. Do you have any tips for greening the laundry process?

— B. Jones, Troy, NY

It's true that Americans use huge amounts of water and energy to keep their clothes clean, dry and soft. Indeed, the average U.S. home expends about 12,000 gallons of water on some 300 loads of laundry per year. The non-profit Natural Resources Defense Council (NRDC) estimates that as much as 20 percent of the water used in our homes goes down the washing machine's drain. Meanwhile, roughly 10 percent of a home's total electricity use goes toward laundry. No doubt, tightening up this one aspect of taking care of ourselves could make a serious dent in our carbon footprints and overall environmental impact.

Perhaps the quickest way to energy- and water-savings is to upgrade from an older laundry machine. Conventional washing machines (built before 2011) use some 40 gallons of water per load, while newer "HE" (high efficiency) machines can do just as good or better on 14 gallons or less. And since these HE machines have so much less water to heat up and are designed for maximum efficiency, they also use 50-80 percent less energy. They also spin faster, which removes more water from the clothes and thus saves dryer time. Whether or not your machine is HE, set it to the "high spin speed" or "extended spin" setting to remove excess moisture from clothes to reduce the amount of time and energy needed in the dryer.

Line-drying clothes is by far the most energy-efficient route, yet most of us (80 percent) rely on dryers to do the job quickly, despite the impact. While HE washing machines have been around for a decade now, it wasn't until the last few years that more efficient clothes dryers became widely available. Newer units, especially those that meet the federal government's stringent EnergySTAR efficiency standards, automatically sense how long to run and when to shut off based on the size/weight of the load.

If you have an older (conventional) dryer, consider purchasing a SmartDry sensor which attaches to the inside of your machine and then sends you wireless alerts when the load is dry, when delicates should come out, or if the machine has stopped working. The \$60 device saves an average of 15 minutes of dry time per load. While it's no replacement for a new machine, it can help you keep an older one from clogging up the landfill while putting off the expense and resource use of replacing it for a while.

Another low-cost way to reduce your laundry's environmental impact is by using a Cora Ball, an ingenious little recycled/recyclable plastic ball that catches plastic microfibers that shed off fleece clothing in the washing machine before it winds up in our waterways and oceans.

And if you like fabric softener but don't like subjecting yourself and those around you to harsh chemicals—most fabric softeners use dipalmethyl hydroxyethylammonium methosulfate, a synthetic chemical with softening and anti-static properties—try one of Friendsheep's Eco Dryer Balls, which naturally softens and fluffs laundry by gently tumbling in the dryer alongside your clothes, separating the fabrics so heat can flow better, reducing wrinkles and static cling while reducing dry time.

CONTACTS: Saving Water And Energy Through Clothes Washer Replacement, nrdc.org/resources/saving-water-and-energy-through-clothes-washer-replacement; Residential Clothes Washers Qualifying Product List, library.cee1.org/content/qualifying-product-lists-residential-clothes-washers; SmartDry, amzn.to/3zJfTQG; Friendsheep Eco Dryer Balls, amzn.to/3xcvZVM.

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.



IMAGE CREDIT: PEXELS.COM

Making a few tweaks to your laundry routine can help you make a serious dent in your carbon footprint and overall environmental impact.

New Book Launch Extends Career Advice for Prospective Students, Educators, and Administrators in the Field of Special Education

Never Stop Smiling: A Special Education Teacher's Memoir by Shelita A. Fair is now available on Amazon

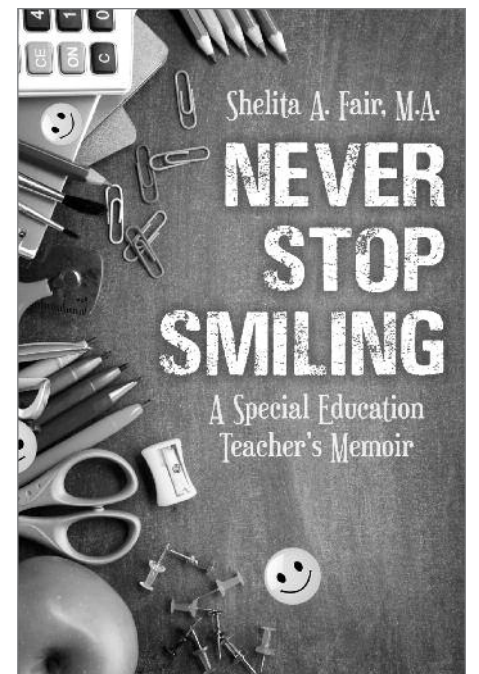
By PRESS OFFICER
The Fair Group LLC

WALDORF, Md. (August 25, 2021)—Today's graduates of schools majoring in special education, as well as those educators and administrators in this field should understand the commitment that is needed to ensure student success. This new book from KDP Publishing (Amazon) is crafted as an insider's perspective of this challenging field.

The author has divided the book into

two parts (19 chapters). Part One deals with the author's upbringing and education. Part Two covers the author's "lesson's learned" from her career as a special education teacher. This new book highlights teacher instruction, lesson planning, IEP's, time management, collaborative learning, parent-teacher relationships and much more. You'll get prudent recommendations from the author's 30+ years of teaching and administrative expertise.

Get more information requests at www.thefairgroupllc.com.



Maryland Department of Health Launches Behavioral Health Telehealth Equipment Pilot Program

Smartphones, tablets and high-speed internet will be made available to mental health and substance use disorder patients in ten Maryland jurisdictions

By PRESS OFFICERS
Maryland Department of Health

BALTIMORE (August 26, 2021)—The Maryland Department of Health (MDH) this week launched a telehealth equipment pilot program to help increase access to clinically appropriate telehealth services for mental health and substance use disorder patients in ten Maryland jurisdictions. The program provides funding for smartphones, tablets and high-speed internet access for telehealth videoconferencing.

"Since the onset of the pandemic, telehealth has become integral but it is still out of reach for many of the people who need it most," said MDH Secretary Dennis R. Schrader. "Our goal is to provide telehealth support to every Marylander, and that includes our most vulnerable patients, to help ensure health care continuity and better outcomes for all."

According to the Pew Research Center and the Substance Abuse and Mental Health

Services Administration (SAMHSA), disparities in telehealth access continue to exist based on income, race, ethnicity and geographic location. BHA budgeted \$1.5 million in SAMHSA block grant funding to launch the new pilot in Baltimore City and Anne Arundel, Baltimore, Carroll, Cecil, Dorchester, Prince George's, Queen Anne's, St. Mary's and Wicomico Counties to serve 375 patients over a one-year period.

Participating local behavioral health authorities selected providers to participate in the pilot through an application process. Providers will receive funds to purchase and maintain HIPAA-compliant smartphones and tablets to loan to patients during their period of enrollment for care. Providers will identify patient participants based on need, considering factors including transportation, child-care or those who may not remain in care without the option of telehealth.

Most adults will receive smartphones while children and adolescents and older adults or adults with vision problems may

receive tablets. Participating patients will also receive funding to cover one year of monthly wireless carrier or internet access fees. Providers will train both patients and staff to use the equipment and will offer technical support as needed.

The program will collect data and information from participating providers, including quarterly reports on demographics, commonly used services, devices provided, method of internet access and provider and client satisfaction. Surveys and evaluations will help determine what modifications may be needed if the program expands to other jurisdictions.

More information about telehealth for behavioral health patients and behavioral health care providers is available from the U.S. Department of Health and Human Services.

For more information about COVID-19 resources for behavioral health providers in Maryland, visit bha.health.maryland.gov/Pages/bha-covid-19.

Howard Alleviates Debt From Tuition and Fees for Students in Need

By HOWARD NEWSROOM STAFF
Howard University

WASHINGTON (August 27, 2021)—Howard University today announced it will clear the debts of juniors and seniors facing financial hardships as a result of the pandemic. President Wayne A.I. Frederick announced that students who have an expected family contribution of \$0 and an outstanding balance for the Spring 2021 semester will receive a credit to their accounts that completely eliminates their current debt.

"Howard University is committed to holistically supporting our students and removing barriers they may encounter on the road to graduation," said Frederick in an email to students. "During the course of the pandemic, we know that many students experienced unforeseen financial hardships that put their plans for pursuing higher education in jeopardy. In total, we have distributed over \$27 million in direct cash payments, waived fees, emergency housing and meal assistance, and provided other supportive services to students since March 2020 to ensure they could afford their education and living expenses. I am pleased to announce that Howard is continuing these efforts by alleviating more student debt with the intent of increasing the chances for students to complete their degree programs."

Howard University has already begun issuing credits to students who fit the criteria and other students who have demonstrated need will be assisted in the coming weeks. When they check their accounts, students will see that a credit labeled "HU COVID Need Support" has appeared on their accounts.

"I continue to be incredibly grateful for the support of the donors who have made this debt alleviation possible," Frederick continued. "I am equally thankful for the perseverance exhibited by these and all students who have persisted in their educational journey despite difficult circumstances."

The University will continue to leverage its financial aid resources through the Graduation Retention Access to Continued Excellence (GRACE) Grant. The GRACE Grant pays the remaining tuition and selected mandatory fees for highest need students who are on track for graduation. Other recent efforts to support students with financial needs include:

- Clearing the debt for seniors in the Class of 2020 ahead of graduation;
- Securing a \$31.7 million grant from Bloomberg Philanthropies to reduce the debt burden on Howard medical students;
- Creating the Howard Easement and Assistance Relief Trust (HEART) Grant us-

ing University resources to help students afford the cost of attending Howard, and more.

Throughout the pandemic, Howard also helped students access laptops, kept the campus food pantry open, housed displaced students, and provided emergency funds for families in need. Howard also stood up COVID-19 testing centers in Black communities, where individuals were struggling to get tested, especially during the early days of the pandemic, and created a vaccination clinic that has distributed more than 55,000 doses of the vaccine to community members. The University did not resort to furloughs or layoffs of faculty and staff.

"We take our responsibility to our community, and to all those who place their trust in us for their education or employment, very seriously," Frederick concluded. "Howard will always devote as much of our resources as we can to minimize the challenges our staff and students encounter. And when we lack the resources to provide the level of assistance that we believe is necessary, we continue to identify and secure additional resources that can be used to provide direct support."

Students facing hardship are encouraged to contact the Division of Student Affairs at 202.806.2100 or via email at StudentAffairs@howard.edu.

Charles County School District Receives Complete Learn-To-Ride Program

Every kindergartner will have the opportunity to learn to ride a bike in PE Class

By PRESS OFFICER
Strider Education Foundation/All Kids Bike

WALDORF, Md. (September 2, 2021)—William A Diggs and William B Wade Elementary received a complete Learn-To-Ride Program, including Strider® Learn-To-Ride Bikes, helmets, and curriculum from All Kids Bike®.

This program and will help approximately 1,100 kindergarten students learn to ride over the next five years. The Strider Bikes were delivered to the kindergarten physical education class at William A Diggs and William B Wade Elementary School and will be incorporated into their curriculum during the 2021–2022 school year.

All Kids Bike is a national movement on a mission to teach every child in America how to ride a bike in kindergarten PE class. Launched in 2018, 349 schools in 44 states are running the All Kids Bike Kindergarten PE Program.

This Kindergarten PE Program includes a proven, integrative curriculum, staff training and certification, the revolutionary, child-friendly Strider Learn-To-Ride Bikes, and helmets. The fleet of dual propulsion Strider Learn-To-Ride Bikes start as balance bikes and convert to pedal bikes. All Kids Bike also offers continued support for each school to ensure everyone involved is successful for five years.

Kellee Shoemaker, PE Teacher at William

B Wade said: "Utilizing the All Kids Bike program will provide an opportunity to implement skills such as balance, speed, levels and pathways in a different, yet highly effective way. Many children do not have the opportunity to ride a bike at home, therefore All Kids Bike will provide a chance for students to experience and learn to ride a bike while teaching another way to be physically active while having fun. Teaching the skill of bike riding, while teaching the necessary safety precautions along with it, will set our students up for success as they grow older."

The Kindergarten PE Program is designed for children of all abilities and hopes to instill healthy habits at a young age. To learn more, visit www.allkidsbike.org.

COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

National Urban League's Heartland Tour Led By Its Equitable Justice & Strategic Initiatives Division Will Highlight Solutions to Police Violence and Misconduct in the Midwest

"Until George Floyd was killed by a Minneapolis police officer, sparking protests against racist police violence around the world, much of the popular depiction of the Midwest has been blind to its extreme racial inequality—or that nonwhite Midwesterners even exist."

Police in Columbus, Ohio, used physical violence, tear gas and pepper spray against peaceful protesters without provocation in what a federal judge called "the sad tale of officers, clothed with the awesome power of the state, run amok."

In Louisville, Kentucky, the officers who shot and killed Breonna Taylor in a botched raid escaped consequences after prosecutors misled a

grand jury, according to the jurors.

Police in Kansas City, Missouri, are accused of using excessive and deadly force against Black and Brown Kansas Citians, constitutional violations, and discriminatory patterns and practices in policing. Yet the citizens of Kansas City have little recourse, because the department is governed by a state agency.

In each of these cities, trust between the police and the communities they serve is broken. Effective public safety cannot be achieved until that trust is restored. These are also cities where dynamic and determined Urban League affiliate presidents—Stephanie Hightower in Columbus, Sadiqa

Reynolds in Louisville, and Gwen Grant in Kansas City—have led the efforts for justice, reform and accountability.

That's why they are the first cities chosen by the National Urban League's Equitable Justice & Strategic Initiatives Division (EJSI) for its Heartland Tour to promote the League's comprehensive framework for criminal justice advocacy, 21 Pillars for Redefining Public Safety and Restoring Community Trust. The division, led by Senior Vice President Jerika Richardson, was created after the murder of George Floyd during the social justice uprising of 2020. In addition to leading the League's criminal justice reform work, EJSI also focuses its policy and advocacy efforts on civic engagement, census and redistricting, protecting voting rights, ending gun violence, combating extremism and more.

EJSI recognizes that many cities in the Midwest do not often receive national media attention, even though they have some of the highest rates of police violence and complaints of police misconduct, and seeks to change that. Columbus, for example, has the highest rate of police shootings in the country, according to Police Scorecard.

Kansas City ranked 496th of 500 departments evaluated based on use of force, arrests for low-level offenses, homicide clearance rates, accountability and overall spending on policing.

Only eight departments had a higher rate than Louisville of arrests for low-level offenses.

The League's 21 Pillars centers on five key

themes that are fundamental to the protection and preservation of life, dignity, trust, and safer communities: collaboration, accountability, changing divisive policies, transparency, and elevated standards for hiring and training police. The Heartland Tour will familiarize communities with the objectives of the 21 Pillars, amplify the issues and concerns relevant in each city, and advocate for policy solutions.

The tour begins with a community forum at the Lincoln Theater in Columbus on September 15 at 6 p.m. Central Time. Community leaders from Cincinnati and Cleveland, which rank among the worst cities for use of deadly force on unarmed people, also have been invited to participate. Among the speakers are Columbus Police Chief Elaine Bryant, who this summer became the first Black woman to lead the department; Civilian Review Board Chair Janet Jackson; civil rights attorney Sean Walton, and Dr. Victor Davis, Pastor of Trinity Baptist Church.

You may register for the event at <https://www.cul.org/rebuilding-trust-forum/?eType=EmailBlastContent&Id=f5ad055f-feaf-46b4-bf87-92f585810542>. Events in other cities will be announced in coming months.

The Heartland Tour is a first step toward fulfilling the first theme of the 21 Pillars: Collaborate with Communities to Build a Restorative System. Communities are truly empowered when public safety institutions engage in public dialogue and commit to structural change.

Marion Wright Edelman

President Emerita, Children's Defense Fund



ChildWatch:

Honoring Alex Haley and Our Roots

I feel that [my ancestors] do watch and guide, and I also feel that they join me in the hope that this story of our people can help alleviate the legacies of the fact that preponderantly the histories have been written by the winners.

—Alex Haley, from the conclusion of *Roots*

This August marked the centennial of the birth of Alex Haley, the Pulitzer Prize-winning author whose landmark book *Roots* opened so many eyes to the harsh truth about American slavery and its aftermath. In an era of renewed debate over who gets to tell the histories we teach our children, his legacy is as significant as ever.

Roots' 1976 publication came at a seminal moment in American history. Cities across America were hosting celebrations of the nation's bicentennial and the founding creed set forth in the Declaration of Independence: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." But at the 1963 March on Washington, Dr. Martin Luther King, Jr. reminded our nation and

world that America had never fully lived up to that promise: "When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men, yes, black men as well as white men, would be guaranteed the 'unalienable Rights' of 'Life, Liberty and the pursuit of Happiness.' It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check, a check which has come back marked 'insufficient funds.'"

With *Roots*, Alex Haley provided an epic lesson in American history through the story of his American family—slavery from the enslaved people's point of view. His book spent months on the bestseller list and the 1977 television adaptation shattered viewing records as it gave tens of millions of people a visual, visceral experience of the true horrors of slavery. For the first time descendants of slaves, descendants of slave owners, and people of all backgrounds were sharing a common experience and understanding of

America's original sin whose aftereffects still radiate across our land. Acknowledging that truth together was a transformative experience.

Over the last year we have seen a welcome surge of new commitments and new willingness to confront the truth about American history, especially the ugly legacies of slavery and Native American genocide. But predictably, we are also seeing retrenchment and backlash from familiar corners. We must remain firmly committed to telling the truth about our history and promoting dialogue about the ways today's structural, cultural, racial, and economic inequalities reflect the seeds from our violent past of genocide, slavery, and Jim Crow which still poison the soil and political discourse of our nation. Only confronting the truth about our nation's profound birth defects and struggling deliberately to overcome them with open eyes, hearts, minds, and deeds will set us free.

In 1994 the Children's Defense Fund (CDF) bought Alex Haley's 157-acre farm in Clinton, Tennessee to engage people of all ages, races, and faiths in this continued struggle and in servant leadership development, intergenerational, interfaith, and interracial dialogue, and spiritual renewal. Every year faith leaders gather for spiritual retreats and great preaching, and young leaders come to learn from elders about nonviolent strategies for seeking racial and economic justice. Gurgling creeks run through the property, mountains lurk in the background, and trees rustle in the wind. Thanks to the generosity of Barnes and Noble founder and chair Len Riggio and his wife Louise, Haley Farm has been blessed as the only place with two Maya Lin-designed buildings in existence: the Langston Hughes Library, with its Maya Angelou and John Hope Franklin reading room, and the Riggio-Lynch Chapel. I have been struck by how many of the thousands of people who

have come through Haley Farm's gates say it feels like home and the communities we once experienced. It is a smoke free, drug free, alcohol free, violence free, and hate free environment grounded in love and mutual respect.

The largest annual gathering at Haley Farm brings together about 2,000 college-aged young people who train intensively to return to their local communities to teach thousands of children in CDF Freedom Schools® programs designed to stop summer learning loss, close the educational achievement gap, and empower children to make a difference in their schools, communities, nation, and world. They hear from leading educators, historians, and children's and young adult book authors and discuss how to truthfully teach history to help children of all races understand our nation's roots and how they can make a difference in closing the gaps in their communities between America's dream and reality. Together they and all of us must help write the next chapter in our ongoing struggle to make America a more perfect union.

At the dedication of CDF Haley Farm, people of every race, faith, and discipline committed to help build a movement to Leave No Child Behind® and to ensure every child a healthy start, a head start, a fair start, a safe start, and a moral start in life and successful passage to adulthood with the help of caring families and communities. That struggle must continue until the prophet Zechariah's vision of "the city full of boys and girls playing in its streets"—safely and joyfully—is realized all over our violence-saturated land. I thank Alex Haley for reminding African Americans and all Americans of our roots, strengths, struggles, courage, faith, and God-given human capacity to overcome adversity.

September Is Prostate Cancer Awareness Month

African-American men are at highest risk so Get It Checked

By ANA FADICH TOMSIC, MPH, CHES, Vice President, Men's Health Network

Prostate cancer is the most common form of cancer in men and will strike approximately 248,000 men this year and kill more than 34,000, making it second only to lung cancer as the deadliest cancer in men.

African-American men are at especially high risk. In fact, among African-American males, prostate cancer accounts for a third of new cancer cases, according to data from the Centers for Disease Control and Prevention (CDC).

Caught early, prostate cancer can be treated, usually successfully. Early detection is especially important for African-American men, who are more likely to be diagnosed when their cancer is at an advanced stage. The good news is that the earlier the disease is caught, the better the odds of successful treatment—regardless of race. In other words, All men whose cancer is caught at the same stage will have identical outcomes.

For more than 30 years, doctors have had a powerful weapon in their arsenal for detecting prostate cancer. In addition to the digital rectal exam (DRE), a physical exam that allows the doctor to feel the prostate, patients can have a simple blood test called a prostate specific antigen test (PSA) that will detect a majority of prostate problems early. Since the PSA has been used, prostate cancer deaths have declined and the number of successfully treated prostate cancer cases has risen.

However, in early stages, prostate cancer has no symptoms, so don't wait for "something bad" to

happen to Get It Checked (www.GetItChecked.com).

"There's this stigma among African American men that if you go for a rectal test, it's almost like you lose your virginity, like it's a big taboo," said Dr. David Samadi, Chairman of Urology, Chief of Robotic Surgery at Lenox Hill Hospital and Director of Men's Health at St. Francis Hospital, Roslyn, NY. "The bottom line is that within five minutes of examining the prostate, if there's a firmness or any sign of cancer, as well as blood tests, we can save their lives."

This is doubly true during the COVID-19 pandemic. With more citizens receiving their COVID-19 vaccines, don't let the pandemic deter you from getting an easy, fast screening test. Talk to your healthcare provider to schedule one this month.

September is Prostate Cancer Awareness Month, and Men's Health Network (MHN) urges all men to talk to their healthcare providers about prostate cancer. MHN also encourages women to get involved and to urge their husbands, fathers, brothers, sons, and other loved ones to talk to their healthcare provider about prostate screening, including the PSA and DRE tests.

Let others know about the risks of prostate cancer and the potential benefits of screening. Posters, fact sheets, and a social media tool kit, for use year round at your place of worship, where you work, and for your fraternity or sorority, can all be downloaded for free at the www.ProstateCancerAwarenessMonth.com web site.

You can learn more about prostate cancer and other cancers in minority communities, at the Office of Minority Health, [\[health.hhs.gov\]\(http://health.hhs.gov\) You can also ask questions of Nathan, the virtual prostate cancer expert at CDC, <https://www.cdc.gov/cancer/prostate>](http://www.minority</p>
</div>
<div data-bbox=)

A federally staffed panel of experts, the U.S. Preventative Services Task Force (USPSTF), makes recommendations about screenings that healthcare providers look to for guidance. The Task Force has recommended that men age 55-69 should speak to their healthcare provider about using the PSA test to screen for prostate cancer. But Men's Health Network, many other patient advocate organizations, and many healthcare providers think that doesn't go far enough.

Men's Health Network urges the following men to talk to their healthcare provider about routine prostate cancer screening:

- All men over age 50, and at age 40 for African Americans and others at high risk
- Men with a family history of prostate cancer
- Veterans exposed to Agent Orange, and
- Men exposed to pesticides and certain other chemicals.

If you are on Medicare, prostate cancer screening is a part of your "Welcome to Medicare" physical, the free comprehensive physical exam you receive in your first year of eligibility. But you may have to ask for the "Welcome" physical since many healthcare providers don't know about it. Medicare continues to cover prostate cancer screening in following years.

For younger men, more than 30 states require that insurance companies offering health insur-

ance in their state provide coverage for prostate cancer tests. Insurance companies may offer prostate cancer screening in the remaining states but are not required to do so.

When you receive your PSA test results, ask the healthcare provider what your PSA number is, write it down, and compare it against future tests. If the number goes up in future tests, talk to your healthcare provider.

See **PROSTATE CANCER** Page A7

The Prince George's Post

The Prince George's Post
P.O. Box 1001 15207 Marlboro Pike
Upper Marlboro, MD 20772-3151
Phone: 301-627-0900 • Legal Fax: 301-627-6260
Email: pgpost@gmail.com
Contents © 2021, The Prince George's Post

Publisher/Senior Editor Legusta Floyd	Editor Lisa Duan
General Manager/ Legal Advertising Manager Brenda Boice	Administrative Assistant/ Billing -
Legal Advertising Assistant Robin Boerckel	Web Manager Kyler Quesenberry

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

BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

Is It Always Best to Wait Until Age 70 to Claim Social Security?

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

Dear Rusty: I'm 66 years old and still (self) employed as a home builder. I have not taken Social Security benefits yet, and don't need to at this time. If relevant, my business struggled when I first started it five years ago, but did well last year, and I'll have my highest earning year in my life this year and possibly next year as well. My question is, and it may be dumb, is it always best to delay Social Security until age 70 if there is no current financial need for it? Also, are benefits calculated by total dollars earned over a lifetime, or is some kind of average or mean computation used? I've enjoyed excellent health throughout my life, and I have longevity in my family. I'm single if that's relevant. **Signed: Planning Ahead**

Dear Planning Ahead: There is never a dumb question about Social Security because it's a highly complex program. No, it isn't always best to delay claiming SS until age 70, but yours might be a typical example of why waiting until age 70 to claim is a very smart move. Here's why:

- Your benefit at age 70 will be about 31% more than it would be at your full retirement age (FRA), which is 66 years and 2 months if you were born in 1955.
- If you are still working and don't urgently need the money, your SS benefit will grow by 8% for each full year you delay claiming (but you can still claim at any time if necessary and get all Delayed Retirement Credits (DRCs) earned to the point you claim).
- Your benefit amount will be computed using the monthly average of your lifetime 35 highest earning years, so if your current and more recent earnings are among your highest, they will be included in your benefit computation when you claim. Your earnings in the early years will be adjusted for inflation, and if you don't have a full 35 years of earnings, they will still use 35 (putting zeros in to make 35). So, if you don't have a full 35 years of lifetime earnings, your current earnings now will eliminate some of those "zero earnings" years, resulting in a higher benefit.
- If you're in good health now and you enjoy at least an "average" longevity (about 84 for a man your age), you'll get more in cumulative lifetime benefits by waiting until age 70 to claim and enjoy that higher monthly benefit for the rest of your life. If you wish to estimate your life expectancy, you can use this tool we use here at The AMAC Foundation: <https://socialsecurityreport.org/tools/life-expectancy-calculator/>.
- Since you're single, you don't need to worry about maximizing a survivor benefit for your spouse, but if you marry or have an ex-spouse who outlives you, then waiting until age 70 to claim would give them the maximum survivor benefit they are entitled to.

So, in your specific circumstance, waiting until you are 70 to claim appears to be a wise choice. For others who don't enjoy good health and don't expect to make average longevity, or for those who urgently need the money earlier, claiming before age 70 is often a better choice.

The 2.4 million member Association of Mature American Citizens [AMAC] www.amac.us is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country. And the AMAC Foundation (www.AmacFoundation.org) is the Association's non-profit organization, dedicated to supporting and educating America's Seniors. Together, we act and speak on the Association members' behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at www.amac.us/join-amac.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadviser@amacfoundation.org.

Maryland Small Business Development Center Webinars

Webinar: Getting Back Out There: How To Boost Your Business in the Post Pandemic World

September 16, 2021 • 1-2:15 p.m. (EDT) • Fee: No Fee
Registration Deadline: 9/15/21 4 p.m. (EDT)
Register: <https://mdsbdc.eccenterdirect.com/events/16814>
Training Topics: Marketing/Sales

Description: We've all learned valuable lessons about our businesses and customers during the pandemic. In this webinar, Pieter Bickford from HighRock shows how to convert those experiences into effective marketing campaigns.

Webinar: Heathy Brain and Healthy Business

September 20, 2021 • 1 p.m. to 2:30 p.m. • Cost: Free
County/Sponsor: MD SBDC and Alzheimer's Association
Contact Information: Catherine Raley at craley@salisbury.edu
The aging of the U.S. population presents both challenges and opportunities for small business owners. This two-part series, presented in partnership with the Alzheimer's Association, is designed to help small business owners prepare for the unexpected AND assess new prospects for their businesses.

What happens when life and business collide? Many small business owners have financial contingency plans—but don't think about health planning until it's too late. This session will help small business owners understand brain health, the early signs of Alzheimer's, and plan for their own health and well-being, as well as unexpected caregiving responsibilities that may cause business disruptions (especially for sole proprietors).

Ledo Pizza Named Official Pizza of the Maryland Terrapins

Popular Maryland-based pizza brand partners with University of Maryland Athletics to offer in-stadium concessions, giveaways and more

By PRESS OFFICER
Ledo Pizza

ANNAPOLIS, Md. (August 31, 2021)—Ledo Pizza, the Maryland-based brand and Official Pizza of the Maryland Terrapins, warns opposing teams to "Fear the Turtle" when visiting College Park!

That's right. Ledo Pizza has teamed up with University of Maryland Athletics to sponsor its men's football, basketball, soccer and lacrosse teams. Starting at the football home opener on Sept. 4, Terps fans will be the first to enjoy Ledo Pizza's special in-stadium offering—eight-inch cheese and pepperoni pizzas—at all home games in Sections 10 and 20!

To add to the excitement, fans who purchase Ledo Pizza's eight-inch pizza AND a large Pepsi® product at the Capital One Field at Maryland Stadium will receive a FREE "Maryland Family" t-shirt, while supplies last. Plus, on Oct. 8, Ledo Pizza will give away Ledo Pizza and Maryland Terps-branded phone wallets at the Men's Soccer home game.

"We're so excited to be the Official Pizza of the Maryland Terrapins!" said CEO Jamie Beall. "Not only have we teamed up with the Terps to offer our famous square pizza, but we've also partnered with Pepsi® to provide an unbeatable concessions deal at all home football games. We encourage any and all Terrapins fans to come out to a football game and show their support alongside Ledo Pizza. We look forward to cheering on the Terps as we continue to show our support for the communities we serve."

In celebration of the partnership, throughout September and October, Ledo Pizza will produce limited-edition red and black "Maryland Terrapins" pizza boxes to be used at select Maryland Ledo Pizza locations.

At Ledo Pizza, every pizza is rolled to order with fresh hand-made dough topped with high-quality ingredients, like its famous



PHOTO COURTESY LEDO PIZZA

thick pepperoni that is cut onsite daily. The menu also features freshly baked subs, lasagna, spaghetti, jumbo wings, soup, salad and breadsticks. To learn more about Ledo Pizza, visit ledopizza.com.

Founded in 1955 in the suburbs of Maryland and now headquartered in Annapolis, Maryland, Ledo Pizza is a regional pizza franchise that is dedicated to offering a fresh, affordable menu served in a family-friendly atmosphere. Frequently awarded "Best Pizza" recognition in communities across the U.S., Ledo Pizza currently has more than 100 locally owned locations in seven states with multiple new restaurants in the pipeline. Ledo Pizza believes strongly in community involvement and the brand is a proud partner of the Baltimore Ravens. Ledo Pizza is also the Official Pizza of the Maryland Terrapins. For more information, visit ledopizza.com

200,000 Marylanders Gained Health Coverage Through the Coronavirus Special Enrollment

Special enrollment in response to pandemic ran from March 2020 to August 2021

By KELLY JONES
Maryland Health Connection

BALTIMORE (August 27, 2021)—A total of 201,141 Marylanders enrolled through the Coronavirus Emergency Special Enrollment on Maryland Health Connection from March 16, 2020 to its conclusion on Aug. 15, 2021.

The 17-month special enrollment in response to the pandemic was one of the longest of any state in the country. It was extended several times in 2020 and 2021 as the emergency continued. In all:

- 126,278 enrolled in Medicaid (63%)
- 54,402 enrolled in private plans and qualified for financial help (27%)
- 20,460 enrolled in private plans without financial help (10%)

"We are pleased that so many Marylanders were able to enroll in affordable health coverage at a difficult time," said Michele Eberle, executive director of the Maryland Health Benefit Exchange, which administers the state's 10-year-old health insurance marketplace. "We appreciate the support of Governor Hogan, the Maryland Insurance Administration and our partner insurance

providers for supporting this response to the public health threat."

Among communities that were hard hit by the impact, young-adult enrollments (ages 18-34) totaled 69,749 throughout the special enrollment. Enrollees self-reported as Black totaled 60,555 and as Hispanic totaled 25,892.

In total, more than 1.3 million Marylanders are currently covered through Maryland Health Connection—about 1.2 million in Medicaid and more than 165,000 in private coverage, nearly 80 percent qualifying for financial help. That's up 12 percent compared to before the pandemic. More data is available at MarylandHBE.com

The next opportunity for Marylanders to enroll in private health insurance through Maryland Health Connection will begin Nov. 1, 2021 for the 2022 coverage year. Special enrollment is always available for people who have certain life changes. Eligible Marylanders may enroll in Medicaid any time of year. Last year, 9 out of 10 who enrolled got financial help to lower the cost of their coverage.

Next year, many will be eligible for new, lower costs because of the federal American

Rescue Plan Act. Those who previously did not qualify for financial help for private insurance due to higher income will now be eligible. Also, for the first time, Maryland will offer additional premium assistance for adults ages 19-34, so that they will pay even less for private health plans.

For information, visit MarylandHealthConnection.gov or download the Enroll MHC mobile app. Free help is available by calling 855-642-8572, and more than 700 trained brokers and navigators are available to help by phone and virtually.

Maryland Health Benefit Exchange (MHBE), a public corporation and independent unit of state government established in 2011, administers Maryland Health Connection.

Maryland Health Connection (MHC) is the state-based marketplace for Marylanders to shop and enroll in health insurance, as well as determine eligibility for Medicaid and other assistance programs. It is the only place where Marylanders can access financial help such as tax credits to make coverage more affordable.

Maryland Recognizes Clean Energy Week 2021

By PRESS OFFICER
National Clean Energy Week

(August 26, 2021)—Maryland Governor Larry Hogan has issued a proclamation recognizing September 20-24, 2021 as Clean Energy Week in the state in conjunction with National Clean Energy Week (NCEW) 2021.

Last year, Governor Hogan, along with more than half of the nation's governors, signed proclamations officially recognizing Clean Energy Weeks in their respective states. In his proclamation, Governor Hogan praises the state's leadership through energy efficiency and conservation programs such as EmPOWER Maryland, a collaboration with the state's five largest electric utilities to help homeowners and businessowners lower the cost of their electric bills.

"Thank you, Governor Hogan for recognizing the important role that clean energy plays in addressing Maryland's economic and energy needs through your Clean Energy Week proclamation," said Heather Reams, chair of NCEW and executive director of Citizens for Responsible Energy Solutions (CRES). "Today, 85 per-

cent of greenhouse gas emissions are created outside of the United States. This means that U.S. energy and climate policy must foster innovation and commercialization pathways that work as well for Maryland as they do for India. The fifth annual NCEW and the Policy Makers Symposium will provide a bipartisan platform to learn more about what is ahead for clean energy and build the necessary bridges between policy, finance, and innovation to make strides in this critical area."

"For the past six years, Maryland has been leading the charge when it comes to real, bipartisan solutions to promote clean energy in our state. That's why I'm so proud to proclaim **September 20-24, 2021** as National Clean Energy Week in Maryland, and encourage all Marylanders to support common sense solutions to address our nation's energy and economic needs in the 21st century," said Governor Hogan.

Founded in 2017, NCEW brings together government officials, industry associations, businesses, non-profits, and advocates in the clean energy space for events in Washington, D.C., and across America. The weeklong recognition hon-

ors the clean energy sector's contributions to America's economic strength while reducing global emissions. Among the unique programming offered throughout the week, the NCEW Policy Makers Symposium will convene lawmakers, energy advocates, and private sector leaders for enlightening and influential clean energy and climate policy discussions.

Additional information about NCEW—including sponsorship opportunities, in-person events, examples of how businesses and communities can show their support, and registration for the Policy Makers Symposium—is available at <https://nationalcleanenergyweek.org/>.

National Clean Energy Week (NCEW), described by POLITICO as "a veritable who's who of the Clean Energy World," is an annual awareness week to recognize the value of clean energy including abundant job opportunities, economic growth, energy independence, consumer choice, lower energy prices, and a cleaner environment. Follow NCEW on Twitter (@NCEWConf) and Facebook (NationalCleanEnergyWeek) for event updates. www.nationalcleanenergyweek.org

OUT on the TOWN

National Harbor Celebrates Weekend Festivals in September

By VICKI BENDURE
National Harbor

NATIONAL HARBOR, Md. (August 30, 2021)—September weekends at National Harbor are packed with fun festivals. “After the past year, we are delighted to be able to welcome these signature festivals,” said Jackie Saunders, AVP of marketing at National Harbor. “These provide a great way for visitors to see and experience our waterfront destination.”

The festivals are each located on Southpointe at National Harbor (804 National Harbor Blvd.,) on the waterfront just past

Gaylord National Resort & Convention Center. Festivals have various age restrictions (check websites for additional info.)

Here’s a rundown:
CultureFest DMV on **Saturday, September 11**, features performances by international Reggae, Soca and Afrobeat artists, food court, craft village, and numerous bars offering exotic drinks by expert mixologists. This celebration of diversity through music, art, food and more bridges divides, and brings communities together. Individual tickets start at \$50 with drink ticket package add-ons (must be at least 21 years old.) Ticket information can be found at

<https://www.nationalharbor.com/events/>.

And returning for its 12th year, the National Wine & Food Festival takes place on **Saturday, September 25** with VIP hours from noon to 5 p.m. and general admission from 1 to 6 p.m. (Must be at least 21 years old to attend.) General admission tickets are \$49 per person and VIP tickets are \$99 per person. The event includes live music all day and tastings from 15+ restaurants, craft beers and spirits along with more than 100 different international and local wines. For ticket information, visit <https://www.nationalharbor.com/events/>.

For more information on National Harbor, visit www.NationalHarbor.com.



PHOTO COURTESY OF NATIONAL HARBOR

The National Wine & Food Festival takes place on Saturday, September 25.

Situated on the banks of the Potomac River and just minutes from the nation’s capital, National Harbor is a waterfront resort community unlike any other. The vibrant Waterfront District at National Harbor offers unique boutique shops and well-loved stores along wide, walkable streets. More than 30 restaurants include award-winning Succotash; The Walrus Oyster and Ale House; Grace’s Mandarin; and Bond 45. Highly recognized for its iconic Capital Wheel, a 180-foot observation wheel offering panoramic views that include D.C. monuments; the Waterfront District features seasonal activities and concerts. Capital Bike Share makes it possible to bike to the Waterfront District on National Harbor’s newly paved waterfront trail. There are also many exciting special events and activities. The property was named as one of the top places in the nation to observe spectacular sunsets.

B&O Railroad Museum Honors First Responders On 20th Anniversary of 9/11

BALTIMORE (September 2, 2021)—The B&O Railroad Museum honors the 20th anniversary of 9/11 and those who answer the call every day by educating the public about lifesaving practices with First Responders’ Appreciation Day on Saturday, September 11, 2021. Join us as we pay tribute to those dedicated to saving lives and protecting their community. Our day includes a bomb squad demonstration, display of the CSX “Pride In Service” locomotive and a special honor guard ceremony with a moment of remembrance.

What Happens When a Train & Car Collide?

On First Responders’ Day, the B&O is showcasing the importance of railroad safety with the opportunity to witness a live controlled collision between a locomotive and car! Visitors will witness a reduced speed collision with an extrication training exercise by a volunteer fire department. The collision demonstrates the importance of motorists yielding to trains at railroading crossings. Representatives from Operation Lifesaver, a non-profit organization and nationally recognized leader of rail safety education, will be on-site to help spread awareness about

this critical aspect of railroad safety.

“The average freight train traveling 55 miles per hour can take a mile or more to stop—the length of 18 football fields. Our train will only be going 10 mph with no freight behind it and the collision will be significant” said Executive Director, Kris Hoellen. “This event clearly shows why one should never race a train. We are proud to partner with Operation Lifesaver in their mission to save lives at railroad crossings and on train tracks.”

To watch a video from an earlier safety demonstration, please visit: www.BORail.info/TrainCollision

There will be two train rides to view the collision demonstrations with extrication exercises happen at 11:30 a.m. and 1:30 p.m. First Responders receive free admission to the Museum with ID! For more information or to purchase tickets, visit www.BORail.Events/FirstResponders.

Safety Procedures:

Please be advised face masks are required for all visitors, staff, and volunteers when inside or on the train. The Museum’s full safety measures can be found at www.BORail.events/Visit.

The B&O Railroad Museum™, a full affiliate of the Smithsonian Institution, is dedicated to the preservation and interpretation of American railroading and its impact on American society, culture and economy. The Museum is home to the oldest, most comprehensive collection of railroad artifacts in the Western Hemisphere. The 40-acre historic site is regarded as the birthplace of American Railroading. In 2019, the Museum welcomed guests from all 50 states and 40 countries. For further information, please call 410-752-2490 or visit www.BORail.org.



PHOTO COURTESY B&O RAILROAD MUSEUM

HEALTHY LIVING

Great Ways to Keep Your Mind Sharp as You Age

(StatePoint) September, which is World Alzheimer’s Month, is an excellent reminder to keep your mind and body healthy through the years. Experts say that doing so can reduce your risk for cognitive decline. Try taking on these new hobbies to keep your mind sharp as you age:

- **Cooking:** Not only can the development of a new complicated skill such as cooking improve cognitive functions like problem-solving and concentration, but having the ability to create your own nutritious meals at home has the added benefit of being good for brain health. From TikTok tutorials to online classes taught by master chefs, today, there are more avenues for picking up culinary know-how than ever before.

- **Music:** Learning to play a musical instrument has countless benefits for brain health, helping improve memory, hand-eye coordination and more. It’s also a mood booster, which is important,



PHOTO SOURCE: (C) IVANKO_BRNJAKOVIC / ISTOCK VIA GETTY IMAGES PLUS

as depression is considered a risk factor for dementia. Check out instruments designed to build skills quickly. Whether you’re a total novice or taking up the piano after a long hiatus, Casiotone Keyboards, for example, are portable, easy to use and connect to an app that features lessons and more.

- **Exercise:** The mind-body connection is strong. For ultimate brain health, stay physically active; and if you can do so outdoors, all the better. Research suggests that connecting with nature is good for one’s mental well-being, reducing stress, anxiety and depression. Support your journey with tools that track your activity and inspire you to delve further into adventures, whether that be hiking, fishing or rock climbing. The watches in the Pro Trek line feature Quad Sensor technology to provide you with temperature and barometric pressure so you can keep your eye on the weather conditions while out and about, as well as sunrise and sunset times, an app for anglers and much more.

- **Camaraderie:** Having an active social life can improve brain function. Unfortunately, if you aren’t proactive about it, there are not always that many opportunities to make new friends in adulthood. Whether it’s a sewing circle or a bowling league, consider joining a club or team for camaraderie and fun.

- **Fast fingers:** Did you know that you can use your calculator to keep your mind engaged when there’s downtime or you’re on-the-go? Calculator games can build math skills, improve memory and keep your mind nimble.

Just as it is important to maintain physical fitness as you age, it’s also critical to exercise your mind. Stay mentally active by trying new hobbies, building new skills and seeking out new experiences.

Calendar of Events

Beginning Genealogy and African American Genealogy Workshop

Date and time: Saturday, September 18, 2021, 9 a.m.–12 p.m.
Description: In recognition of Alex Haley’s 100th birthday and his influence on family history research Banneker-Douglass Museum and the Haley Family are offering a Beginning Genealogy and African American Genealogy workshop. The sessions, conducted by professional genealogist Lyndra Pratt Marshall, will be presented as part of the museum’s Freedom Bound exhibit which features on the histories of African Americans who fought against enslavement in Annapolis. Learn, or receive a refresher, of the best methods and practices a researcher should use to trace their family lineage through use of vital records, court records, federal census records, and other primary and secondary sources. **To register**, please email Christopher Haley at chris.haley@maryland.gov.
Location: 84 Franklin Street, Annapolis, MD 21401

For the Love of Freedom and Liberty: Riversdale and the Underground Railroad

Date and time: Saturday, September 18 and Sunday, September 19, 2021, 12–4 p.m.

Description: Commemorate Smithsonian Magazine Museum Day and International Underground Railroad Month as you discover the stories of some of Riversdale’s enslaved families and individuals. Explore this Network to Freedom site with self-guided tours, a Kitchen Guild demonstration, and a family-friendly exploration station.

Cost: Free

Ages: All ages

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

Contact: 301-864-0420; TTY 301-699-2544, Email: riversdale@pgparks.com

Banneker-Douglass Museum Grand Re-opening Block Party

Date and time: Saturday, September 18, 2021, 1–5 p.m.

Description: We are back! Come join us on Saturday, September 18th for a Grand Re-Opening Block Party! BDM has been closed since March of 2020 and we are re-opening with a brand new exhibit; Freedom Bound: Runaways of the Chesapeake, which explores resistance and freedom from the past, present, and future. Enjoy live music from The Legendary Future Band DC, food, shop local Black-owned businesses and much more! This event is FREE to the public. Special thanks our sponsor Visit Annapolis for making this event possible.

Cost: Free, **register** at

<https://bdmuseum.maryland.gov/events/>

Location: 84 Franklin Street, Annapolis, MD 21401

Jazz in the Gardens: Five Generations of Jazz Women

Date and time: Wednesday, September 22, 2021, 5:30–8:30 p.m.

Description: Jazz in the Gardens: Five Generations of Jazz Women, features music from five generations of legendary jazz women, including Billie Holiday, Nina Simone, Shirley Horn, and Gerri Allen. Joining the Marshall Keys Quintet for this performance will be Christie Dashiell, vocalist. This set of programs will be the first time Hillwood has presented jazz in the gardens, participating in the vibrant jazz community in Washington, D.C. This program takes place outdoors, with limited capacity. Picnicking on the Lunar Lawn is welcome at this program. Food and drinks, including beer and wine, will be available for purchase from Merriweather To Go. *Please note:* Our liquor license does not allow patrons to bring in outside alcohol. Attendees must bring their own lawn chairs or picnic blankets.

Cost: \$20, \$10 Hillwood members, \$7 students, \$5 children 6–18, free for children under 6

Location: Hillwood Estate, Museum & Gardens, 4155 Linnean Ave NW, Washington, D.C. 20008

Contact: **Information/Tickets:** 202-686-5807 or www.HillwoodMuseum.org

Book Discussion: The Book of Delights, the 2021 One Maryland, One Book Selection

Date and time: Thursday, September 23, 2021, 7–8:30 p.m.

Description: E-books are available upon request, supplies are limited. Maryland Humanities (MH) created One Maryland One Book (OMOB) to “bring together diverse people in communities across the state through the shared experience of reading the same book.” The theme for this year is “Hope,” and Montpelier is excited to host a discussion on The Book of Delights, by Ross Gay. MH describes the book as “a collection of lyrical essays. Gay wrote one essay per day over a tumultuous year and took the time to find ‘delights’ in his everyday life. The essays range in topic from the beauties in nature to what it is to be a black man in America. Readers can look to Gay’s collection as a guide to finding their own daily ‘delights.’”

Cost: FREE

Ages: Ages 16 and up. Space is limited. **Call to register!**

Location: Montpelier House Museum, 9650 Muirkirk Road, Laurel, MD 20708

Contact: 301-377-7817; TTY 301-699-2544

Girls in Aviation (Morning & Afternoon Sessions)

Date and time: September 25, 2021, 10 a.m.–12 p.m. & 1–3p.m.

Description: Girls ages 8–18 are invited to join College Park Aviation Museum and Women in Aviation International (WAI) for Girls in Aviation Day on September 25, 2021. Discover the possibilities of a career in aviation at this FREE program. Try hands-on activities, learn about the different roles women hold in aviation, and more! Limited quantities of Girls in Aviation Day backpacks, Aviation for Girls Magazines, and other materials will be provided on a first-come-first-serve basis.

Cost: Free, **register** through Parks Direct

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

Contact: 301-864-5316; TTY 301-699-2544. For more information, contact jamie.jones@pgparks.com

