

# The Prince George's Post



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## Enjoy Summer Fun at M-NCPPC, Department of Parks and Recreation, Prince George's County Aquatic Facilities

By PRESS OFFICER  
M-NCPPC

RIVERDALE, Md. (June 17, 2024)—Get ready to dive into summer with Maryland National Capital Park and Planning Commission (M-NCPPC), Department of Parks and Recreation, Prince George's County! We are excited to announce the operating hours and locations for our outdoor and indoor aquatic facilities, perfect for families looking to make a splash this summer.

This summer, our pools are the ultimate destination for family fun and healthy living. With more swim classes than ever before, there's never been a better time to dive in and improve your skills. Swimming is a refreshing way to cool off and promotes a healthy lifestyle by keeping you active and fit. Whether you're splashing around for fun or perfecting your stroke, our experienced instructors are here to help you maximize your summer at the pool. Join us and experience why our aquatic facilities are one of the summer's best attractions!

### Outdoor Aquatic Facilities:

- Allentown Splash Park: 7210 Allentown Rd, Fort Washing-

- ton, MD 20744
- Ellen Linson Splash Park: 5211 Campus Drive, College Park, MD 20740
- Glenn Dale Splash Park: 1901 Glenn Dale Boulevard, Glenn Dale, MD 20769
- Hamilton Splash Park: 3901 Hamilton Street, Hyattsville, MD 20781
- J. Franklyn Bourne Pool: 6500 Calmos Street, Seat Pleasant, MD 20743
- Lane Manor Splash Park: 7601 West Park Drive, Hyattsville, MD 20783
- North Barnaby Splash Park: 5000 Wheeler Road, Oxon Hill, MD 20745

### 2024 Summer Outdoor Pools Operating Hours:

- Weekday Operations: Starting June 17, 2024
- Mondays: 12 noon–3 p.m. | 3:30–8 p.m.
- Tuesdays: 12 noon–3 p.m. | 3:30–6:30 p.m.
- Wednesdays: 12 noon–3 p.m. | 3:30–8 p.m.
- Thursdays: 12 noon–3 p.m. | 3:30–6:30 p.m.
- Fridays: 12 noon–3 p.m. | 3:30–8 p.m.
- Saturdays: 12 noon–3 p.m. | 3:30–6:30 p.m.
- Sundays: 12 noon–3 p.m. | 3:30–6:30 p.m. Pool is



PHOTO CREDIT M-NCPPC

**Kids enjoying the fun at Ellen E. Linson Splash Park in College Park.**

cleared 15 minutes prior to closing time.

### Indoor Aquatic Facilities (Hours vary by location):

- Allentown Splash Park: 7210 Allentown Road, Fort Washington, MD 20744
- Fairland Sports & Aquatics Complex: 13820 Old Gunpowder Rd, Laurel, MD 20707
- Prince George's Sports and Learning Complex: 8001 Sheriff Road, Landover, MD 20785
- Rollingcrest-Chillum Splash Pool: 6122 Sargent Road, Hyattsville, MD 20782

- Southern Area Aquatics and Recreation Complex: 13601 Missouri Avenue, Brandywine, MD 20613
- Southern Regional Aquatic Wellness Center: 7011 Bock Road, Fort Washington, MD 20744 (Temporarily Closed)
- Theresa Banks Memorial Aquatic Center: 8615 McLain Avenue, Glenarden, MD 20706

More information regarding how to make a reservation can be found here. Learn more about other resources, support, and facilities that are available during the summer months by visiting [www.pgpc.com](http://www.pgpc.com).

## At-Large Council Member Mel Franklin Announces Resignation

By LINDSAY WATTS  
Prince Georges County Council Media

Statement from Prince George's County Council Administrator Jennifer A. Jenkins:

After nearly 14 years of service, At-Large Council Member Mel Franklin has resigned his position, effective June 14, 2024. Franklin served two terms representing District 9 beginning in December 2010 before being elected twice as an At-Large Council Member. We thank Council Member Franklin for his years of dedication, hard work, and service. He's authored numerous pieces of legislation that have significantly shaped Prince George's County, and his knowledge and expertise have been invaluable in guiding the Council over many years. His presence will be greatly missed.

We are committed to a smooth transition for the benefit of our residents. The process to fill the vacancy on the Council will begin promptly with the scheduling of a special election. Further details will be provided soon.

## Maryland Legal Aid's Tenant Right to Counsel Project to Partner with the Prince George's County Memorial Library System to Host Legal Aid Clinics

By PRESS OFFICER  
Maryland Legal Aid

BALTIMORE (June 17, 2024)—Maryland Legal Aid (MLA) is partnering with the Prince George's County Memorial Library System to host Tenants' Rights & Housing Clinics from May through August, occurring on the first Wednesday of each month. The purpose of these clinics is to assist individuals in understanding and maneuvering through the legal landscape. Participants will be able to receive advice and begin the legal intake process with lawyers, aiding them in resolving their housing concerns.

While the primary focus of

these walk-in sessions will be on issues related to housing, evictions, and tenants' rights, Maryland Legal Aid will also be prepared to assist with a range of other civil legal concerns. This includes criminal record expungement, family law, health, consumer rights, and employment issues, offering advice and legal support to those in need.

### What: Tenants' Rights & Housing Clinics

### Where & When:

- Hyattsville Branch Library, Wednesday, July 3, 2024 | 1–4:30 p.m.

See CLINICS Page A2

## The Town of North Brentwood Pays Tribute to Previous Mayor, Lillian K. Beverly

Last rituals will be June 28, 2024, 11 a.m., at First Baptist Church

By PRESS OFFICER  
Town of North Brentwood

Town of North Brentwood, the first African American incorporated town in Prince George's County, mourns the loss of their first woman mayor, Lillian K. Beverly.

On June 12, 2024, Lillian Kelsey Beverly transitioned from this earthly home. She was 95 years old. The Town of North

Brentwood mourns the loss of its first woman mayor. She wore many hats and was very active in the political arena from 1995–2007.

Mayor Beverly was a bold fighter for the Town of North Brentwood. Her mission, which she accomplished, was to ensure North Brentwood's history and legacy



PHOTO COURTESY TOWN OF NORTH BRENTWOOD

Lillian K. Beverly

See TRIBUTE Page A3

## Maryland Green Registry Sustainability Leadership Awards Features Climate Trailblazers

Members Save \$83 Million Through Green Practices in 15th Year of Program

By PRESS OFFICER  
Maryland Department of the Environment

BALTIMORE (June 21, 2024)—Maryland Department of the Environment Secretary Serena McIlwain last [Thursday night] presented awards to Maryland Green Registry members that are making Maryland greener and helping the state meet its climate goals.

Now in its 15th year, the Maryland Green Registry Sustainability Leadership Awards is the only statewide award program recognizing the successes achieved by Maryland businesses and organizations on their path to sustainability. More than 600 businesses have joined the network and made the commitment to go green. The



PHOTO COURTESY MARYLAND DEPARTMENT OF THE ENVIRONMENT

Maryland Green Registry members celebrating their awards.

See TRAILBLAZERS Page A5

## Free Independence Day LYFT Rides Offered Throughout Greater Washington to Prevent Drunk Driving

40% of U.S. Traffic Deaths on July 4th Involve Drunk Drivers

By ALEXANDRA LUCCHESI  
WRAP

TYSONS, Va. (June 18, 2024)—Preparing to combat that time of year when, according to the National Highway Traffic Safety Administration, 40% of U.S. traffic deaths involve drunk drivers,\* a local nonprofit organization announced today that free safe rides will be offered to would-be drunk drivers throughout the Washington-metropolitan area during the next month's Independence Day celebrations.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the 2024 Independence Day SoberRide® program will be in operation beginning at 4 p.m. Thursday, July 4 (Independence Day) and operate until 4 a.m. on Friday, July 5 as a way to keep local roads safe from impaired drivers during this traditional high-risk period.

During this twelve-hour period, area residents ages 21 and older celebrating with alcohol may download the Lyft app to their phones then enter the SoberRide® code in the app's 'Payment' tab (under the 'Add Lyft Pass' option) to receive their no-cost (up to \$15) safe transportation home WRAP's 2024 Independence Day SoberRide® promo code will be posted at 3 p.m. on Thursday, July 4 on [www.SoberRide.com](http://www.SoberRide.com).

"40-percent of U.S. traffic fatalities during Independence Day involve drunk drivers," said Kurt Erickson, WRAP's President.

WRAP also offers its SoberRide® program on St. Patrick's Day, Cinco de Mayo, Halloween and the winter holidays through and including New Year's.

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# TOWNS *and* NEIGHBORS

## In & Around Morningside-Skyline

by Mary McHale 301-735-3451

### Morningside celebrates 4th with Parade, Fun Day and Fireworks!

Morningside's Independence Day Parade shoves off at 11:30 from the Morningside Firehouse on Suitland Road. The Parade marches up the hill, passes by the Suitland Road Baptist Church, and ends at the VFW. I expect to be under the Baptist tree, waving my flag. Join me.

Family Fun Day activities begin at 1 p.m. at Patterson Park in Morningside and continue until 5. There'll be loads of free food and games.

Come dusk, there'll be great Fireworks!

I was a member of the Morningside Recreation Council back in the '70s or '80s when we started discussing July 4. I think there was already a Parade, but Fireworks was a new idea. The Council suggested it and the Town found the money to do it.

Now, it's great to see how Morningside celebrates America's Independence Day.

Volunteers are still needed to help with the Parade and Family Fun Day. Call 301-736-2301 to volunteer.

### Neighbors & other good people

Congressman Steny Hoyer announced the students who've been appointed to U. S. Service Academies. The Prince George's County, 5th District, appointees are: To West Point, Karl Kraske and Andrew Righi. To the Naval Academy, Andrew Lambert and Julienne Wakefield.

M-NCPPC Department of Parks and Recreation in Prince George's has confirmed Germaine Haywood as its new Chief of Park Police. "With an illustrious career spanning 19 years with the Department and a proven track record of leadership, Chief Haywood brings a wealth of experience and expertise to this vital role."

David Lawrence Shreve died May 25 after battling Parkinson's disease. He was the husband of Johanna Elizabeth (Saunders) Shreve; father of Brittany; grandfather of Brandon Monger, Antonio, Antwan, Adam and Timothy Hill, Teeka Duplessis, Jy'Zayahm, Malia, Nya, and Davina. Memorial Service was at Wiseman Funeral Home, Camp Springs. Ashes will be scattered at a later date.

### Changing Landscape

Ruth Mexican Food Truck is now parked at one of our local gas stations. I love enchiladas—are they likely to be on the menu? Guess I'll give Ruth a try.

I don't know if this is County-Wide, but I've gotten a postcard announcing, "You have a NEW Trash and Recycling Collection Day!" Starting July 1, our day will be Tuesday (replacing Thursday). Which is fine with me. It also announces their new service increases the number of acceptable curbside bulky trash items from two to four. It also includes a monthly curbside scrap metal and electronics recycling pickup, scheduled by appointment only.

A home at 6509 Randolph Road, in Morningside, recently sold for \$285,000.

### Places to go & things to do

Claggett Farm (11904 Old Marlboro Pike) has organic, nutrient-dense vegetables every week from mid-May to mid-November. They donate half of their produce to soup kitchens and homeless shelters. They have grass-fed beef and lamb, Christmas trees and wreaths and more. Check it out.

Shakespeare in the Parks, sponsored by the Folger, begins its annual tour through Prince George's County. Admission free. Go to pgparks.com.

Alexandria is marking its 275th anniversary. Lots going on, like ALX Jazz Fest @ Portside. visitalexandria.com.

### Now Hiring

Prince George's County Public Schools is hiring School Bus Drivers. Among the amenities: paid CDL (Commercial Driver's License Program) training, health insurance, retirement benefits, personal and sick leave, summer opportunities. Info: pgcps.org/drivewithus.

### Remembering when we came

Back in mid-June 1958, the McHales moved from Mill Valley, Calif., to 5904 (now 4304) Skyline Drive. Attorney John McAllister, of Pine Lane Drive, had listed the house for sale. An essential for Jack's work at the FBI, the house was only half-a-block from the bus-stop.

Since he rode the bus, I had the Chevy stationwagon to haul the kids.

We arrived with five, Kathleen, Michael, Therese, John and Brian (two more, Elaine and Sheila, born later). I loved the roomy brick house. I loved the trees—in California we had none. We bought the house for just under \$21,000.

Our next-door neighbors were Cora Lee & Ted Burke on the one side, Gladys & Tom Cave on the other side, and two

houses over, Paul & Virginia Stine. Across the street, lush woods (now four houses).

We registered kids for school: Kathleen at Morningside Elementary, Mike at Mrs. Smith's Morningside Co-op Kindergarten. We found a Catholic Church (St. Philip the Apostle)—but there was no church building yet. So, parish men built an altar, and Sundays for a year or two we attended Mass in the multi-purpose room of Morningside School.

We bought our groceries at G I Market and at Safeway in Suitland. We made multiple trips to Ernest Hardware, People's Drugs, and a delightful children's clothing store (Bo Peep?), all in Suitland. For entertainment, we frequented the Coral Hills Drive-in. And we were thrilled to be able to drive 15 miles into Washington for the free museums. We did them all.

When winter came, we searched for a frozen ice-skating pond. Our favorite was School House Pond in Upper Marlboro. I loved skating and watching the fish swimming in the pond below the ice. I loved the bonfire at dusk.

Jack coached softball for local kids at Morningside School, and later, at Patterson Park (named for our neighbor Doug Patterson). One of Jack's teams was McHale's Navy, the name borrowed from TV. I loved that the local schools had summer classes of all sorts, thanks to the Rec Council. My sons were all Cub Scouts and, later, Boy Scouts with Troop 282, Irene & Roscoe Smith, at Bells U.M. Church.

I loved standing along Suitland Road, watching dignitaries—or sometimes hearses, coming down (or up) Suitland Road.

For 66 years, I have loved my home at 4304 Skyline Drive. I've enjoyed being involved in Morningside and Skyline activities. Thank you to all, past and present, who've made it possible.

### Milestones

Happy Birthday to Ruth LaBelle and Jordan Foster, July 1; Sharon Simms, Matthew Clark and Megan Frostbutter, July 2; Gloria Grapevine (her 99th), Pat Richardson Conlon, Sarah Booth and Jack Hay II, July 3; Grace Carruth, Matthew Ryan White and Nya Nichols, July 4; Jean Ihrig and Timothy Hollowsky, July 5.

*Have a Star-Spangled  
4th of July!*

by Audrey Johnson 301-922-5384

## Brandywine-Aquasco

### REV. ANTOINE LOVE

Within the Baltimore-Washington Conference, the Rev. Antoine Love is frequently called upon to pray when leaders feel the need to turn to God for comfort, assurance, or vision. As assistant to Bishop LaTrelle Miller Easterling, Rev. Love is known for his deep abiding faith that connects people with God and one another.

Entering ordained ministry in 1994, Rev. Love pastored several Maryland churches, including Corkran UMC in Temple Hills; Zion in Lexington Park; Covenant Point-Lakeside Cooperative Parish in Waldorf; the Journey of Faith Church, a new cross-racial United Methodist congregation in Southern Maryland; Wesley Freedom UMC in Eldersburg; and currently, St. Paul in Oxon Hill, Maryland. His innovative spirit of renewal and revival also led him to serve as the Baltimore-Washington Conference Director of Vibrant Communities for several years, before being appointed as the Assistant to the Bishop.

He has also served on several committees throughout the denomination, including chairing the Baltimore-Washington Conference Board of Trustees and as executive director of the Northeastern Jurisdiction's Multi-Ethnic Center for Ministry. He now chairs Black Methodists for Church Renewal.

A noted preacher and teacher, Rev. Love's ministry centers around transcending the differences that separate people and creating Beloved Community. He holds dear to his heart the words from Lamentations 3:22-23: "The steadfast love of the Lord never ceases. His mercies never come to an end. They are new every morning; Great is thy faithfulness, O Lord unto me."

Thanks to Rev. Antoine Love who was our guest speaker at Clinton United Methodist Church on Sunday, June 9, 2024 for our morning worship service.

### TRIBUTE TO PASTOR DOROTHEA BELT STROMAN

"Pastor Stroman as we celebrate your retirement, we want you to know you are an amazing woman who is special in so many ways. Your sermons were always thought-provoking, powerful, amazing and consistently told a story that related to the Bible and our daily living."

"Without fail, during your tenure here at Clinton, the congregation and community have always profited from your spiritual leadership, pastoral care and actions that demonstrated you were called to service by our almighty God. Let it be known, you are a faithful woman who loves God. To know you is to know someone who is kind, loving, considerate, thoughtful and a giving person and pastor."

"Thank you for everything you have personally done for us and for being the special pastor you are. May God continue to

bless you and your family as you transition to the next phase of service. Peace and Blessings. Clinton United Methodist Church members Owen & Audrey Johnson."

### BOWIE STATE UNIVERSITY

Bowie State University, together with the University of Maryland School of Public Health, and in honor of Lt. Richard Collins III, is expanding its study abroad options for marginalized faculty and students, in part, due to a grant announced June 13 from the US State Department. The schools were among a select 37 institutions nationwide to receive this 2024 grant. #BowieBOLD.

Shout out to rising senior, Skylar Murphy, who is interning with Disney this summer. As a business management major, she is gaining invaluable experience at one of the world's most iconic companies. #BowieBOLD.

Shout out to Langston Ross who is interning this summer at Keamex & Company, a premier CPA firm focused on the government. #BowieBOLD.

### JUST DANCE

Just Dance on Tuesdays at 7 p.m. brought to you by One Life Fitness. A fun energetic cardio dance class for all fitness levels that combines different styles of movement to sounds from across the world. Groove is in the heart and good vibes are in. The address is 165 Waterfront Street, National Harbor, Maryland, 20745. Telephone: 877-628-5427.

### BACK TO SCHOOL WELLNESS EVENT

Back to School Wellness Event Saturday, August 3, 2024, from 11 a.m.–1:30 p.m. Get ready to kick off the school year with our Back-to-School Wellness Event, where you can learn tips and tricks for staying healthy.

Join us at the Bowie Community Center for a day of fun and learning as we gear up for the new school year. This in-person event will feature interactive workshops, fitness activities, and health screenings to help you start the year off right. Come meet local vendors offering healthy snacks and school supplies to get you ready for the school year ahead. Whether you are a student, parent, or educator, this event is perfect for anyone looking to prioritize their well-being. Do not miss out on this opportunity to kick off the school year with a focus on wellness.

The event is two hours and thirty minutes. General admission is free. Bowie Community Center is located at 3209 Stonybrook Drive, Bowie, Maryland 20715. Back to School Wellness Event Tickets, Saturday August 3, 2024, at 11 a.m. I Eventbrite for tickets.

### Clinics from A1

- Fairmount Heights Branch Library, Wednesday, August 7, 2024 | 1–4:30 p.m.
  - Glenarden Branch Library, September 4 and 18 | 1–4:30 p.m.
  - Oxon Hill Branch Library, October 2 and 16 | 1–4:30 p.m.
- For general information about the Tenants' Rights & Housing Clinics, visit <https://www.mdlab.org/free-legal-clinics/>.

Maryland Legal Aid (MLA) is a statewide private, nonprofit law firm that provides free, civil legal services to low-income and vulnerable people to address their most fundamental legal problems. From its 12 offices around the state and through its many community-based clinics, we help our clients preserve and access safe and affordable housing, maintain custody of their children, and be safe from domestic violence. MLA increases our clients' economic security by defending against consumer debt, including foreclosures and tax sales, removing barriers to employment, and accessing critical income supports such as unemployment, food stamps and other vital public benefits. Through special projects, we represent seniors, nursing home residents, children in alleged abuse and neglect cases, migrant farmworkers, and those in mental health institutions.

## Social Security Matters

### Ask Rusty:

## Why is there a Social Security Earnings Limit?

By RUSSELL GLOOR,  
National Social Security Advisor at the AMAC Foundation,  
the non-profit arm of the Association of Mature American Citizens

**Dear Rusty:** I try to read your article in the Carmichael Times each week and appreciate the information you provide. I am 62 and considering my retirement options and when I should do that to get the most benefit. I understand my full retirement age is 67, but what I don't understand, and I hope you can answer, is why there is such a thing as the Social Security earnings limit? I know that if I was to retire before 67, my benefits would be reduced. But since I have been paying into SS for 45+ years, and that money is technically money I have earned, why does SS care if I make more than the earnings limit? It doesn't affect them or my benefits. Can you tell me about the reasoning behind the earnings limit? I will, for many years after "retiring," continue working in my field. **Signed: Working American**

**Dear Working American:** This is a great question and, as a point of interest, our parent company, the Association of Mature American Citizens (AMAC), advocates doing away with Social Security's earnings test which affects those collecting benefits before reaching their SS full retirement age (FRA). In AMAC's view, it discourages people from working and, thus, paying Social Security taxes on their earnings. It is, after all, SS taxes from the earnings of working Americans which largely pays for the benefits provided to Social Security beneficiaries. Eliminating the restriction would tend to improve Social Security revenue and help ease Social Security's current financial stress.

The reasoning behind the earnings test? Well, when Social Security was first enacted in the 1930s, the intent was that Social Security was for retired workers, meant to keep them from poverty in old age. The logic back then was that if a person worked they didn't need Social Security to sustain them, so those who worked could not collect Social Security at all. The current rule, after many adjustments over the years, says that annual earnings for those who collect early SS benefits are limited. If each year's earnings limit (\$22,320 for 2024) is exceeded, Social Security will take away \$1 in benefits for every \$2 over the limit (FYI, the penalty is less severe in the year FRA is attained).

Historical accounts suggest that the reasoning behind the wording in the original Social Security Act—that "No person shall receive such old-age annuity unless . . . he is not employed by another in a gainful occupation"—was quite controversial, except for the fundamental thought that if someone worked they didn't need Social Security. Over the ensuing decades the rule has been softened to provide that only those who collect benefits before their full retirement age (FRA) would have a portion of their SS benefits offset by their work earnings. In any case, the earnings test, in its mitigated form, still persists today. FYI, H.R. 5193 – The Senior Citizens Freedom to Work Act was recently introduced in Congress proposing to repeal the SS earnings test but has not advanced in the legislative process since introduced in August 2023.

In any case, under current rules, if you continue working after your FRA, the earnings test will not apply to you. And, if you lose any benefits before your FRA due to the earnings test, when you reach your FRA you'll get time credit for any months that benefits were withheld, resulting in a somewhat higher monthly payment after your full retirement age.

One final point: if you continue to work after starting your Social Security benefits and your recent earnings are higher than any of those in the inflation-adjusted 35 years used to originally calculate your benefit, your entitlement will be recalculated to give you credit for those higher recent earnings.

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

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

# COMMUNITY

## Summer Writer's Workshops at Marietta House Museum

By STACEY HAWKINS  
Marietta House Museum

This summer two Writer's Workshops are offered by The Write Women Bookfest partnering with Marietta House Museum and the Prince George's County Historical Society. The workshops at Marietta House Museum will put you on the path to becoming a published author!

**Sunday, June 30**, 11 a.m.–4 p.m., Heather Brooks will present "A Day Retreat for Women Writers: Manifesting an Author's Life" Participants will learn how to work past imposter syndrome, find your writing tribe, and live a writerly life.

**Sunday, July 21**, 11 a.m.–4 p.m., Heather Brooks and Cardyn Brooks will present "Make Your Idea into a Manuscript: A Workshop for First Time Authors". Participants will learn how to turn their book ideas into book manuscripts. Heather and Cardyn will lead participants through the first steps of creating a manuscript for publication and including traditional and self-publishing pathways.

Heather Brooks is an author and founder of The Write Women Book Fest and founder of The Write Women Network. Cardyn Brooks is an award-winning author and outreach coordinator for The Write Women Book Fest, and a book reviewer.

For each presentation, please bring a notebook or laptop, and a packed lunch. Light snacks will be provided. \$20/person. Ages 18 and up. Please register at this direct link: <https://tinyurl.com/mrx99sr7>

## WINE & JAZZ AT MARIETTA

Celebrate the 11th Annual "Wine & Jazz at Marietta" on **Saturday, August 3**, 2–7 p.m. (Rain date Aug. 10)

Please join us for a leisurely day on the grounds of Marietta House Museum! Bring your lawn chairs and blankets. Listen to local popular artists AJQ Plus 1 Jazz Ensemble, and The Lovejoy Group. Local vendors will be onsite with food trucks, artwork, and crafts.

Free parking on-site. Ages 21 and up. \$10 per person. Please register in advance at this direct link: <https://tinyurl.com/mry4h2fa>. Cash only at the door.

For more information on both programs, please call 301-464-5291 or email [mariettahouse@pgparks.com](mailto:mariettahouse@pgparks.com). Marietta House Museum is located at 5626 Bell Station Road, Glenn Dale, MD, 20769 and is a property of the Maryland-National Capital Park and Planning Commission.

## Imji: Creatures of Imagination Collaborative Art Show Announced by Department of Parks and Recreation, Prince George's County

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

RIVERDALE, Md. (June 17, 2024)—Harmony Hall Arts Center, part of the M-NCPPC, Department of Parks and Recreation in Prince George's County, is excited to announce the opening of "Imji: Creatures of Imagination Collaborative Art Show", featuring the whimsical imagination of artist Kelsey Joyce, alongside fiber artist Christine Wolfe Strong, glass blower David Zimmerman, and mixed media artist Camila Tapia. The exhibition introduces viewers to a fantasy world inhabited by cute, curious, and friendly creatures; each with a unique power used for good.

These 3-D creatures, from the mind of Joyce from Montgomery County, Maryland, transform the gallery into a colorful and immersive environment designed to captivate and inspire. This multi-sensory exhibition also features fiber art, blown glass, and mixed media. Together, they create a vibrant and unique experience that encourages visitors to relax and escape into a world of enchantment and imagination.

Imji runs June 29–August 24, 2024. To celebrate this captivating and imaginative exhibition, an opening reception will be held **June 29** from 2–4 p.m. at the Center. The event is free and open to all ages. To learn more, visit [pgparks.com/event\\_list/kelsey-joyce-imjicreatures-of-imagination](http://pgparks.com/event_list/kelsey-joyce-imjicreatures-of-imagination).



PHOTO CREDIT M-NCPPC

Artist Kelsey Joyce with some of the whimsical creatures featured in the "Imji: Creatures of Imagination Collaborative Art Show" at Harmony Hall Arts Center.

## Tribute from A1

would be known to all. She loved to tell the historical stories of a Black town that endured prejudice, sundown towns, Black injustices especially in obtaining housing. It was important to her that Blacks knew their history and their township.

Affectionately called Lil, she was founding member of the North Brentwood Historical Society, Prince George's African American Museum and Cultural

Center at North Brentwood, and Maryland Black Mayors Inc.

She will be remembered as the warrior who pushed forward to obtain funding for many of the town organizations, the town office building, PGAAMCC, and other grants and partnerships that are still in force. With her push she obtained funding for the Veterans Memorial Park in North Brentwood that was dedicated in 1997.

This 100th year of incorporation, the

Town of North Brentwood Mayor, Council, staff and all citizens salute our honorable mayor. The impact she left on the town will always be remembered and cherished.

Her last rituals will be at First Baptist Church of North Brentwood, 4009 Wallace Road, North Brentwood, MD, on June 28, 2024, 11a.m.

REST IN PEACE.

—Town of North Brentwood Community

## Are you a former Key Bridge traveler?



If you have an *E-ZPass* Commuter Plan or need to make changes to your account, visit [DriveEzMD.com](http://DriveEzMD.com), download the *DriveEzMD* Mobile App, or call 1-888-321-6824.

 AVAILABLE ON  
Google Play

 AVAILABLE ON  
App Store

Visit our Key Bridge News web page for the latest updates and commuter choices:  
[mdta.maryland.gov/KeyBridgeNews](http://mdta.maryland.gov/KeyBridgeNews)



Maryland  
Transportation  
Authority



## Free Entrepreneur Training for Veterans

Must be a Prince George's County resident

By PRESS OFFICER  
Project Opportunity

*Is Entrepreneurship the right choice for you?*

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

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

Want to know more, register for the Project Opportunity Prince George's Fall 2024 Orientation Session which will be held on **Monday, August 12, 2024** from 6:30–8:30 p.m. at Prince George's Community College Lanham Hall (Room 203), 301 Largo Road, Largo, Maryland. [www.projectopportunity.com/class/registration](http://www.projectopportunity.com/class/registration)

Attendance at the Orientation Session is a mandatory and a vi-

tal step in our application process. If you are interested in this class but unable to attend you must contact Program Director Joe Giordano, [joe.giordano@projectopportunity.com](mailto:joe.giordano@projectopportunity.com)

Classes Begin Monday September 16, 2024. Project Opportunity is an intensive curriculum based 10-week cohort program. The Fall 2024 program will meet every Monday September 16–November 18 2024 from 6:30–9:30 p.m. at Prince George's Community College Lanham Hall Room 203. Sponsored By Employ



**PROJECT OPPORTUNITY**

Prince George's this program is free to all veterans. The curriculum and material are facilitated by small business professionals and subject matter experts. The program concludes with a formal business pitch and Graduation Ceremony on Monday, November 25, 2024.

Training Includes:

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

## Local Students Honored

### Local Students Graduate From Bucknell University

LEWISBURG, Pa. (June 18, 2024)—Bucknell University celebrated nearly 900 graduates from the Class of 2024 on Sunday, May 12, 2024. The class represents over 60 majors across Bucknell's three colleges (Arts & Sciences, Engineering and the Freeman College of Management). These students hail from 32 U.S. states and 21 nations.

Bowie, MD: **Joyce Chen**, B.A. in International Relations; **Devin Halliburton**, B.A. in Computer Science; **Ryan Kenan**, B.S. in Business Admin.; **Damien Mahanama**, B.S. in Biomedical Engineering

Temple Hills, MD: **Endia Scales**, B.A. in Education

Upper Marlboro, MD: **Chi Nnawuba**, B.S. in Business Admin.

### Local Students Named to Bucknell University Dean's list

LEWISBURG, Pa. (June 18, 2024)—Bucknell University has released the dean's list for outstanding academic achievement during the spring semester of the 2023-24 academic year. A student must earn a grade point average of 3.5 or higher on a scale of 4.0 to receive dean's list recognition.

Accokeek, MD: **Garrett Sullivan**, 2027, Un-

Bowie, MD: **Saniya Brown-Baptiste**, 2027, Undeclared Management; **Joyce Chen**, 2024, International Relations; **Damien Mahanama**, 2024, Biomedical Engineering

Upper Marlboro, MD: **Aaron Davis**, 2026, Critical Black Studies; **Chi Nnawuba**, 2024, Markets, Innovation & Design

### Local Students Earn Degrees at Susquehanna University

SELINGROVE, Pa. (June 18, 2024)—Susquehanna University is pleased to announce its May graduates.

College Park, MD: **Zilma Flores-Aviles** graduated magna cum laude with a Bachelor of Science in psychology.

Hyattsville, MD: **Tiku Akuro** graduated summa cum laude with a Bachelor of Science in computer science.

Temple Hills, MD: **Nala Washington** graduated magna cum laude with a Bachelor of Arts in creative writing.

### Baskin Graduates From Marquette University

MILWAUKEE, Wisc. (June 17, 2024)—This past spring, **Trey Baskin** of Temple Hills, MD, graduated from Marquette University in Milwaukee, Wisconsin. Baskin earned a Bachelor of Arts degree in Political Science.

# COMMUNITY

## Enroll in VOICES of Black Women to Improve the Lives of Black Women for the Future by Focusing on Lived Experiences

*Study to Drive a Deeper Understanding of Cancer Disparities: American Cancer Society Has Launched Largest U.S. Population Study of Black Women with Goal of 100,000 Women—close to 100 women in Maryland and DC have enrolled since May. Nationwide, enrollment is at approximately 1,500.*

By PRESS OFFICER  
American Cancer Society

The American Cancer Society (ACS) launched the VOICES of Black Women® study on May 9, 2024. It is the largest behavioral and environmental focused population study of cancer risk and outcomes in Black women in the United States. Designed to better understand the multi-level drivers of cancer incidence, mortality and resilience within this demographic, the long-term study will gather valuable data from Black women between the ages of 25 and 55 from diverse backgrounds and income levels who have not been diagnosed with cancer. The organization aims to enroll over 100,000 Black women across 20 states and D.C. where,

according to the U.S. Census, more than 90 percent of Black women in the U.S. reside.

A global leader in cancer research, the American Cancer Society has a 70-year history of funding and conducting some of the world's largest and most impactful population cohort studies to understand how cancer develops in populations, identify cancer risk factors, and improve survivorship and outcomes after diagnosis. Through these studies, over 2.5 million research participants have contributed to landmark discoveries in cancer science like the linkage of cigarette smoking to lung cancer, obesity to the risk of early death, and red and processed meat intake to higher risk of colon cancer. These and other discoveries have

contributed to a 33 percent age adjusted reduction in cancer mortality rates since rates peaked in 1991. But despite these significant strides in cancer research, Black women continue to have the highest death rate and the shortest survival of any racial or ethnic group in the U.S. for most cancers. Led by American Cancer Society researchers, Dr. Alpa Patel and Dr. Lauren McCullough, the VOICES of Black Women® study will partner with communities of Black women and cross-disciplinary experts in Black women's health to listen and better understand the unique, diverse lived experiences that may affect the risk of developing or dying from cancer. Results will be used to improve the overall health of Black women for

generations to come.

"VOICES of Black Women® represents a crucial step toward achieving health equity in a population that is long overdue," said Patel, co-principal investigator of the study and senior vice president of population science at the American Cancer Society. "The data we've uncovered through previous population studies has been critical in reducing the unacceptably high burden of cancer, but that reduction has sadly not been equal. By centering Black women's voices and experiences, we can dig deeper in uncovering the unique challenges and barriers contributing to cancer disparities and develop tailored interventions to mitigate them."

Recruitment for the study began in October 2023 with a pilot

launch in Atlanta, GA and Hampton Roads, VA. The national launch expands enrollment to Alabama, California, the District of Columbia, Florida, Georgia, Illinois, Louisiana, Maryland, Massachusetts, Michigan, Mississippi, Missouri, New Jersey, New York, North Carolina, Ohio, Pennsylvania, South Carolina, Tennessee, Texas and Virginia. Eligible participants must identify as Black, be assigned female at birth or self-identify as women, not have a history of cancer (except basal or squamous skin cancer), and be between the ages of 25 and 55. Enrolled participants will provide informed consent and, over the span of 30 years, answer behavioral, environmental, and lived experience questions through periodic short surveys delivered via a secure online portal. No medication, clinical testing, treatment, or lifestyle changes are part of the study.

The American Cancer Society believes everyone should have a fair and just opportunity to prevent, find, treat and survive cancer. Acting on this belief and fulfilling the organization's vision of ending cancer as we know it for everyone requires focus on

eliminating deeply rooted barriers that have caused long-standing inequities in cancer outcomes. The VOICES of Black Women® study represents a significant stride towards achieving this goal and underscores the organization's unwavering commitment to health equity and social justice.

For more information about the VOICES of Black Women® study and how to participate, please visit [voices.cancer.org](https://voices.cancer.org).

*The American Cancer Society is a leading cancer-fighting organization with a vision to end cancer as we know it, for everyone. For more than 100 years, we have been improving the lives of people with cancer and their families as the only organization combating cancer through advocacy, research, and patient support. We are committed to ensuring everyone has an opportunity to prevent, detect, treat, and survive cancer. To learn more, visit [cancer.org](https://cancer.org) or call our 24/7 helpline at 1-800-227-2345. Connect with us on Facebook, Twitter and Instagram. For further information: American Cancer Society, [Darrya.lipscomb@cancer.org](mailto:Darrya.lipscomb@cancer.org)*

## T. Eloise Foster Elected New WSSC Water Commission Chair for Fiscal Year 2025

Mark J. Smith of Upper Marlboro Elected Vice Chair

By PRESS OFFICER  
WSSC

LAUREL, Md. (June 18, 2024)—T. Eloise Foster was unanimously elected WSSC Water Commission Chair at [last week]'s monthly Commission Meeting. Foster has represented Montgomery County as a Commissioner since June 2016. Foster previously served as Chair for Fiscal Year (FY) 2019 and three terms as Vice Chair. She has more than thirty years of experience in the public sector, where she developed expertise in fiscal policy and management. She was appointed Secretary of Budget and Management in 2000 and became the first African-American woman in the nation to hold this statewide office. She returned to this role under then-Governor Martin O'Malley, serving from 2007 to 2015.

"As Chair, I pledge to work with my fellow Commissioners, our General Manager and a strong leadership team to ensure we remain on the path set forth ... a trajectory to achieve continued success," said Foster. "We must continue to be forward focused to ensure we are ready for the many challenges that lie ahead. From building a strong workforce to securing additional state and federal funding to meet regulatory challenges and always deliver-



PHOTO COURTESY WSSC

From left to right, T. Eloise Foster was unanimously elected WSSC Water Commission Chair and Mark W. Smith was unanimously voted as Vice Chair.

ing the essential to our 1.9 million customers, I am honored and proud to continue supporting Team H2O."

The Commissioners also unanimously voted Mark J. Smith as Vice Chair. Smith, a resident of Upper Marlboro, is the Executive Director for Community Engagement and Partnerships at the American Red Cross. He was appointed Commissioner in October 2022.

Six Commissioners govern WSSC Water, which has an annual \$1.8 billion operating and capital budget. Three Commissioners are Montgomery County residents, and three are Prince George's County residents. Appointed by their respective county executives to four-year terms, the Commissioners are confirmed by their county councils.

## Hot Weather Safety Tips for Pets

Steamy days of summer can be dangerous for your four-legged pets

By PRESS OFFICER  
Department of the Environment,  
Prince George's County

LARGO, Md. (June 17, 2024)—Excessive high temperatures can harm humans and furry companions. The Prince George's County Animal Control Ordinance Section 3-180, titled "Animal Cruelty and Neglect," says all domestic animals except livestock are prohibited from being kept outdoors when the heat index is 90 degrees Fahrenheit or higher, as determined by the National Weather Service. Any person who inflicts unnecessary suffering or pain upon an animal may be charged by Subsection (b) provisions. To view a copy of the Animal Control Ordinance, visit [bit.ly/pgcanimalcontrolcode](https://bit.ly/pgcanimalcontrolcode).

You can take a few precautions to help keep your pet safe and cool during the dog days of summer:

- It is against the law in Maryland to leave a pet in an unattended vehicle, even if the air conditioning is running. Overheating can kill an animal; NEVER leave your pet alone in a car, even with open windows.
- When the temperature and humidity are very high, be careful of your pet's paw pads lingering on hot asphalt, which can quickly burn them.
- Be sure to protect pets from heat and sun and give them plenty of fresh, cold water. Tree shade and tarps are good resources and don't obstruct airflow. A doghouse can trap heat and may make it worse for a dog.
- Consider cutting your pet's hair to one-inch length in the summer



PHOTO BY YAROSLAV SHURAEV: [HTTPS://WWW.PEXELS.COM](https://www.pexels.com)

to help prevent overheating. Also, brush your cat more than usual to prevent problems caused by high heat.

- Exercise your pet in the cool of the early morning or evening. If you're planning outdoor activities with your pet, remember to carry extra water and a container to drink from.
- Take special precautions with old or overweight animals or those with heart or lung diseases. Snub-nosed dogs (Bulldog, Pekingese, Boston Terrier, Lhasa Apso, Pugs, Shih Tzu, etc.) have compromised respiratory systems and should be kept in air conditioning when possible.
- If you notice your pets overheating, excessive panting, difficulty breathing, or an increased heart and respiratory rate, get help from your veterinarian immediately.

For more information on how to keep your pet healthy and safe in weather conditions, visit [www.princegeorgespet4us.com](https://www.princegeorgespet4us.com). To report an animal experiencing neglect or cruelty in Prince George's County, contact the Animal Services Division at 301-780-7200 and select "0" after the emergency message.

## LYFT Rides from A1

"Lyft is dedicated to providing access to reliable and responsible rides, and we're proud to partner with programs like WRAP to offer Lyft as an alternative to impaired driving," said Kamillah Wood, Director of Public Policy for Community Safety at Lyft. "Through our Roadway Safety Program and our partnerships with the public, we hope to empower our community with the tools to protect themselves and those around them this holiday season."

SoberRide® is 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, Glendarden, Greenbelt, Hyattsville, Laurel, Mount Ranier, New Carrollton, Rockville, Mount 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 2024 Independence Day SoberRide® campaign include the 395 Express Lanes, Anheuser-Busch, Beer Institute, Brown-Forman, Constellation Brands, Diageo, District of Columbia Association of Beverage Alcohol Wholesalers, Enterprise Rent-A-Car, Foundation for Advancing Alcohol Responsibility, Giant Food, Glory Days Grill, Lyft, Molson Coors Beverage Company, New Belgium Brewing, Restaurant Association Metropolitan Washington and the Washington Area New Automobile Dealers Association. WRAP's 2024 Public Partner SoberRide® sponsors include the District of Columbia Office of the Deputy Mayor for Operations and Infrastructure's Highway Safety Office, the Maryland Highway Safety Office/Maryland Motor Vehicle Administration and the Virginia Department of Motor Vehicles.

Since 1991, WRAP's SoberRide® program has provided 90,031 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 an award-winning public-private partnership working to prevent drunk driving and underage drinking in the Washington-metropolitan area. Through public education, innovative health education programs and advocacy, WRAP is credited with helping to keep the annual percentage of metro-Washington traffic deaths involving alcohol-impaired driving historically lower than the national average. WRAP, however, may best be known to area residents via the organization's popular free safe ride service to prevent drunk driving, SoberRide®.

\*National Highway Traffic Safety Administration (NHTSA): <https://www.trafficsafetymarketing.gov/safety-topics/drun-driving/buzzed-driving-drun-driving/fourth-july>

## The Prince George's Post

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# ENVIRONMENT

## EarthTalk® Q&A

### How to Cope With Climate Anxiety

By Pravit Kochar June 14, 2024

Dear EarthTalk:

Do you have any tips on how to deal with climate anxiety?

—J.J., Brea, CA

Climate anxiety, also known as eco-anxiety, is the chronic fear of environmental doom. It is becoming increasingly prevalent as the impacts of climate change become more evident and the urgency of the crisis grows. Addressing climate anxiety is crucial not only for maintaining mental health but also for ensuring effective climate action. When individuals are paralyzed by fear, they are less likely to engage in the proactive behaviors necessary to combat climate change.

Climate anxiety manifests through various psychological and physical symptoms, including persistent worry, sleep disturbances, a sense of helplessness, and even physical symptoms like heart palpitations and headaches. Recognizing these symptoms is the first step towards managing them effectively.

Art therapy is a unique way to cope with climate anxiety. Engaging in creative expression can help people process their emotions and reduce anxiety. According to Yale Climate Connections, art therapy allows individuals to visualize their fears and hopes, providing a cathartic release of pent-up emotions. "Art offers a way to express the inexpressible," notes the article, highlighting its therapeutic potential.

Techniques such as mindfulness and meditation are effective in grounding individuals and reducing anxiety. Practicing mindfulness helps individuals stay present and reduces the constant worrying about the future. This practice can be as simple as focused breathing exercises or guided meditation sessions.

Being part of a community can significantly reduce feelings of helplessness associated with climate anxiety. According to researchers at the University of Colorado, engaging in collective action can provide a sense of purpose and solidarity. Participating in local environmental or community projects can help one feel they are contributing to a larger cause, thus mitigating feelings of isolation and powerlessness.

Adopting eco-friendly habits can help, too. Reducing waste, conserving energy and buying sustainable products can provide a sense of purpose. Staying informed and engaging in advocacy can also help. Being informed allows



CREDIT: PEXELS.COM

**There are many tools we can use to help ground us during times of despair when we contemplate the severity of the climate crisis.**

one to make good decisions and contribute to meaningful change. Advocacy work like writing, speaking or participating in demonstrations, can provide a sense of purpose and hope.

Also, don't be afraid to seek professional help, which can be crucial for those severely affected by climate anxiety. Therapists and counselors can provide coping strategies and emotional support. The World Economic Forum emphasizes the importance of finding climate-aware therapists specializing in eco-anxiety. These professionals understand the unique stressors associated with climate change and can offer tailored support. By managing our anxiety and participating in collective action, we can contribute to a healthier planet and a more hopeful outlook.

**CONTACTS:** Art therapy can ease climate-related anxiety, <https://yaleclimateconnections.org/2024/05/art-therapy-can-ease-climate-related-anxiety/>; If climate change keeps you up at night, here's how to cope, <https://www.health.harvard.edu/blog/is-climate-change-keeping-you-up-at-night-you-may-have-climate-anxiety-202206132761>.

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

### Trailblazers from A1

awards were announced at the One Montgomery Green Gala in Wheaton.

"We are honoring outstanding leaders in environmental sustainability who are showing that going green and being profitable go hand in hand," said Secretary of the Environment Serena McIlwain. "These businesses are advancing solutions to some of the top environmental priorities of the Moore-Miller Administration: Fighting climate change, improving the health of our waterways, and building a green economy that supports healthier communities."

This year's award winners are:

- **Backyard Bounty** has installed hundreds of rain gardens and conservation landscapes, preventing more than 22 million gallons of stormwater from flowing in the Potomac River each year. The landscaping company also migrated all maintenance equipment from gas to battery-powered and uses electric vehicles for staff travel.
- **Blink Charging** manufactures electric vehicle charging equipment in its energy efficient LEED Gold certified production facility in Bowie. In 2023, its deployment of more than 89,000 charging stations helped reduce 5.8 million gallons of gasoline usage and the associated harmful air emissions produced by burning fossil fuels.
- **ORLO** is upgrading energy efficiency and advancing decarbonization at affordable housing communities by converting the HVAC system from gas to electric at an apartment building in Takoma Park, installing solar systems and electric vehicle chargers, and establishing a Resilience Hub to provide solar power during outages. The changes are reducing more than 2,000 metric tons of carbon

dioxide annually and saving money through reduced energy and maintenance expenses.

- **Pompeian, Inc.** has achieved carbon footprint certification by the Carbon Trust of its extra virgin olive oil and is continuing to make further reductions as part of the company's goal to achieve Net Zero climate emissions by 2030. It has also achieved significant waste reduction and increased composting as part of its drive toward Zero Waste Certification by 2025.
- **Saft America, Inc.** produces long-lasting, energy-efficient batteries for a variety of commercial applications and has reduced the carbon emissions in its battery production by 21% over the last year. It continues to pursue energy upgrades to heating, cooling, and lighting and is dedicated to advancing research to provide industry with energy efficient battery solutions.
- **Volvo Group Trucks**, which was named to the Maryland Green Registry Leadership Circle for its outstanding commitment to continual improvement, achieved the Platinum level for the Superior Energy Performance standard for the fourth consecutive time, with a total energy reduction of 62.2%. They are continuing to work toward their goal of achieving net zero carbon emissions by 2040, and they switched their operations to renewable diesel derived from vegetable oil from waste oils, such as used cooking oil. The Hagerstown plant is also developing and testing battery-electric and hydrogen-based fuel cell solutions for Volvo trucks and coach buses and producing key components for Volvo's new zero-emission battery-electric trucks.

## 7 Ways to Reduce Energy Bills During Summer Heat

### FAMILY FEATURES

With temperatures forecasted to run at least 2 degrees higher than historical averages across more than half the country, according to projections from AccuWeather, heat waves may lead to soaring air-conditioning bills this summer.

"The summer is when we see homeowners strategizing about how to keep their homes cool and comfortable while sticking to their household budgets," said Michael Williford, HVAC service manager at Hiller Plumbing, Heating, Cooling & Electrical. "We work with customers to keep their current HVAC systems running smoothly or upgrade to more efficient systems, which can make a huge difference in their utility bills. In addition, there are many other ways homeowners can keep their energy costs down during the hot summer months."

Consider these smart, practical, cost-cutting tips for dialing down your energy bills.

#### Service HVAC Systems Regularly

To ensure the best cooling performance and efficiency possible, find a licensed contractor to keep your heating and cooling system well-maintained and serviced throughout the year. There are some tasks many homeowners can handle on their own, like keeping outdoor units free of debris and changing air filters. However, bringing in a professional 1-2 times a year for maintenance and to ensure proper function of ductwork and electrical components is also essential.

#### Use Appliances During Non-Peak Hours

Rather than using stoves, ovens and clothing dryers in the afternoon hours, consider doing so early in the morning or late in the evening. Peak time for many electricity providers is noon-6 p.m., meaning using appliances that heat up your home outside of this timeframe when conventional heating and cooling systems are likely running full throttle can help lower energy costs.

#### Upgrade Your Systems to an Energy-Saving Heat Pump

The Inflation Reduction Act (IRA) incentivizes homeowners who opt for energy-efficient HVAC upgrades, including qualified heat pumps, which can boost seasonal energy efficiency ratios and increase efficiencies. For example,



Photos courtesy of Shutterstock

Mitsubishi Electric heat pumps provide more energy-efficient cooling that may equal cost and energy savings as well as a reduced carbon footprint for homeowners. These systems are equipped with inverter or variable-speed technology that allows systems to automatically ramp up or down the required amount of energy depending on the room's capacity. Although annual savings vary, some homeowners can save as much as \$1,000 per year by switching to an all-electric heat pump.

#### Fire Up the Grill

When temperatures soar, use the grill for cooking to help lower energy usage and save on air-conditioning costs. Alternatively, toaster ovens, air fryers and slow cookers use less energy than larger conventional stoves or ovens. Get creative by cooking a pizza in a chiminea or smoking favorite meats as alternatives to using your oven.

#### Stop Cooling Empty Rooms

One mistake many homeowners make is forgetting to adjust their temperature settings when leaving the house. Whether you're headed to the beach for the weekend or just headed to work for the day, blasting the air conditioner in an empty house can result in unnecessarily high utility bills. Multi-zone, all-electric heat pumps like those from Mitsubishi Electric

allow homeowners to set the comfort level and adjust the temperature in each room, so you don't have to waste energy cooling unoccupied rooms. With a smartphone app, you can even adjust the settings remotely.

#### Install a Smart Electric Panel

Installing a smart electrical panel alongside an all-electric heat pump enables homeowners to monitor and control energy consumption on-site or remotely using a smartphone for better overall efficiency and utility cost savings.

#### Harness the Sun's Energy with Solar Panels

According to the Office of Energy Efficiency & Renewable Energy, the amount of sunlight that strikes the Earth's surface in 90 minutes could power the world's total energy usage for a full year. Investing in solar panels can help decrease energy bills and increase your home's sustainability. Additionally, some utility providers and government entities, including the IRA, offer incentives to help reduce installation costs. Plus, solar-sourced power pairs well with all-climate heat pumps, which require minimal electricity to operate.

Find more ideas to dial down energy usage (and bills) this summer at [mitsubishi.com/comfort.com](https://mitsubishi.com/comfort.com).

# COUNTY CHURCH DIRECTORY

**UNITED METHODIST**

**WESTPHALIA Christian Community Church**

"A CHURCH ON THE REACH FOR GOD"

9363 D'Arcy Road  
Upper Marlboro, MD

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9 a.m.

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Fax: (301) 735-1844

**Rev. Dr. Timothy West, Pastor**

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[www.westphaliaum.org](http://www.westphaliaum.org)

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Sunday Worship:  
7:30 a.m., 10:45 a.m.

Saturday Worship:  
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**Dr. Henry P. Davis III, Pastor**  
[www.fhbp.org](http://www.fhbp.org)

**BAPTIST**

**First Baptist Church of College Park**

Welcomes You Where Jesus Christ Is Lord and King  
Stephen L. Wright, Sr., Pastor

5018 Lakeland Road  
College Park, MD 20740  
**301-474-3995**  
[www.fbc-cp.org](http://www.fbc-cp.org)

Sunday School 9:30a.m.  
Sunday Worship 11a.m.  
Holy Communion 1st Sunday  
Wednesday Bible Study 7-8p.m.  
Wednesday Prayer Service 8p.m.

**UNITED METHODIST**

**Union United Methodist Church**

14418 Old Marlboro Pike,  
Upper Marlboro, MD

**Church (301) 627-7389**

Sunday School (Children/Adults) - 8:30 a.m.  
Sunday Worship: 10:00 a.m.

**Reverend Twanda E. King, Pastor**  
[www.uumchurch.com](http://www.uumchurch.com)

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Matthew 28:19-20

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We exist to strengthen your relationship with God.

6371 Oxon Hill Road  
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Sunday School (Adults & Children) - 9:30 A.M.  
Worship Service - 11:00 A.M.  
Wed. Prayer Service & Bible Study - 7:00 P.M.  
Office (301) 839-1166  
Fax (301) 839-1721  
E-mail: [FHBC@verizon.net](mailto:FHBC@verizon.net)  
Pastor: Rev. Waymond B. Duke

**COMMUNITY CHURCH**

**WORD OF GOD COMMUNITY CHURCH**

"The Church Where Everybody is Somebody and Jesus is Lord"

4109 Edmonston Road Bladensburg, MD  
(301) 864-3437

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Church School: - 9:15 a.m.  
Morning Worship Celebration - 10:30 a.m.  
Wed. Night Bible Study - 7:45 p.m.  
Elder Willie W. Duvall, Pastor

## Maryland Physicians Care Offering Free Planet Fitness Memberships in Prince George's County

By PRESS OFFICER  
Maryland Physicians Care



LINTHICUM HEIGHTS, Md. (June 24, 2024)—Maryland Physicians Care (MPC), a statewide Medicaid managed care organization owned by Ascension Saint Agnes, Holy Cross Health, Meritus Health, and UPMC Western Maryland, has launched a pilot program offering free Planet Fitness Classic Memberships to members age 13+ living in Prince George's County, Md. MPC's Chief Operating Officer, Charles Buseck, has worked closely with Planet Fitness to design a pilot program that hopefully will be expanded statewide at a future date. "Our hope is that by providing a free gym membership along with training, our members will feel more comfortable going to the gym and attaining instruction. There are benefits to regular physical activity that should support greater overall health and wellness, including controlling weight, combatting health conditions such as high blood pressure and heart disease, lowering stress, boosting energy and better sleep. We are excited to partner with Planet Fitness as they have many gyms located within Prince George's County in areas where a large concentration of our members reside." MPC members who meet the requirements will receive unlimited access to one of 11 Planet Fitness locations in Prince George's County, free in-club fitness training, Planet Fitness app workouts, free Wi-Fi, partner rewards, and discounts. Program information, a list of participating Planet Fitness locations, and member activation are available at [mpcmedicaid.com/PF](http://mpcmedicaid.com/PF). Membership can also be activated at a participating Planet Fitness location with an MPC Medicaid identification card and the promo code MPC10.

## CLASSIFIEDS

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