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Bowie State's Damon Wilson Named 2021 AFCA Division II National Coach of the Year

By JOLISA WILLIAMS
Bowie State University Athletics

SAN ANTONIO, Tex. (Jan. 10, 2022)—The American Football Coaches Association announced Bowie State head football coach Damon Wilson as the AFCA National Coach of the Year for the NCAA Division II on Monday morning at the Centennial AFCA Convention.

"This is the ultimate team award," said Wilson. "I appreciate the recognition but it's impossible to win this award without great coaches, players and alum's buying in. I understand the impact of this award and its history."

Wilson, in his 12th year as head coach of the Bulldogs football program, guided Bowie State to a 12-2

record, BSU's third-straight Central Intercollegiate Athletic Association (CIAA) Northern Division title and championship with a 7-0 league record, and the programs fourth consecutive NCAA appearance and first ever NCAA quarterfinal appearance in program history.

He was the CIAA Coach of the Year and AFCA Super Region II Coach of the Year. Wilson has an 89-45 overall record with a total of four NCAA playoff appearances, a total of seven CIAA Northern Division titles and three CIAA championships.

The award is the first for not only Bowie State but for the CIAA conference as Wilson becomes the first CIAA coach to win the prestigious and national award.

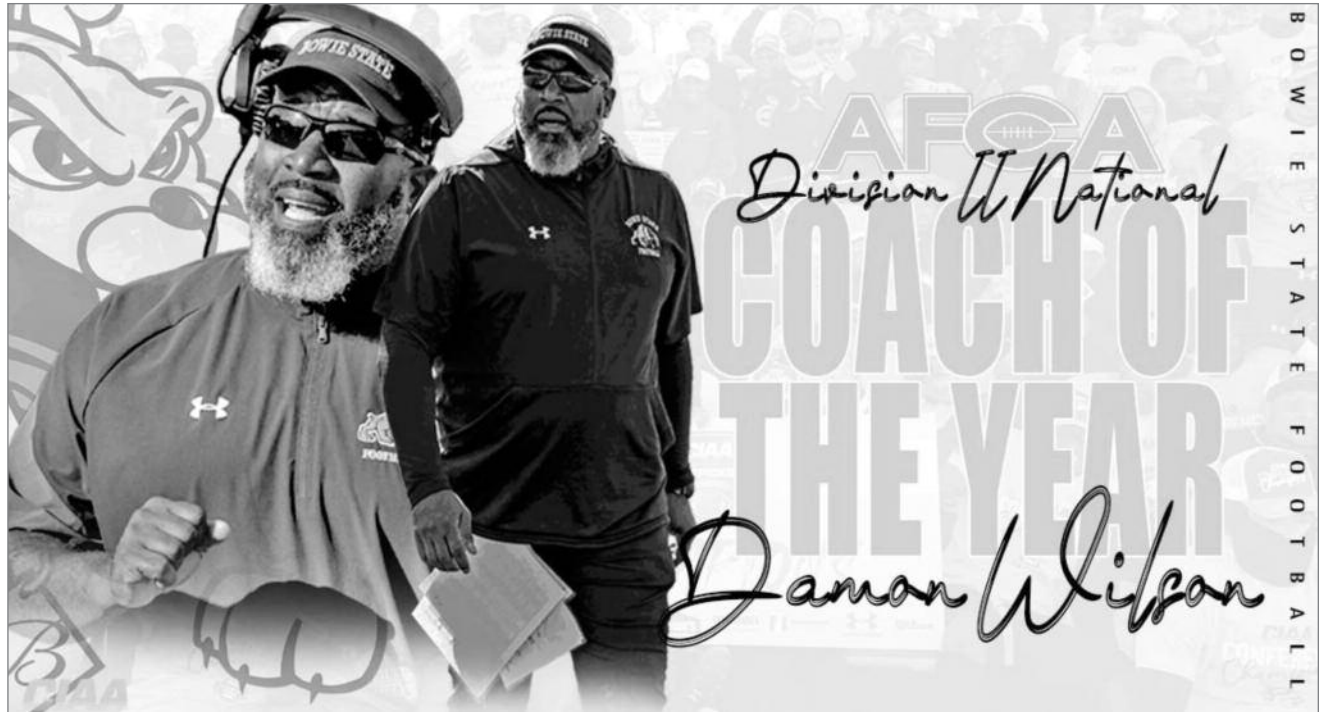


IMAGE COURTESY BOWIE STATE UNIVERSITY ATHLETICS

Award History

Lynn "Pappy" Waldorf, then of Northwestern, was named as the first

AFCA Coach of the Year in 1935. One national winner was selected from 1935 through 1959. From 1960

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Bowie State's Gregory Goings to be Inducted Into 2022 CIAA John B. McLendon Hall of Fame Class

By JOLISA WILLIAMS
Bowie State University Athletics

CHARLOTTE, N.C. (Jan. 4, 2022)—Former Bowie State University Athletic Administrator and Sports Information Director Gregory C. Goings has been selected as a member of the Central Intercollegiate Athletic Association's (CIAA) 2022 John B. McLendon Hall of Fame Class, the conference announced Tuesday.

Goings will be among six inductees, who accolades within the conference span for over six decades, joining Andre' Altice (Shaw University), Dr. Beverly Downing (Livingstone College/Saint Augustine's University), Greg Jackson (Saint Paul's College/North Carolina Central University), Amba Kongolo (North Carolina Central University) and Jamie Waller (Virginia Union University).

Goings began his illustrious career in the sports information profession in 1988 at Virginia State University, serving in the role of Sports Information Director until 2000. While at VSU, Goings also served as President of the CIAA Sports Information Directors Association from 1993-1999.



IMAGE COURTESY BOWIE STATE UNIVERSITY ATHLETICS

From 2003 until his retirement in June of 2021, Goings led the athletic media relations and sports information department at Bowie State University. During his time at BSU, Goings held several leadership positions throughout the athletic communications field to include an At-Large Representative for the College Sports Information Directors Association (CoSIDA) Board of Directors (2011-2015) and President of the NCAA Division II Sports Information Directors Association (2011-2014), becoming the first ever African American to hold this position. Additionally,

Goings has served as a high school and college basketball official for nearly 40 years and, since 1992, has served as a public address announcer and statistician for several prominent tournaments and televised events, including the CIAA Basketball Tournament, Black Entertainment Television (BET), and many others.

Goings is a three-time recipient of the John Holley CIAA Sports Information Director of the Year award and received the CoSIDA Lifetime Achievement Award in 2021. He is a 1981 graduate of Virginia State University and a Lifetime

Member of Alpha Phi Alpha Fraternity, Inc.

The last time Bowie State had a representative inducted into the CIAA Hall of Fame was former Bowie State President Dr. Mickey L. Burnim from the 2017 Class.

The 2022 John B. McLendon CIAA Hall of Fame class will be officially inducted at the CIAA Hall of Fame Induction Ceremony on Friday, February 25. The event will be a part of the week-long schedule of events encompassing the 2022

See GOINGS Page A7

12 PGCPS Students Awarded Posse Scholarships

Posse Scholars receive full four-year college scholarships to select institutions

By PRESS OFFICER
PGCPS

UPPER MARLBORO, Md. (Jan. 5, 2022)—Twelve Prince George's County Public Schools (PGCPS) seniors will receive four-year, full-tuition college scholarships from colleges and universities who partner with The Posse Foundation.

"We are 'PGCPS proud' of our scholars on achieving this honor," said Dr. Monica Goldson, Chief Executive Officer. "They represent the best of Prince George's County Public Schools and I am pleased by this reward for their hard work."

Known as Posse Scholars, students from across the nation will enter partnering colleges and universities this fall in multicultural groups of 10 ("posses"). Throughout their college career, they will support each other and receive ongoing assistance from The Posse Foundation. Students participating in the Posse program have a 90 percent college graduation rate, and have proven to make a difference on campus and in their professions.

The PGCPS Posse Scholars include:

Michèe Brika, Largo High School – Lewis & Clark College

Christopher Brown, Bowie High School – University of Rochester

Realyn Mae Del Campo, Parkdale High School – Bucknell University

Aaron Dent, Oxon Hill High School – University of Wisconsin-Madison

Samuel Grace-Conyers, Suitland High School – Sewanee: The University of the South

Muna Kamara, Chesapeake Math & IT Academy – Bucknell University

Jasmin Maldonado, Parkdale High School – Sewanee: The University of the South

Daphne Nwobike, Charles H. Flowers High School – Sewanee: The University of the South

Christianah Olufade, Eleanor Roosevelt High School – Lewis & Clark College

Morgan Pringle, Chesapeake Math & IT Academy – Bucknell University

Jimmi Rios, International High School at Langley Park – Lewis & Clark College

Jefferson Turcios, Parkdale High School – University of Rochester

For more information on The Posse Foundation and the Posse program, visit www.possefoundation.org.

More Than 40% of Motorists Don't Carry Emergency Kit in Their Vehicles

Hours-long backup on I-95 underscores importance of being prepared

By PRESS OFFICER
AAA

WASHINGTON (Jan. 6, 2022)—In the wake of the crash on I-95 in Virginia that left some motorists stranded for more than 24 hours, and ahead of snow in the forecast for Friday morning, AAA is reminding drivers of the importance of being prepared for any possibility, even when the plan is to just go a short distance or to be out for just a short time. Specifically, drivers are being urged to put together a simple winter emergency kit they

can keep in their vehicles so that the inconvenience of a breakdown or backup does not result in what could be a life-threatening situation.

Previous AAA research indicates that more than 40% of motorists do not carry an emergency kit in their vehicle.

"While the backup on the Virginia highway seems an extreme example, hours-long delays on winter roadways are not unusual," says Ragina C. Ali, spokesperson for AAA Mid-Atlantic in Maryland and Washington, D.C. "And, these situations are hardly limited to the

Northeast. We've seen the same from Georgia to Texas. Just a little bit of snow or ice can leave motorists stranded for hours on end."

In addition to winter-specific items such as a snow shovel, scraper or de-icer, AAA reminds drivers to always have a few extra blankets, water and snacks on hand and, when traveling with anyone who may have medical needs, it is always critical to have extra medications available to meet those needs as well.

"The worst of winter is still ahead. Whether you plan to drive a short distance

to the gym or plan to get away for a long weekend, consider the possibility of a breakdown or delay and plan accordingly," Ali adds.

AAA Winter Emergency Kit includes:

- Mobile phone and car charger
- Flashlight with extra batteries
- Jumper cables or jump pack
- Basic toolkit (screwdrivers, pliers, adjustable wrench, duct tape, plastic zip ties)
- Tarp, raincoat and gloves to help stay clean/dry working at the roadside
- Rags, paper towels or pre-moistened wipes
- Warning devices (flares, reflective triangles or LED beacons)
- First-aid kit

- Drinking water
 - Snacks/food for your passengers and any pets
 - Ice scraper
 - Snow brush
 - Winter windshield washer solvent
 - Traction aids (sand, salt, non-clumping cat litter or traction mats)
 - Shovel
 - Warm gloves, clothes, hats and blankets for all passengers in your car
- Winter Emergency Kits available through AAA:

Due to increased interest, a limited supply of AAA Emergency Road Kits are available at all AAA Retail locations and on AAA.com.

Make sure your AAA Membership is up to date or join AAA today by visiting www.AAA.com.

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ChildWatch: Honoring Beloved Archbishop Desmond Tutu

Here at home we can move America closer to being that family and nation where everyone belongs and everyone has worth.

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National Networking Community for Business Women Launches New Chapter in PG County

Launching on Jan. 17, 2022 via a virtual event at 11:30 a.m. Eastern, the chapter will be led by Chapter Leaders, India Hall and Jonvoana Evans.

Business and Finance, Page A5

Health Department Releases Updated Covid-19 Vaccine Clinic Locations and Schedules

Governor Hogan Tours New Testing Site at UM Laurel Medical Center

Health and Wellness, Page A6

TOWNS *and* NEIGHBORS

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

Memories: Morningside in the '50s

Did you live in Morningside back in the 1950s? Did you get your hair cut at Johnson’s Barber Shop (Suitland Rd) or Eleanor’s Beauty Shop (305 Larkspur Rd)? Did you go to E.H. Webster (7 Pickett) to have your watch repaired? Buy Avon from Alvina Beardmore (221 Woodland Rd)?

Did you shop at Skyline Market (5995 Suitland Rd), Morningside Variety Shop (5993 Suitland Rd) or G.I. Market (6220 Suitland Rd)? Buy beer and wine at G.I. Liquors or drop by for cocktail hour at Skyline Restaurant (previously, Skyline Tavern) (5989 Suitland Rd)?

Did you gas up at Morningside Esso (6000 Suitland Rd) or Morningside Texaco (6221 Suitland Rd)? Did proprietor Jerry Bond sharpen your saw at the Morningside Lawn Mower Shop (6120 Suitland Rd)?

Were you a member of the I-C-E Club (6119 Suitland Rd)? Visit Helen B Hooper, Notary Public (313 Boxwood Dr)? Attend Mrs. Smith’s Morningside Co-operative Kindergarten at the Morningside Town Hall (corner of Forest and Woodland Roads)? Pray at Morningside Baptist Church, pastored by Rev. Winfield?

Did you read The Morningside Press, published by Dalton V. Brunson? Did you tune in to W.P.G.C., 1580 on your dial, the “Morningside of Things”?

These ads ran in the Morningside Directory, January 1955.

If this column sounds familiar, you’re not wrong. I ran it several years ago and had some fun email comments. I’m trying it again.

Votes are in!

Edward Burroughs has won in a special primary election for a seat representing District 8 on the County Council, defeating Sidney Gibson, Ebony Sunala Johnson, Tony Knotts, Jerry Mathis, Marjorie Smith and Vernon Wade. I’ll tell more about this amazing guy in next week’s column. BTW, District 8 is where I live.

Town of Morningside

Morningside will hold its monthly Town Meeting on Tuesday, Jan. 18, 7 p.m. in the Municipal Building. For information, call 301-736-2300.

Neighbors & other good people

Former Morningsiders Anita Cook and

Dean Woods are now doing DoorDash, at least part of the time. I looked it up online and learned it was founded in January 2013 and is the largest food delivery company in the United States. I suspect it will continue to thrive, even after COVID-19 becomes history.

I recently had an email from former Morningsider Lance Neale who once was one of my Webelo Scouts. He writes that he and his wife Sandra moved to “beautiful Sunset Beach” in June 2019. He’s retired from the insurance business but still has business he manages from home.

Grace Pooley, a lifelong resident of Prince George’s County, is one of WSSC Water’s 2021 Commissioner’s Engineering Scholarship winners. The Anacostia River is the focus of her thesis as a PhD student in environmental engineering at Catholic University. To try for the scholarship, she wrote an essay addressing the challenges of climate change on ensuring a sustainable water supply. She was awarded \$2,000, renewable annually for three more years.

Sunday Worship, Friday Bible Class at SRBC

Suitland Road Baptist Church Community Outreach invites you to their Friday Bible Classes, 10:30–11:30 a.m. They are currently studying the book of Romans. The conference number is 617-761-8377.

Sunday Worship service is at 4:30 p.m. on conference number 617-761-8377. Or call Pastor Kelvin McCune at 301-219-2296.

Changing landscape

SNOW! I’ve waited and waited and waited at least three years for it. And it finally came—beautiful and troublesome. (Ask those who spent 20 or more hours stranded on I-95 in Virginia).

It was the sad end of an era when Captain White’s picked up and floated away from the Wharf in SW Washington after half a century following a lease dispute with the Wharf’s developers. However, the iconic seafood barge has fortunately found a place to anchor in Prince George’s County near National Harbor at 6308 Livingston Road.

The County’s Department of the Environment—Recycling Section—is now offering residents the opportunity to participate in the curbside collection of food scraps and receive a County-issued 32-gallon wheeled organics cart, a 2-gallon kitchen countertop

pail, a refrigerator magnet and informational materials. I’d like to participate but don’t have enough scraps.

A home at 6906 Pickett Drive recently sold for \$325,000.

Used stamps

I have torn the stamps off envelopes for, probably, 80 years; I had stamp-collecting relatives who wanted them. Then, for a time, I sent them to Stamp Camp (I think the name was). In recent years I gave them to someone at the Knights of Columbus in Forestville; I’m not sure what he did with them.

I’m still tearing stamps off envelopes. Do you know anyone who wants them? I’ll mail them—with new stamps.

Mary’s COVID-19 report: Flurona

Many are now suffering from “Flurona,” a blend of flu and coronavirus. It’s become a problem because it involves a patient fighting two infections at the same time. Some are given the flu shot along with the booster. In my case, I was told to wait two weeks after the booster before getting the flu shot.

Through 5 p.m. Wednesday, Jan. 5, there have been 776,230 cases of the virus in Maryland, and of that number, 10,286 (!) were the last day. As for Maryland COVID-19 deaths, there have been 11,993. Of that number, 49 died the last day.

Among those who’ve recently tested positive for the virus is Cardinal Wilton Gregory, head of the Catholic Archdiocese of Washington. He last celebrated a public Mass on Dec. 26 at Holy Family Church in Hillcrest Heights.

Milestones

Happy birthday to Eva Hugins and Charles Boxley, Jan. 8; Patty Gallatin, Jan. 11; Martin Miller, Frank Binsted and Roc Wheeler, Jan. 13; Curtis DeMarco Knowles, my son Mike McHale, Kathleen Giroux and Joanie Mangum, Jan. 14; Robert Koch, Jan. 15; Dolly Wood (VFW), Jan. 16; Nikial M. Boston, Jan. 17; Dennis Seaman and Linda Cullinan, Jan. 19; June Nicholson, Gina Glagola Hull and my sister Stella Mudd Thelen, Jan. 20.

Happy anniversary to Diane and Steve Zirkle, Jan. 9; David and Lori Williams, Jan. 9; Gary and Melody Barnes, Jan. 14; and Frank and Sharleen Kelly Cappella, their 67th on Jan. 1.

Around the County

Martin Luther King, Jr. Day Closures

Monday, January 17, 2022

All county offices are closed in observance of Rev. Dr. Martin Luther King, Jr.’s Birthday (except public safety agencies). Several county services are also suspended or closed.

Regular Collection/Service

- Residential Organics and Yard Trim Collections
- Trash Collection in County-Contracted Areas (Tuesday, January 18 through Friday, January 21)
- Curbside Recycling Collection in County-Contracted Areas (Tuesday, January 18 through Friday, January 21)
- Brown Station Road Sanitary Landfill
- Brown Station Road Public Convenience Drop-off Center
- Missouri Avenue Solid Waste Acceptance and Recycling Drop-off Center
- Prince George’s County Materials Recycling Facility (1000 Ritchie Road)
- Prince George’s County Organics Composting Facility

Closed

- Animal Services Facility (3750 Brown Station Road)
- Electronics Recycling Acceptance Site (Located at the Brown Station Road Sanitary Landfill; Only open Thursday, Friday, and Saturday)
- Household Hazardous Waste Acceptance Site (Located at the Brown Station Road Sanitary Landfill; Only open Thursday, Friday, and Saturday)

No Collection/Rescheduled Service

- Bulky Trash Collection (By appointment only; Scheduled collections resume January 18)

TheBus, a public transit service operated by the Prince George’s County Department of Public Works and Transportation, will operate a regular COVID-19 schedule on Monday, January 17, 2022, except Route 51 service to the Equestrian Center/Courthouse. Regular COVID-19 operations of Route 51 will resume on Tuesday, January 18, 2022. In addition, the County’s Call-A-Bus service, including the PGC Link and Orange Circulator, will not operate on Monday, January 17, 2022. Regular COVID-19 operations of the Call-A-Bus services will resume on Tuesday, January 18, 2022.

The Prince George’s County Department of Permitting, Inspections and Enforcement will be closed on Monday, January 17, 2022. Regular business hours will resume on Tuesday, January 18, 2022.

PGC311 will be closed on Monday, January 17, 2022, and will return to regular operations on Tuesday, January 18, 2022, 7 a.m.–7 p.m. However, residents can still submit service/issue requests online at www.countyclick311.com/.

In Search of a Champion

The Camp Springs Elks Lodge invites youth 8–13 to compete in its Hoop Shoot (free throw) competition. Competition will commence on **Sunday, January 23, 2022** with doors opening at 9:30 a.m. at Athletic Republic (Formerly Run N Shoot), 6417 Marlboro Pike District Heights, MD. Six winners of the three boys and girls competitions will go on to compete in District, State, Regional and National Finals with subsequent wins. National finalist will earn a trip for their immediate family to Chicago for the competition in April. The National winners will have their names enshrined in the Naismith Basketball Hall of Fame. Certificates will be given for all participants and prizes for the top 3 in each category. For more information, contact dewayne wilcher@yahoo.com or phone 240-882-785. Additionally, you can search <https://www.elks.org/hoopshoot>; check out our former State Champion and Regional Champion https://youtu.be/1GeW_UhSq9Y.

McHale Landscape Design Acquires Hawkins Landscape Service LLC

Family-owned McHale continues the legacy of Bob Hawkins and his reputation of residential estate gardening in Bethesda Chevy Chase

UPPER MARLBORO, Md. (Jan. 5, 2022)—On the heels of celebrating its 40th anniversary, McHale Landscape Design <https://mchalelandscape.com/>, one of the region’s most award-winning, longstanding residential landscape architecture and design-build firms, today announces its strategic acquisition of Hawkins Landscape Service, a high-end, residential design/build and estate gardening firm in the DC metro region. A definitive purchase agreement was finalized on January 4, 2022.

Founded by Bob Hawkins, a veteran of the landscape industry for more than three decades, Hawkins Landscape Service creates memorable outdoor living spaces by uniting architecture and landscape design, quality installation, renovation, and meticulously managed grounds throughout the DC region.

“We are thrilled to welcome the Hawkins Landscape Service team into the McHale family,” said Keith Bowman, Director of Business Development at McHale Landscape Design. “The agreement aligns with our long-term vision for growth—for further market share in a region we have a presence, as well as opportunities for McHale associates to grow and develop their careers with a leader in residential estate gardening throughout the greater DC region.”

The partnership combines two of the most trusted residential landscape companies in the Washington, D.C. metropolitan area. McHale currently operates five locations throughout the DC region: Upper Marlboro, Annapolis, McLean, Easton, and Clarksburg. The firm has completed over 400 award-winning landscapes for private homes, including estates, farms and waterfront sanctuaries, with the most memorable leveraging unparalleled horticultural expertise and exquisite masonry.

McHale Landscape Design is exclusively a high-end residential landscape architecture design/build firm. Our team of professionals has decades of experience in landscape architecture, horticulture, and field experience, enabling us to create remarkable gardens and living spaces. Visit <https://www.mchalelandscape.com/>.

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

THE PETER A. GROSS MEMORIAL FUND, INC.

The Peter A. Gross Memorial Fund, Inc. has selected their 2021–2022 scholarship recipients. Three outstanding students will receive scholarships to support their respective college educations. The scholarship recipients are Ajanee Gross (Virginia Commonwealth University); Amaya Butler (St. Mary’s Community College) and Jordon Carter (Bowie State University).

This scholarship program enables local youth to continue their education on the collegiate level. The organization has a long-standing history of service to local communities, and these funds help support those who exhibit the same commitment.

Congratulations students for your high achievements and thanks to all who supported the Scholarship fund. There was no award ceremony this year due to COVID-19 and checks were mailed to each recipient.

ANNUAL GAME DAY SPAGHETTI DINNER

Sunday, February 6, 2022, from 11 a.m.–1 p.m. Annual Game Day Grab and Go Dinners Only at St. Philip’s Church, Baden Parish, 13801 Baden Westwood Road, Brandywine, Maryland 20613-8426. Basket of Cheer Raffle \$5.00 each or three for \$10.00. All dinners cost \$5.00. Pre-orders and pre-payments only. Cash App.

Dinners will include “Mitty’s” Homemade Spaghetti, Potato Chips, Garlic Bread, Water, Fruit Cup, and a Dessert. Spaghetti dinner orders can be pre-ordered until Sunday, January 30, 2022. Points of contacts regarding this matter are Shirley Ann, 302-690-4260 or Doretha Ann 301-233-3136 and or Vivian 804-301-9530. Benefit St. Philip’s Church 301-888-1536.

LUTHER RELIVES

Let Bowie State University help you plan your Valentine’s weekend 2022. A Valentine’s Day Affair Luther Relives brings to life the Great Love Ballads of the Legendary Luther Vandross. Grab your sweetheart and get ready for a magical night that will feature a delicious 3-course dinner while watching Smooth and the band deliver a level of energy and showmanship to the stage that will have you walking away wanting more.

Doors open at 6:30 p.m. Event starts at 7 p.m. Cost is \$80–\$90. Location Student Center, Wiseman Ballroom, 1400 Jericho Park Road, Bowie, Maryland 20715. Contact: Keshia Aiken. E-mail: Kaciken@bowiestate.edu. Website: <https://www.eventbrite.com/e/luther-relives-tickets-223602319557>. Categories: Featured: Performance/Exhibit, Social/Entertainment.

WESTPHALIA UNITED METHODIST CHURCH

Westphalia United Methodist Church has a unique outreach

opportunity to partner with a community organization in Prince George’s County that develops immediate solutions to assist people experiencing homelessness and other crises.

If you are interested in finding out how you can help those in need contact us by emailing Visitors@westphaliaum.org or call the church office at 301-735-9373 and leave your name and number. A Council member will return your call.

ADULT EDUCATION

The first adult education class offered in the county was a course given to chiefs of volunteer fire companies in 1932. In 1934 the Maryland Emergency Adult Education Program provided funds made available through the Federal Emergency Relief Administration to organize classes for unemployed adults to be taught by unemployed teachers. Prince George’s County offered one of the most extensive programs in the state.

In 1937 an adult education class was organized in Bladensburg High School for men seeking related trade training in woodwork and drawing. In 1938 a Sewing class in addition to the trade training class was offered at Bladensburg and classes in dressmaking, foods and nutrition, and household arts were organized in Greenbelt.

In 1939 the board adult education program as we know it today started with additional courses in typing, shorthand, bookkeeping, business English, child study, family cooking, and cabinet making. New centers for adult classes were opened at Marlboro, Oxon Hill, Laurel and Maryland Park High Schools and Berwyn and Riverdale Elementary Schools. Course offerings continued to expand, and additional centers were opened.

In July 1940, our county was one of the first in the State to start adult classes to train men and women for essential defense plants. Full-time day classes were opened at Bladensburg and Hyattsville High Schools with an enrollment of 117 in Pre-employment and 96 in supplementary training classes. The enrollment and variety of shop training rapidly increased. During the heaviest part of the training program our school shops were open for defense classes from the time day school classes were dismissed until they returned the next morning. Defense classes were also operated on Saturdays and Sundays. For three years the County Board of Education operated Defense Training Classes in the NYA shop building at then University of Maryland. Special Out-of-School youth defense classes were opened at the Beltsville CCC Camp, Fairmont Heights and Cheltenham NYA centers, Laurel, Oxon Hill, Marlboro and Mt. Rainer High Schools and special farm machinery repair classes were offered at Mitchellville and Brandywine. Information received from Public Schools of Prince George’s County 1950–1980 (Prince George’s County Retired Teachers Association).

COMMUNITY

Bible & Leadership Institute— 2022 Winter Semester

By ROSE ARMSTRONG
Accokeek First Church of God

Classes will be held online, via Zoom

DATE: Saturdays, beginning Saturday, January 15, 2022, to March 5, 2022

VENUE: Accokeek First Church of God online, via Zoom
301-283-2116, www.accokeekchog.org

DESCRIPTION: The Winter semester of our Bible & Leadership Institute is offering the following classes:

The Triune God (Bible and Theology) led by Minister Ben Snyder: Saturdays from 9–10:15 a.m.

New Testament Survey (Bible and Theology) led by Pastor Paula Collins: Saturdays from 9–10:15 a.m.

The Truth About WorldViews (Evangelism and Outreach) led by Minister Lisa Kirby: Saturdays from 10:30–11:45 a.m.

Registrations are open now up to January 15, 2022. To register and learn more about our entire course offerings and benefits, send an email to: adminasst@accokeekchog.org. Or call or text Rose Armstrong at 301-885-8124.

Our certified instructors are Pastor Paula Collins, Minister Lisa Kirby and Minister Ben Snyder

DURATION: Eight (8) week semester

Fees for all classes: \$45.00 (includes tuition and textbook)

ALL ARE WELCOME!!

Trio of Bulldogs Recognized On D2Football.com Elite 100

By JOLISA WILLIAMS
Bowie State University Athletics

BOWIE, Md. (Jan. 6, 2022)—Bowie State football had three Bulldogs selected to the D2Football.com Elite 100 list announced by the staff of D2Football.com in conjunction with coaches, scouts, media and sports information directors across the nation.

Bowie State's sophomore defensive lineman Jonathan Ross (Waldorf, MD) earned All-America First Team honors for the Bulldogs, maintaining his status as a consensus First Team All-American selection after being named the Division II Conference Commissioner's Association (D2CCA) Super Region II Defensive Player of the Year this past season.

Additionally, Bowie State had two D2Football All-America Second Team honorees in junior Joshua Pryor (Baltimore, MD) and senior offensive lineman Mark Murphy (Seat Pleasant, MD), both earned All-Conference honors. Furthermore, Pryor was named to the American Football Coaches Association (AFCA) Second Team All-American while Murphy was a finalist for the Gene Upshaw Division II Lineman of the Year award also this past fall.

Together, the three All-America standouts helped the Bulldogs to the school's first ever appearance in the NCAA Quarterfinals this fall. Bowie State finished the year with a 12-2 record, hosting and winning two playoff games to get to the quarterfinals. BSU also claimed its third consecutive Central Intercollegiate Athletic Association (CIAA) championship this year and stretched its regular-season winning streak to nine consecutive games and counting, in addition to 18-straight conference wins and counting.



PHOTOS COURTESY BOWIE STATE UNIVERSITY ATHLETICS

Top to bottom: Jonathan Ross, Joshua Pryor, and Mark Murphy.

For the most up-to-date information on Bowie State University Athletics and its 13 varsity sports teams, please visit www.bsubulldogs.com.

Nearly 500 Use Local SoberRide® Program Over Winter Holidays

DC area's DUI prevention effort removes potential drunk driver from area roadways every 75-seconds on NYE alone

By PRESS OFFICER
WRAP

WASHINGTON (Jan. 6, 2022)—While unquestionably impacted by the resurging COVID-19 pandemic including the Omicron variant, 461 persons in the Washington-metropolitan area still used the free safe ride service, SoberRide®, over the recent winter holidays. A total of 285 persons (included in the aforementioned ridership figure) used the local SoberRide® program during New Year's, alone.

"For its hours of operation just on New Year's, this level of ridership translates into SoberRide removing a potential drunk driver from Greater Washington's roadways every 75-seconds," said Kurt Erickson, President of the nonprofit Washington Regional Alcohol Program, the organization conducting the region's SoberRide® effort.

WRAP's 2021 Holiday SoberRide® campaign began at 10 p.m. on Friday, Dec. 17, 2021 and operated until 4 a.m. each night through Saturday, Jan. 1, 2022 as a way to keep local roads safe from potentially impaired drivers during this traditionally high-risk holiday. Each evening during this 15-night period, area residents cele-

brating with alcohol could download the Lyft app to their phones, then enter a SoberRide® code (posted on www.SoberRide.com) in the app's "Promo" section to receive their no cost (up to \$15) safe transportation home. SoberRide® was available to both new and existing Lyft users.

Lyft provided SoberRide® trips throughout the Washington-metropolitan area to local residents age 21 and older who otherwise may have attempted to drive home after drinking.

SoberRide® was offered throughout Lyft's Washington D.C. coverage area which includes all or parts of: the District of Columbia; the Maryland counties of Montgomery and Prince George's and towns therein plus the cities of Bowie, College Park, District Heights, Gaithersburg, Glenarden, Greenbelt, Hyattsville, Laurel, Mount Ranier, New Carrollton, Rockville, Seat Pleasant and Takoma Park; and the Northern Virginia counties of Arlington, Fairfax, Loudoun and Prince William and towns therein plus the cities of Alexandria, Fairfax, Falls Church, Manassas and Manassas Park.

Sponsors of WRAP's 2021 Holiday SoberRide® campaign included the 395 Express Lanes, Anheuser-Busch, Beer In-

stitute, Brown-Forman, Constellation Brands, District of Columbia Association of Beverage Alcohol Wholesalers, Enterprise Rent-A-Car, Foundation for Advancing Alcohol Responsibility, Giant Food, Glory Days Grill, Heineken, Kendall-Jackson, Lyft, Molson Coors Beverage Company, New Belgium Brewing, Restaurant Association Metropolitan Washington and the Washington Area New Automobile Dealers Association.

Since 1991, WRAP's SoberRide® program has provided 81,645 free safe rides home to would-be drunk drivers in the Greater Washington area.

Founded in 1982, the nonprofit [501(c)(3)] Washington Regional Alcohol Program (WRAP) is a coalition of diverse interests using effective education, innovative programs and targeted advocacy to end alcohol-impaired driving and underage drinking in the Washington, DC metro area. Through public education, innovative health education programs and advocacy, WRAP is credited with keeping the metro-Washington area's alcohol-related traffic deaths historically lower than the national average.

For more information, visit WRAP's web site at www.wrap.org.

Governor Hogan Announces Opening of Maryland Homeowner Assistance Fund

Will Support Mortgage Relief Programs, Housing-Related Services

By PRESS OFFICER
Maryland Department of Housing
and Community Development

ANNAPOLIS, Md. (Jan. 5, 2022)—Governor Larry Hogan today announced the launch of the \$248 million Maryland Homeowner Assistance Fund, which will be administered by the Maryland Department of Housing and Community Development (DHCD) to support mortgage relief, home repairs, housing counseling, and legal services.

"Across Maryland, there are homeowners who are struggling to keep up with their mortgage payments due to the financial hardships related to the COVID-19 pandemic," said Governor Hogan. "The programs we are announcing today through the Homeowner Assistance Fund will help keep Marylanders in their homes and support our state's economic recovery."

Maryland Homeowner Assistance Fund. The State of Maryland will be distributing \$248 million through the fund in the following targeted amounts:

- Approximately \$171 million to provide loans to assist homeowners who have experienced financial hardship with their mortgages and \$34 million to provide grants to assist with property tax, homeowner association, and other types of delinquencies
- \$10 million for the WholeHome program to help homeowners with necessary repairs and energy efficiency improvements
- \$8 million for housing counseling agencies and \$3 million for legal serv-

ices providers to help homeowners navigate the foreclosure process

- \$22 million for program case management, administration, and marketing and outreach to ensure eligible homeowners, including minority populations and those in especially hard-hit areas, are aware of the relief

"Maryland was one of the first three states whose plans were approved by the U.S. Treasury in late November," said Secretary Kenneth C. Holt. "Our team has been working diligently to ensure we are one of the first states to deploy this assistance to those who need it most."

Be Informed. Marylanders currently experiencing issues with their mortgage should contact their mortgage servicer—the company that processes their monthly payment—to inquire about forbearance and loss mitigation options. To be connected to housing counseling and legal services, call 1-877-462-7555. DHCD is awarding \$4.4M in Fiscal Year 2022 to 29 housing counseling and legal services agencies that can help Marylanders access Homeowner Assistance Fund relief.

Program Portal. The Homeowner Assistance Fund will assist applicants who were unemployed or underemployed on or after Jan. 21, 2020, resulting in mortgage delinquency or forbearance and other types of homeowner delinquencies. Marylanders can determine their eligibility and apply by visiting homeownerassistance.maryland.gov and clicking on "Check Eligibility" under "Get Started." For assistance in ap-

plying or navigating the application portal, call 833-676-0119, Monday through Friday between 8 a.m. and 7 p.m. or Saturday between 9 a.m. and 4 p.m.

Emergency Home Repairs. The Homeowner Assistance Fund Whole-Home Grant will help Maryland homeowners who have an emergency repair in their primary residence that they are unable to address because of the financial impact of COVID-19. Without addressing these repairs, it will cause the homeowner to be "involuntarily displaced" from the property. The grant will be capped at \$10,000 and will be used to address any emergency repairs, including mold remediation, asbestos and lead paint removal, no heat or no air, electrical repairs, plumbing and septic repairs, and other structural and maintenance issues. For more information and to apply visit dhcd.maryland.gov/wholehome or call 877-568-6105.

Mortgage Servicer Help. The Office of the Commissioner of Financial Regulation (OCFR) within the Maryland Department of Labor is responsible for regulating the mortgage service industry in Maryland. If a homeowner feels that their servicer is not properly participating in the Maryland Homeowner Assistance Fund, they may report their concern to OCFR by calling 410-230-6077 or by visiting labor.maryland.gov/finance/consumers to submit a complaint.

Visit homeownerassistance.maryland.gov for additional program details, including eligibility information, a document checklist, and answers to frequently asked questions.

MPT's State Circle Celebrates 40 Years of Shining a Light on Maryland Government and Politics

By PRESS OFFICER
Maryland Public Television

OWINGS MILLS, Md. (Jan. 3, 2022)—State Circle, Maryland Public Television's (MPT) long-running public affairs program dedicated to Maryland government and politics, celebrates its 40th anniversary this month. The show made its debut on MPT on January 8, 1982.

The Friday, January 7 edition of State Circle include[d] a segment looking back at the program's history and highlighting stories it has covered over four decades. The show airs at 7 p.m. both on MPT-HD and the network's livestream.

State Circle was originally anchored by local newscaster Ron Canada and aired on Friday evenings during the annual legislative session. The program concept was to give viewers across the state a review of the action taking place on bills

that might become law during the Maryland General Assembly session and to talk with the people who were impacting the prospective legislation. Following Canada, anchor duties were handled by Joe Krebs and then by Dave Durian.

In 1993, State Circle reporter Jeff Salkin assumed the anchor chair. Salkin continues in that role as the program enters a new season ahead of the start of the 2022 Maryland General Assembly.

The original Maryland General Assembly wrap-up program became a year-round weekly public affairs series on the statewide public TV network in 2003.

Since State Circle's inception, the show's team of reporters have covered the work of six Maryland governors, five speakers of the house, and four senate presidents. Over time, nearly two dozen broadcast journalists—among them John Aubuchon, Brad Bell, Lou Davis, Annette Gibbs-Davis,

Nate Howard, Jim Nash, Liz O'Neill, John Rydell, and Yolanda Vazquez—have attended and reported on 40 General Assembly sessions for the benefit of Maryland citizens.

The series' current lineup consists of Salkin and reporters Sue Kopen, Charles Robinson, and Nancy Yamada.

"The service MPT provides, in producing in-depth and impartial reporting on issues of importance to all Marylanders, has never been more valuable," explains Salkin. "Our whole team is thankful for the consistent backing of MPT's leadership along with our dedicated viewers and supporters."

In addition to its regular Friday evening broadcasts, members of the State Circle team recap and dissect annual gubernatorial State of the State addresses, participate as hosts and panelists in candidate debates, and host special editions on important topics.

Among the most notable of its specials was perhaps the out-of-this-world interview with Baltimore-born NASA astronaut G. Reid Wiseman when he was aboard the International Space Station in 2014.

Maryland Public Television (MPT) is a statewide, public-supported TV network and Public Broadcasting Service member offering entertaining, educational, and inspiring content delivered by traditional broadcasting and streaming on TVs, computers, and mobile devices. A state agency, it operates under the auspices of the Maryland Public Broadcasting Commission. MPT creates local, regional, and national content and is a frequent winner of regional Emmy® awards. MPT's commitment to educators, parents, caregivers, and learners of all ages is delivered through instructional events and Thinkport.org. MPT's year-round community engagement activities connect viewers with resources on a wide range of topics. For more information visit mpt.org.

COMMENTARY

Marion Wright Edelman

President Emerita,
Children's Defense Fund



ChildWatch:

Honoring Beloved Archbishop Desmond Tutu

On December 26, the world lost beloved South African Archbishop and Nobel Peace Prize Laureate Desmond Tutu. An outspoken defender of human rights and campaigner for justice for the oppressed, Archbishop Tutu was a prophetic voice in our world today revered for his commitment to fighting poverty, racism, and all forms of discrimination against any human beings, and his dedication to reshaping our conversations about peace, equality, and forgiveness. He left his early career as a teacher to protest the 1953 Bantu Education Act that segregated South

Africa's schools. He then followed the calling to the priesthood, and ultimately became a moral leader adored and respected around the world who fought first for the end of South African apartheid and then for the truth-telling and reconciliation his nation required in order to move forward.

As a joyful, holy man who spent his whole life in solidarity with marginalized people, Archbishop Tutu was always a champion for children. Several years ago he sent a special video address to attendees at the Children's Defense Fund's annual Proctor Institute

for Child Advocacy Ministry, where his daughter, Rev. Nontombi Naomi Tutu, has been a valued workshop leader. In this message to faithful child advocates he shared a timeless exhortation for pursuing justice: "Justice needs champions. Good leaders with the ability to identify the challenges and the tenacity to address them. Good leaders driven not by personal ambition, but by an innate desire to improve the circumstances of the human family and the human condition."

He continued: "We inhabit a moral universe. Goodness, righteousness, and fairness matter. We are born to love—all of us, including black, Latino, and white [children] and everyone else. As members of the human family—God's family—we were created with equal, infinite worth for interdependence. In conditions of harmony, equity, and common purpose, the whole family thrives. God does not use strong-armed tactics to ensure justice is done. God empowers us to do the right thing. It is up to us—you, and you, and you, and me."

Archbishop Tutu then shared what he believed is God's dream for all human children: "And God says, I have a dream. I have a dream that all of my children will discover that they belong in one family—my family, the human family; a family in which there are no outsiders; all are held in the embrace of the one

whose love will never let us go; the one who says that each one of us is of incredible worth, that each one of us is precious to God because each of us has their name written on the palms of God's hands. And God says, there are no outsiders—black, white, red, yellow, short, tall, young, old, rich, poor, gay, lesbian, straight—everyone. All belong. And God says, I have only you to help me realize my dream. Help me."

I hope we can realize this dream for all humankind. I believe we can realize God's and Archbishop Tutu's dream if each of us holds ourselves accountable and understands that it is up to us to do whatever is necessary to pass on to our children and grandchildren a better and more just country and world than we inherited. Here at home we can move America closer to being that family and nation where everyone belongs and everyone has worth. But to do so, we must wake up, open our eyes and ears, avoid convenient ignorance, seek the truth, speak up, stand up, and never give up fighting for justice for all. We can do this, even in this very difficult moment, if a critical remnant among us is determined to commit ourselves to being the good leaders and champions for justice that poor children, children of color, and all children need. We can honor Archbishop Tutu now by following his holy example and using our own hands to help.

Marc Morial

President and CEO, National Urban League



To Be Equal:

One Year Later, the January 6 Insurrection Still Rages On

"Our democracy was inches from ruin. Our system of government was stretched to the breaking point. Members and staff were terrorized. Police officers fought hand to hand for hours. People lost their lives ... Either you're on the side of helping us figure out why, or you're trying to stop us from getting those answers. You can parade out whatever argument you want, but really, that's all there is to it. In real life, there aren't a lot of bright-line moments. This is one of them."

—U.S. Rep. Bennie G. Thompson, Chair of the Select Committee to Investigate the January 6th Attack on the United States Capitol

A year ago today, Americans watched in horror and revulsion as a savage mob stormed the U.S. Capitol, intent upon overturning a fair and free election through violence or even murder, if necessary.

The Select Committee to Investigate the January 6th Attack on the United States Capitol has interviewed more than 300 witnesses and reviewed tens of thousands of documents. The Department of Justice has charged more than 700 defendants with alleged crimes ranging from entering restricted Capitol grounds to conspiracy against the United States.

Yet the attack on American democracy continues, unabated.

The ongoing assault relies less on brute violence—though the threat is ever-present—and more on subversion. But the motivation, the fuel, and the ultimate goal remain as stark and repugnant as they were revealed to be on that dark day one year ago.

The motivation is furious resentment of the historic Black and Brown voter turnout that contributed to the outcome of the 2020 presidential election. The fuel is the "Big Lie"—the ugly myth that the election was "stolen." And the goal is not only to disenfranchise Black and Brown Americans with repressive voting laws, not only to dilute their influence with manipulative racial gerrymandering, but to ignore the results of elections entirely.

In the aftermath of the 2020 election, enemies of pressured election officials to "find" more votes for the losing candidate, to throw out votes for the winning candidate, and to publicize baseless claims of voter fraud. They filed lawsuit after lawsuit seeking to invalidate votes in counties with large Black and Brown populations.

And when those election officials resisted their pressure and judges dismissed their false claims, they launched a campaign to replace those officials and judges.

"For more than a year now, with tacit and explicit support from their party's national leaders, state Republican operatives have been building an apparatus of election theft," journalist Barton Gellman wrote in *The Atlantic*. "Elected officials in Arizona, Texas, Georgia, Pennsylvania, Wisconsin, Michigan, and other states have studied Donald Trump's crusade to overturn the 2020 election. They have noted the points of failure and have taken concrete steps to avoid failure next time. Some of them have rewritten statutes to seize partisan control of decisions about which ballots to count and which to discard, which results to certify and which to reject. They are driving out or stripping power from election officials who refused to go along with the plot last November, aiming to replace them with exponents of the Big Lie. They are fine-tuning a legal argument that purports to allow state legislators to override the choice of the voters."

The work of the Justice Department and the January 6 Committee is vital to uncovering the origins of the deadly insurrection and to holding the perpetrators accountable. But the most dangerous conspirators weren't the ones strutting the halls of Congress in horned fur hats and superhero costumes. They're the ones quietly dismantling democracy in state capitols across the country. And they must be held to account too.

A Promise Is a Promise, and You Made a Promise to Get More Exercise in the New Year

By JOHN GRIMALDI
Association of Mature American Citizens

WASHINGTON (Jan 7, 2022)—So your kids got you to promise to exercise more in 2022 during the festivities of the holiday season. You couldn't resist. After all, you agreed because you love them but now you either disappoint them and take it easy or you convince yourself to give it a try. Come on, you can do it whether you turn 60, 70 or even 80 years of age this new year, says Rebecca Weber, CEO of the Association of Mature American Citizens [AMAC].

"No one's telling you to go to Olympic extremes. All you have to do is the basics such as going for a 15 to 30 minute walk every day. Once you get used to it, you're bound to up the ante and start doing things like carrying a pair of dumbbells on your outings. Pretty soon you'll find yourself doing sit-ups and push-ups. But be sure not to go to extremes, particularly if you have health issues. In fact, it is best to have a chat with your health care provider before you begin your exercise routine," Weber advises.

The National Institute on Aging [NIA] recommends that you take it slow at first. You don't want to overdo it. Over-exercising—particularly at the outset—can make you want to quit, or worse, cause injury.

The right way to get started, according to the NIA, is to:

- Begin your exercise program slowly with low-intensity exercises.
- Warm up before exercising and cool down afterward.
- Pay attention to your surroundings when exercising outdoors.
- Drink water before, during, and after your workout session, even if you don't feel thirsty. Play catch, kickball, basketball, or soccer.
- Wear appropriate fitness clothes and shoes for your activity.
- If you have specific health conditions, discuss your exercise and physical activity plan with your health care provider.

The pandemic has been hard on all of us, but it has been a particularly difficult experience for senior citizens creating an additional disincentive to take it easy, if you can. However, says AMAC's Weber, it can also be another good reason for working out. At the very least, it can take your mind off of the disease for a while on a daily basis, which can raise your spirits.

"When you consider what is required for someone to engage in exercise—time, motivation, goal, and willingness to put up with some discomfort—it becomes a little clearer as to why a person dealing with stress and anxiety would be less likely to engage ... Despite having time on their hands, this person is struggling with psychological discomfort due to negative thoughts which saps away motivation and energy to engage in activities, let alone exercise," says Dr. P. Priyanka.

In fact, a poll conducted by researchers from Canada's McMaster University and Western University in April showed that participants who had worked out regimens prior to the COVID outbreak were exercising less as a result of the pandemic.

"But don't use the coronavirus excuse to get out of doing your exercises," says Weber. "Think of the benefits you'll derive—the stamina and energy you'll gain, not to mention the fact that it improves your mood and helps you fight off depression and not to mention the fact that you made a promise to your kids and your loved ones."

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.

Hoyer Hosts Virtual Roundtable on Measures to Expand Broadband Access in the Bipartisan Infrastructure Law

WASHINGTON (Jan. 5, 2022)—Today, Congressman Steny H. Hoyer (MD-05) joined key leaders in Maryland's broadband community to discuss how the bipartisan infrastructure law, which he brought to the House Floor and was enacted last year, will help expand access to broadband coverage in Maryland.

"Today I was glad to join leaders in Maryland's broadband community to discuss the significant broadband investments for Marylanders in the bipartisan infrastructure law," said Congressman Hoyer. "Last year, I joined many of these broadband advocates to hear about the great need to expand broadband access in Maryland, and today I was pleased to reconnect with them and share how this bipartisan law will deliver tremendously for residents across our state."

"Under the bipartisan infrastructure law, Maryland will receive a minimum of \$100 million to expand coverage of high-speed internet targeting the nearly 150,000 Marylanders who don't yet have access. Over 17 percent of Marylanders will also qualify for the Affordable Connectivity Benefit, so that more families can

afford access to the internet. These funds are essential for connecting folks to emerging virtual resources like telehealth, bridging divides in education, and expanding economic opportunities for more Marylanders. In addition, these resources will help us tackle lingering social and racial inequities in broadband access," continued Congressman Hoyer.

"I was proud to have helped work in Congress to see this law was enacted, and thank each of our participants for their insights and suggestions today. I am excited to see all of the gains this law will bring to Marylanders, and look forward to continuing my work with Maryland's broadband experts to bridge the digital divide and help every Marylander get online."

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

I Have Medicare Advantage— Why Is a Medicare Premium Deducted From my Social Security?

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

Dear Rusty: My wife and I have a Medicare Advantage Plan, and we do not use Medicare for our claims. However, we still have the Medicare premium deducted from our Social Security checks. Is this correct? **Signed: Wondering**

Dear Wondering: If, after age 65, you choose to take Medicare outpatient coverage of any kind you must pay that Part B premium, even if you decide to acquire a Medicare Advantage plan instead of using “original Medicare” to administer your healthcare claims.

Medicare Advantage plans (often referred to as Medicare “Part C”) are healthcare plans offered by private insurers who will administer your healthcare claims instead of the Federal Government. But you cannot get a Medicare Advantage plan without first being enrolled in Medicare Part A (inpatient hospitalization coverage) and Part B (coverage for outpatient services) and paying any associated Part B (and perhaps Part A) premium.

As you know, you pay a low premium (or perhaps no premium) for your Medicare Advantage plan. That’s because the Part B premium you are now paying from your Social Security is actually going to your Medicare Advantage plan provider, enabling them to offer you equivalent coverage at little or no additional cost. Some Medicare Advantage plans even provide added coverage which Medicare Part B doesn’t, such as dental and vision and, sometimes, prescription drug coverage. If that all sounds enticing, remember that Medicare Advantage plans usually also include restrictions on which medical service providers you can use, unlike “original Medicare” which permits you to use any medical service provider who accepts Medicare (nearly all).

So, when you see or hear a Medicare Advantage provider advertising “no cost” or “very low cost” coverage, recognize that they can offer that only because the government pays them a fixed amount for your care from the Medicare Part B premium taken from your Social Security. The Part B premium you are paying from your Social Security benefit is why your Medicare Advantage plan premium is as low as it is.

Many people like the cost efficiency and extra coverage provided by Medicare Advantage plans and are comfortable with the restriction to use “in-network” providers. Many others choose “original Medicare” because of the inherent flexibility to use just about any healthcare service provider they wish. You should always carefully evaluate which type of healthcare coverage is right for you personally.

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.

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National Networking Community for Business Women Launches New Chapter in Prince George’s County

Women’s Business League Launching New Chapter on January 17, 2022

By PRESS OFFICER
Women’s Business League

PRINCE GEORGE’S COUNTY, Md. (Jan. 6, 2022)—Get ready Prince George’s County because something new is coming to your community! Women’s Business League (WBL) is expanding and launching a new chapter in your area. Launching on January 17, 2022 via a virtual event at 11:30 a.m. Eastern, the chapter will be led by Chapter Leaders, India Hall and Jonvoana Evans. The goal of this group is to provide a supportive collaboration between professional women which will provide inspiration, referrals, relationships, and education to all the members.

WBL provides a positive, encouraging and inspiring community for women in business and entrepreneurship. This isn’t your average networking group—and that’s

a good thing! WBL believes women can accelerate their results, one relationship at a time. Their foundation is to build a strong, supportive network for women in business through connection, opportunity and community. WBL is a space where women of all backgrounds can come together to uplift and encourage each other.

“By joining WBL at the beginning of the pandemic, it not only saved my business but launched it on an amazing trajectory. I immediately felt the support from the community who showed up in the most incredible way. Once I joined, my sales quadrupled in just one month’s time, then doubled again. Six months later, I was making 10X what I would have made had I not joined,” said Jeannine O’Neil, member of the Ipswich, MA chapter and owner of Magnolia Blooms.

“Women’s Business League has given

me community, education and support. These amazing women mention my name whenever they can to potential clients. My business has grown over 35% since joining WBL and it hasn’t even been a full year!” said Stacey Welch-Andrade, Georgetown, MA member and Owner of Sprinkles by Stacey

To attend the launch event please visit womensbusinessleague.com/events to register or email info@womensbusinessleague.com for more information.

WBL is a national networking community for female entrepreneurs and business women. Founded by Amy Poscik and Melissa Gilbo, WBL has over 40 chapters nationwide and more than 450 members. WBL is an inspiring community where members can dream big, reach for their goals and build meaningful relationships.

Governor Hogan Appoints Karen R. Toles to the Maryland House of Delegates

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, Md. (Jan. 11, 2022)—Governor Larry Hogan today announced the appointment of Karen R. Toles to the Maryland House of Delegates, representing Legislative District 25 in Prince George’s County. She was nominated by the Prince George’s County Democratic

Central Committee.

“I am confident that Ms. Toles will represent the citizens of Prince George’s County well in her new role as delegate,” said Governor Hogan. “I offer her my sincere congratulations and look forward to working with her and the General Assembly this legislative session.”

Toles is a former Prince George’s County council member, serving eight

years from 2010 to 2018. She is currently the director of community affairs, as well as legislative affairs advisor, for the Prince George’s County State’s Attorney’s Office. She also has a policy consulting business, Paramount Policy Partners, LLC. Toles received her undergraduate degree from the University of Maryland, College Park, and her law degree from the University of Baltimore.

President of MedStar Southern Maryland Hospital Center, MedStar St. Mary’s Hospital to Retire

Christine R. Wray announces Jan. 2022 retirement after 42 years of service in healthcare

By CHERYL RICHARDSON
MedStar Health

CLINTON, Md. (Jan. 5, 2022)—Christine R. Wray, FACHE, president of MedStar Southern Maryland Hospital Center and MedStar St. Mary’s Hospital who also serves as a senior vice president for MedStar Health, announced that she will be retiring on January 28, 2022.

Wray was named president of MedStar Southern Maryland in September 2014, two years after MedStar Health acquired the hospital located in the Clinton area of Prince George’s County. With Wray at the helm, MedStar Southern Maryland saw the development and growth of several new service lines.

In 2016, the hospital received national recognition from U.S. News & World Report, having ranked among the top 50 of best hospitals for neurology and neurosurgery. In 2017, MedStar Southern Maryland joined the prestigious MedStar Heart and Vascular Institute-Cleveland Clinic Alliance. Wray also helped facilitate the opening of the MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center in February 2020. This 25,000 square foot facility offers unmatched medical expertise, leading-edge therapies,

and access to robust clinical research, all under the same roof.

Moreover, the construction of MedStar Southern Maryland’s new Emergency Department (ED) expansion project took place under Wray’s leadership, and remained on schedule despite the COVID-19 pandemic. The \$43 million ED expansion project has been deemed the largest construction project in the hospital’s history. The new emergency department opened its doors in April 2021 to provide local residents with seamless access to the most advanced care.

Wray’s focus on providing quality care has helped MedStar Southern Maryland build a foundation of excellence that will serve local communities for decades to come. MedStar Southern Maryland is grateful for the innumerable and lasting contributions that Wray made throughout her 42-year healthcare career.

“I have so cherished working with all of you in our commitment and service to our wonderful communities. It has truly been an honor and a privilege,” Wray said in an announcement that was emailed to hospital associates. “Please always be proud of the work you do and how you care for each other as you care for our patients. It is incredibly important work and you are the best of the best!”



PHOTO COURTESY MEDSTAR HEALTH
Christine R. Wray, FACHE

Dr. Stephen Michaels, who currently serves as the chief operating and medical officer for MedStar St. Mary’s Hospital, will take over as president of MedStar Southern Maryland Hospital Center.

JANUARY IS NATIONAL MENTORING MONTH

Need An Extra Boost With Your Career? A Mentor Can Help

The importance of mentors was on full display when retired Navy Capt. Barbara Bell recently attended the unveiling of a new exhibit that featured her and seven other women in aviation at Patuxent River Naval Air Museum in Maryland.

One of the other women in attendance, Colleen Nevius, the first woman to graduate from the U.S. Naval Test Pilot School, once served as a mentor for Bell. A woman whom Bell mentored also was there. For Bell, one of the first women to graduate from the U.S. Naval Academy and the Naval Test Pilot School, the moment served as a reminder about the importance of mentors.

Now, with January marking National Mentoring Month, she hopes others—especially girls and young women—will come to understand the same thing.

“The right mentor at the right time can help you produce remarkable results,” says Bell (www.captainbarbarabell.com), a professor of leadership at Vanderbilt University and author of *Flight Lessons: Navigating Through Life’s Turbulence and Learning to Fly High*.

This certainly proved true for her. When Bell was in the Navy’s flight school, she was assigned a mentor who didn’t appear to be someone who would instantly be in her corner.

“He was an older, somewhat crusty lieutenant who started his career as a sailor before becoming an officer,” she says.

Even though Bell hadn’t yet finished flight school, she told him that ultimately she wanted to go to Test Pilot School, so she needed to be a top performer.

Instead of shooting down the young woman’s ambitions, the lieu-

tenant declared he thought she was indeed capable of graduating at the top of her flight class.

What followed could be set to the “Rocky” theme.

“My mentor challenged me to study extra hours each night,” Bell says. “He urged me to go back to base after hours and do extra trainers and simulators the night before each flight. He tasked me with knowing my navigation charts so well that I could fly my flights with my eyes closed. He checked my knowledge and pushed me ever further.”

With the lieutenant urging her along, Bell did graduate at the top of her class, but mentors can do more than motivate, she says. They also can:

- **Share wisdom.** A mentor has had experiences you haven’t, Bell says, so it’s incumbent on you to soak up as much of their wisdom as you can. That mentor likely overcame obstacles and made mistakes on the way to achieving success, and you can learn from what they did right and what they did wrong.
- **Open doors.** Mentors can introduce you to people who can provide jobs, knowledge or serve as additional mentors. Ultimately, though, the heavy lifting is still up to you. “Mentors will open doors for you,” Bell says, “but through those doors only you can walk.”
- **Make you accountable.** Plans and dreams can quickly get derailed if you let them. It is all too easy to let “life” get in the way. “We tell ourselves we will do ‘it’ later, never to pick ‘it’ up again,” Bell says. “This is why an accountability partner or mentor is crucial. They help us see when we are limiting ourselves and

clipping our own wings.”

Bell says anyone can benefit from a mentor, whether that mentor is male or female, but as someone who broke down gender barriers, she says it’s especially important for women and girls to find women who can serve as their mentors.

“I encourage women to not only seek out women role models, but to also see themselves as a role model and mentor,” Bell says. “A female colleague and I recently spoke about the fact that during our mostly male-dominated careers we had mentors, but few role models. ‘We are the role models now,’ she said to me, and she was right.

“Girls and young women must be exposed to role models. They must be able to see themselves in the future college majors they select and in the careers that may follow. As so many people say, they need to ‘see it to be it.’”

*Barbara Bell (www.captainbarbarabell.com), author of *Flight Lessons: Navigating Through Life’s Turbulence and Learning to Fly High*, was one of the first women to graduate from the U.S. Naval Academy and the U.S. Naval Test Pilot School. Now she wants to empower the next generation of female leaders. In 1992, Bell and fellow aviators went to Capitol Hill to help successfully repeal the combat exclusions laws, opening up combat aircraft and ships to women in the military. Bell holds a B.S. in systems engineering from the United States Naval Academy, an M.S. in astronautical engineering from the Naval Postgraduate School, an M.A. in theology from Marylhurst University, and a doctorate in education from Vanderbilt University.*

HEALTH AND WELLNESS

Health Department Releases Updated COVID-19 Vaccine Clinic Locations and Schedules

County's permanent vaccine clinic returns to Sports and Learning Complex, 64 mobile vaccine clinics at elementary schools scheduled through late February

By GEORGE LETTIS
Prince George's County Health Department

LARGO, Md. (Jan. 4, 2022)—COVID-19 vaccinations return to the Wayne K. Curry Sports and Learning Complex on Tuesday, January 11, while a new round of mobile clinics at Prince George's County Public Schools (PGCPS) elementary schools are scheduled through Wednesday, February 23.

The final day of COVID-19 vaccinations at Prince George's Community College (PGCC) [was] Friday, January 7. Appointments scheduled for next week at PGCC will be moved to the Sports and Learning Complex clinic, where walk-ins are accepted any time during operational hours but appointments are encouraged.

Sports and Learning Complex COVID-19 Vaccine Clinic Hours of Operation

Mondays and Wednesdays 9 a.m. – 8 p.m.
Tuesdays, Thursdays, and Fridays 9 a.m. – 4:30 p.m.
Saturdays 10 a.m. – 4 p.m.
Sundays – CLOSED

“With Omicron’s unprecedented spread over the last several weeks, the County has seen vaccine demand rise, especially for booster doses,” said Prince George’s County Deputy Chief Administrative Officer for Health, Human Services, and Education Dr. George L. Askew. “Many upcoming athletic events have been cancelled at the Sports and Learning Complex due to the rapid rise in cases, so we felt this was a good opportunity to return to a larger space to get even more Prince Georgians protected and meet the ongoing demand.”

The County’s fleet of mobile COVID-19 vaccination units return to host 64 community clinics at PGCPS elementary schools starting Thursday, January 6 through at least Wednesday, February 23. Walk-ins are accepted but appointments are encouraged. An updated list of school clinic locations and appointment links can be found at mypgc.us/COVIDvaccine.

Each County-operated clinic offers doses of each approved COVID-19 vaccine brand free of charge, regardless of insurance coverage. This week, the FDA, CDC and the State authorized individuals five and older who are considered moderately to severely

immunocompromised may receive a third primary dose of Pfizer at least 28 days following the second dose.

Federal and state health regulators also reduced the timeframe for individuals 16 and older to receive a booster dose from six months to five months after completing the primary series doses of Pfizer only. Later this week, the CDC is expected to recommend individuals 12 and older receive a booster dose of Pfizer at least five months after completing the primary series doses.

“Having more Prince Georgians eligible to get maximum protection against COVID-19 and its variants and speeding up the booster timeline will give everyone a greater chance of slowing down this rapid spread and keep more of us out of hospitals,” said Prince George’s County Health Officer Dr. Ernest Carter. “The number of hospitalized COVID-19 patients in the County has more than tripled over the last month, reaching a pandemic-high of 328 on January 3. It is absolutely critical we give ourselves and our families every bit of protection that’s available right now, which includes getting vaccinated and boosted, and vigilantly following safety protocols such as masking, hand washing, and testing.”

Individuals 18 and older are eligible to receive booster shots at least six months after completing the primary dose series of Moderna, or at least two months since their single dose of Johnson & Johnson.

For comprehensive vaccine distribution updates, subscribe to County Executive Angela Alsobrooks’ COVID-19 Vaccine Bulletin. For more information about COVID-19 vaccines, testing, data, and the County’s pandemic response, please visit health.mypgc.us/coronavirus.

Governor Hogan Tours New Testing Site at UM Laurel Medical Center, Announces 10 Hospital-Based Testing Sites to Open

State On Track To Receive Another 500,000 At-Home Rapid Tests in the Next Week
Latest Sequencing Data Shows Omicron Accounts for 90% of State’s Lab-Confirmed Cases

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, Md. (Jan. 6, 2022)—Governor Larry Hogan today toured the location of a new state-run COVID-19 testing site at UM Laurel Medical Center and announced the locations for nine additional hospital-based testing sites that will open by the end of next week to meet rising demand for testing and to divert people away from visiting hospital emergency rooms just to get COVID-19 tests.

“One of the primary goals of these locations is to ease the burden on the hospitals and emergency rooms,” said Governor Hogan. “We are already getting reports that their emergency room traffic for testing has dropped dramatically as a result.”

Hospital-Based Testing Sites. Governor Hogan announced a total of 10 locations for hospital-based testing sites, which are on track to be fully operational and open daily for walk-ups, with no

appointment necessary, by the end of [this] week. They include:

- UM Laurel Medical Center (Laurel)
- UM Charles Regional Medical Center (La Plata)
- UM Capital Region Medical Center (Largo)
- Doctors Community Hospital (Lanham)
- Meritus Health (Hagerstown)
- Frederick Health (Frederick)
- Johns Hopkins (Baltimore)
- University of Maryland Medical Center (Baltimore)
- MedStar St. Mary’s Hospital (Leonardtown)
- Northwest Hospital (Randallstown)

This is in addition to hospital-based testing sites that opened last week at University of Maryland Upper Chesapeake Health in Bel Air and at Anne Arundel Medical Center in Annapolis.

Federally-Supported Surge Testing Site at St. Agnes Hospital. Governor Hogan also announced that, in partnership with the state, the federal government will provide support for a surge testing site at St. Agnes Hospital in Baltimore.

Emergency Procurements for 500,000 More At-Home Rapid Tests. After notifying the Board of Public Works that the state would be pursuing emergency procurements to acquire more at-home rapid tests to address the national shortage, Governor Hogan announced today that Maryland is on track to receive another 500,000 rapid tests in the next week. This is in addition to the 1 million rapid tests that the state previously announced.

Sequencing Data: Omicron Is Dominant Variant. Governor Hogan also provided the latest data from the state’s lab partners, which shows that approximately 90% of all recently analyzed samples tested positive for the Omicron variant. Of those samples that were hospitalized, 90% have the Omicron variant.

The Council and the Maryland Department of Health Partner To Bring You COVID-19 Fact Sheets in Plain Language

By PRESS OFFICER
Maryland Developmental Disabilities Council

BALTIMORE (Jan. 3, 2022)—The Maryland Developmental Disabilities Council (Council) and the Maryland Department of Health (MDH) today announced the release of seven (7) COVID-19 fact sheets in plain language.

The Council funded the development and design of the fact sheets with grant money from a partnership between the Administration for Community Living and the Centers for Disease and Control and Prevention to help people with disabilities get vaccines. The fact sheets are translated in Spanish, French, Amharic, Chinese, Russian, and Korean. The topics include high risk health conditions, testing, monoclonal antibody treatment, vaccines, vaccines at home, vaccines for children, and booster shots. You can download

these fact sheets as a set or by topic. (<https://www.md-council.org/the-council-and-the-maryland-department-of-health-create-plain-language-covid-19-fact-sheets/>)

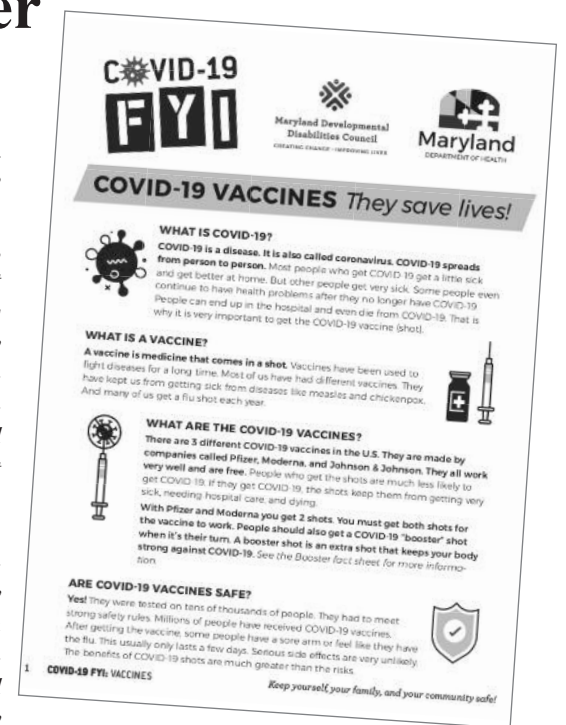
“We are excited to release this information in plain language and a variety of languages so that all Marylanders have access to information they understand and trust,” said Rachel London, Council executive director. “Plain language helps more people understand things the first time they read it. With so much information about COVID-19, it is important that it is accessible.”

“We want all Marylanders to have and understand the information to keep them safe from COVID-19, including testing, treatments, and ways to prevent the spread of infection,” said MDH Secretary Dennis R. Schrader. “We greatly appreciate the partnership we have with the Maryland Developmental Disabilities Council and our

collaboration on these fact sheets reflects our common desire to reach as many people as possible.”

The Maryland Developmental Disabilities Council’s (Council) *mission is to create change to make it possible for people with developmental disabilities to live the lives they want with the support they need. The Council works with people with developmental disabilities, their family members, organizations, and community members. Together we find solutions to problems and take action to bring about change.* www.md-council.org

The Maryland Department of Health *promotes lifelong health and wellness for all Marylanders. They work together to support and improve the health and safety of all Marylanders through disease prevention, access to care, quality management, and community engagement.* www.health.maryland.gov



Maryland Department of Health Announces \$15 Million In Emergency Funding to Support Adult Medical Day Care Centers

By PRESS OFFICER
Maryland Department of Health

BALTIMORE (Jan. 3, 2022)—The Maryland Department of Health (MDH) today announced the allocation of \$15 million in emergency funding to address urgent operational needs of Adult Medical Day Care (AMDC) facilities impacted by the current COVID-19 surge.

“AMDC centers provide a valuable service for some of Maryland’s most vulnerable citizens and their families,” said MDH Secretary Dennis R. Schrader. “These centers help individuals remain in their homes and communities, avoiding more costly institutional long-term care.”

Governor Larry Hogan previously announced \$100 million in emergency funding to support Maryland hospital and nursing home workforce needs and

to help expand COVID-19 testing and treatment availability.

Maryland AMDC facilities were closed for in-person services to mitigate the spread of COVID-19 from March 2020 until March 2021. During the closure, individuals enrolled in AMDCs continued to receive certain services under Maryland’s expanded state of emergency telehealth guidelines.

The \$15 million announced today comes from American Rescue Plan Act (ARPA) funding. AMDCs are to use the funds to maintain their operations so that they can help respond to COVID-19.

For more information on AMDCs, visit Medical Day Care Services.

For more information about Maryland’s COVID-19 response, visit covidLINK.maryland.gov. For up-to-date data about COVID-19 statewide, visit coronavirus.maryland.gov.

Maryland Department of Health Begins to Offer FDA-authorized Oral COVID-19 Antiviral Medications Statewide

By PRESS OFFICER
Maryland Department of Health

BALTIMORE (Dec. 31, 2021)—The Maryland Department of Health (MDH) today announced that it is working with congregate care facilities, local health clinics, physicians, and pharmacies statewide to distribute the newly authorized antiviral medicines: Paxlovid and Molnupiravir.

These prescription pill regimens are the first oral antiviral treatments given Emergency Use Authorization (EUA) by the U.S. Food and Drug Administration (FDA) for adults who test positive for COVID-19 and who have at least one risk factor for serious disease from COVID.

Both Paxlovid and Molnupiravir are prescribed in a five-day pill regimen. These two medications join monoclonal antibody therapy (mAb), which is delivered by intravenous infusion, as treatment options available for those at risk of serious illness from COVID-19.

The initial allocation of Paxlovid and Molnupiravir to Maryland is limited to approximately 4,500 courses over two weeks. The federal government expects larger allocations of doses nationwide in January 2022 and further expansion thereafter.

“These two oral COVID-19 treatments are new tools to help us fight this disease and potentially save lives,” said MDH Secretary Dennis R. Schrader. “Getting vaccinated, getting a booster shot, and getting tested remain our best defense against COVID-19. If any Marylander tests positive for COVID-19, they should speak right away with their health care provider to

see if Paxlovid, or Molnupiravir are right for them.”

In a letter to clinicians, MDH outlined its plans to distribute federally allocated doses of Paxlovid and Molnupiravir throughout Maryland to select pharmacies chosen to ensure equitable access of the limited supplies. Physicians statewide are able to prescribe the medication and direct patients to the participating pharmacies. Maryland’s initial allocations of the medications began arriving in pharmacies yesterday.

Patients must consult a physician to determine if either medication is appropriate for their situation and obtain a prescription.

“It is important that people at risk of serious illness get tested or do an at-home test at the first sign of symptoms—whether they are vaccinated or not—so that they can get the best treatment available,” said Deputy Secretary for Public Health Services, Dr. Jinlene Chan. “These treatments need to be started within days of the onset of symptoms to be effective.”

The FDA also recently issued an EUA for Evusheld, developed by AstraZeneca, the first preventive (prophylaxis) treatment for moderately to severely immunocompromised individuals who do not have COVID-19.

For questions about COVID-19 treatments, including Paxlovid, Molnupiravir and monoclonal antibody therapy, visit COVID-19 treatment options.

For more information about COVID-19 in Maryland visit covidLINK.maryland.gov. For the most recent Maryland COVID-19 data, visit coronavirus.maryland.gov.

