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PHOTO CREDIT MGM NATIONAL HARBOR

Celebrate the Year of the Tiger by visiting MGM National Harbor and the Conservatory display.

MGM National Harbor Celebrates the Year of the Tiger With Grand Conservatory Display and Festive Activations

Ring in the Year of the Tiger with vibrant Conservatory display, delectable Lunar New Year menu from Ginger and celebratory treats at Bellagio Patisserie

By PRESS OFFICER
MGM National Harbor

NATIONAL HARBOR, Md. (Jan. 18, 2022)—MGM National Harbor is celebrating the Year of the Tiger with a variety of cultural experiences including a striking Conservatory display featuring a 30-foot-tall gold leaf bamboo forest, Lunar New Year celebration menu at Ginger, traditional Lion Dance and more.

The Conservatory

MGM National Harbor's newest Conservatory display is layered with meaningful features honoring the Year of the Tiger and is designed to wish

prosperity and luck to all who visit. Designers Cory Pope and Le Savarese of SolarLife Technologies worked to bring the display to life, and a Feng Shui master ensured the positive flow of energy throughout the Conservatory. Guests can experience the festive display now through March 12.

The 2022 Lunar New Year Conservatory display features:

- A 10-foot-tall animatronic tiger adorned with colorful sequins
- A 22-foot-tall flickering Chinese lantern
- A 30-foot-tall gold leaf bamboo forest
- A money tree adorned with 260 oversized gold coins

- Eight 8-foot-wide hand-painted lanterns
- Ten 4 to 6-foot fans with hand-painted scenery
- Six 25-foot-long gold leaf chains
- Two large bonsai trees, a large wooden bridge and multiple ponds

Lunar New Year Activations

Ginger – MGM National Harbor's signature pan-Asian restaurant invites guests to celebrate the Year of the Tiger with a special Lunar New Year menu available January 24–February 1. Highlights include crispy fried crab claws, golden prawns, sweet glutinous rice balls and more.

Bellagio Patisserie – Bellagio Patisserie is ready to make the Year of the Tiger sweeter than ever with spectacular treats honoring Lunar New Year including a milk chocolate bar served in a red envelope, and lychee mousse filled with a mochi and almond cookie.

Lion Dance – Guests can meet at the Casino Valet on Sunday, Feb. 20 at 6 p.m. for a special Lion Dance that traditionally brings prosperity and good luck for the upcoming year.

Lucky Money Kiosk Game –

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Compensation Review Board Presents Final Report and Recommendations to County Council

By ANGELA J. ROUSON
Prince George's County Council Media

The Prince George's County Council has received the 2021–2022 Prince George's County Compensation Review Board Report and Recommendations, presented during Council session on Tuesday, January 18, 2022.

Appointment of the seven-member Compensation Review Board was authorized in County Charter Sections 308 and 406. The Compensation Review Board is charged with making recommendations regarding a fair and reasonable compensation package for the County Council Members and County Executive elected in the November 2022 General Election. The 2021–2022 Compensation Review Board Report and Recom-

mendations were submitted to the County Council on December 15, 2021.

Council Chair Calvin S. Hawkins, II, thanked the Compensation Review Board for its service.

"The Compensation Review Board has conducted an extensive review of the salaries, benefits and pensions of Prince George's County elected officials, and provided comparisons with local elected officials in our neighboring jurisdictions. The Council appreciates the service and commitment of Compensation Review Board members, and we look forward to review-

See **BOARD** Page A7

Marietta House Museum Presents: Wicked Flesh: Black Women, Intimacy, and Freedom in the Atlantic World, a Virtual Presentation

By STACEY HAWKINS
Marietta House Museum

In honor of Black History Month, Marietta House Museum is pleased to welcome historian Dr. Jessica Marie Johnson from Johns Hopkins University History Department who will discuss her new book, *Wicked Flesh: Black Women, Intimacy, and Freedom in the Atlantic World* on **Thursday, February 10, 6:30–7:30 p.m.**, in a virtual presentation.

The story of freedom is shaped by the peculiar oppressions faced by African women and women of African descent. Dr. Johnson explores the nature of the complicated, historical, and intimate relationships these women used to construct freedom in the Atlantic world.

Dr. Johnson is an Assistant Professor in the Department of

History at Johns Hopkins University. She is a Fellow at the Hutchins Center for African and African American Studies at Harvard University and a historian of Atlantic slavery and the Atlantic African diaspora. She is also the Founding Curator of #ADPhD Projects, bringing social justice and histories of slavery together.

Thank you to the Prince George's County Historical Society for their support of this program.

This will be a virtual presentation on Microsoft Teams. To register email stacey.hawkins@pgparks.com or register on Parks Direct. \$5/ person

Marietta is located at 5626 Bell Station Road, Glenn Dale, MD 20769 and is a property of the Maryland-National Capital Park and Planning Commission.

Governor Hogan Announces Historic Investments in Public Health and Human Services, Record Funding for Local Health Departments

Expands Summer SNAP Program To Support 50,000 Children in Low-Income Families, Increases Monthly SNAP Benefit For 27,000 Seniors Boosts Support For Food Banks, Launches New Nonprofit Business Accelerator Program

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, Md. (Jan. 18, 2022)—Governor Larry Hogan today announced that his Fiscal Year 2023 budget will include historic investments in public health, including record funding for the state's local health departments. The budget will also expand support for 50,000 low-income children and 27,000 seniors in the Supplemental Nutrition Assistance Program (SNAP), while providing additional resources for food banks and nonprofits.

"Our budget will make record investments in the local health departments on the front lines of the COVID-19 pandemic," said Governor Hogan. "We are also providing critical relief to support underserved Marylanders and people in need, especially our seniors on fixed incomes and children in low-income families."

Record Funding For Local Health Departments. The governor's budget will commit a record \$75 million to local health departments as they continue to respond to the COVID-19 pandemic. In addition, the state will provide \$9.4 million to help local health

departments overcome pandemic-related funding shortfalls. Overall, the Hogan administration has increased funding for local health departments by 62%.

Additional Provider Rate Increases. The governor's budget will commit more than \$187 million to fund provider rate increases in the fields of behavioral health, developmental disabilities, Medicaid, and other services. Every budget under the Hogan administration has increased rates paid to developmental disabilities and behavioral health community service providers.

Expansion of Summer SNAP For Children. The governor's budget will commit \$1.96 billion in SNAP benefits for more than 390,000 households. An additional \$4.8 million is being provided to expand the summer SNAP program—24 times above the mandated level—to provide nutritional benefits for 50,000 children in low-income families during the months they are out of school.

Enhanced SNAP Benefits For Seniors. The governor's budget will commit an additional \$6.6 million to increase the minimum monthly food supplement benefit for households with seniors by 33%, providing enhanced benefits for 27,000 seniors. An additional

\$3 million is provided to support local agencies in connecting eligible seniors to programs and services. The state will commit \$17.8 million to reduce waitlists for home health care programs, including \$10.3 million for senior care; \$5.3 million for the Senior Assisted Living Subsidy; and \$2.2 million for the Congregate Housing Services Program.

\$10 Million For Food Banks. As demand for food banks remains high, the governor's budget will commit \$10 million to support local food banks, including the Maryland Food Bank, Capital Area Food Bank, Food and Friends, and Moveable Feast. The state has prioritized food banks for relief throughout the COVID-19 pandemic, providing \$17.5 million in federal funds dating back to March 2020.

New Maryland Nonprofit Accelerator Program. The governor's budget will commit \$5 million to launch the Nonprofit Business Accelerator Program, which will help organizations across the state develop more back-office capacity to get off the ground administratively, operate more efficiently, and leverage additional resources. This program will be administered by Maryland Nonprofits.

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TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Sarah Moumami, with 657 hours, is Morningside VFD's Top Runner

The Morningside Volunteer Fire Department is an all-volunteer station—their service is due to the commitment of their volunteers. Just last month, the MVFD provided invaluable service to our community, responding to a total of 476 calls.

Here are last month's Top Ten Runners (in hours): Sarah Moumami (657), Henry Dorn (417), Hugo Bautista Romo (392), Noah Searchinger (281), James McKnight (141), Andrew Adalian (136), Yoav Cohn (132), Menachem Eizenstat (121), Joe Griffin (107) and Suneth De Alwis (100). Thank you!

Kenneth Hedrick Day declared

Mayor Benn Cann and Morningside VFD officers joined the Hedrick Family in declaring—through Proclamation—January 12 as “Kenneth Hedrick Day,” on the 30th anniversary of his death.

On Jan. 12, 1992, Engine Company 27 responded to a fire at 2807 Walls Lane in Suitland. Kenny, a member of the department for two years, entered the house and rescued a 7-year-old boy before reentering the house to search for additional victims. While searching the basement, he became trapped under debris, and perished.

You can visit the memorial to Kenny, in front of the Station.

Carl McKlveen elected Fire Chief

The Fire Department has held its yearly election of officers, term effective Jan. 1, 2022 to Dec. 31, 2022.

Carl R. McKlveen, Jr., was elected Fire Chief; Andre Edwards, Deputy Fire Chief; James “Chips” McKnight, Assistant Fire Chief; Michael O’Brien, Station Captain; Lucas Oblender, A/Squad Captain; Timothy Duffy, Engine Captain. New Jr.

Line Officers will be announced later.

As for Administrative Officers: Michael J. White, Sr., President; Eric Lubben, Vice President; Amanda Bell, Secretary; J.R. Sellers, Treasurer; Michael O’Brien, Assistant Treasurer.

Board of Directors: Les Hedrick, Mark Hendley, Michael Poetker, Jamie McAllister, Jonathan Hart, Gloria Bell and Pete Mellits.

Town of Morningside

Morningside holds its monthly Work Session Feb. 8, 7 p.m. at the Municipal Building. The Town Meeting will be Feb. 15, 7 p.m. Due to the surge of positive COVID-19 cases in the County and State, the Town’s meetings will be held virtually until further notice.

Morningside’s annual election will be May 2, to elect a Mayor and two Council Members. Mayor Benn Cann already declared, in his From the Desk letter, that he will be seeking reelection.

The Town is seeking volunteers to serve as Election Judges. Call 301-736-2300 if you are interested in holding this position. (A small stipend and food are provided.)

Neighbors & other good people

Shirley Holmes, longtime resident of Skyline and mother of Skyline President Stan Holmes, died Jan. 20. She has been a good neighbor, a good friend, and will be much missed. I’ll have more about Shirley in next week’s column.

William “Pegram” Johnson III, 82, a former priest at St. John’s Episcopal Church in Accokeek and former headmaster of its Canterbury School, died Nov. 25 at a hospital in Richmond.

In Morningside Memories last week, I listed the 1995 officers of the Ladies Auxiliary of the VFW (Veteran of Foreign Wars). It should have been the VFD (Volunteer Fire Dept.). Sorry, I

confused my VFs. Here’s my corrected copy:

The Ladies Auxiliary to the Morningside VFD installed new officers at the Fire House: Jeanne West, president; Jean Glauibitz, vice-president; Marie Hicks, recording secretary; Becky Howard, treasurer; Claire Richardson, corresponding secretary; Audrey Holmes, membership chairman.

Changing landscape

Martin Luther King Jr.’s original “I have a Dream” speech is on view in the Defending Freedom, Defining Freedom, gallery at the Smithsonian’s National Museum of African American History through Sunday, Feb. 27. Advanced and same-day free timed-entry passes are available online. No walk-ups permitted. Info: nmaahc.si.edu or call 202-633-1000.

The National Zoo gave an update on the progress of golden-headed lion tamarin twins born Oct. 7, the first of their endangered species to be born at the Zoo in 16 years. They are “mischievous and curious babies” and are bonding with their parents, 4-year-old mother Lola and 7-year-old father Coco. The twins will get their names when they turn 6 months.

The legendary Phillips Crab House in Ocean City has closed, and the property is up for sale. It opened in 1956 and the mammoth 1,400-seat landmark operated for 66 seasons.

A huge new building has appeared in the Suitland Town Center, now under development. Does anyone know what it is?

Going museum-visiting in the District? Call before planning. Many are temporarily closed or have shorter hours. If open, all require masks.

Kachis Chicken in Andrews Manor Shopping Center offers Armed Forces personnel a 10% discount every day.

A home at 4410 Allies Road recently sold for \$248,000.

Mary’s COVID-19 report: 80 more gone

Through 5 p.m. Wednesday, Jan. 19, at 5 p.m., there have been 913,464 cases of the virus in

Maryland, including 4,040 the day before. As for COVID deaths in Maryland, 12,866 have died; 80 of them the day before.

I am fully vaxxed. But grateful that daughter Sheila has ordered some free COVID-testing kits for me.

Joy Blair, remembered for her beehive and southern accent.

Joy Lane Blair, 86, former English teacher at Frederick Sasscer High School in Upper Marlboro and proprietor of Blair House Antiques in Georgetown, died Jan. 5. She was born in Jackson, Tenn., the oldest of the five children of Larry and Mabel Lane. She graduated from Union University in 1958 and boarded a train to Washington to work at the FBI and attend George Washington University School of Law at night.

For the next 13 years she taught English at Frederick Sasscer and met her future husband, Robert Blair. They married in 1965. In the early ‘70s Joy moved to Georgetown and opened Blair House Antiques. Over 40 years she became a pillar of the Georgetown community, remembered by her signature beehive, blue eyes and everlasting southern accent.

She was predeceased by her husband Robert and her brother Ronald Lane. Survivors include their son Bo, his wife Meghan, their three children, and her sisters Dr. Larry Gay Reagan, Faith Callis and Pam Reed.

She was a lifelong member of the Presbyterian Church.

Milestones

Happy Birthday to Joanne (Clark) Bunch, Jan. 30; Donna Young and Robin Sawyer, Feb. 1; Skyline Citizens Association President Stanley Holmes, Feb. 2; and Ashley Lee, Feb. 3.

Happy anniversary to William & Betty Fitzpatrick who were wed February 4, 1950.

Email (muddmm@aol.com) with birth dates.

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

NOTTINGHAM MYERS UNITED METHODIST CHURCH

“Praise God from whom all Blessing flow”! Sincere and heartfelt thanks to each of you who participated in the Health & Welfare Ministry’s 2021 Advent Calendar Challenge. You donated a total of 1,655 pounds of food items to the Community Support Services Food Pantry along with two monetary donations totaling \$140.00. This year’s donations of food items exceeded the 2020 challenge by 560 pounds.

Your kindness and generosity were a blessing to the Management and Staff of the Food Pantry as well as the community they serve. Special thanks to all who assisted in the receiving and delivery of the food. “A generous person will be enriched and one who gives water will get water.” Peace & Blessings, Dorothy C. Magruder Chair, Health & Welfare Ministry.

Nottingham Myers is a nurturing church connecting mission and ministry to advance the kingdom of God.

UMBC

Celebrating with our Retriever Community. As we look forward to a spring filled with opportunities to celebrate the impact President Freeman Hrabowski has made at UMBC and welcome UMBC’s next president, the Office of Alumni Engagement will help keep you in the loop about how to be a part of it all.

We are planning special regional events in winter and spring 2022 at UMBC, in the local DMV area, and in San Francisco, Seattle, Tampa, New York, and Philadelphia. You can expect to hear about more activities soon and we hope you can join us in person or virtually.

Vice president.umbc.edu for all the latest news about the president transition. And please visit alumni.umbc.edu. Follow us on social media, to stay in the loop about engagement opportunities all year round. (facebook.com/umbcalumni) facebook.com/umbcpage. Information received from UMBC Magazine University of Maryland, Baltimore County, 1000 Hilltop Circle, Baltimore, Maryland 21250.

CORONAVIRUS MOBILE VACCINATION CLINIC

In partnership with The State of Maryland Vaccine Equity Task Force, the COVID-19 Mobile Vaccine Clinics will be at Nottingham Myers United Methodist Church Sunday, January 30, 2022, from 1 p.m.–4 p.m. All three (3) vaccines available. The church address is 15601 Brooks Church Road, Upper Marlboro, Maryland 20772, 301-888-2171. Rev. Shemaiah Strickland. Follow the link below to register

<https://www.marylandvax.org/appointment/en/reg/6021059001>

DISTRICT 9 TOWN HALL

Bridging the Gap Together. Over the past two years, Council Member Harrison has hosted several in person and virtual town

hall meetings. The district nine office extends its sincerest appreciation to the more than nine hundred residents who collectively were able to attend. The attendees engaged with agency directors, Council members, and subject matter experts to address community concerns and key Prince George’s County initiatives.

Council Member Harrison hosted a town hall event at Tree of Life Christian Ministries for residents of Council District 9. During the town hall, participants discussed community safety, education, illegal dumping, drainage challenges, future development, and roadway improvements.

NATIONAL NIGHT OUT

Council Member Harrison and the District 9 team celebrated National Night Out, at the District V Police Station. National Night Out provides an opportunity for District 9 residents to receive information promoting safe, health, and resilient communities.

CLINTON INTERSECTION

Clinton Intersection Revitalization Project (FY 2020–FY 2023) \$6.5 Million in County Funding and \$7.3 million in Developer Funding over three-years. District nine received long overdue, major intersection and road redesign funding, in the FY 2020-2023 County Budgets. This intersection enhancement project will improve traffic flow in the downtown Clinton area, located at the intersection of Piscataway Road, Woodyard Road, Old Branch Avenue, and Brandywine Road. All information on District 9 received from Honorable Sydney J. Harrison.

PRINCE GEORGE’S COUNTY MARYLAND (GIS)

The Election Polling Place application is built by the GIS team in Office of Information Technology. The Election Polling Places application helps citizens locate their election polling places and obtain information about current elected officials. To locate polling places, simply click on the map or enter an address in the search box. The polling place and respective voting precinct information will then be highlighted on the map. This application can be accessed from a smartphone, tablet, and desktop computer. To use this application, you can search for your address using the search bar on the right side of the application or you can click anywhere on the map, and it will display the information on the right-hand side. When you enter an address or click anywhere on the map, the application will find the precinct and polling place based on your entry.

JANUARY WEDDING ANNIVERSARIES

Happy Wedding Anniversary to Nurbert and Carol Hughes, Buddy and Betty King, Walter and Theresa Lindsay Joiner who are Clinton United Methodist Church members celebrating Wedding Anniversaries in January.

Local Students Honored

Mercer University Announces Fall 2021 President’s, Dean’s Lists

MACON, Ga. (Jan. 19, 2022)—Mercer University recently announced the President’s List and Dean’s List for the fall 2021 semester. Inclusion on these lists requires students to meet rigorous GPA standards specific to the college or school within the University.

The following area students earned a place on the lists:

Bowie, Maryland: **Mary Allen**, sophomore, College of Liberal Arts and Sciences, Dean’s List

—*Kyle Sears, Mercer University*

Students Named to West Virginia Wesleyan College’s Dean’s List

BUCKHANNON, W.Va. (Jan. 19, 2022)—West Virginia Wesleyan College has named the following students to the College’s Dean’s list for Fall 2021:

Olanrewaju Abayomi, ’25, of Upper Marlboro, Maryland
Adely Trujillo-Gonzalez, ’25, of Clinton, Maryland
Students named to the Dean’s list have achieved a grade point average of 3.5 or above for the Fall 2021 semester with no incomplete grades.

—*WVWC Office of Marketing and Communications*

Bowie Resident Named to Dean’s List for Fall 2021 Semester

MANCHESTER, NH (Jan. 18, 2022)—Saint Anselm College has released the Dean’s List of high academic achievers for the first semester of the 2021–2022 school year. To be eligible for this honor, a student must have achieved a grade point average of 3.4 or better in the semester with at least 12 credits of study which award a letter grade.

Mark W. Cronin, Dean of the College, announced that **Brandon Potts**, a Criminal Justice major in the class of 2025 from Bowie, MD was named to the Dean’s List for the fall 2021 semester at Saint Anselm College in Manchester, New Hampshire.

A total of 533 students representing 24 states and 4 countries were named.

—*Paul Pronovost, Saint Anselm College*

Local Student Graduates From Hood College

FREDERICK, Md. (Jan. 18, 2022)—**Rediat Uregessa**, of Hyattsville, graduated from Hood College in January with a Bachelor of Science degree in Computer Science.

—*Office of Marketing & Communications, Hood College*

NASA’s James Webb Space Telescope #UnfoldTheUniverse Art Challenge

By LAURA BETZ
NASA

NASA’s biggest and most powerful space telescope ever launched on Dec. 25, 2021! The James Webb Space Telescope, or Webb, will be orbiting a million miles away to reveal the universe as never seen before. It will look

at the first stars and galaxies, study distant planets around other stars, solve mysteries in our solar system and discover what we can’t even imagine. Its revolutionary technology will be able to look back in time at 13.5 billion years of our cosmic history.

What do you think we’ll discover when we #UnfoldTheUni-

verse? Show us what you believe the Webb telescope will reveal by creating art. You can draw, paint, sing, write, dance—the universe is the limit! Share a picture or video of you and your creation with the hashtag #UnfoldTheUniverse for a chance to be featured on NASA’s website and social media channels.

How to Participate

1. Use any art supplies you’d like to create art. The art could be a drawing, song, poem, dance or something else! Check out the resources linked below for inspiration.

2. Take a picture of you holding your art, or film a less than one-minute video of you describ-

ing or performing your art.

3. Share your photo or video on Facebook, Twitter, or Instagram using #UnfoldTheUniverse for a chance to be featured on NASA’s website and social media accounts!

4. If your submission catches our eye, we’ll be in touch to obtain permission for it to be considered for NASA digital products.

Deadline for Submissions EXTENDED: Good news! We will now keep the #UnfoldThe-

Universe art challenge open through the return of our first science images, expected to be about six months after launch. Keep your submissions coming—we love seeing your creativity!

Our web gallery of selected #UnfoldTheUniverse submissions can be found here. <https://jwst.nasa.gov/content/features/jwstArt/unfoldTheUniverse.html>

See related video: <https://youtu.be/S60vF-hmqnA>

COMMUNITY

State Farm Neighborhood Assist Is Bigger and Better

100 causes will each win a \$25,000 grant to assist their neighborhoods

By DWAYNE M. REDD
State Farm

(Jan. 18, 2022)—State Farm® is celebrating its 100th anniversary in 2022 by building State Farm Neighborhood Assist® bigger and better. That means more submissions, more grants and spreading good to more communities.

This year, the program will award 100 \$25,000 grants (vs. 40 grants in previous years) to nonprofit organizations to help fund neighborhood improvement projects. Additionally, we're doubling the number of cause submissions to 4,000.

"State Farm Neighborhood Assist truly embodies the spirit of what our company has been about for 100 years—being a good neighbor," said Rasheed Merritt, assistant vice president at State Farm. "We are excited about expanding the program in 2022 to help even more neighborhoods."

Here's how the program works:

Submission Phase: Starts February 16 and ends when 4,000 submissions are reached

Individuals or organizations can submit a cause at www.neighborhoodassist.com starting February 16 at 1 p.m. (ET). You can prepare now by going to the website and downloading the submission guide. We will accept the first 4,000 submissions. The State Farm Review Committee will then narrow the field to the Top 200 finalists using a scoring rubric.

Voting Phase: April 27–May 6

Ultimately, voters will decide which community improvement projects win big. The public will have a chance to vote 10 times a day, every day for 10 days, from April 27–May 6, for their favorite causes from the list of finalists. Voting will take place at www.neighborhoodassist.com.

Winners Announced: June 7

The 100 causes that receive the most votes will each win a \$25,000 grant. Winners will be announced on Tuesday, June 7, at www.neighborhoodassist.com. Last year, 125,000 people cast more than 3 million votes in support of their favorite causes, selecting winners from small towns and big cities.

Since the program began, more than 380 causes have received a total of \$10 million to enact change in their communities.

It's Bigger ... It's Better. Help your community WIN a \$25,000 State Farm Neighborhood Assist grant. Submit your entry on Feb. 16 at 1 p.m. (ET) at <http://st8.fm/NBHDAssist>.

M-NCPPC, Department of Parks and Recreation, in Prince George's County Announces 2022 Black History Month Programming

By PRESS OFFICER
M-NCPPC, Department of Parks and Recreation

RIVERDALE, Md. (Jan. 20, 2022)—The Department of Parks and Recreation, Prince George's County, part of the Maryland-National Capital Park and Planning Commission, is pleased to announce its robust programming schedule in honor of Black History Month 2022. From performances to history lessons, and virtual festivals, there is an abundance of exciting events and activities planned for the community.

"Each year, the M-NCPPC Black History Program strives to bring an engaging month of African American history and educational and cultural experiences, and 2022 is no exception," says Bill Tyler, Director, M-NCPPC, Department of Parks and Recreation. "In the coming weeks, the public can expect a month of virtual and in-person programming for people of all ages, including intellectual panel discussions, art exhibitions, book discussions, documentary screenings, interpretative tours, and musical recitals."

The following are just a few of the programs available. For a full list of Black History Month offerings, and to register, visit blackhistory.pgparcs.com.

Sunday, January 30, 2–3:30 p.m.
Virtual Opening Reception

This year's exhibition commemorates the 40th anniversary of the M-NCPPC Black History Program. Founded in 1982, the program was born out of grass-

roots activism as members of Prince George's County's growing Black community pushed for more research and historic site identification and preservation highlighting Black narratives within the County.

Tuesday, February 1, 1–2 p.m.
Black Aviators Tour

This tour highlights some of history's Black aviators, from the legendary Eugene Bullard to local aviator Gus McLeod, and their impacts on aviation. We'll also dig deeper into the story of nearby Columbia Air Center, which was the first licensed airfield owned and operated by Black aviators in the country.

Saturday, February 5, 1–2 p.m.
Panel Discussion: Get Up!: Music and Black Wellness

This panel discussion featuring musicians, social scientists, medical professionals, and music historians is produced by the Coalition for African Americans in the Performing Arts (CAAPA) in collaboration with the Association for the Study of African American Life and History's (ASALH) national theme.

Saturday, February 12, 10 a.m.–3 p.m.

M-NCPPC Black History Program Family Day

View the annual Black History Month exhibit, "More Than a Month: Commemorating 40 Years of the M-NCPPC Black History Program, 1982-2022," and engage in a range of activities for all ages.

Activities include film screenings, storytelling, art activities, and guided tours of the exhibition.

Sunday, February 13, 3–4:30 p.m.
A Stone of Hope: The Little-Known Writings of Dr. Martin Luther King, Jr.

Join actor, orator, social commentator, and activist Keith Snipes in the celebration of the life of Dr. Martin Luther King, Jr. through song, poetry, and prose. Calling upon Dr. King's not-so-familiar writings and speeches, the audience will be reacquainted and inspired with his remarkable vision and courage.

Saturday, February 26, 1–3 p.m.
Mount Calvert Archaeology Lab Experience

Join archaeologists as they discuss recent discoveries in the Mount Calvert slave quarter excavation. Participants will clean and identify recently discovered artifacts including nails and bricks from the buildings, animal bones and oyster shells discarded after meals, fragments of plates and bottles, and personal items like buttons, keys, and tobacco pipes.

"These events reflect the Department's ongoing commitment to honor and celebrate African American history and culture during the month of February as well as throughout the year," says Dr. Dennis Doster, the Department's Black History Program Manager.

To register and learn more about these and many more offerings in February, visit blackhistory.pgparcs.com.

Countywide Curbside Organics Composting Collection is Here!

Residents who receive County provided services AND opt-in the program will be able to mix their food scraps with their yard trim for the weekly Monday yard trim curbside collection. Food scraps must be placed inside the Organics cart.

Only residents who opted-in and received the appropriate program materials may put food scraps curbside for collection. Plastic bags are not accepted.



If you received a letter from DoE, Opt-In postcards are on the way!

Detailed opt-in instructions are on the postcard.

- Use only one option listed to opt-in:
 1. Scan the QR code on the postcard using a smart phone; **OR**
 2. Call the telephone number and provide the requested information.
 3. Complete the opt-in form online at www.toter.com/princegeorgescounty

Your program materials will be delivered during the Month of April, in celebration of Earth Month.

Households will receive collection materials, including a 32-gallon wheeled cart, a 2-gallon kitchen mini bin, a How-To Guide, a refrigerator magnet, and a list of Frequently Asked Questions (FAQs).

For additional information about food scraps composting email us at pgcomposts@co.pg.md.us or visit mypygc.us/compost.



COMMENTARY

Marion Wright Edelman

President Emerita,
Children's Defense Fund



ChildWatch:

Remembering Robert Holland Jr.

On December 22, Robert Holland Jr. passed away. Bob was a corporate groundbreaker, a marvelous fellow Spelman College Board of Trustees chair, and a wonderful role model and philanthropist who always wanted to open doors for others. He was especially dedicated to making sure more young people had the chance to follow his example and pursue their own dreams.

He grew up in Albion, Michigan, with devoted parents who were not formally educated themselves but prized education for their five children. His close-knit neighborhood also encouraged his academic success: "When grades were issued, everybody knew you were carrying a report card. I learned very, very quickly: Do not bring bad

grades through the gauntlet." He wanted to study engineering, but the guidance counselor at his segregated high school suggested he apply only to trade schools. When he tried to apply to the Air Force Academy his school refused to forward his transcript. But that didn't stop him from finding a way to reach his goals.

A college professor he met at a track meet encouraged him and gave him a list of universities offering engineering programs and scholarships. Bob only had enough money for two application fees, so he decided to apply to just the first and last schools on the alphabetical list: Cal Polytechnic and Union College. This was how he ended up leaving Michigan for the first time in his life to

take a 26-hour bus trip to Schenectady, New York to enroll at Union. He said later, "That was not the last blind journey I would take, but the first of many." Bob quickly proved his high school's bigoted low expectations wrong by excelling at Union, where he was class president all four years, a three-letter varsity athlete, and the recipient of a special prize given annually to a senior of exemplary "conduct and character." He followed his B.S. in mechanical engineering with an M.B.A. from Baruch College and then began his groundbreaking career in business.

Among his many trailblazing roles he was an associate and the first Black partner at the consulting firm McKinsey & Company and became the first African American CEO of a majority owned franchise company after being appointed CEO of Ben & Jerry's. During the year he was being considered for the Ben & Jerry's role, the company was holding a widely publicized contest inviting anyone interested in being their CEO to submit a 100-word application explaining why they wanted the job. Bob had already been identified as a candidate, but still provided a poem called "Time, Values, and Ice Cream" describing his own experience being kept out of segregated ice cream parlors as a child. As he said in a speech at Wake Forest University years later, "I am not looking for sympathy or a badge for the challenges of my

childhood; I share it to provide some context to show, as my parents would say, 'what doesn't kill you will only make you stronger.'"

Bob served on many corporate and nonprofit boards, including serving at Spelman for 25 years, where he was a treasured colleague and friend. He had a lifelong dedication to education and providing opportunities for underserved children and young people. As a college student he volunteered at a children's hospital and a camp for at-risk children. He founded the Make-A-Difference Dropout Prevention Program in Detroit, and served on the Advisory Board to the NCAA, the Board of the Harlem Junior Tennis Program, the New York City Board of Children's Aid Society, and as chair of the Northeast STEM Starter Academy in Mount Vernon, New York.

In a 1997 commencement speech at his alma mater Union College, he told graduates: "If you decide to have a positive impact on one poverty-stricken child's life, one each year until you come back for your thirty-fifth reunion, you will have a meaningful impact on a body of people the size of New York City . . . You can check my math, or you can get busy making a difference." Throughout his life Bob Holland stayed busy making a difference. I am so grateful for his legacy and service.

Cardin Says Need for Voter Protections and Rules Reform to Improve the Senate Are Still Vital

WASHINGTON (Jan. 20, 2022)—U.S. Senator Ben Cardin (D-Md.) released the following statement after the Senate failed to move forward the "Freedom to Vote: John R. Lewis Act."

"I am bitterly disappointed that the Senate failed to pass critical voting rights legislation, the Freedom to Vote: John R. Lewis Act. Congress has a moral obligation to act to protect the right of all Americans to vote

in a free and fair election in 2022 and always. This fundamental right to vote must be protected by the U.S. Congress, Department of Justice and our federal courts.

"In the wake of record voter turnout in 2020, Donald Trump's Big Lie that the election was stolen was easily disproven by numerous federal and state judges and election officials. We cannot allow states to turn back the clock on our core civil rights by restrict-

ing, rather than expanding, the constitutional right of all Americans to vote.

"I am disappointed but not disaffected. I remain committed to working on passage of voting rights legislation and will continue my years-long dialogue with colleagues on Senate rules reforms to address these critical issues and safeguard the right to vote before the 2022 elections. Inaction only helps those who want to suppress the vote."

Congressman Anthony Brown: The Senate's Failure to Move Forward Voting Rights Legislation is a Setback for Our Democracy

"Those of us committed to this fight must continue to push for change. Too many have sacrificed too much for us to turn back now."

WASHINGTON (Jan. 20, 2022)—Congressman Anthony G. Brown (MD-04) released the following statement on the Senate's failure to pass meaningful voting rights legislation:

"Generations have fought, marched, protested, and died to secure the right to vote for every American. The fundamental right to choose our leaders and hold them accountable is the cornerstone of our democracy and must be protected no matter where you live, what your background is, or what you believe in. For decades, both parties recognized that when we make it easier for Americans to vote, our democracy is strengthened and our government is able to better serve the people. However, Republicans in the Senate, House, and statehouses around the country have made clear their intention to disenfranchise those who may disagree with them. That is unacceptable and un-American.

"Yesterday, the Senate chose to protect the filibuster, a bureaucratic relic of the Jim Crow era which has been altered numerous times over our history, rather than protect Americans' rights at the ballot box. We cannot rebuild our democracy or improve people's lives if those we serve don't feel as though their voices are being heard.

"The Senate's failure to move forward voting rights legislation is a setback for our democracy, but those of us committed to this fight must continue to push for change. Too many have sacrificed too much for us to turn back now."

Maryland Congressional Delegation Members Support Expansion of Patuxent Research Refuge

Lawmakers urge OMB to support interagency transfer of more than 100 acres to better protect headwaters of Patuxent and Anacostia rivers, improve public access

WASHINGTON (Jan. 20, 2022)—U.S. Senators Ben Cardin and Chris Van Hollen and Congressmen Steny H. Hoyer, Dutch Ruppersberger, John Sarbanes and Jamie B. Raskin today urged the Office of Management and Budget (OMB) to allow the proposed transfer of a 105-acre parcel of land currently owned by the NASA Goddard Space Flight Center to the U.S. Fish and Wildlife Service so it can be added to the adjacent Patuxent Research Refuge. Touting the lasting environmental benefits to the

Chesapeake Bay and future generations of Marylanders, the lawmakers pointed out the improved public access and enhanced wildlife protections the transfer would deliver. They also underscored the importance of intact landscapes in filtering out pollutants that could enter into the headwaters of the Anacostia and Patuxent rivers, which run through the largely forested parcel in Greenbelt known as Area 400.

"Area 400 lies adjacent to the Patuxent Research Refuge (PRR), which is managed

by the U.S. Fish and Wildlife Service. The PRR serves as vital habitat for more than 200 species of birds as well as other wildlife including turtles, foxes, beavers, and fish that is open to the public for outdoor recreation. Expanding the PRR by adding Area 400 makes ecological and economic sense and will support progress towards State and federal conservation goals," the lawmakers write in a letter to OMB leadership.

COMMUNITY

Library Receives National Innovation Award for Transformative Impact on Community

By NICHOLAS BROWN
PGCMLS

Largo, Md. (Jan. 21, 2022)—The Prince George's County Memorial Library System (PGCMLS) received a national award for innovation from the Urban Libraries Council (ULC) on Friday, January 21. Named the top innovator in U.S. and Canadian public libraries for "Creating a Workforce Ecosystem" in 2021, PGCMLS workforce and community development programs provide comprehensive job readiness resources, programs, and support for Prince George's County residents. These programs are made possible in collaboration with partners like Employ Prince George's, PGCMLS Foundation, University of Maryland, Center for Technology Access and Training (CETAT), Maryland State Library, and Capital One.

The annual ULC Innovations

awards recognize transformative programs that address structural racism, bridge digital divides, provide lifelong education opportunities, meet the needs of under-resourced populations, and improve essential library service delivery from ULC's member library systems across the U.S. and Canada. PGCMLS's workforce and community development initiative was selected by a panel of expert judges from over 250 submissions in 10 categories that showcase creative thinking and imaginative applications of library resources. Award winners are recognized for their level of inventiveness, the outcomes achieved, and the ability for other libraries to adapt and implement their work.

Program Highlights

During the pandemic, PGCMLS formed a workforce team to bridge employability gaps

focused on the digital divide by providing innovative virtual programming, training, and community partnerships. The team developed a microsite and business wiki to improve equitable access to resources for all customers, including those transitioning into entrepreneurship. These programs and services have led directly to Prince George's County residents gaining employment during a period of up to 11% unemployment.

- The Workforce and Community Development microsite serves as a virtual one-stop shop for jobseekers and entrepreneurs.
- Over 2,000 library customers received career readiness support between July and December 2021.
- New resources and initiatives include a business wiki developed with University of Maryland to help customers develop their business plans.

- A new IC3 digital literacy certification course with CETAT. A customer wrote, "IC3 is available at no cost to the student. I feel so much more confident about pursuing an IT career."
- A series of LinkedIn, resume, and interview workshops for older adults sponsored by Capital One and the PGCMLS Foundation.
- The addition of Spanish-language career and small business books to the Library's collection.
- Workforce development training and certifications for PGCMLS staff.

New Resource Sessions for Veterans: Base Camp

Continuing the momentum that resulted in this national

See AWARD Page A7

The Prince George's Post

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BUSINESS AND FINANCE

Maryland Small Business Development Center

What You Really Need To Know To Get Your Business Found On Google

February 15, 2022 • 10:00 a.m. to 11:15 a.m.

Location: Online • Cost: Free of Charge-Registration Required:
<https://mdsbdc.eccenterdirect.com/events/17038>

You're bombarded with Robocalls pitching SEO. You've read articles. But what information can you trust? And can you actually put together a plan for your organization that won't overwhelm you? Learn what actually matters to Google for keyword rankings and what you can do to drive more demand through your website. Justin Seibert from Direct Online Marketing will share theory, best practices, and actionable steps for you to take to leverage your online presence for more leads and sales.

Franchises As A Business Ownership Option

February 15, 2022 • 1:00 p.m. to 2:30 p.m.

Location: Online • Cost: Free of Charge-Registration Required:
<https://mdsbdc.eccenterdirect.com/events/17023>

Join this training webinar to help you understand and decide if owning a franchise is an option for you and your business venture proprietorship. This session is designed for you specifically if you are interested in understanding franchised business ownership. Presenter, Richard Bock, FranNet

Social Security Matters

Ask Rusty:

Is My Analysis of my Wife's Social Security Correct?

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

Dear Rusty: I am 63 and my wife is exactly 4½ years younger than me to the day. I plan to file for Social Security when I turn 70. My earnings history is considerably higher than my wife's. I talked with a person at the local Social Security office, and she suggested that my wife file at 62 based on her own record then convert to her spousal benefit when I file at age 70. However, from what I can tell, if she files before her FRA of 67, not only will she get less based on her own record, but she will also receive less for her spousal benefit, as well as her survivor benefit if I die before her (which is statistically likely). Is my analysis correct? **Signed: Planning Ahead**

Dear Planning: Your analysis is correct regarding your wife's spousal benefit while you are both living, but incorrect regarding her survivor benefit if you die first. Here's why:

If your wife takes her personal Social Security (SS) retirement benefit at age 62, she'll get 70% of what she would get if she waited until her FRA of 67 to claim. That amount is permanent (except for COLA), and it is what her "spousal boost" will be added to when she takes her spouse benefit (when you claim). In the scenario you mention, in addition to your wife's own benefit being reduced by 30% for claiming at 62, since she will not yet have reached her FRA of 67 when she takes her spouse benefit from you her "spousal boost" will be reduced as well. So, claiming at 62 not only reduces her personal benefit it also means she'll get less than 50% of your FRA benefit amount when you claim (FRA amounts are used to compute spouse benefits, regardless of the age benefits are claimed). All of which means her spousal benefit will be considerably less.

That isn't necessarily an unacceptable strategy unless she is working, in which case she'll be subject to an earnings limit which will either reduce how much Social Security will pay her while she's working or, if her earnings are high enough, eliminate her eligibility for any benefit until she stops working. The earnings limit changes yearly but for 2022 it will be \$19,560 and if that is exceeded, they will take away benefits equal to \$1 for every \$2 she is over the limit. There is no longer an earnings limit when your wife reaches her FRA so your wife's plans for working should be factored into her decision on when to claim.

In any case, you should look at your overall benefit opportunity as a couple to see when your wife should claim, and life expectancy should always be factored into your thinking. If your wife expects to live a long life (and does), waiting until her FRA to claim her own SS will maximize her monthly benefit (including her spouse benefit) for the rest of her life. If her life expectancy is less optimistic, claiming earlier has much merit. Just for reference, a woman your wife's age, statistically, will live to an average age of 87.

Regardless of when your wife claims her own benefit or her spousal benefit while you are both living, her benefit as your widow will not be affected. What affects her survivor benefit is her age when she claims it. If she has reached her full retirement age when she claims her widow's benefit, she'll get 100% of the benefit you were receiving when you died instead of the smaller benefit she was previously getting. If she hasn't yet reached her FRA when she claims her widow's benefit, then it will be actuarially reduced by a fraction of a percent for each month earlier than her FRA she claims it. Be aware too that even if your wife hasn't reached her FRA when you die, she can choose to delay claiming her survivor benefit until it reaches maximum at her FRA.

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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American College of Cardiology Recognizes MedStar Southern Maryland Hospital Center in the 2022 U.S. News & World Report "Best Hospitals" Publication

Hospital receives national recognition two years in a row for dedication to cardiovascular care

By CHERYL RICHARDSON
MedStar Health

CLINTON, MD (Jan. 14, 2022)—MedStar Southern Maryland Hospital Center is proud to have been recognized by the American College of Cardiology (ACC) in the 2022 U.S. News & World Report "Best Hospitals" publication, marking the hospital's dedication to heart patients two years in a row. ACC uses this national recognition to highlight hospitals, centers and health systems that are leaders in implementing the highest standards of patient care and protocols to ensure positive health outcomes.

"Our participation in the registry allows for the recognition of a tremendous effort put forth at MedStar Southern Maryland Hospital Center," said William Suddath,

MD, chairman of Cardiology at MedStar Southern Maryland. "Being recognized by the ACC is truly an honor as we work tirelessly to provide world-class, quality heart care for the patients we serve. Being selected to participate in the registry is one thing, but to actually walk the walk and talk the talk is a big deal for us. Ever since MedStar Southern Maryland joined the MedStar Heart & Vascular Institute-Cleveland Clinic Heart & Vascular Institute Alliance in 2017, we've come a long way over the past few years in terms of implementing new strategies that focus on enhancing patient-centered care."

Through its participation in the ACC's proven quality programs, MedStar Southern Maryland informs robust quality improvement processes using data to drive improvements in adherence to guideline

recommendations, as well as overall quality of care provided to our cardiovascular patients.

For more information, please visit Acc.org/USNWR.

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. For more information, visit MedstarSouthernMaryland.org.

Re-Entry Advisory Board Submits Final Report and Recommendations to County Council

Report and Recommendations Set Framework for Comprehensive Re-Entry Programs and Services in Prince George's County

By ANGELA J. ROUSON
Prince George's County Council
Media

The Prince George's County Re-Entry Advisory Board, established by Council Resolution 49-2019, has completed its work, and presented its Final Report and Recommendations to the Prince George's County Council during a scheduled briefing on Tuesday, January 11, 2022.

The Re-Entry Advisory Board has worked to evaluate and assess resources, services, and institutional partnerships currently available in the County and identify ways to effectively implement a comprehensive re-entry program and services addressing additional employment, housing, mental health, and faith-based needs for the County's returning citizens.

The briefing began with an Executive Summary from Re-Entry Advisory Board Chair Judge Alexander Williams, Jr. Ret., followed by an overview of the Board's recommendations provided by Ashley Sharp, Chief of Staff to Council Chair Calvin Hawkins, and Walter Simmons, Employ Prince George's President and Re-Entry Advisory Board Vice Chair.

Prince George's County Council Chair Calvin S. Hawkins, II, thanked the Advisory Board for its commitment to transforming the re-entry process and reducing recidivism in the County.

"The Re-Entry Advisory Board has been dedicated to the work of transforming the re-entry process in Prince George's County. This document, the result of a very thorough and comprehensive review, will guide Prince George's County in its mis-

sion to help returning citizens build sustainable lives and access important community resources. I want to thank Board Members, and residents and other community stakeholders who have invested in this critical document. I look forward to the Council review and its successful implementation."

Meeting monthly as a group, and within specific subcommittees, the Re-Entry Advisory Board focused on the areas of policy, housing, County-provided resources, community engagement/service delivery and resource cultivation. Learn more about the Prince George's County Re-entry Advisory Board: https://pgccouncil.us/747/Reentry-AdvisoryBoard?utm_medium=email&utm_source=govdelivery.

AAA Mid-Atlantic, State Officials Lead Effort to Expand Maryland's Move Over Law to Include Disabled Vehicles

Recent Poll of Maryland Drivers Indicates Nearly 85% Support Measure

By PRESS OFFICER
AAA Mid-Atlantic

WASHINGTON (Jan. 18, 2022)—AAA Mid-Atlantic will be weighing in today before Maryland's Senate Judicial Proceedings (JPR) Committee as legislators hear virtual testimony at 1:00 p.m. for proposed legislation to expand Maryland's Slow Down, Move Over law.

Senate Bill (SB) 147 - Motor Vehicles - Operation When Approaching Disabled Vehicles is sponsored by Senator Jeff Waldstreicher (D, District 18, Montgomery County), who also serves as Vice Chair of the JPR Committee. SB 147 requires drivers approaching a disabled vehicle displaying hazard warning lights, road flares or other caution signals, from the rear to make a lane change into an available lane not immediately adjacent to the vehicle, or to slow to a reasonable and prudent speed that is safe.

Current state law applies to emergency vehicles, tow trucks, and service vehicles. However, passage of SB 147 will expand the state's current Move-Over law, to cover all vehicles displaying hazard lights.

"I am honored to sponsor this life-saving measure on behalf of AAA Mid-Atlantic and Maryland motorists," said Senator Jeff Waldstreicher. "Tragically, the number of incidents where dis-

abled motorists are injured or killed on the side of the road, or when first responders are struck while serving others, continues to increase."

Sadly, several motorists tending to disabled vehicles have been killed on the side of the road here, in Maryland. Kennedy Sookal, of Reisterstown, and Stuart Johnson, of Baltimore, were both killed in separate incidents in 2019, as they tried to change a tire on the side of the road.

"Being on the side of the road is dangerous for everyone and we have seen that even those who the law is already intended to protect are not exempt from the perils on the road," said Ragina C. Ali, Public and Government Affairs Manager for AAA Mid-Atlantic in Maryland and Washington, D.C.

Just a few months ago, AAA contractor, Muhammad Shehzaad, was killed on the side of the road in Howard County, after changing the tire of a AAA member. "Adding motorists with disabled vehicles to the law will provide drivers, as well as emergency personnel, who may be aiding them with additional protections when they are on the side of the road," Ali added.

According to a report from the Insurance Institute for Highway Safety (IIHS), "using federal crash statistics, transportation data analysis firm Impact

Research estimated that 566 people were killed and 14,371 injured each year over 2016-18 in crashes on all types of roads involving a disabled vehicle in which visibility was likely a factor. The annual societal cost of those crashes totaled around \$8.8 billion in medical payments, lost wages, and the less easily quantified costs of death or disability."

"Every year, law enforcement around our state respond to thousands of personal injury crashes and more than 500 fatal motor vehicle crashes," said Colonel Kevin M. Anderson, Chairman of the Traffic Safety Committee for Maryland Chiefs of Police Association (MCPA) and Chief of the Maryland Transportation Authority (MDTA) Police. "By expanding the Move-Over or Slow Down requirements for motorists approaching disabled vehicles, with hazard lights flashing or other visible warning devices, we can add another layer of protection to prevent crashes on our highways."

Despite every state in the country having some form of Move Over law, motorists routinely indicate that they are either unaware of state laws that require them to slow down and/or move over for emergency vehicles or that they are uncertain which groups or types of vehicles apply. SB 147 simplifies the law, reducing confusion, so that caution

must be extended to anyone with flashing lights in a stationary vehicle on the roadside.

A recent AAA Mid-Atlantic poll of Maryland drivers conducted last fall indicated a similar lack of understanding or awareness around the state's Move Over law, with 32% of Maryland drivers polled indicating they were 'unsure' or thought there was 'no' Move Over law in the state.

Currently seven states include disabled vehicles in their Move Over laws. They include Arizona, Connecticut, Illinois, Oklahoma, Oregon, Pennsylvania, and Tennessee.

In AAA Mid-Atlantic's recent poll of Maryland drivers, 84% of those surveyed indicated they would support Move Over laws to cover motorists with disabled vehicles.

Delegate Anne Healey (D, District 22, Prince George's County) also sponsored corresponding legislation, House Bill (HB) 105 - Motor Vehicles - Operation When Approaching Disabled Vehicles, at the auto club's request. "This bill is the logical next step in expanding the life-saving Move Over, Slow Down legislation we have had on the books in Maryland for a while now," said Delegate Healey. "This law will protect the lives of motorists who get stranded on the side of the road. I am proud to introduce it this year."

HEALTH *and* WELLNESS

Maryland Department of Health Relaunches Keep On, Maryland Campaign

Multimedia campaign encourages Marylanders to continue to take preventive measures to slow the spread of COVID-19

By PRESS OFFICER
Maryland Department of Health

BALTIMORE (Jan. 20, 2022)—The Maryland Department of Health (MDH) today relaunched its Keep On, Maryland multimedia campaign with a new television public service announcement. The campaign, first introduced in November 2020, encourages Marylanders to con-

tinue taking preventive measures to slow the spread of COVID-19.

“As we have seen throughout the pandemic, getting a COVID-19 vaccine, getting a booster shot, getting tested if you have symptoms, wearing a mask where prudent, and washing your hands are the best actions Marylanders can take to keep us safe,” said MDH Secretary Dennis R. Schrader. “These measures can help keep

our kids in school, our businesses open, and reduce the burden on our health care system.”

New campaign material for Keep On, Maryland also includes radio public service announcements, outdoor and digital ads and social media posts. Materials are again designed to speak to a wide range of Marylanders and to encourage continued hand washing, mask wearing, vacci-

nation and boosting, testing and staying home when feeling unwell.

“We know that COVID fatigue is real—but we encourage everyone to continue to do their part to help keep our numbers trending in the right direction,” said MDH Deputy Secretary for Public Health Dr. Jinlene Chan. “Coupled with vaccination, these other preventive actions have proven effective in helping to keep both individuals and communities safe from severe COVID-19.”

The campaign relaunch is the latest effort to support Governor Larry Hogan’s comprehensive 30-day state of emergency surge response. On Jan. 17, Gov. Hogan announced an initiative to distribute 20 million N95 and KN95 masks

statewide at no cost, through multiple channels including local health departments and state-run testing and vaccination sites. In addition to advising Marylanders to take preventive measures, MDH also continues to expand testing capacity statewide and has taken action to support health care facilities and protect vulnerable Marylanders.

To date, Maryland has confirmed 922,361 cases of COVID-19, including 8,897 new cases reported Jan. 20; 2,983 COVID patients are currently hospitalized.

To learn more about COVID-19, visit covidlink.maryland.gov. To see the latest COVID-19 data for Maryland, visit coronavirus.maryland.gov.

Governor Announces Extension of Open Enrollment Through Maryland Health Connection Following Record Season

More Than 180,000 Have Enrolled For 2022, An All-Time High

By SHAREESE CHURCHILL
Office of the Governor

ANNAPOLIS, MD—Governor Larry Hogan today announced that open enrollment will continue on Maryland Health Connection through February in light of the ongoing public health emergency. A record number of Marylanders—181,603—have enrolled in coverage for 2022 through the state’s health insurance marketplace. A surge of new enrollees fueled the 9% increase over a year ago.

“As we battle this COVID-19 surge, this extended enrollment period will help get more Marylanders covered at a critical time,” said Governor Hogan. “One of the many lessons of the pandemic is how important it is to have access to affordable and reliable health coverage, and we are fortunate to have a health exchange that is a national model.”

Open enrollment, which began Nov. 1 and was originally scheduled to end Jan. 15, will now continue through Feb. 28. Anyone who enrolls by Jan. 31 will have coverage beginning Feb. 1. Those who enroll during February will be covered starting March 1.

New enrollees totaled 39,181—up 48%—between Nov. 1 and Jan. 15. Nearly 142,000 existing enrollees also retained their coverage—up 2%—as the health emergency stretched into a third year. Marylanders can also obtain dental insurance through the state marketplace. Those enrollments grew 29% from 51,505 a year ago to 66,634 for 2022.

Populations that have historically proportionately lacked health coverage, including young adults as well as Black and Hispanic residents, enrolled at record numbers

during the enrollment period between Nov. 1 and Jan. 15.

Enrollment of adults ages 18 to 34 reached 49,576, a 6% increase over the 2021 open enrollment period. The gain was propelled by additional financial help from a \$20 million fund that Maryland set aside during last year’s legislative session to encourage more young adults to get coverage, both for their own health and to help bring down the overall cost of coverage. Nearly two-thirds—32,122—of young adult enrollees qualified for the additional subsidy, which reduced their monthly costs about \$35 per person. More than 8,000 of those young adults who qualified for the additional help were new enrollees.

Black enrollees for 2022 totaled 30,535, a 10% increase over the past year. Hispanic enrollees totaled 20,241, a 13% increase over the past year. Self-identification of race and ethnicity is optional on the application.

“I’m pleased that the marketing and outreach efforts we targeted to those groups helped get the message out about the need for health insurance, especially now,” said Michele Eberle, executive director of the Maryland Health Benefit Exchange, which runs the state’s health insurance marketplace. “Getting high-quality, affordable coverage to as many uninsured people as possible and responding to chronic health inequities are essential to our mission. I’d like to thank our amazing statewide partners for helping us spread the word.”

Other action in recent years by state and federal officials helped fuel enrollments. The reinsurance program that Governor Hogan and the Maryland General Assembly created in 2018 with federal approval led Maryland to offer some of the most affordable plans in the nation. On average, Mary-

land’s individual market offered the least expensive gold and bronze plans and the third least expensive silver plans in the nation, according to a Kaiser Family Foundation analysis in October.

Also, the American Rescue Plan Act of 2021, approved by Congress and signed by President Biden last March, broadened financial help to all income levels for people who buy their own health coverage. That was reflected in the enrollment totals: The number of people who earn more than four times the federal poverty level, which was the cap for financial help before the rescue plan, grew by 60% over a year ago to 16,053. The federal poverty level is \$12,880 for an individual and \$26,500 for a family of four.

Additional enrollment opportunities will continue this year, including the Easy Enrollment Program, which allows uninsured people to get coverage if they check a box when filing their state income tax form.

A similar program will launch later this year for any Marylander filing for Unemployment Insurance who checks a box to indicate that they need coverage.

Maryland’s approach has helped stabilize prices and enrollment on the individual health insurance market. Coverage is open to all applicants regardless of pre-existing conditions since the Affordable Care Act launched a decade ago.

The total number of Marylanders who purchase their own health insurance grew 5% from 234,802 a year ago to 245,538 this month. That total includes both those who buy through Maryland Health Connection, the only outlet for financial help, and those who buy directly through one of the three companies that serve the individual market in Maryland.

Cardin, Collins Lead Bill to Address Prescription Drug Shortages

Senators call on FDA to lengthen expiration dates, where possible, to help mitigate drug shortages

WASHINGTON (Jan. 12, 2022)—U.S. Senators Ben Cardin (D-Md.) and Susan Collins (R-Maine) introduced the bipartisan Drug Shortages Shelf Life Extension Act, which would have the U.S. Food and Drug Administration (FDA) extend the shelf life of prescription drugs in scarce supply. According to the FDA, amending the expiration date of some prescription drugs may alleviate the shortages that the United States currently is facing.

“The U.S. is the wealthiest nation in the world; no one in this country should fall victim to prescription drug shortages,” said Senator Cardin. “The federal government must work to ensure that patients who rely on life-sustaining medications for the treatment of infections, cancer, autoimmune conditions, and for basic medical procedure necessities, like saline or epinephrine, will always have an adequate supply of the prescription drugs they need. No one should have to go without essential prescriptions drugs when usable supplies are available despite the date stamped on their box or bottle.”

“At a time when our health care system is overburdened by the COVID-19 pandemic, the last thing doctors, nurses, and patients should have to worry about is whether there will be an adequate supply of the medications they need,” said Senator Collins. “To help ensure all patients have access to lifesaving medications, our bipartisan legislation would update FDA guidance in order to safely extend the shelf life of essential drugs.”

As FDA noted in their 2019 Drug Shortages Task Force Report, shortages of essential drugs may be, “... exacerbated if drugs must be discarded because they exceed a labeled shelf-life based on unnecessarily short expiration dates.” The regulations that govern prescription drug shelf life testing have not been amended since 1981. Therefore, in order to ensure the accuracy of shelf life data, it is imperative that regulations governing shelf life stability testing are up-to-date.

The Drug Shortages Shelf Life Extension Act would:

- Update FDA guidance regarding stability testing tied to shelf life expiration dates.
- Require the FDA to submit a report to the U.S. Committee on Health, Education, Labor and Pensions (HELP) Committee and House Energy and Commerce Committee including information on requests from the Secretary for manufacturers to make labeling changes regarding the expiration dates.

Reclaim Your Health

Take charge of risk factors affecting your heart health

(Family Features) Cholesterol—a waxy substance created by the liver or consumed from meat, poultry and dairy products—isn’t inherently “bad” for you. In fact, your body needs it to build cells and make vitamins and other hormones. However, too much “bad” LDL cholesterol, or not enough “good” HDL cholesterol, can pose problems.

High cholesterol is one of the major controllable risk factors for heart disease and stroke. Because it typically has no symptoms, you may not know you have high cholesterol until it’s already causing problems.

Knowing key health numbers like your blood sugar, blood pressure and cholesterol, and working closely with your doctor to manage them, are keys to preventing heart disease and stroke.

Those who have already experienced a heart attack or stroke or have family history of cardiovascular disease, chronic inflammatory disease or kidney disease may need to have their cholesterol and other risk factors checked more often and may need medication to manage their conditions to prevent another event. According to the American Heart Association, as many as 1 in 4 sur-

vivors will have another heart attack or stroke.

Along with taking your medication as prescribed, some lifestyle habits can help manage your risk and help you live a longer, healthier life like watching what you eat, getting more exercise and managing stress.

Make Healthy Menu Choices

A healthy eating plan is a well-rounded diet with plenty of fruits and vegetables (at least 4-5 servings each day). In fact, researchers at the University of Columbia found each daily serving of fruits or vegetables was associated with a 4% lower risk of coronary heart disease and a 5% lower risk of stroke.

Other smart choices for your menu include nuts and seeds, whole grains, lean proteins and fish. Limit sweets, sugar-sweetened beverages, saturated fat, trans fat, sodium and fatty or processed meats.

Get Moving

You likely know exercise is good for you, but an Oxford University study revealed simply swapping 30 minutes of sitting with low-intensity physical activity can reduce your risk of death



PHOTO COURTESY OF GETTY IMAGES

by 17%. Mortality aside, in its Physical Activity Guidelines for Americans, the U.S. Department of Health and Human Services noted physical activity offers numerous benefits to improve health, including a lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function and lower risk of depression.

The greatest impacts come from getting the recommended amount of activity: at least 150 minutes of moderate activity, 75 minutes of vigorous activity or a combination of those activities per week. Be sure to discuss with your doctor which activities may be best for you.

If you’re having trouble getting motivated, small steps like walking your dog can lead to big changes over time. A scientific

statement from the American Heart Association on pets and heart-health showed dog parents are more likely to reach their fitness goals than those without canine companions.

Reduce Stress

Constant or chronic stress can have real consequences on both emotional and physical health. In fact, research shows chronic stressors like long work hours, financial stress and work-life conflict may be as risky for health as secondhand smoke, according to a report by the Behavior Science and Policy Association.

Aside from the direct toll on your body—including elevated risk for heart disease and stroke from high blood pressure, depression or anxiety—stress can lead to unhealthy habits like overeat-

ing, physical inactivity and smoking.

Exercise is an effective way to keep your body healthy and release stress. You might also consider incorporating meditation and mindfulness practices into your day to allow yourself a few minutes to distance yourself from daily stress.

Research compiled by the American Heart Association suggests meditation can reduce blood pressure, improve sleep, support the immune system and increase your ability to process information.

Another powerful tool to fight depression, anxiety and poor sleep, according to researchers at the University of California-San Diego, is practicing gratitude or thankfulness. Start by simply writing down three things you’re grateful for each day.

Learn more about managing your cholesterol and habits to protect your heart health at heart.org/cholesterol.

How a Major Health Event Can Reveal Unknown Risks

Before his stroke, Lee Stroy, a father of five, considered himself to be a healthy person.

“My gauge of being ‘healthy’ was my ability to wake up in the morning, get to work, take care of my family and live another day to do it again,” Stroy said. “That is, until I couldn’t.”

In December 2014, Stroy woke up disoriented and scared after suffering a stroke at just 38 years old. He quickly discovered he had undiagnosed hypertension, diabetes and high cholesterol.

“It surprised me to learn there are often no visible symptoms for high cholesterol until a heart or stroke event,” Stroy said. “Unfortunately, I was not diligent about my annual check-ups, so my health setbacks provided me with a huge wake-up call.”

Stroy decided to take control of his health and this marked the beginning of a major lifestyle transformation.

The first change was quitting smoking. Next, he began incorporating exercise into his daily routine, initially with simple exercises from occupational therapy. Eventually he worked up to walking several miles a day. Stroy also gradually made changes to his diet and went from being a meat eater to vegan. He also attends regular doctor’s visits to keep tabs on his progress.

“While it was no easy feat to make such drastic lifestyle changes, they are now second nature,” Stroy said. “Don’t put off or be afraid to go to the doctor. You could catch something early and be able to make changes that save your life.”

Source: American Heart Association

